| 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 | 132.7 | 16 | | 海南海洋欢乐世界 | Hainan Ocean Paradise Resort | 10:00:00 | 10:00:00 | 10:00:00 |
| 0.2 | 132.5 | 19 | | 海南环岛旅游公路，海风大道 | Hainan Coastal Scenic Highway, Haifeng Avenue | 10:00:15 | 10:00:15 | 10:00:15 |
| 1.6 | 131.1 | 27 | | 凯悦酒店 | Hyatt Hotel | 10:02:00 | 10:01:59 | 10:01:58 |
| 2 | 130.7 | 17 | | 海南环岛旅游公路（海风大道路口） | Hainan Coastal Scenic Highway (Haifeng Avenue intersection) | 10:02:30 | 10:02:28 | 10:02:27 |
| 2.4 | 130.3 | 4 | | 后岭路 | Houling Road | 10:03:00 | 10:02:58 | 10:02:56 |
| 2.9 | 129.8 | 9 | | 后岭路 | Houling Road | 10:03:38 | 10:03:35 | 10:03:33 |
| 3.2 | 129.5 | 10 | | 特警大队 | SWAT Brigade | 10:04:10 | 10:04:05 | 10:04:03 |
| 3.9 | 128.8 | 16 | | 尔蔚街 | Erwei Street | 10:05:05 | 10:04:59 | 10:04:56 |
| 4.1 | 128.6 | 16 | | X661( 东高路 ) | Haifeng Avenue | 10:05:21 | 10:05:14 | 10:05:11 |
| 5.2 | 127.5 | 17 | | 海风大道 | X661 (Donggao Road) | 10:06:47 | 10:06:38 | 10:06:34 |
| 7 | 125.7 | 21 | | 双湖大道（往起点拱门） | Shuanghu Avenue (to start arch) | 10:09:08 | 10:08:56 | 10:08:51 |
| 7.4 | 125.3 | 16 | | 海南海洋欢乐世界 | Hainan Ocean Paradise Resort | 10:09:39 | 10:09:27 | 10:09:21 |
| 8.4 | 124.3 | 34 | | 双湖大道 | Shuanghu Avenue | 10:10:57 | 10:10:43 | 10:10:37 |
| 10.3 | 122.4 | 21 | | 双湖大道 | Shuanghu Avenue | 10:13:26 | 10:13:09 | 10:13:01 |
| 11 | 121.7 | 16 | | 博学大道 | Boxue Avenue | 10:14:21 | 10:14:03 | 10:13:54 |
| 11.2 | 121.5 | 15 | | 博学大道 | Boxue Avenue | 10:14:37 | 10:14:18 | 10:14:09 |
| 11.6 | 121.1 | 15 | | 博学大道 | Boxue Avenue | 10:15:08 | 10:14:49 | 10:14:39 |
| 12.2 | 120.5 | 16 | | 博学大道（求实路口） | Boxue Avenue (Qiushi Road intersection) | 10:15:55 | 10:15:34 | 10:15:25 |
| 12.6 | 120.1 | 25 | | 博学大道（知行路口） | Boxue Avenue (Zhixing Road intersection) | 10:16:26 | 10:16:05 | 10:15:55 |





| 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 42km/h | 44km/h | 46km/h |
|---|---|---|---|---|---|---|---|---|
| 12.8 | 119.9 | 19 | | 门岗 | Security Gate | 10:16:42 | 10:16:20 | 10:16:10 |
| 14 | 118.7 | 23 | | 博学大道（敬业路口） | Boxue Avenue (Jingye Road intersection ) | 10:18:16 | 10:17:52 | 10:17:41 |
