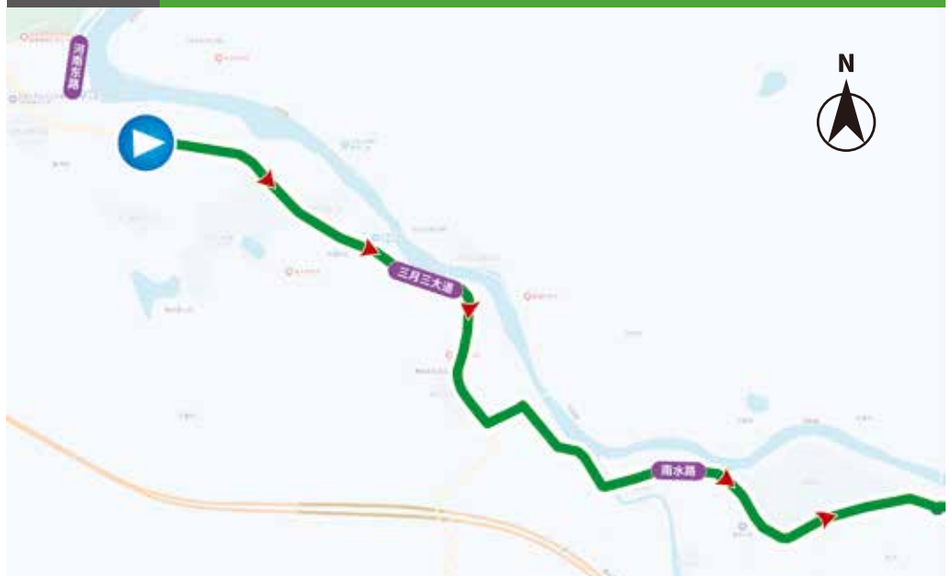
Stage 3 五指山出城图 Exit Map of Wuzhishan





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 38km/h	40km/h	42km/h
4.6	222.2	322		奥义营地（荣誉骑行开始）	Aoyi Camp (Neutralization)	10:00:00	10:00:00	10:00:00
0	220.3	319		畅好农场	Changhao Farm	10:03:48	10:03:48	10:03:48
0	219.7	325		南水路	Nanshui Road	10:05:00	10:05:00	10:05:00
0	219.6	321		建岛路	Jiandao Road	10:05:12	10:05:12	10:05:12
0	218.9	319		南水路（五指山居）	Nanshui Road (Wuzhishanju)	10:06:36	10:06:36	10:06:36
0	217.9	323		实验学校	Shiyan School	10:08:36	10:08:36	10:08:36
0	217.6	318		蝶泉湾（荣誉骑行结束）	Diequanwan (Neutralization)	10:09:12	10:09:12	10:09:12
0	217.6	324	0km	蝶泉湾	Diequanwan	10:09:12	10:09:12	10:09:12
0.6	217	330		南水东路	Nanshui East Road	10:09:58	10:09:57	10:09:57
2.1	215.5	336		南圣镇毛运村	Maoyun Village, Nansheng Town	10:11:53	10:11:51	10:11:49
4	213.6	356		水云居	Shuiyunju	10:14:18	10:14:15	10:14:12
5.6	212	366		黎家饭店	Lijia Restaurant	10:16:21	10:16:16	10:16:12
5.8	211.8	371		红峡谷	Red Canyon	10:16:36	10:16:32	10:16:27
6.5	211.1	374	START	红峡谷漂流	2Red Canyon Rafting Park	10:18:29	10:18:04	10:17:41
8	209.6	464	3	坡顶（下坡牌），K5+800，坡长1.5Km，坡度 6%	Summit (Descent Sign), K5+800, length 1.5 km, gradient 6%	10:20:38	10:20:07	10:19:38
9.1	208.5	477		红峡谷	Red Canyon	10:22:12	10:21:37	10:21:04
13	204.6	494	START	毛祥村	Maoxiang Village	10:27:46	10:26:56	10:26:09
16.3	201.3	586		坡顶	Summit	10:32:29	10:31:26	10:30:28
17.3	200.3	607		K15	K15	10:33:55	10:32:47	10:31:46

