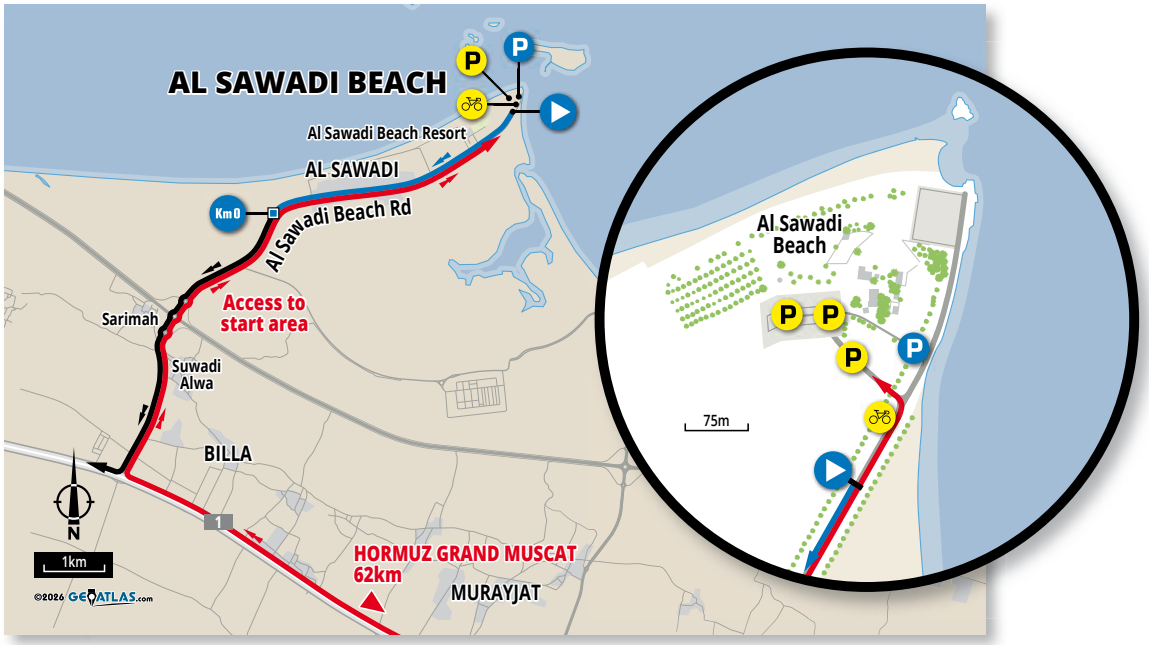
START



ITINERARY

KILOMETRES		STAGE 4			TIMETABLE		
To cover	Covered				42 km/hr	40 km/hr	38 km/hr
		AL BATINAH SOUTH					
		AL SAWADI BEACH	Neutralised start		**11:05**	**11:05**	**11:05**
146.8	**0**	**AL SAWADI BEACH**	Official start		**11:10**	**11:10**	**11:10**
141.4	5.4	ROAD 1			11:18	11:18	11:18
131.2	15.6	A SHUAIBAH			11:32	11:33	11:34
128.5	18.3	HILLAT AL HISN			11:36	11:37	11:39
117.2	**29.6**	**WUDAM AL SAHIL**			**11:52**	**11:54**	**11:57**
		AL BATINAH NORTH					
107.2	**39.6**	**AS SUWAYQ**			**12:06**	**12:09**	**12:12**
103.7	43.1	AS SUWAYQ			12:12	12:15	12:18
102.8	44	AL WUSTA			12:13	12:16	12:19
93.8	53	ROAD 1			12:26	12:29	12:34
91.3	55.5	AL ORAIQ			12:29	12:33	12:38
85.5	61.3	KHADRA AL BURSHID			12:38	12:42	12:47
84.9	61.9	UM HALIFA			12:38	12:43	12:48
74.9	71.9	RAWILHAH			12:53	12:58	13:03
71.9	74.9	AL BEDHAIYA			12:57	13:02	13:08
70.8	**76**	**QASABIYAT ZA'AB**			**12:59**	**13:04**	**13:10**
67.7	79.1	AL AWAN			13:03	13:09	13:15
33.3	**113.5**	**SAHAM**			**13:52**	**14:00**	**14:09**
30.7	**116.1**	**SAHAM**			**13:56**	**14:04**	**14:13**
18	128.8	AL UWAYNAT			14:14	14:23	14:33
13.2	133.6	SOHAR			14:21	14:30	14:41
0	**146.8**	**SOHAR**			**14:40**	**14:50**	**15:02**