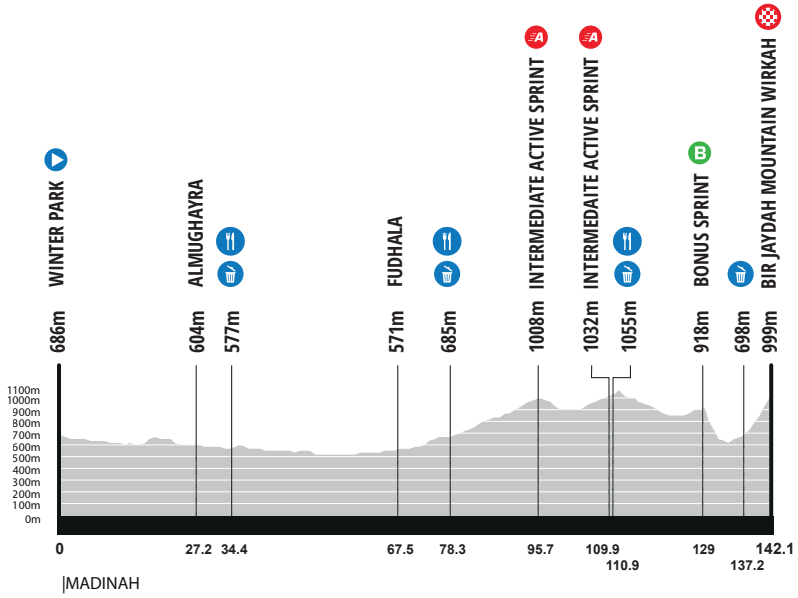
STAGE 3

STAGE PROFILE



KILOMETRES		STAGE 3 ITINERARY TIMETABLE		TIMETABLE		
TO COVER	COVERED			45 KM/H	43 KM/H	41 KM/H
		MADINAH				
		WINTER PARK	NEUTRALISED START	**12:35**	**12:35**	**12:35**
		ALULA OLD TOWN				
142.1	**0**	**WINTER PARK**	OFFICIAL START	**12:55**	**12:55**	**12:55**
136.9	5.2	ALULA HOSPITAL		13:02	13:02	13:03
114.9	27.2	ALMUGHAYRA		13:31	13:33	13:35
107.7	**34.4**	**FEEDING ZONE**		**13:41**	**13:43**	**13:45**
74.6	67.5	FUDHALA		14:25	14:29	14:34
63.8	**78.3**	**FEEDING ZONE**		**14:39**	**14:44**	**14:50**
46.4	**95.7**	**INTERMEDIATE ACTIVE SPRINT**		**15:03**	**15:08**	**15:15**
38.7	103.4	WADI AL FALAQAH		15:13	15:19	15:26
32.2	**109.9**	**INTERMEDIATE ACTIVE SPRINT**		**15:21**	**15:28**	**15:36**
31.2	**110.9**	**FEEDING ZONE**		**15:23**	**15:30**	**15:37**
21.5	120.6	AL SETAIH VILLAGE (NEAR)		15:36	15:43	15:51
19.7	122.4	WADI AL MIKAMEL		15:38	15:46	15:54
19	123.1	AL MAHDARAH VILLAGE		15:39	15:47	15:55
18.4	123.7	JAYDAH		15:40	15:48	15:56
13.1	**129**	**BONUS SPRINT**		**15:47**	**15:55**	**16:04**
11.2	130.9	WADI WIRKAH		15:49	15:58	16:06
4.9	**137.2**	**LITTER COLLECTION ZONE**		**15:58**	**16:06**	**16:16**
0	**142.1**	**BIR JAYDAH MOUNTAIN WIRKAH**		**16:04**	**16:13**	**16:23**