公里 (km) from the start	距终点 (km) to the finish	海拔 Alt. (m)	前进方向说明 Instruction	描述 Description		预计达到时间 Estimated Arrival Time 42km/h	44km/h	46km/h
0	177	6		海口国际免税城（云散路）	cdf Haikou International Duty Free Shopping Complex (Yunsan Rd.)	10:00:00	10:00:00	10:00:00
0.3	176.7	5		滨海大道	Binhai Ave.	10:00:22	10:00:22	10:00:22
0.6	176.4	9		滨海大道	Binhai Ave.	10:00:45	10:00:45	10:00:44
2	175	11		高架桥	Overpass	10:02:30	10:02:28	10:02:27
2.4	174.6	13		滨海大道	Binhai Ave.	10:03:00	10:02:58	10:02:56
2.8	174.2	6		滨海大道（金沙湾路口）	Binhai Ave.(Jinshawan Intersection)	10:03:30	10:03:28	10:03:26
5.4	171.6	1		滨海大道	Binhai Ave.	10:07:03	10:06:54	10:06:49
8.4	168.6	2		永庆大道东路	Yongqing Ave. East Rd.	10:10:57	10:10:43	10:10:37
8.6	168.4	2		永庆大道西路（盈滨路口）	Yongqing Ave. West Rd. (Yingbin Intersection)	10:11:13	10:10:59	10:10:52
10.9	166.1	5		西海岸大酒店	West Coast Hotel	10:14:13	10:13:55	10:13:46
11.3	165.7	4		鲁能大道	Luneng Ave.	10:14:44	10:14:26	10:14:16
11.5	165.5	6		盈滨海湾大桥	Yingbin Bay Bridge	10:15:00	10:14:41	10:14:32
12.5	164.5	11		欣龙路	Xinlong Rd.	10:16:18	10:15:57	10:15:47
13.2	163.8	14		北二环路	Beierhuan Rd.	10:17:13	10:16:51	10:16:40
13.8	163.2	15		北二环路	Beierhuan Rd.	10:18:00	10:17:37	10:17:26
16.4	160.6	9		北二环路（富音路）	Beierhuan Rd. (Fuyin Rd.)	10:21:23	10:20:56	10:20:43
17.4	159.6	20		武亭北路	Wuting North Rd.	10:22:42	10:22:13	10:21:59
18.2	158.8	25		武亭北路	Wuting North Rd.	10:23:44	10:23:14	10:22:59
19.2	157.8	32		武亭北路	Wuting North Rd.	10:25:03	10:24:31	10:24:15

公里 (km) from the start	距终点 (km) to the finish	海拔 Alt. (m)	前进方向说明 Instruction	描述 Description		预计达到时间 Estimated Arrival Time 42km/h	44km/h	46km/h
20.1	156.9	38		南一环路	Nanyihuan Rd.	10:26:13	10:25:40	10:25:23
21.4	155.6	27		海口综合保税区	Haikou Integrated Free Trade Zone	10:27:55	10:27:19	10:27:02
21.8	155.2	22		南一环路（新兴路口）	Nanyihuan Rd. (Xinxing Intersection)	10:28:26	10:27:50	10:27:32
22.7	154.3	17		金马大道	Jinma Ave.	10:29:37	10:28:59	10:28:40
25	152	25		金马大道（海南环岛旅游公路路口）	Jinma Ave. (Hainan Coastal Scenic Highway Intersection)	10:32:37	10:31:55	10:31:35
26.9	150.1	24		金马大道（大丰互通）	Jinma Ave. (Dafeng Interchange)	10:35:05	10:34:20	10:33:59
27.2	149.8	19		立交桥底	Under the Overpass	10:38:51	10:37:05	10:35:29
28.7	148.3	18		K7+100	K7+100	10:41:00	10:39:08	10:37:26
29.5	147.5	36		K7+900，800m，爬升 18 米，坡度 2.3%	K7+900，length 800m，elevation +18m，gradient 2.3%	10:42:09	10:40:14	10:38:29
29.8	147.2	38		金马大道（美浪湾小镇路口）	Jinma Ave. (Meilangwan Town Intersection)	10:42:34	10:40:38	10:38:52
30.5	146.5	38		金马大道	Jinma Ave.	10:43:34	10:41:35	10:39:47
31.9	145.1	22		金马大道（大丰路口）	Jinma Ave. (Dafeng Intersection)	10:45:34	10:43:30	10:41:37
35.3	141.7	31		K13+800	K13+800	10:50:26	10:48:08	10:46:03
35.5	141.5	29		K14	K14	10:50:43	10:48:25	10:46:18
36.5	140.5	41		K15	K15	10:52:09	10:49:46	10:47:37
36.7	140.3	48		K15+200	K15+200	10:52:26	10:50:03	10:47:52
37.5	139.5	65		K16	K16	10:53:34	10:51:08	10:48:55
38.8	138.2	77		K17+300	K17+300	10:55:26	10:52:55	10:50:37
41.1	135.9	98		G225	G225	10:58:43	10:56:03	10:53:37

