

ELEVATION	ABU DHABI			Distance			Timetable km / h		
				leg	run	to be run	39	37	35
 7	AL MIRFA BAB AL NAJOOM	↑	Start Village		4,8		13.15	13.15	13.15
 8	AL MIRFA BAB AL NAJOOM	↑	km 0	0,0	0,0	113,0	13.25	13.25	13.25
8	Al Mirfa Rndbt	↗	Qassar Al Mighayra St	2,1	2,1	110,9	13.28	13.28	13.28
7	E11 Interchange Rndbt	↑	Qassar Al Mighayra St	8,6	10,7	102,3	13.40	13.41	13.42
8	Al Mirfa Rndbt	↑	Qassar Al Mighayra St	8,8	19,5	93,5	13.54	13.56	13.57
7	Al Mirfa Beach	↑	Al Shaheed Ahmed Khamis Al Hammadi St	3,9	23,4	89,6	14.00	14.01	14.03
9	E11 Interchange	↑	Mohamed Al Falahi Al Yasi Rd	5,5	28,9	84,1	14.09	14.11	14.13
34	Parking Area	↑	Mohamed Al Falahi Al Yasi Rd	13	41,9	71,1	14.30	14.33	14.37
67	Parking Area	↑	Mohamed Al Falahi Al Yasi Rd	10,6	52,5	60,5	14.47	14.51	14.56
 94	Intermediate Sprint #1	↑	Mohamed Al Falahi Al Yasi Rd	10,2	62,7	50,3	15.03	15.09	15.15
115	E13 Roundabout	↑	Mohamed Al Falahi Al Yasi Rd - Mohammed Khalaf Al Mazrouei St	16,8	79,5	33,5	15.31	15.37	15.45
 115	Intermediate Sprint #2	↗	Qirayyan St	5,9	85,4	27,6	15.39	15.46	15.54
120	Cycletrack Entrance	↗		6,7	92,1	20,9	15.50	15.58	16.07
119	Cycletrack Exit	↗	E45	4,4	96,5	16,5	15.56	16.04	16.13
125	E45 U-Turn	↻		4,6	101,1	11,9	16.03	16.12	16.21
119	Madinat Zayed Park	↑	E45	6,7	107,8	5,2	16.12	16.21	16.31
 116	MADINAT ZAYED	↑		5,2	113,0	0,0	16.19	16.29	16.39

# NOTES



**INTERMEDIATE SPRINT:**

**KM 62.7 INTERMEDIATE SPRINT #1**

**KM 85.4 INTERMEDIATE SPRINT #2**