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 38km/h	40km/h	42km/h
19.8	197.8	737	3	水满界 K17+800，坡长 6.8Km，爬升 243m，坡度 3.6%	Shuiman Border, K17+800, length 6.8 km, elevation +243 m, gradient 3.6%	10:37:29	10:36:12	10:35:02
20.3	197.3	717	↑	杪椤谷雨林茶园	Screw Valley Rainforest Tea Garden	10:38:12	10:36:53	10:35:41
21.1	196.5	619	↑	方响村	Fangxiang Village	10:39:21	10:37:58	10:36:43
23.4	194.2	614	↑	K21+100	K21+100	10:42:38	10:41:07	10:39:43
24.2	193.4	597	←	毛纳村，宝山路	Maona Village, Baoshan Road	10:43:46	10:42:12	10:40:46
25.8	191.8	574	→	青山路	Qingshan Road	10:46:03	10:44:23	10:42:51
26.4	191.2	589	↑	上坡牌	Ascent Sign	10:46:55	10:45:12	10:43:38
27	190.6	630	↑	青山路	Qingshan Road	10:47:46	10:46:01	10:44:25
27.3	190.3	644	←	X583	X583	10:48:12	10:46:26	10:44:49
27.9	189.7	645	↑	番好村	Fanhao Village	10:49:03	10:47:15	10:45:35
29.6	188	605	5KM	K27-850	K27-850	10:51:29	10:49:34	10:47:49
34.4	183.2	565	🚻	K22-600	K22-600	10:58:21	10:56:07	10:54:04
34.6	183	570	🍴	K22-850(K21+150)	K22-850(K21+150)	10:58:38	10:56:23	10:54:20
35.6	182	614	✕🍴	方满上村 ,K21-850	Fangmanshang Village, K21-850	11:05:25	11:02:36	11:00:03
35.8	181.8	614	✕🚻	K20-50	K20-50	11:05:44	11:02:54	11:00:21
37.7	179.9	586	↑	牙排村委会	Yapai Village Committee	11:08:44	11:05:45	11:03:03
40.4	177.2	496	↑	毛阳界	Maoyang Border	11:12:59	11:09:48	11:06:55
41.8	175.8	471	↑	方满村	Fangman Village	11:15:12	11:11:54	11:08:55

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 38km/h	40km/h	42km/h
50.4	167.2	313	↑	毛丹水电站	Maodan Hydropower Station	11:28:47	11:24:48	11:21:12
52.8	164.8	263	↑	毛旦村	Maodan Village	11:32:34	11:28:24	11:24:38
55.4	162.2	227	→	G224,K185, 琼中方向	G224, K185, to Qiongzhong	11:36:40	11:32:18	11:28:21
59.1	158.5	233	↑	K181+300 琼中欢迎您	K181+300 Qiongzhong Welcome Sign	11:42:31	11:37:51	11:33:38
68.6	149	260	↑	牙训村	Yaxun Village	11:57:31	11:52:06	11:47:12
69.6	148	260	5KM	K172-800	K172-800	11:59:06	11:53:36	11:48:38
70.9	146.7	260	S1	什运便民服务中心	Zayun Service Center	12:01:09	11:55:33	11:50:29
72.7	144.9	311	↑	K168	K168	12:03:59	11:58:15	11:53:03
74.4	143.2	338	🚻	K167-600	K167-600	12:06:40	12:00:48	11:55:29
74.6	143	345	🍴	K167-800	K167-800	12:06:59	12:01:06	11:55:46
75.6	142	390	✕🍴	K166-800	K166-800	12:08:34	12:02:36	11:57:12
75.8	141.8	389	✕🚻	K165	K165	12:08:53	12:02:54	11:57:29
81.4	136.2	350	↑	白沙起义纪念馆	Baisha Uprising Memorial Hall	12:17:44	12:11:18	12:05:29
83.1	134.5	364	↑	红毛路牌	Hongmao Road Sign	12:20:25	12:13:51	12:07:55
85.3	132.3	319	↑	草响村	Caoxiang Village	12:23:53	12:17:09	12:11:03
86.7	130.9	379	↑	K154，坡顶	K154，Summit	12:26:06	12:19:15	12:13:03
89	128.6	453	↑	K152-300, 山顶，3.6Km，爬升 134m，坡度 3.7%	K152-300, Summit, length 3.6km, elevation +134 m, gradient 3.7%	12:29:44	12:22:42	12:16:21
91.4	126.2	424	↑	金屏村	Jinping Village	12:33:31	12:26:18	12:19:46