公里 (km) from the start	距终点 (km) to the finish	海拔 Alt. (m)	前进方向说明 Instruction	描述 Description		预计达到时间 Estimated Arrival Time 42km/h	44km/h	46km/h
42.4	134.6	114	↑	G225	G225	11:00:34	10:57:49	10:55:18
42.8	134.2	107	↑	G225	G225	11:01:09	10:58:22	10:55:50
46.2	130.8	90	↑	G225 K60	G225 K60	11:06:00	11:03:00	11:00:16
51.3	125.7	84	↑	福山路牌	Fushan Rd. Sign	11:13:17	11:09:57	11:06:55
53.7	123.3	94	S1	福山镇政府	Fushan Town Government	11:16:43	11:13:14	11:10:03
53.9	123.1	91	←	G225	G225	11:17:00	11:13:30	11:10:18
54.2	122.8	87	←	G225	G225	11:17:26	11:13:55	11:10:42
59.4	117.6	98	↑	S306，往临高	S306, To Lingao	11:24:51	11:21:00	11:17:29
61.6	115.4	85	5KM	S306 K2+200	S306, K2+200	11:28:00	11:24:00	11:20:21
61.7	115.3	83	↑	皇桐路牌	Huangtong Rd. Sign	11:28:09	11:24:08	11:20:29
63.8	113.2	79	↑	金波村	Jinbo Village	11:31:09	11:27:00	11:23:13
66.4	110.6	83		K7+800	K7+800	11:34:51	11:30:33	11:26:37
66.6	110.4	91		K8	K8	11:35:09	11:30:49	11:26:52
67.6	109.4	108		K9	K9	11:36:34	11:32:11	11:28:10
67.8	109.2	109		K9+200	K9+200	11:36:51	11:32:27	11:28:26
69	108	107	↑	红专小学	Hongzhuan Primary School	11:38:34	11:34:05	11:30:00
69.8	107.2	104	↑	S306	S306	11:39:43	11:35:11	11:31:03
72.7	104.3	106	↑	S306 K14 挑战赛终点	S306, K14 – Amateur Race Finish	11:43:51	11:39:08	11:34:50
74.9	102.1	61	↑	临高站路口	Lingao Station Intersection	11:47:00	11:42:08	11:37:42

公里 (km) from the start	距终点 (km) to the finish	海拔 Alt. (m)	前进方向说明 Instruction	描述 Description		预计达到时间 Estimated Arrival Time 42km/h	44km/h	46km/h
76.6	100.4	38	↑	S306, 博厚中学	S306，Bohou Middle School	11:49:26	11:44:27	11:39:55
76.8	100.2	38	←	S306	S306	11:49:43	11:44:44	11:40:10
78.9	98.1	37	↑	S306	S306	11:52:43	11:47:35	11:42:55
79	98	36	←	临城方向	To Lincheng	11:52:51	11:47:44	11:43:03
79.1	97.9	35	→	S306	S306	11:53:00	11:47:52	11:43:10
82.4	94.6	29	←	二环路	Erhuan Rd.	11:57:43	11:52:22	11:47:29
83	94	30	↑	二环路（临美路）	Erhuan Rd. (Linmei Rd.)	11:58:34	11:53:11	11:48:16
83.5	93.5	32	S2	维也纳酒店	Vienna Hotel	11:59:17	11:53:52	11:48:55
84.2	92.8	32	↑	二环路	Erhuan Rd.	12:00:17	11:54:49	11:49:50
85.3	91.7	38	←	临新路，S306	Linxin Rd., S306	12:01:51	11:56:19	11:51:16
90	87	34	↑	波莲镇	Bolian Town	12:08:34	12:02:44	11:57:23
93.3	83.7	38	↑	S306 K161	S306 K161	12:13:17	12:07:14	12:01:42
95.8	81.2	31	5KM	S306 K163+500	S306 K163+500	12:16:51	12:10:38	12:04:57
99	78	16	←	海南环岛旅游公路	Hainan Coastal Scenic Highway	12:21:26	12:15:00	12:09:08
100.6	76.4	17		海南环岛旅游公路	Hainan Coastal Scenic Highway	12:23:43	12:17:11	12:11:13
100.8	76.2	19		海南环岛旅游公路 K881	Hainan Coastal Scenic Highway K881	12:24:00	12:17:27	12:11:29
101.8	75.2	24		海南环岛旅游公路 K880	Hainan Coastal Scenic Highway K880	12:25:26	12:18:49	12:12:47
102	75	25		K880-200	K880-200	12:25:43	12:19:05	12:13:03
103.7	73.3	12	↑	文科中桥	Wenke Medium Bridge	12:28:09	12:21:25	12:15:16