| 14.8 | 117.9 | 28 | | 海湾路 | Haiwan Road | 10:19:18 | 10:18:54 | 10:18:42 |
| 15.1 | 117.6 | 32 | | 教师公寓二区 | Teacher Apartment Area 2 | 10:19:42 | 10:19:17 | 10:19:04 |
| 15.5 | 117.2 | 37 | | 海湾路（交融大道路口） | Haiwan Road (Jiaorong Avenue intersection) | 10:20:13 | 10:19:47 | 10:19:35 |
| 16.4 | 116.3 | 10 | | 双湖大道 | Shuanghu Avenue | 10:21:23 | 10:20:56 | 10:20:43 |
| 18 | 114.7 | 24 | | 双湖大道 | Shuanghu Avenue | 10:25:43 | 10:24:33 | 10:23:29 |
| 18.2 | 114.5 | 27 | | 双湖大道 | Shuanghu Avenue | 10:26:00 | 10:24:49 | 10:23:44 |
| 19 | 113.7 | 16 | | 双湖大道 | Shuanghu Avenue | 10:27:09 | 10:25:55 | 10:24:47 |
| 19.6 | 113.1 | 17 | | 双湖大道，教育示范园区大转盘 | Shuanghu Avenue, Education Demonstration Zone Roundabout | 10:28:00 | 10:26:44 | 10:25:34 |
| 21.6 | 111.1 | 25 | | 双湖大道 | Shuanghu Avenue | 10:30:51 | 10:29:27 | 10:28:10 |
| 22.7 | 110 | 16 | | 海南海洋欢乐世界 (Lap1) | Hainan Ocean Paradise Resort (Lap 1) | 10:32:26 | 10:30:57 | 10:29:37 |
| 22.9 | 109.8 | 19 | | 海南环岛旅游公路，海风大道 | Hainan Coastal Scenic Highway, Haifeng Avenue | 10:32:43 | 10:31:14 | 10:29:52 |
| 24.3 | 108.4 | 27 | | 凯悦酒店 | Hyatt Hotel | 10:34:43 | 10:33:08 | 10:31:42 |
| 24.7 | 108 | 17 | | 海南环岛旅游公路（海风大道路口） | Hainan Coastal Scenic Highway (Haifeng Avenue intersection) | 10:35:17 | 10:33:41 | 10:32:13 |
| 25.1 | 107.6 | 4 | 5KM | 后岭路 | Houling Road | 10:35:51 | 10:34:14 | 10:32:44 |
| 25.6 | 107.1 | 9 | | 后岭路 | Houling Road | 10:36:34 | 10:34:55 | 10:33:23 |

| 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 |
|---|---|---|---|---|---|---|---|---|
| 25.9 | 106.8 | 10 | | 特警大队 | Special Police Unit | 10:37:00 | 10:35:19 | 10:33:47 |
| 26.6 | 106.1 | 16 | | 尔蔚街 | Erwei Street | 10:38:00 | 10:36:16 | 10:34:42 |
| 26.8 | 105.9 | 16 | | X661( 东高路 ) | X661 (Donggao Road) | 10:39:51 | 10:38:03 | 10:36:23 |
| 27.9 | 104.8 | 17 | | 海风大道 | Haifeng Avenue | 10:38:17 | 10:36:33 | 10:34:57 |
| 29.7 | 103 | 21 | | 双湖大道（往起点拱门） | Shuanghu Avenue (to start arch) | 10:42:26 | 10:40:30 | 10:38:44 |
| 29.9 | 102.8 | 20 | | 双湖大道 | Shuanghu Avenue | 10:42:43 | 10:40:46 | 10:39:00 |