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 38km/h	40km/h	42km/h
95.2	122.4	324		G224	G224	12:39:31	12:32:00	12:25:12
95.5	122.1	323		往上安，环热带雨林国家公园旅游公路	To Shang'an, Hainan Tropical Rainforest National Park Tourism Highway	12:39:59	12:32:27	12:25:38
96.2	121.4	328	5KM	K45+800	K45+800	12:41:06	12:33:30	12:26:38
96.5	121.1	326		K46, 加钗养护公路驿站	K46, Jiachai Highway Maintenance Station	12:41:34	12:33:57	12:27:03
99	118.6	333		猿胎返村	Yuantaifan Village	12:45:31	12:37:42	12:30:38
99.4	118.2	337		毛限村	Maoxian Village	12:46:09	12:38:18	12:31:12
101	116.6	396		K50+600	K50+600	12:48:40	12:40:42	12:33:29
101.2	116.4	427		K50+800	K50+800	12:48:59	12:41:00	12:33:46
102.2	115.4	478		K51+800	K51+800	12:50:34	12:42:30	12:35:12
102.4	115.2	484		k52, 大朗 1 号大桥	k52,Dalang No. 1 Bridge	12:50:53	12:42:48	12:35:29
107.7	109.9	326		冲打林	Chongdalin Village	12:59:15	12:50:45	12:43:03
109.2	108.4	328		什乃村	Zanai Village	13:01:37	12:53:00	12:45:12
119	98.6	269		长安河大桥	Chang'an River Bridge	13:17:06	13:07:42	12:59:12
119.3	98.3	266		环热带雨林国家公园旅游公路	Tropical Rainforest National Park Scenic Highway	13:17:34	13:08:09	12:59:38
120.6	97	258		往陵水方向，长安路	To Lingshui, Chang'an Road	13:19:37	13:10:06	13:01:29
121.1	96.5	250		民族文化广场	Ethnic Culture Square	13:20:25	13:10:51	13:02:12
122.6	95	256	START	K15	K15	13:22:47	13:13:06	13:04:21
122.9	94.7	265		K15+300	K15+300	13:23:15	13:13:33	13:04:46

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 38km/h	40km/h	42km/h
124.5	93.1	382		K16+900, 坡长 1.9Km，爬升 126m，坡度 7%	K16+900, length 1.9km, elevation +126m, gradient 7%	13:25:47	13:15:57	13:07:03
125.5	92.1	352		什台村	Zatai Village	13:27:21	13:17:27	13:08:29
133.5	84.1	280	5KM	K26	K26	13:39:59	13:29:27	13:19:55
134.6	83	272		吊罗山欢迎您门坊	Diaoluoshan Welcome Sign	13:41:44	13:31:06	13:21:29
134.8	82.8	272		环热带雨林国家公园旅游公路	Tropical Rainforest National Park Scenic Highway	13:42:03	13:31:24	13:21:46
135	82.6	269		环热带雨林国家公园旅游公路	Tropical Rainforest National Park Scenic Highway	13:42:21	13:31:42	13:22:03
136.3	81.3	258		太平二桥，桥面变窄	Taiping No.2 Bridge, Road narrows	13:44:25	13:33:39	13:23:55
138.3	79.3	254		K30+800	K30+800	13:47:34	13:36:39	13:26:46
138.5	79.1	254		K31	K31	13:47:53	13:36:57	13:27:03
139.5	78.1	256		K32	K32	13:49:28	13:38:27	13:28:29
139.7	77.9	259		K32+200	K32+200	13:49:47	13:38:45	13:28:46
141.5	76.1	249	START	K34+100	K34+100	13:52:37	13:41:27	13:31:21
145.9	71.7	456		陵水界，K38+500, 坡长 3.4Km，爬升 207m，坡度 6.1%	Lingshui Border, K38+500,length 3.4 km，elevation +207m，gradient 6.1%	13:59:34	13:48:03	13:37:38
150.4	67.2	240		大里	Dali	14:06:40	13:54:48	13:44:03
163.7	53.9	94		S215	S215	14:27:40	14:14:45	14:03:03
170.4	47.2	48		G361, 提蒙方向	G361,To Timeng	14:38:15	14:24:48	14:12:38
177.5	40.1	35		K7-800	K7-800	14:49:28	14:35:27	14:22:46