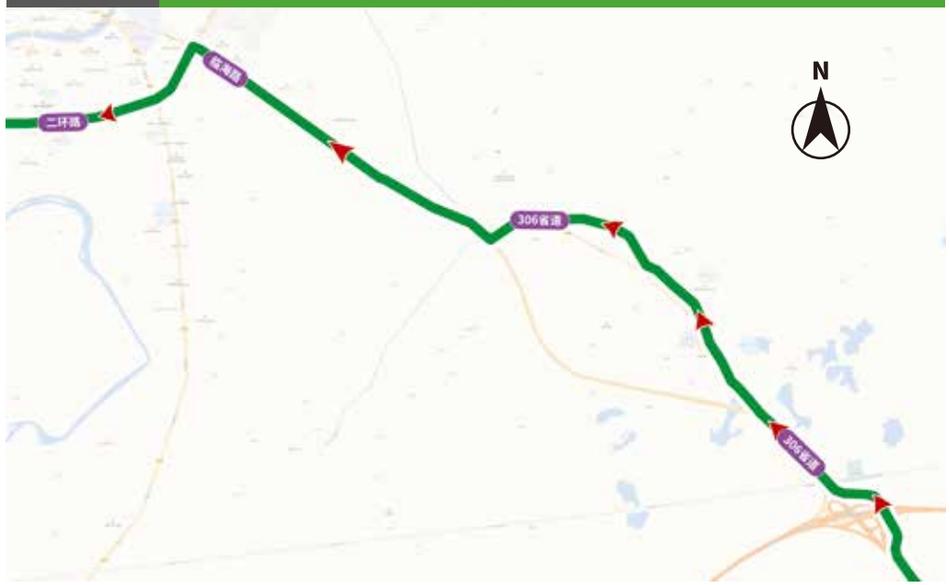
公里 (km) from the start	距终点 (km) to the finish	海拔 Alt. (m)	前进方向说明 Instruction	描述 Description		预计达到时间 Estimated Arrival Time 42km/h	44km/h	46km/h
103.9	73.1	11		海南环岛旅游公路	Hainan Coastal Scenic Highway	12:28:26	12:21:41	12:15:31
104.3	72.7	7		峨森中桥	Esen Medium Bridge	12:29:00	12:22:14	12:16:03
106.3	70.7	12		儋州界，K876-700	Danzhou Border, K876-700	12:31:51	12:24:57	12:18:39
107	70	25		海南环岛旅游公路	Hainan Coastal Scenic Highway	12:32:51	12:25:55	12:19:34
115.6	61.4	8		海南环岛旅游公路	Hainan Coastal Scenic Highway	12:45:09	12:37:38	12:30:47
117.2	59.8	13		光村大桥 636m	Guangcun Bridge, 636 m	12:47:26	12:39:49	12:32:52
119.4	57.6	10		巨雄中桥	Juxiong Medium Bridge	12:50:34	12:42:49	12:35:44
119.8	57.2	10		巨雄大桥	Juxiong Bridge	12:51:09	12:43:22	12:36:16
121.8	55.2	12		英豪村	Yinghao Village	12:54:00	12:46:05	12:38:52
122.4	54.6	8		后水湾大桥 636m	Houshui Bay Bridge, 636 m	12:54:51	12:46:55	12:39:39
124.9	52.1	7		新村村	Xincun Village	12:58:26	12:50:19	12:42:55
125.9	51.1	5		儋耳追光驿站，K856	Dan'er Zhuiguang Service Station, K856	12:59:51	12:51:41	12:44:13
126.6	50.4	9		海南环岛旅游公路	Hainan Coastal Scenic Highway	13:00:51	12:52:38	12:45:08
127.4	49.6	7		海南环岛旅游公路	Hainan Coastal Scenic Highway	13:02:00	12:53:44	12:46:10
130.8	46.2	12		K851	K851	13:06:51	12:58:22	12:50:37
131.8	45.2	12		K850	K850	13:08:17	12:59:44	12:51:55
132.4	44.6	10	5KM	K850-600	K850-600	13:09:09	13:00:33	12:52:42
132.8	44.2	12		K849	K849	13:09:43	13:01:05	12:53:13
134.2	42.8	11		塘坎大桥，海边风车	Tangkan Bridge, Coastal Windmills	13:11:43	13:03:00	12:55:03

