

ELEVATION	ABU DHABI			Distance			Timetable km / h		
				leg	run	to be run	39	37	35
287	AL AIN POLICE MUSEUM	↑	Start Village		2,4		12.55	12.55	12.55
290	AL AIN POLICE MUSEUM	↑	km 0	0,0	0,0	128,0	13.00	13.00	13.00
267	Hazza bin Zayed Stadium	↙	127th St/Hamdan Bin Mohammad St	7,3	7,3	120,7	13.10	13.10	13.10
252	Hazza Ibn Sultan St	↘	138th - 111th	4,3	11,6	116,4	13.15	13.16	13.17
272	Al Ain Intl. Airport	↑	Al Khaleej Al Arabi St	7,5	19,1	108,9	13.27	13.28	13.30
220	Al Salamat	↑	127th St - Hamdan Bin Mohammad St	7,8	26,9	101,1	13.37	13.39	13.41
249	Hazza Ibn Sultan St	↘	138th	9,5	36,4	91,6	13.52	13.55	13.58
245	UAE University	↘	Shakhboot Bin Sultan St	3,3	39,7	88,3	13.56	13.59	14.02
226	Khalifa bin Zayed St. Interchange	↑	Shakhboot Bin Sultan St	8,2	47,9	80,1	14.07	14.11	14.14
198	Abu Dhabi - Al Ain Truck Rd	↘	E30	8,9	56,8	71,2	14.19	14.23	14.27
170	E30 - U-turn	↻	Abu Dhabi - Al Ain Truck Rd/Al Rawdah Rd/E30	16,4	73,2	54,8	14.41	14.46	14.52
198	E30 x Shakhboot Bin Sultan St Interchange	↑	E30	16,5	89,7	38,3	15.07	15.13	15.20
218	Zakher Lake	↑	E30	11,0	100,7	27,3	15.24	15.31	15.39
220	Ins. Ni'mah Rd.	↑	E40	4,5	105,2	22,8	15.31	15.38	15.47
232	Ins. Jebel Hafeet St	↑	Jebel Hafeet St	4,3	109,5	18,5	15.37	15.45	15.54
263	Green Mubazzarah	↑		4,6	114,1	13,9	15.44	15.53	16.02
286	Jebel Hafet Park	↙		2,1	116,2	11,8	15.48	15.56	16.05
312	Jebel Hafeet Rd	↑	Climb Starts	1,1	117,3	10,7	15.49	15.58	16.07
1025	JEBEL HAFEET	↑		10,7	128,0	0,0	16.16	16.28	16.40

NOTES



INTERMEDIATE SPRINT:

KM 39.7 UAE UNIVERSITY

KM 114.1 GREEN MUBAZZARAH