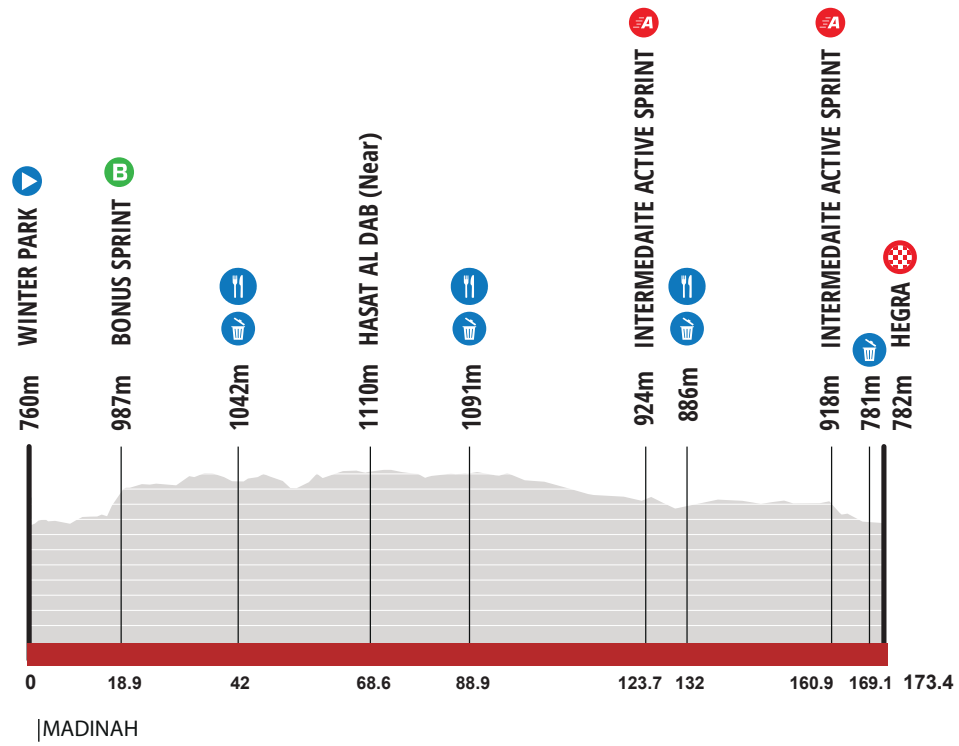
STAGE 4

STAGE PROFILE



KILOMETRES		STAGE 4 ITINERARY TIMETABLE		TIMETABLE		
TO COVER	COVERED			44 KM/H	42 KM/H	40 KM/H
MADINAH						
		WINTER PARK	NEUTRALISED START	**12:00**	**12:00**	**12:00**
173.4	**0**	**WINTER PARK**	OFFICIAL START	**12:10**	**12:10**	**12:10**
167.9	5.5	AL FURSAN		12:18	12:18	12:18
167.6	5.8	ELEPHANT ROCK		12:18	12:18	12:19
163.6	9.8	AL MUT'ADIL		12:23	12:24	12:25
154.5	**18.9**	**BONUS SPRINT**		**12:36**	**12:37**	**12:38**
131.4	**42**	**FEEDING ZONE**		**13:07**	**13:10**	**13:13**
104.8	68.6	HASAT AL DAB (NEAR)		13:44	13:48	13:53
85	88.4	ARADAH (NEAR)		14:11	14:16	14:23
84.5	**88.9**	**FEEDING ZONE**		**14:11**	**14:17**	**14:23**
49.7	**123.7**	**INTERMEDIATE ACTIVE SPRINT**		**14:59**	**15:07**	**15:16**
41.4	**132**	**FEEDING ZONE**		**15:10**	**15:19**	**15:28**
12.5	**160.9**	**INTERMEDIATE ACTIVE SPRINT**		**15:49**	**16:00**	**16:11**
4.3	**169.1**	**LITTER COLLECTION ZONE**		**15:59**	**16:10**	**16:23**
0	**173.4**	**HEGRA**		**16:05**	**16:16**	**16:39**