公里 (km) from the start	距终点 (km) to the finish	海拔 Alt. (m)	前进方向说明 Instruction	描述 Description		预计达到时间 Estimated Arrival Time 42km/h	44km/h	46km/h
135.8	41.2	9		K846	K846	13:14:00	13:05:11	12:57:08
136.8	40.2	13		K845	K845	13:15:26	13:06:33	12:58:26
137.2	39.8	16		K845-400	K845-400	13:16:00	13:07:05	12:58:57
137.4	39.6	15		K845-600	K845-600	13:16:17	13:07:22	12:59:13
138.4	38.6	16		K844-600	K844-600	13:17:43	13:08:44	13:00:31
138.6	38.4	16		K844-800	K844-800	13:18:00	13:09:00	13:00:47
139.3	37.7	10		良坡村	Liangpo Village	13:19:00	13:09:57	13:01:42
144.8	32.2	7		火山海岸驿站	Volcanic Coast Service Station	13:26:51	13:17:27	13:08:52
147.2	29.8	8		旺村大桥	Wangcun Bridge	13:30:17	13:20:44	13:12:00
149.3	27.7	9		乾头大桥 578m	Qiantou Bridge 578m	13:33:17	13:23:35	13:14:44
151.2	25.8	4		海南环岛旅游公路	Hainan Coastal Scenic Highway	13:36:00	13:26:11	13:17:13
154.5	22.5	6		珍珠湾观景台	Pearl Bay Viewpoint	13:40:43	13:30:41	13:21:31
154.8	22.2	10		海南环岛旅游公路	Hainan Coastal Scenic Highway	13:41:09	13:31:05	13:21:55
155.1	21.9	20		龙门激浪	Longmen Jilang	13:41:34	13:31:30	13:22:18
156.4	20.6	9		凭栏眺龙观景台	Pinglan Tiaolong Viewpoint	13:43:26	13:33:16	13:24:00
157.7	19.3	12		龙腾云霞观景台	Longteng Yunxia Viewpoint	13:45:17	13:35:03	13:25:42
159.5	17.5	15		上下浦大桥	Shangxiapu Bridge	13:47:51	13:37:30	13:28:03
160.9	16.1	6		盐丁村古盐田	Yanding Village Ancient Salt Fields	13:49:51	13:39:25	13:29:52
165	12	35		海南环岛旅游公路（X500 路口）	Hainan Coastal Scenic Highway (X500 Intersection)	13:55:43	13:45:00	13:35:13

公里 (km) from the start	距终点 (km) to the finish	海拔 Alt. (m)	前进方向说明 Instruction	描述 Description		预计达到时间 Estimated Arrival Time 42km/h	44km/h	46km/h
168.6	8.4	13	↑	新英湾大道	Xinyingwan Ave.	14:00:51	13:49:55	13:39:55
172.6	4.4	13	↑	新英湾大道	Xinyingwan Ave.	14:06:34	13:55:22	13:45:08
174.7	2.3	8	↑	新英湾大道	Xinyingwan Ave.	14:09:34	13:58:14	13:47:52
175.5	1.5	9	↑	腾洋路	Tengyang Rd.	14:10:43	13:59:19	13:48:55
175.8	1.2	8	↱	金浦路	Jinpu Rd.	14:11:09	13:59:44	13:49:18
175.9	1.1	9	🚶	金浦路	Jinpu Rd.	14:11:17	13:59:52	13:49:26
176.1	0.9	10	🚶	金浦路	Jinpu Rd.	14:11:34	14:00:08	13:49:42
176.3	0.7	10	↰	滨海路	Binhai Rd.	14:11:51	14:00:25	13:49:57
176.3	0.7	10	🚗	滨海路	Binhai Rd.	14:11:51	14:00:25	13:49:57
176.9	0.1	8	↑	滨海路	Binhai Rd.	14:12:43	14:01:14	13:50:44
177	0	9	🏁	儋州洋浦滨海文化广场	Danzhou Yangpu Coastal Cultural Square	14:12:51	14:01:22	13:50:52



Stage 1 临高入城图 Entry Map of Lingao



Stage 1 临高入出城图 Entry / Exit Map of Lingao