| 30.1 | 102.6 | 16 | | 海南海洋欢乐世界（起点拱门） | Hainan Ocean Paradise Resort (Start Arch) | 10:43:00 | 10:41:03 | 10:39:16 |
| 31.1 | 101.6 | 34 | | 双湖大道 | Shuanghu Avenue | 10:44:26 | 10:42:25 | 10:40:34 |
| 31.3 | 101.4 | 27 | | 双湖大道 | Shuanghu Avenue | 10:44:43 | 10:42:41 | 10:40:50 |
| 33.7 | 99 | 16 | | 博学大道 | Boxue Avenue | 10:48:09 | 10:45:57 | 10:43:57 |
| 36.7 | 96 | 23 | | 敬业路 | Jingye Road | 10:52:26 | 10:50:03 | 10:47:52 |
| 37.5 | 95.2 | 24 | | 海湾路 | Haiwan Road | 10:53:34 | 10:51:08 | 10:48:55 |
| 37.8 | 94.9 | 33 | | 教师公寓二区 | Teacher Apartment Area 2 | 10:54:00 | 10:51:33 | 10:49:18 |
| 39.2 | 93.5 | 11 | | 双湖大道 | Shuanghu Avenue | 10:56:00 | 10:53:27 | 10:51:08 |
| 41.8 | 90.9 | 17 | | 双湖大道（博学大道路口） | Shuanghu Avenue (Boxue Avenue intersection) | 10:59:43 | 10:57:00 | 10:54:31 |
| 42.3 | 90.4 | 17 | | 双湖大道 | Shuanghu Avenue | 11:00:26 | 10:57:41 | 10:55:10 |
| 45.4 | 87.3 | 16 | | 海南海洋欢乐世界（Lap2） | Hainan Ocean Paradise Resort (Lap 2) | 11:04:51 | 11:01:55 | 10:59:13 |
| 45.6 | 87.1 | 19 | | 海南环岛旅游公路，海风大道 | Hainan Coastal Scenic Highway, Haifeng Avenue | 11:05:09 | 11:02:11 | 10:59:29 |





| 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 |
|---|---|---|---|---|---|---|---|---|
| 47.8 | 84.9 | 4 | | 后岭路 | Houling Road | 11:08:17 | 11:05:11 | 11:02:21 |
| 49.3 | 83.4 | 16 | | 尔蔚街 | Erwei Street | 11:10:26 | 11:07:14 | 11:04:18 |
| 49.5 | 83.2 | 17 | | 尔蔚街 | Erwei Street | 11:10:43 | 11:07:30 | 11:04:34 |
| 49.6 | 83.1 | 15 | | 尔蔚街（岭仔路口） | Erwei Street (Lingzai Road intersection) | 11:10:51 | 11:07:38 | 11:04:42 |
| 49.8 | 82.9 | 13 | | 黎安路 | Li'an Road | 11:11:09 | 11:07:55 | 11:04:57 |
| 53.8 | 78.9 | 7 | | 椰子岛中桥，往滨河南路 | Yezidao Medium Bridge, to Binhe South Road | 11:16:51 | 11:13:22 | 11:10:10 |
| 54 | 78.7 | 5 | | 陵水湾 | Lingshui Bay | 11:17:09 | 11:13:38 | 11:10:26 |
| 57.3 | 75.4 | 6 | | 安马大桥 | Anma Bridge | 11:21:51 | 11:18:08 | 11:14:44 |
| 57.5 | 75.2 | 15 | | 安马大桥 | Anma Bridge | 11:22:09 | 11:18:25 | 11:15:00 |
| 57.9 | 74.8 | 6 | | 滨河北路东段 | Binhe North Road East Section | 11:22:43 | 11:18:57 | 11:15:31 |
| 59.5 | 73.2 | 5 | | 滨河北路东段 | Binhe North Road East Section | 11:25:00 | 11:21:08 | 11:17:37 |
