

ELEVATION	ABU DHABI			Distance			Timetable km / h		
				leg	run	to be run	46	44	42
	3	AL MIRFA	↑	Start Village	4,6		13.45	13.45	13.45
	3	AL MIRFA	↑	km 0	0,0	0,0	111,0	13.55	13.55
	8	Rndbt Al Mughira st x Obaid bin Kadaas Al Rumaithi St.	↩		2	2,0	109,0	13.58	13.58
	8	Al Mughira Rndbt	↪		8,7	10,7	100,3	14.08	14.10
	9	Rndbt Al Mughira st x Obaid bin Kadaas Al Rumaithi St.	↑		8,8	19,5	91,5	14.20	14.23
	8	Al Mirfa Beach	↩	Ahmed Khamis al Hammadi St.	3,4	22,9	88,1	14.24	14.26
	9	Mirfa Interchange	↑	Mohammed Al Fakahi Al Yasi Rd.	6	28,9	82,1	14.32	14.34
	41	Mohammed Al Fakahi Al Yasi Rd.	↑	(U-Turn Exit)	15,6	44,5	66,5	14.53	14.56
	91	Intermediate Sprint #1	↑		18,2	62,7	48,3	15.18	15.22
	96	Habshan	↑	Mohammed Al Fakahi Al Yasi Rd.	3,5	66,2	44,8	15.22	15.31
	115	Rndbt Mohammed Al Fakahi Al Yasi Rd. x E13	↑	Mohammed Al Fakahi Al Yasi Rd.	13,3	79,5	31,5	15.40	15.51
	126	Wadi Darb	↩	Mohammed Khalaf Al Mazrouei St.	3,8	83,3	27,7	15.45	15.56
	114	Intermediate Sprint #2	↪		2	85,3	25,7	15.48	15.53
	115	Sultan Belferah Al Qubaisi St.	↩		2,9	88,2	22,8	15.52	16.03
	123	Ins. E45	↪	E45	6,7	94,9	16,1	16.01	16.13
	123	Shams Power Solar Station	↪	E45	4,5	99,4	11,6	16.06	16.19
	119	Madinat Zayed park	↑	E45	6,4	105,8	5,2	16.14	16.27
	116	MADINAT ZAYED	↑	E45	5,2	111,0	0,0	16.20	16.34

NOTES

-  **INTERMEDIATE SPRINT: KM 62.7 INTERMEDIATE SPRINT #1
KM 85.3 INTERMEDIATE SPRINT #2**
-  **FEED/LITTER ZONE: KM 39.3 - 76.0**
-  **LITTER ZONE: KM 102.7**