






Stage
1
itinerary

QASR AL SARAB – MADINAT ZAYED (Liwa)

km 174

THURSDAY 2015.10.08

Elevation			Distance			timetable			
			leg	run	to be run	km / h			
			42	44	46				
ABU DHABI									
101	QASR AL SARAB	↑ km 0	0.0	0.0	174.0	13.00	13.00	13.00	
92	Ins. E65	↩ E65	9.9	9.9	164.1	13.14	13.13	13.12	
103	Al Khis	↑ E65	7.6	17.5	156.5	13.25	13.24	13.23	
110	Sabkhah	↑ E90	31.7	49.2	124.8	14.15	14.11	14.08	
	133 Liwa	↑	0	20.9	70.1	103.9	14.47	14.41	14.37
	119 Turn to Liwa/Kayyam	↗	0	13.8	83.9	90.1	15.05	14.59	14.54
	137 Liwa	↩ E45	17.6	101.5	72.5	15.32	15.25	15.18	
	131 Shams	↑ E45	45.8	147.3	26.7	16.34	16.24	16.15	
	116 MADINAT ZAHYED	↑	0	12.2	159.5	14.5	16.50	16.39	16.30
	116 MADINAT ZAHYED	↑	0	14.5	174.0	0.0	17.09	16.58	16.47

NOTE:



Intermediate sprint:

km 70.1 Liwa

km 101.5 Liwa



Feed zone: km 80 - 83 Turn to Liwa/Kayyam