| 61.1 | 71.6 | 3 | | 拉雅娜，香水湾滨海公路网红公路（水口大桥） | Layana, Xiangshui Bay Coastal Highway (Shuikou Bridge) | 11:27:17 | 11:23:19 | 11:19:42 |
| 62.1 | 70.6 | 32 | | 棣体书亭，坡长 1Km，爬升 30 米，坡度 3% | Diti Book Pavilion, length 1km, elevation +30m, gradient 3% | 11:28:43 | 11:24:41 | 11:21:00 |
| 62.6 | 70.1 | 23 | | 最美公路（山海颂） | Zuimei Road (Shanhai Ode) | 11:29:26 | 11:25:22 | 11:21:39 |
| 63.8 | 68.9 | 30 | 5KM | 最美公路 | Zuimei Road | 11:31:09 | 11:27:00 | 11:23:13 |
| 64.6 | 68.1 | 9 | | 海南环岛旅游公路 | Hainan Coastal Scenic Highway | 11:32:17 | 11:28:05 | 11:24:16 |
| 64.8 | 67.9 | 6 | | 海南环岛旅游公路 | Hainan Coastal Scenic Highway | 11:32:34 | 11:28:22 | 11:24:31 |
| 68.5 | 64.2 | 9 | | 海南环岛旅游公路 | Hainan Coastal Scenic Highway | 11:37:51 | 11:33:25 | 11:29:21 |

| 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 |
|---|---|---|---|---|---|---|---|---|
| 68.6 | 64.1 | 9 | | K373+800 | K373+800 | 11:38:00 | 11:33:33 | 11:29:29 |
| 68.8 | 63.9 | 12 | | K374, 田园风光 | K374, Rural Scenery | 11:38:17 | 11:33:49 | 11:29:44 |
| 69.5 | 63.2 | 12 | | K374+700 | K374+700 | 11:39:17 | 11:34:46 | 11:30:39 |
| 69.7 | 63 | 8 | | 里村中桥 | Licun Medium Bridge | 11:39:34 | 11:35:03 | 11:30:55 |
| 69.8 | 62.9 | 8 | | 滨河北路东段 | Binhe North Road East Section | 11:39:43 | 11:35:11 | 11:31:03 |
| 71.3 | 61.4 | 11 | | 滨河北路东段（安马大桥路口） | Binhe North Road East Section (Anma Bridge intersection) | 11:41:51 | 11:37:14 | 11:33:00 |
| 72.9 | 59.8 | 9 | | 滨河北路 | Binhe North Road | 11:44:09 | 11:39:25 | 11:35:05 |
| 73 | 59.7 | 8 | | 滨河北路 | Binhe North Road | 11:44:17 | 11:39:33 | 11:35:13 |
| 73.3 | 59.4 | 9 | | 滨河北路 | Binhe North Road | 11:44:43 | 11:39:57 | 11:35:37 |
| 74.1 | 58.6 | 12 | | 桃源大道 | Taoyuan Avenue | 11:45:51 | 11:41:03 | 11:36:39 |
| 74.7 | 58 | 9 | | 桃源大道 | Taoyuan Avenue | 11:46:43 | 11:41:52 | 11:37:26 |
| 75.1 | 57.6 | 10 | S1 | 桃源大道，陵水青少年宫 | Taoyuan Avenue, Lingshui Youth Palace | 11:47:17 | 11:42:25 | 11:37:57 |
| 76.2 | 56.5 | 10 | | 第二出口往 G223 保亭方向 | Second exit to G223 Baoting | 11:48:51 | 11:43:55 | 11:39:23 |
| 76.4 | 56.3 | 10 | | 高架桥 | Overpass | 11:49:09 | 11:44:11 | 11:39:39 |
