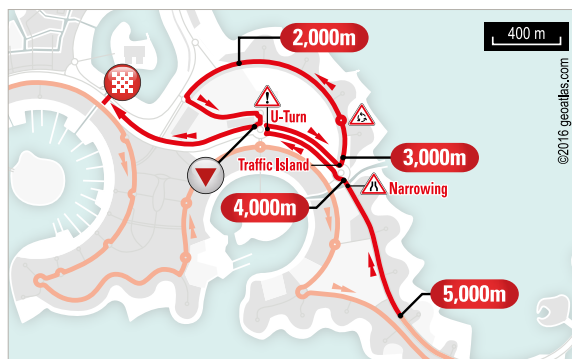
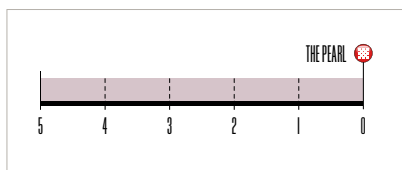


LAST 5 KILOMETRES - ALL CATEGORIES EXCEPT ME



SCHEDULE - ALL CATEGORIES EXCEPT ME

		MONDAY 10 OCTOBER 2016						TUESDAY 11 OCTOBER 2016							
		WOMEN JUNIOR <i>First rider: 09:30* Last rider: 10:18</i>			MEN UNDER-23 <i>First rider: 11:30* Last rider: 15:14</i>			MEN JUNIOR <i>First rider: 09:00* Last rider: 11:51</i>			WOMEN ELITE <i>First rider: 13:15* Last rider: 15:50</i>			DISTANCE (KM)	
		36 km/h	40 km/h	44 km/h	40 km/h	44 km/h	48 km/h	40 km/h	44 km/h	48 km/h	38 km/h	42 km/h	46 km/h	COMPLETED	TO GO
ROUTE DETAILS															
THE PEARL MOSQUE		00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	0.0	28.9
PORTO ARABIA DRIVE		00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	0.4	28.5
MEDINA CENTRALE		00:04	00:03	00:03	00:03	00:03	00:03	00:03	00:03	00:03	00:03	00:03	00:03	2.4	26.5
LA PLAGE VILLAS CENTRAL		00:06	00:05	00:04	00:05	00:04	00:04	00:05	00:04	00:04	00:05	00:05	00:04	3.6	25.3
PERLITA VILLAS		00:07	00:06	00:06	00:06	00:06	00:05	00:06	00:06	00:05	00:07	00:06	00:05	4.5	24.4
MEDINA CENTRALE		00:08	00:07	00:06	00:07	00:06	00:06	00:07	00:06	00:06	00:07	00:07	00:06	4.9	24.0
VIVA BAHRIYA		00:09	00:08	00:07	00:08	00:07	00:06	00:08	00:07	00:06	00:08	00:07	00:07	5.5	23.4
FLORESTA GARDENS		00:10	00:09	00:08	00:09	00:08	00:08	00:09	00:08	00:08	00:10	00:09	00:08	6.5	22.4
LA PLAGE VILLAS SOUTH		00:12	00:11	00:10	00:11	00:10	00:09	00:11	00:10	00:09	00:11	00:10	00:09	7.4	21.5
INTERMEDIATE TIMING POINT		00:12	00:11	00:10	00:11	00:10	00:09	00:11	00:10	00:09	00:11	00:10	00:09	7.4	21.5
LA PLAGE VILLAS SOUTH		00:12	00:11	00:10	00:11	00:10	00:09	00:11	00:10	00:09	00:11	00:10	00:09	7.5	21.4
BAHRI VILLAS		00:13	00:12	00:11	00:12	00:11	00:10	00:12	00:11	00:10	00:12	00:11	00:10	8.2	20.7
VIVA BAHRIYA		00:16	00:15	00:13	00:15	00:13	00:12	00:15	00:13	00:12	00:15	00:14	00:13	10.1	18.8
GIARDINO VILLAS		00:18	00:16	00:14	00:16	00:14	00:13	00:16	00:14	00:13	00:17	00:15	00:14	10.9	18.0
VIVA BAHRIYA		00:20	00:18	00:17	00:18	00:17	00:15	00:18	00:17	00:15	00:19	00:17	00:16	12.5	16.4
THE PEARL (1 st crossing of the finish line)		00:22	00:20	00:18	00:20	00:18	00:17	00:20	00:18	00:17	00:21	00:19	00:17	13.7	15.2
PIAZZA ARABIA					00:22	00:20	00:18	00:22	00:20	00:18	00:23	00:21	00:19	14.8	14.1
THE PEARL MOSQUE					00:22	00:20	00:19	00:22	00:20	00:19	00:24	00:21	00:19	15.2	13.7
PORTO ARABIA DRIVE					00:23	00:21	00:19	00:23	00:21	00:19	00:24	00:22	00:20	15.6	13.3
MEDINA CENTRALE					00:26	00:24	00:22	00:26	00:24	00:22	00:27	00:25	00:22	17.6	11.3
LA PLAGE VILLAS CENTRAL					00:28	00:25	00:23	00:28	00:25	00:23	00:29	00:26	00:24	18.8	10.1
PERLITA VILLAS					00:29	00:26	00:24	00:29	00:26	00:24	00:31	00:28	00:25	19.7	9.2
MEDINA CENTRALE					00:30	00:27	00:25	00:30	00:27	00:25	00:31	00:28	00:26	20.1	8.8
VIVA BAHRIYA					00:31	00:28	00:25	00:31	00:28	00:25	00:32	00:29	00:27	20.7	8.2
FLORESTA GARDENS					00:32	00:29	00:27	00:32	00:29	00:27	00:34	00:31	00:28	21.7	7.2
LA PLAGE VILLAS SOUTH					00:33	00:30	00:28	00:33	00:30	00:28	00:35	00:32	00:29	22.6	6.3
INTERMEDIATE TIMING POINT					00:33	00:30	00:28	00:33	00:30	00:28	00:35	00:32	00:29	22.6	6.3
LA PLAGE VILLAS SOUTH					00:34	00:30	00:28	00:34	00:30	00:28	00:35	00:32	00:29	22.7	6.2
BAHRI VILLAS					00:35	00:31	00:29	00:35	00:31	00:29	00:36	00:33	00:30	23.4	5.5
VIVA BAHRIYA					00:37	00:34	00:31	00:37	00:34	00:31	00:39	00:36	00:33	25.3	3.6
GIARDINO VILLAS					00:39	00:35	00:32	00:39	00:35	00:32	00:41	00:37	00:34	26.1	2.8
VIVA BAHRIYA					00:41	00:37	00:34	00:41	00:37	00:34	00:43	00:39	00:36	27.7	1.2
THE PEARL					00:43	00:39	00:36	00:43	00:39	00:36	00:45	00:41	00:37	28.9	0.0

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*Estimated time; will be adjusted depending on the exact number of riders.