

Stage 3 Sitiawan - Banting

Monday - 11th February 2008

Start Location : The Store, Jalan Lumut, Sitiawan

Finish Location : Wisma MDKL, Jalan Sultan Abdul Samad, Banting

Neutralised Section : 9.7 kms

Stage Distance : 209.4 kms

Kms	Feature	Instruction	Description	Estimated Time of Arrival			
				Cavalcade @60mins	Headwind 110%	Expected 100%	Backwind 90%
	Start by The Store on Jalan Lumut, Traffic Light Junction Turn Right Dir. Lekir, Traffic Light Junction Straight on x 5 times, Neutral Zone ends at White Sign, Madrasatul Nurul Hidayah, 9.7 km				11:20	11:20	11:20
0.0	White Sign	Start Proper	Madrasul Nurul Hidayah	10:40	11:40	11:40	11:40
4.8	Splitters	Both Sides		10:46	11:47	11:46	11:46
22.4	Junction	Straight On		11:08	12:15	12:12	12:08
26.0	Junction	Straight On		11:13	12:20	12:17	12:13
30.0	Sign	Drinks Start	Petrol 500m	11:18	12:27	12:22	12:18
39.1	Traffic Light Junction	Turn Right	Dir. Sabak Bernam	11:30	12:41	12:35	12:30
48.2	Traffic Light Junction	Turn Left	Dir. Klang	11:41	12:55	12:48	12:41
54.4	Railway Line	Crossing	No Gates	11:49	13:05	12:57	12:49
77.4	Sign		Sg. Besar	12:19	13:41	13:30	13:19
78.3	Traffic Light Junction	Straight On		12:20	13:43	13:31	13:20
78.9	Blue Sign	Sprint 1, Sg. Besar	Tanjong Karang	12:21	13:43	13:32	13:21
83.9	Overhead Pedestrian Crossing	Feed Zone Start		12:27	13:51	13:39	13:27
85.9	Yellow Sign	Feed Zone Finish	Crossroad Sign	12:30	13:54	13:42	13:30
87.3	Sign		Simpang Lima	12:32	13:57	13:44	13:32
94.5	Sign		Pasir Panjang	12:41	14:08	13:55	13:41
100.8	Sign		Sekincahn	12:49	14:18	14:04	13:49
113.4	Sign		Tanjong Karang	13:05	14:38	14:22	14:05
127.8	Sign		Kuala Selangor	13:24	15:00	14:42	14:24
130.1	Petronas Station	Sprint 2, Kuala Selangor		13:27	15:04	14:45	14:27
132.9	Splitters	Right Side		13:30	15:08	14:49	14:30
134.9	Sign		Assam Jawa	13:33	15:11	14:52	14:33
139.3	Sign		Sg. Buloh	13:38	15:18	14:58	14:38
144.3	Sign		Jeram	13:44	15:25	15:05	14:44
147.6	Sign		Sg. Sembilang	13:48	15:30	15:09	14:48
148.1	Splitters	Keep Left		13:49	15:31	15:10	14:49
149.7	Sign		Sungai Janggut	13:51	15:33	15:12	14:51
157.2	Sign		Kapar	14:00	15:45	15:22	15:00
158.2	Overhead Pedestrian Crossing	Sprint 3, Kapar		14:01	15:46	15:24	15:01
173.8	Traffic Light Junction	Turn Left	Jalan Sireh	14:20	16:08	15:44	15:20
173.9	Splitters	Keep Left		14:20	16:09	15:44	15:20
174.8	Roundabout	3rd Exit	Dir. Banting	14:21	16:10	15:45	15:21
176.2	Fork	Keep Right		14:22	16:12	15:47	15:22
182.2	Fork	Keep Left		14:29	16:21	15:55	15:29
184.5	Splitters	Keep Left		14:32	16:24	15:58	15:32
191.0	Speed bumps	Caution!		14:40	16:33	16:06	15:40
191.6	Sign		Telok Panglima Garang	14:40	16:34	16:07	15:40
194.2	Roundabout	1st Exit	Dir. Banting	14:43	16:38	16:10	15:43
197.9	Sign		Jenjarom	14:48	16:43	16:15	15:48
199.9	Traffic Light Junction	Straight On		14:50	16:45	16:18	15:50
204.9	Fork	Right	Traffic Light Junction	14:55	16:52	16:24	15:55
206.3	Traffic Light Junction	Straight On	Tlk. Datok	14:57	16:54	16:26	15:57
209.4	Wisma MDKL	Finish	Jalan Sultan Abdul Samad	15:00	16:58	16:29	16:00