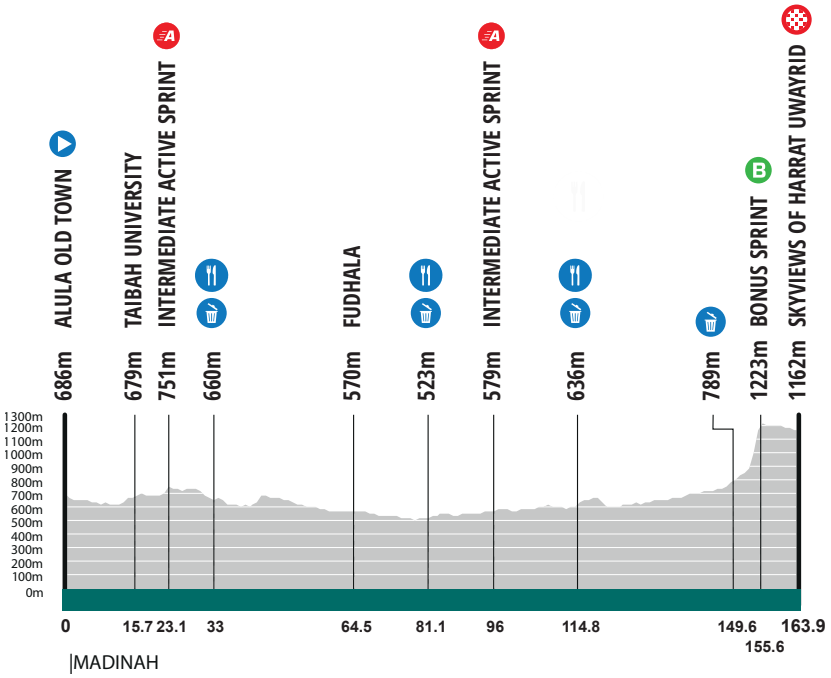
STAGE 5

STAGE PROFILE



KILOMETRES		STAGE 5 ITINERARY TIMETABLE		TIMETABLE		
TO COVER	COVERED			45 KM/H	43 KM/H	41 KM/H
MADINAH						
		ALULA OLD TOWN	NEUTRALISED START	**12:30**	**12:30**	**12:30**
163.9	**0**	**ALULA OLD TOWN**	OFFICIAL START	**12:40**	**12:40**	**12:40**
148.2	15.7	TAIBAH UNIVERSITY		13:01	13:02	13:03
141.6	22.3	ALULA STUDIOS		13:10	13:11	13:13
140.8	**23.1**	**INTERMEDIATE ACTIVE SPRINT**		**13:11**	**13:12**	**13:14**
130.9	**33**	**FEEDING ZONE**		**13:24**	**13:26**	**13:28**
99.4	64.5	FUDHALA		14:06	14:10	14:14
82.8	**81.1**	**FEEDING ZONE**		**14:28**	**14:33**	**14:39**
67.9	**96**	**INTERMEDIATE ACTIVE SPRINT**		**14:48**	**14:54**	**15:00**
59.7	104.2	ALMUGHAYRA		14:59	15:05	15:12
54.6	109.3	ALULA INTERNATIONAL AIRPORT		15:06	15:12	15:20
49.1	**114.8**	**FEEDING ZONE**		**15:13**	**15:20**	**15:28**
32	131.9	ALULA HOSPITAL		15:36	15:44	15:53
26.1	137.8	ALMANSHIYAH TRAIN STATION		15:44	15:52	16:02
16.4	147.5	WINTER PARK		15:57	16:06	16:16
14.3	**149.6**	**LITTER COLLECTION ZONE**		**15:59**	**16:09**	**16:19**
8.3	**155.6**	**BONUS SPRINT**		**16:07**	**16:17**	**16:28**
0	**163.9**	**SKYVIEWS OF HARRAT UWAYRID**		**16:18**	**16:29**	**16:40**