| 76.5 | 56.2 | 13 | | G223 | G223 | 11:49:17 | 11:44:19 | 11:39:47 |
| 76.8 | 55.9 | 16 | | G361 | G361 | 11:49:43 | 11:44:44 | 11:40:10 |
| 77.2 | 55.5 | 22 | | 提蒙大道（G361） | Timeng Avenue (G361) | 11:50:17 | 11:45:16 | 11:40:42 |
| 81.1 | 51.6 | 30 | | 提蒙乡 | Timeng Township | 11:55:51 | 11:50:35 | 11:45:47 |
| 85.8 | 46.9 | 43 | | G361,K9 | G361, K9 | 12:02:34 | 11:57:00 | 11:51:55 |





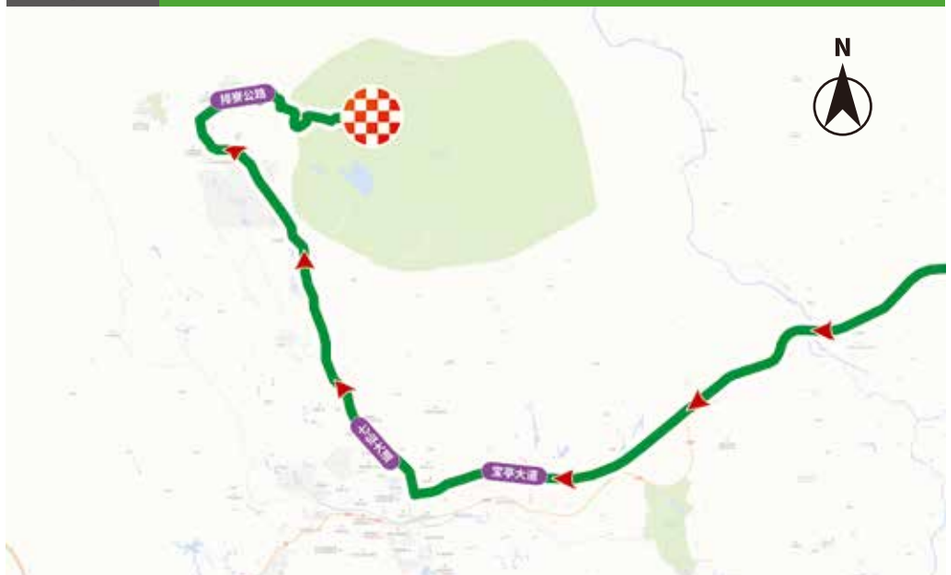
| 公里 (km) from the start | 距终点 (km) to the finish | 海拔 Alt. (m) | 前进方向说明 Instruction | 描述 Description | | 预计达到时间 Estimated Arrival Time 42km/h | 44km/h | 46km/h |
|---|---|---|---|---|---|---|---|---|
| 87.4 | 45.3 | 51 | | 本号大道 | Benhao Avenue | 12:04:51 | 11:59:11 | 11:54:00 |
| 89 | 43.7 | 39 | | 本号大道，本号农贸市场 | Benhao Avenue, Benhao Market | 12:07:09 | 12:01:22 | 11:56:05 |
| 90 | 42.7 | 44 | | G361 | G361 | 12:08:34 | 12:02:44 | 11:57:23 |
| 90.8 | 41.9 | 37 | 5KM | G361,K14 | G361, K14 | 12:09:43 | 12:03:49 | 11:58:26 |
| 93.8 | 38.9 | 60 | | 南平农场 | Nanping Farm | 12:14:00 | 12:07:55 | 12:02:21 |
| 95 | 37.7 | 62 | | 大坡（祖关） | Dapo (Zuguan) | 12:15:43 | 12:09:33 | 12:03:55 |
| 100.6 | 32.1 | 67 | | 本号镇欢迎您再次光临 | Benhao Town, Welcome Sign | 12:23:43 | 12:17:11 | 12:11:13 |
| 103.5 | 29.2 | 72 | | G361,26+500 | G361, 26+500 | 12:27:51 | 12:21:08 | 12:15:00 |
| 103.7 | 29 | 74 | | G361,K26+700 | G361, K26+700 | 12:28:09 | 12:21:25 | 12:15:16 |
| 104.7 | 28 | 65 | | G361,K27+700 | G361, K27+700 | 12:29:34 | 12:22:46 | 12:16:34 |
| 104.9 | 27.8 | 82 | | G361,K27+900 | G361, K27+900 | 12:29:51 | 12:23:03 | 12:16:50 |
| 107.4 | 25.3 | 83 | | K30+500, 保亭欢迎您 | K30+500, Baoting Welcome Sign | 12:33:26 | 12:26:27 | 12:20:05 |
| 110 | 22.7 | 78 | | 排寮村委会 | Pailiao Village Committee | 12:37:09 | 12:30:00 | 12:23:29 |
| 111.2 | 21.5 | 61 | | 什玲镇 | Shiling Town | 12:38:51 | 12:31:38 | 12:25:03 |
| 111.6 | 21.1 | 58 | S2 | 什玲镇，海南农商银行 | Shiling Town, Hainan Rural Commercial Bank | 12:39:26 | 12:32:11 | 12:25:34 |
| 112.3 | 20.4 | 61 | | 什玲桥 | Shiling Bridge | 12:40:26 | 12:33:08 | 12:26:29 |
| 113.9 | 18.8 | 63 | | 南岛小学 | Nandao Primary School | 12:42:43 | 12:35:19 | 12:28:34 |
