ITINERARY

KILOMETRES		STAGE 2		TIMETABLE		
To cover	Covered			42 km/hr	40 km/hr	38 km/hr
		MUSCAT				
		AL RUSTAQ FORT **Neutralised start**		**10:25**	**10:25**	**10:25**
191.4	**0**	**AL RUSTAQ FORT** **Official start**		**10:35**	**10:35**	**10:35**
183.6	7.8	ROAD 13		10:46	10:47	10:47
180.5	10.9	HAY AL NAHDAH		10:50	10:51	10:52
156	**35.4**	**NAKHAL**		**11:25**	**11:28**	**11:31**
153.6	37.8	NAKHAL		11:29	11:32	11:35
132.4	**59**	**WADI AL MAAWIL**		**11:59**	**12:03**	**12:08**
115.5	**75.9**	**BANI NA'AB**		**12:23**	**12:29**	**12:35**
		AD DAKHLIYAH				
100.9	**90.5**	**CLIMB OF FANJA**		**12:44**	**12:51**	**12:58**
100.3	91.1	FANJA		12:45	12:52	12:59
88.9	102.5	ROAD 15		13:01	13:09	13:17
		MUSCAT				
68.6	**122.8**	**AL MURTAFAH**		**13:30**	**13:39**	**13:49**
64.2	127.2	AL MATAR STREET		13:37	13:46	13:56
53.5	**137.9**	**AL KABAR**		**13:52**	**14:02**	**14:13**
49.3	142.1	GHALA STREET		13:58	14:08	14:19
46.2	145.2	EXPRESS ROAD (BAWSHAR)		14:02	14:13	14:24
39.3	**152.1**	**CLIM OF JABAL ROAD (BOUSHER AL AMERAT)**		**14:12**	**14:23**	**14:35**
38.4	**153**	**JABAL ROAD (BOUSHER AL AMERAT)**		**14:13**	**14:24**	**14:36**
30.7	160.7	AL DAQL STREET		14:25	14:36	14:49
27.5	163.9	10 STREET		14:29	14:41	14:54
23.6	167.8	WADI ADAI STREAM		14:35	14:47	15:00
17.4	174	AL NAHDHA STREET		14:43	14:56	15:10
13.7	**177.7**	**CLIMB OF HALAMRIYAH**		**14:49**	**15:01**	**15:16**
4.6	186.8	WADI QANU		15:02	15:15	15:30
1	**190.4**	**CLIMB OF YITTI HILLS**		**15:07**	**15:21**	**15:36**
0	**191.4**	**YITTI HILLS**		**15:08**	**15:22**	**15:37**