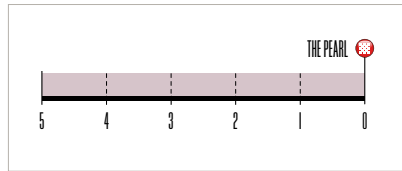


LAST 5 KILOMETRES - ALL CATEGORIES EXCEPT WE AND ME



SCHEDULE - ALL CATEGORIES EXCEPT WE AND ME

		THURSDAY 13 OCTOBER			FRIDAY 14 OCTOBER							
		MEN UNDER-23 Start: 12:00			WOMEN JUNIOR Start: 08:30			MEN JUNIOR Start: 13:15			DISTANCE (KM)	
ROUTE DETAILS		40 km/h	42 km/h	44 km/h	36 km/h	38 km/h	40 km/h	40 km/h	42 km/h	44 km/h	COMPLETED	TO GO
THE PEARL MOSQUE (Actual Start)		12:00	12:00	12:00	08:30	08:30	08:30	13:15	13:15	13:15	0.0	165.7
PORTO ARABIA DRIVE		12:00	12:00	12:00	08:30	08:30	08:30	13:15	13:15	13:15	0.4	165.3
MEDINA CENTRALE		12:03	12:03	12:03	08:34	08:33	08:33	13:18	13:18	13:18	2.4	163.3
LA PLAGE VILLAS CENTRAL		12:05	12:05	12:04	08:36	08:35	08:35	13:20	13:20	13:19	3.6	162.1
PERLITA VILLAS		12:06	12:06	12:06	08:37	08:37	08:36	13:21	13:21	13:21	4.5	161.2
MEDINA CENTRALE		12:07	12:07	12:06	08:38	08:37	08:37	13:22	13:22	13:21	4.9	160.8
VIVA BAHRIYA		12:08	12:07	12:07	08:39	08:38	08:38	13:23	13:22	13:22	5.5	160.2
FLORESTA GARDENS		12:09	12:09	12:08	08:40	08:40	08:39	13:24	13:24	13:23	6.5	159.2
LA PLAGE VILLAS SOUTH		12:11	12:10	12:10	08:42	08:41	08:41	13:26	13:25	13:25	7.4	158.3
BAHRI VILLAS		12:12	12:11	12:11	08:43	08:42	08:42	13:27	13:26	13:26	8.2	157.5
VIVA BAHRIYA		12:15	12:14	12:13	08:46	08:45	08:45	13:30	13:29	13:28	10.1	155.6
GIARDINO VILLAS		12:16	12:15	12:14	08:48	08:47	08:46	13:31	13:30	13:29	10.9	154.8
VIVA BAHRIYA		12:18	12:17	12:17	08:50	08:49	08:48	13:33	13:32	13:32	12.5	153.2
THE PEARL (1st crossing of the finish line)		12:20	12:19	12:18	08:52	08:51	08:50	13:35	13:34	13:33	13.7	152.0
FEED ZONE		12:21	12:20	12:19	08:53	08:52	08:51	13:36	13:35	13:34	14.2	151.5
PIAZZA ARABIA		12:22	12:21	12:20	08:54	08:53	08:52	13:37	13:36	13:35	14.8	150.9
THE PEARL MOSQUE		12:22	12:21	12:20	08:55	08:54	08:52	13:37	13:36	13:35	15.2	150.5
THE PEARL (2nd crossing of the finish line)		12:43	12:41	12:39	09:18	09:15	09:13	13:58	13:56	13:54	28.9	136.8
THE PEARL (3rd crossing of the finish line)		13:06	13:03	13:00	09:43	09:39	09:36	14:21	14:18	14:15	44.1	121.6
THE PEARL (4th crossing of the finish line)		13:28	13:24	13:20	10:08	10:03	09:58	14:43	14:39	14:35	59.3	106.4
THE PEARL (5th crossing of the finish line)		13:51	13:46	13:41	10:34	10:27	10:21	15:06	15:01	14:56	74.5	91.2
THE PEARL (6th crossing of the finish line)		14:14	14:08	14:02				15:29	15:23	15:17	89.7	76.0
THE PEARL (7th crossing of the finish line)		14:37	14:29	14:23				15:52	15:44	15:38	104.9	60.8
THE PEARL (8th crossing of the finish line)		15:00	14:51	14:43				16:15	16:06	15:58	120.1	45.6
THE PEARL (9th crossing of the finish line)		15:22	15:13	15:04				16:37	16:28	16:19	135.3	30.4
THE PEARL (10th crossing of the finish line)		15:45	15:35	15:25							150.5	15.2
THE PEARL		16:08	15:56	15:45							165.7	0.0