

ELEVATION	ABU DHABI			Distance			Timetable km / h		
				leg	run	to be run	41	39	37
 287	AL AIN HAZZA BIN ZAYED STADIUM	↑	Start Village		2,0		12.25	12.25	12.25
 267	AL AIN HAZZA BIN ZAYED STADIUM	↑	km 0	0,0	0,0	156,0	12.30	12.30	12.30
265	Khalifa Bin Zayed St	↩		1,2	1,2	154,8	12.31	12.31	12.31
293	Al Ain Museum	↩	Othman Bin Affan St	6,1	7,3	148,7	12.40	12.40	12.41
296	Shakhboot Bin Sultan St	↩	Mohammed Bin Khalifa St-Zayed The First St	1,7	9,0	147,0	12.42	12.43	12.44
267	Hazza Bin Zayed Stadium	↩	Hamdan Bin Mohammad St	7,9	16,9	139,1	12.53	12.54	12.55
252	Hazza Ibn Sultan St	↪	138th - 111th	4,2	21,1	134,9	12.58	12.59	13.01
272	Al Ain Intl. Airport	↑	Al Khaleej Al Arabi St	7,6	28,7	127,3	13.09	13.11	13.13
220	Al Salamat	↑	127th St - Hamdan Bin Mohammad St	7,8	36,5	119,5	13.19	13.22	13.25
249	Hazza Ibn Sultan St	↪	138th	9,5	46,0	110,0	13.33	13.36	13.40
 245	UAE University	↪	Intermediate Sprint #1 - Shakhboot Bin Sultan St	3,2	49,2	106,8	13.38	13.41	13.45
226	Khalifa bin Zayed St. Interchange	↑	Shakhboot Bin Sultan St	8,3	57,5	98,5	13.48	13.52	13.56
198	Abu Dhabi - Al Ain Truck Rd	↪	E30	8,8	66,3	89,7	14.00	14.04	14.09
170	Al Ankah Rndbt.	↑	Abu Dhabi - Al Ain Truck Rd/E30	16,4	82,7	73,3	14.22	14.27	14.33
165	E30 U-Turn	↻	Abu Dhabi - Al Ain Truck Rd/E30	4,4	87,1	68,9	14.28	14.34	14.40
170	Al Ankah Rndbt.	↑	Abu Dhabi - Al Ain Truck Rd/E30	4,4	91,5	64,5	14.35	14.41	14.47
198	Al Tirhab St	↩		16,7	108,2	47,8	14.59	15.07	15.15
209	Shakhboot Bin Sultan St	↑		3,9	112,1	43,9	15.05	15.13	15.21
225	Khalifa bin Zayed St. Interchange	↑	Shakhboot Bin Sultan St	5,1	117,2	38,8	15.13	15.21	15.30
254	Hazza Bin Sultan St	↪		9,5	126,7	29,3	15.27	15.36	15.45
245	Hazza Bin Sultan St	↑	E95	9,7	136,4	19,6	15.40	15.49	15.59
244	Jebel Hafeet St	↩		3,8	140,2	15,8	15.45	15.54	16.05
 263	Green Mubazzarah	↑	Intermediate Sprint #2	1,9	142,1	13,9	15.48	15.57	16.08
286	Jebel Hafet Park	↩		2,1	144,2	11,8	15.51	16.00	16.11
312	Climb Starts	↑	Jebel Hafeet St	1,1	145,3	10,7	15.52	16.02	16.13
 1025	Jebal Hafeet	↑		10,7	156,0	0,0	16.17	16.30	16.43

NOTES



INTERMEDIATE SPRINT: KM 49.2 UAE UNIVERSITY
KM 142.1 GREEN MUBAZZARAH



FEED/LITTER ZONE: KM 37.8 - 62.0 - 77.7 - 113.6



LITTER ZONE: KM 145.7 - 154.1