| 115 | 17.7 | 48 | | 宝亭大道 | Baoting Avenue | 12:44:17 | 12:36:49 | 12:30:00 |
| 118.3 | 14.4 | 68 | | 宝亭大道 ( 东环路口 ) | Baoting Avenue (Donghuan Road intersection) | 12:49:00 | 12:41:19 | 12:34:18 |

| 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 |
|---|---|---|---|---|---|---|---|---|
| 119.7 | 13 | 63 | ↑ | 宝亭大道，文体公园 | Baoting Avenue, Culture and Sports Park | 12:51:00 | 12:43:14 | 12:36:08 |
| 120 | 12.7 | 54 | ↑ | 宝亭大道 | Baoting Avenue | 12:51:26 | 12:43:38 | 12:36:31 |
| 120.4 | 12.3 | 51 | ↑ | 宝亭大道 | Baoting Avenue | 12:52:00 | 12:44:11 | 12:37:03 |
| 120.6 | 12.1 | 49 | ↱ | 七仙大道 | Qixian Avenue | 12:52:17 | 12:44:27 | 12:37:18 |
| 121.3 | 11.4 | 48 | ↑ | 七仙大道，玉仙桥路口 | Qixian Avenue, Yuxian Bridge intersection | 12:53:17 | 12:45:25 | 12:38:13 |
| 121.5 | 11.2 | 48 | ↑ | 七仙大道意家农庄 - 挑战赛终点 | Qixian Avenue Yijia Restaurant - Amateur Group Finish | 12:53:34 | 12:45:41 | 12:38:29 |
| 122.1 | 10.6 | 49 | ↑ | 七仙大道 | Qixian Avenue | 12:54:26 | 12:46:30 | 12:39:16 |
| 122.4 | 10.3 | 49 | ↑ | 月亮休闲广场 | Moon Leisure Square | 12:54:51 | 12:46:55 | 12:39:39 |
| 122.9 | 9.8 | 54 | ↑ | 七仙大道 | Qixian Avenue | 12:55:34 | 12:47:35 | 12:40:18 |
| 123.8 | 8.9 | 65 | ↑ | 七仙门 | Qixian Gate | 12:56:51 | 12:48:49 | 12:41:29 |
| 124.8 | 7.9 | 97 | ↑ | 天骄训练基地 | Tianjiao Training Base | 12:58:17 | 12:50:11 | 12:42:47 |
| 128.3 | 4.4 | 144 | ↑ | 七仙大道，K8 | Qixian Avenue, K8 | 13:03:17 | 12:54:57 | 12:47:21 |
| 128.9 | 3.8 | 118 | ↱ | 排寮路 | Pailiao Road | 13:04:09 | 12:55:46 | 12:48:08 |
| 129.2 | 3.5 | 118 | START | 七仙黎家乐餐厅 | Qixian Lijiale Restaurant | 13:04:34 | 12:56:11 | 12:48:31 |
| 131.1 | 1.6 | 214 | | 排寮路 | Pailiao Road | 13:07:17 | 12:58:46 | 12:51:00 |
| 131.6 | 1.1 | 240 | | 排寮路 | Pailiao Road | 13:08:00 | 12:59:27 | 12:51:39 |
| 132.6 | 0.1 | 51 | | 七仙岭温泉国家森林公园 | Qixianling Scenic Area | 13:09:26 | 13:00:49 | 12:52:57 |
| 132.7 | 0 | 266 | | 七仙岭，坡长 3.4Km，爬升 215m，坡度 6.3% | Qixianling, length 3.4km, elevation +215m, gradient 6.3% | 13:09:34 | 13:00:57 | 12:53:05 |





## Stage 04 保亭入城图 Entry Map of Baoting




## Stage 04 最后三公里路线图 Last 3km Map

