



Stage



**3**

itinerary

## AL AIN – JEBEL HAFEET

km 142

SATURDAY 2015.10.10

Elevation			Distance			timetable		
			leg	run	to be run	km / h		
ABU DHABI								
<b>277</b>	<b>AL AIN</b>	↑ Al Qattara Souq	<b>0.0</b>	<b>0.0</b>	<b>142.0</b>	<b>13.30</b>	<b>13.30</b>	<b>13.30</b>
274	124th st	↙	0	1.0	1.0	141.0	13.31	13.31
270	Khalid Bin Sultan st.	↗	0	6.9	7.9	134.1	13.40	13.40
266	130th st.	↖	0	1.2	9.1	132.9	13.42	13.42
264	Nahyan The First St.	↖	0	3.1	12.2	129.8	13.46	13.46
278	118th st.	↖	0	3.3	15.5	126.5	13.51	13.50
283	Zayed Bin Sultan St.	↗	0	3.3	18.8	123.2	13.56	13.55
292	Othman Bin Affan st.	↖	0	1.8	20.6	121.4	13.59	13.58
295	Shakhboot Bin Sultan St.	↖	0	1.7	22.3	119.7	14.02	14.00
279	120th st.	↗	0	3.4	25.7	116.3	14.06	14.05
283	120th st.	↙	0	3.8	29.5	112.5	14.12	14.10
277	AL AIN	↑ Al Qattara Souq		2.1	31.6	110.4	14.15	14.13
274	124th st	↙	0	1.6	33.2	108.8	14.17	14.15
270	Khalid Bin Sultan st.	↗	0	6.9	40.1	101.9	14.27	14.24
266	130th st.	↖	0	1.2	41.3	100.7	14.28	14.26
264	Nahyan The First St.	↖	0	3.1	44.4	97.6	14.32	14.30
278	118th st.	↖	0	3.2	47.6	94.4	14.37	14.34
283	153rd st.	↗	0	3.4	51.0	91.0	14.43	14.39
232	Turn to Zakher	↗	0	4.3	55.3	86.7	14.48	14.45
238	Zakher	↖	0	7.7	63.0	79.0	15.00	14.56
238	Khaled Bin Sultan Street.	↗	0	4.5	67.5	74.5	15.06	15.02
251	Hazaa Bin Sultan Street/Al KJAmia st.	↗	0	3.7	71.2	70.8	15.12	15.07
261	Zayed Al Awwal St.	↗	0	4.6	75.8	66.2	15.19	15.14
 <b>267</b>	<b>Hamdan Bin Mohammad St..</b>	↗ <b>Hazza bin Zayed Stadium</b>	<b>3.3</b>	<b>79.1</b>	<b>62.9</b>	<b>15.24</b>	<b>15.19</b>	<b>15.14</b>
251	Hazaa Bin Sultan St..	↖	0	4.4	83.5	58.5	15.30	15.24
251	Shakhboot Bin Sultan St..	↑	0	2.0	85.5	56.5	15.33	15.27
196	Abu Dhabi-Al Ain truck Rd.	↑	0	18.5	104.0	38.0	15.58	15.51
219	Abu Dhabi-Al Ain truck Rd.	↖	0	15.4	119.4	22.6	16.21	16.13
232	Jebel Hafeet St.	↗	0	4.3	123.7	18.3	16.27	16.19
 <b>263</b>	<b>Green Mubazzarah</b>	↗	<b>0</b>	<b>5.1</b>	<b>128.8</b>	<b>13.2</b>	<b>16.35</b>	<b>16.27</b>
312	Climb Start	↗	0	2.4	131.2	10.8	16.39	16.30
<b>1025</b>	<b>JABEL HAFEET</b>	↑	<b>0</b>	<b>10.8</b>	<b>142.0</b>	<b>0.0</b>	<b>17.09</b>	<b>16.58</b>

NOTE:



Intermediate sprint:

km 79.1 Hazza bin Zayed Stadium

km 128.8 Green Mubazzarah



Feed zone: km