

ELEVATION	DUBAI			Distance			Timetable km / h		
				leg	run	to be run	43	41	39
	4	DUBAI POLICE ACADEMY	↑	Start Village	1,8		12.50	12.50	12.50
	3	DUBAI POLICE ACADEMY	↑	km 0	0,0	145,0	12.55	12.55	12.55
	6	D63 x E44 Interchange	↑	D63	3,1	141,9	13.00	13.00	13.00
	25	Exit to Motor City	↪		4,9	137,0	13.07	13.08	13.08
	22	Ins. D54	↪	D54	6,5	130,5	13.16	13.17	13.18
	22	D64 x D67 Interchange	↑		6,4	124,1	13.24	13.26	13.27
	22	Expo Dubai	↪	Intermediate Sprint #1 - E77	6,3	27,2	13.33	13.34	13.36
	31	E77 x E611 Interchange	↑	E77	9,9	107,9	13.47	13.50	13.53
	61	Exit to Al Qudra	↪	D63	10,4	97,5	14.03	14.06	14.10
	86	Al Qudra Cycletrack	↪		11,5	86,0	14.20	14.24	14.28
	75	Al Marmoom Oasis	↑		3,6	82,4	14.24	14.29	14.34
	72	Al Marmoom Conservation Reserve	↪		6,8	75,6	14.33	14.38	14.44
	74	Al Marmoom Oasis	↑		6,8	68,8	14.43	14.49	14.55
	85	Al Qudra Cycletrack	↪	Saih Al Dahal St.	3,6	65,2	14.49	14.54	15.01
	85	Al Qudra Lakes	↪	Intermediate Sprint #2 - Saih Al Dahal St.	3,2	83,0	14.53	14.59	15.05
	86	Al Qudra Cycletrack	↪	D63	4,0	58,0	14.59	15.05	15.12
	57	Ins. E77	↪	E77	11,1	46,9	15.13	15.20	15.28
	75	Tiger Woods Dubai	↩		8,2	38,7	15.25	15.33	15.41
	62	Damac Hills	↑		6,3	32,4	15.33	15.41	15.50
	36	Ins. D63	↪	D63	9,4	23,0	15.46	15.54	16.03
	27	Ins. D54	↪	D54	6,0	17,0	15.53	16.02	16.12
	28	Interchange D54 x E66	↑	D54	14,0	3,0	16.13	16.23	16.34
	29	HBM SMART UNIVERSITY	↑		3,0	145,0	16.18	16.28	16.38

NOTES

-  **INTERMEDIATE SPRINT: KM 27.2 EXPO DUBAI
KM 83 AL QUDRA LAKES**
-  **FEED/LITTER ZONE: KM 32.7 - 72.9 - 100.5**
-  **LITTER ZONE: KM 135.6**