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 38km/h	40km/h	42km/h
177.7	39.9	31		K6	K6	14:49:47	14:35:45	14:23:03
178.6	39	37		汕福农资店 K6-900	Shanfu Agricultural Supply Store,K6-900	14:51:12	14:37:06	14:24:21
178.8	38.8	33		K5-100	K5-100	14:51:31	14:37:24	14:24:38
179	38.6	31		提蒙乡人民政府	Timeng People's Government	14:51:50	14:37:42	14:24:55
181.9	35.7	27		椰林界	Yelin Border	14:56:25	14:42:03	14:29:03
183.2	34.4	22		G361	G361	14:58:28	14:44:00	14:30:55
183.5	34.1	14		G223，往陵水	G223，to Lingshui	14:58:56	14:44:27	14:31:21
183.9	33.7	10		椰林大道	Yelin Avenue	14:59:34	14:45:03	14:31:55
184.3	33.3	9		桃源大道	Taoyuan Avenue	15:00:12	14:45:39	14:32:29
185.2	32.4	7		桃源大道	Taoyuan Avenue	15:01:37	14:47:00	14:33:46
185.7	31.9	6	S2	桃源大道	Taoyuan Avenue	15:02:25	14:47:45	14:34:29
186.5	31.1	8		滨河北路	Binhe North Road	15:03:40	14:48:57	14:35:38
187.5	30.1	7		安马大桥	Anma Bridge	15:05:15	14:50:27	14:37:03
189.7	27.9	5		安马大道	Anma Avenue	15:08:44	14:53:45	14:40:12
193.2	24.4	12		安马大道	Anma Avenue	15:14:15	14:59:00	14:45:12
194.2	23.4	17		文黎大道（辅路）	Wenli Avenue (service road)	15:15:50	15:00:30	14:46:38
194.9	22.7	21		文黎大道（陵城中心大道路口）	Wenli Avenue (Lingcheng Center Avenue intersection)	15:16:56	15:01:33	14:47:38
195.5	22.1	26		G223, 三才大道	G223, Sancai Avenue	15:17:53	15:02:27	14:48:29
203.4	14.2	2		中山北路	Zhongshan North Road	15:30:21	15:14:18	14:59:46

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 38km/h	40km/h	42km/h
204	13.6	6		中山北路	Zhongshan North Road	15:31:18	15:15:12	15:00:38
204.8	12.8	8		往海南环岛旅游公路	To Hainan Coastal Scenic Highway	15:32:34	15:16:24	15:01:46
206.4	11.2	11		新村港大桥	Xincun Port Bridge	15:35:06	15:18:48	15:04:03
210.3	7.3	12		桐海中桥	Tonghai Medium Bridge	15:41:15	15:24:39	15:09:38
213	4.6	12		港仔大桥	Gangzai Bridge	15:45:31	15:28:42	15:13:29
216.1	1.5	15		海南环岛旅游公路	Hainan Coastal Scenic Highway	15:50:25	15:33:21	15:17:55
216.4	1.2	26		海南环岛旅游公路	Hainan Coastal Scenic Highway	15:50:53	15:33:48	15:18:21
216.5	1.1	24		双湖大道	Shuanghu Ave.	15:51:03	15:33:57	15:18:29
217.3	0.3	12		双湖大道	Shuanghu Ave.	15:52:18	15:35:09	15:19:38
217.6	0	9		海南海洋欢乐世界	Hainan Ocean Paradise Resort	15:52:47	15:35:36	15:20:03

