START



ITINERARY

KILOMETRES		STAGE 5		TIMETABLE		
To cover	Covered			43 km/h	41 km/h	39 km/h
		AD DAKHLIYAH				
		NIZWA Neutralised start		**10:10**	**10:10**	**10:10**
155.9	**0**	**NIZWA** Official start		**10:15**	**10:15**	**10:15**
149.2	6.7	Old road 15		10:22	10:23	10:23
136.8	19.1	BIRKAT AL MOUZ		10:40	10:41	10:42
127.4	28.5	IZKI		10:53	10:55	10:57
122.5	**33.4**	**SINAW ROAD 33**		**11:00**	**11:02**	**11:04**
113.1	42.8	ROAD 33		11:13	11:16	11:19
109.9	**46**	**AL HILAYW**		**11:17**	**11:20**	**11:24**
107.5	48.4	AL HILAYW		11:20	11:24	11:27
		ASH SHARQIYAH NORTH				
83.1	**72.8**	**AL KHADRA**		**11:54**	**11:59**	**12:05**
76.9	79	AL FLAIJ (AL MUDAYBI)		12:03	12:08	12:14
68.1	87.8	AL WASHAL (AL MUDAYBI)		12:15	12:21	12:28
64.2	91.7	AL ALYA (AL MUDAYBI)		12:21	12:27	12:34
		AD DAKHLIYAH				
54.1	**101.8**	**AL AQIL-AL MUKHTARI**		**12:35**	**12:42**	**12:50**
47.6	108.3	AL QURAYTAYN		12:44	12:51	12:59
44.7	111.2	AL HUMAIDHAI		12:48	12:56	13:04
28.5	127.4	IZKI		13:11	13:19	13:29
11.2	**144.7**	**BIRKAT AL MOUZ**		**13:35**	**13:45**	**13:56**
6	**149.9**	**AL JABAL**		**13:42**	**13:52**	**14:04**
0	**155.9**	**JABAL AL AKHDHAR (GREEN MOUNTAIN)**		**13:50**	**14:01**	**14:13**