



MEN (163 KM) INDIVIDUAL & TEAM MASS START

18 DEC 2013 WEDNESDAY

START LOCATION : LANE LI BRIDGE

FINISH LOCATION : LEIWAY CLOCK TOWER

TOTAL DISTANCE : 163.0 KM

KM-H	FEATURE	INSTRUCTION	DESCRIPTION	GPS	ELV-M
0.0		Race Start	Lane Li Bridge	N 19 59 470 E 096 37 216	388
5.0					387
10.0					630
12.2					787
15.1					982
15.5					1000
15.6					1007
16.2				N 19 57 795 E 096 32 532	1017
17.5				N 19 57 841 E 096 31 952	1040
20.3					949
25.0					701
30.1	DRINK START	M/S 24-OTL		N 19 55 580 E 096 29 926	466
33.1					360
35.2					339
36.0	Check Left	Straight On			
40.2					342
45.2					446
49.9	50 KM OUT		Water Tank-OTR	N 19 59 388 E 096 22 759	
53.6					813
55.2					647
60.0					379
67.0	Check Left	Straight On			165
68.3	Fork Right	Keep Right	Yanggon-Mandalay Old Road		
72.1					165
73.9	<u>Toll Booth</u>	<u>HUMP !!!</u>			<u>166</u>
74.3	CAUTION !!!	Railway Track	CAUTION !!!	CAUTION !!!	CAUTION !!!
75.6	FEED START	Main Entrance of Ministry of Sports		N 20 07 315 E 096 12 744	164
76.9	Check Left	Straight On			
77.4	Traffic Light Junction	Straight On			
77.6	FEED FINISH	YaungNitun Ekspress Ticket Station-OTR		N 20 08 089 E 096 11 963	167
78.4			DENKO-OTL		164
79.4			HOSPITAL-OTR		166
79.8	Junction	LEFT TURN			
79.9	CAUTION !!!	Railway Track	CAUTION !!!	CAUTION !!!	CAUTION !!!
82.6	<u>Toll Booth</u>	<u>HUMP !!!</u>			
85.3			Bridge		
85.8	U-TURN				175

91.8	CAUTION !!! Railway Track	CAUTION !!!	CAUTION !!!	CAUTION !!!	CAUTION !!!	
91.9	T-Junction	RIGHT TURN				
94.2	Traffic Light Junction	Straight On				
97.3	CAUTION !!! Railway Track	CAUTION !!!	CAUTION !!!	CAUTION !!!	CAUTION !!!	
97.7	Toll Booth	HUMP !!!				
103.4	Check Left	Straight On				
110.5						139
112.6	Check Left	Straight On				134
120.9	Check Right	Straight On				124
122.9	Check Left	Straight On				119
123.2	Check Right	Straight On				116
124.1			JayaThiri-OTL			117
125.0	Check Left	Straight On				116
126.0	Check Left	Straight On				112
130.0						107
135.6	Traffic Light Junction	Straight On				
138.1	25 KM TO GO	Yellow Sign-OTR		N 19 46 616 E 096 15 473		96
138.2	Check Left	Straight On				97
140.9			SPILTERS KEEP RIGHT			99
141.3	Traffic Light Junction	KEEP RIGHT				97
141.7			SPILTERS KEEP RIGHT			
143.0	20 KM TO GO	SHWE BADUK Construction-OTR		N 19 45 747 E 096 13 036		99
143.4			KBZ Bank-OTR			101
143.8	Rose Roundabout	2nd EXIT				101
145.7	CAUTION !!! Railway Track	CAUTION !!!	CAUTION !!!	CAUTION !!!	CAUTION !!!	
145.8	Traffic Light Junction	LEFT TURN	Temple-OTR			103
146.3			Bridge			
146.4	Check Left	Straight On				
147.0	Traffic Light Junction	Straight On				
147.4	Traffic Light Junction	LEFT TURN				108
148.0	15 KM TO GO	YESHIN Company-OTR		N 19 43 946 E 096 11 609		
150.6	Fork Left					
152.1	Check Right	Straight On				110
153.0	10 KM TO GO	Tree No 86-OTR		N 19 41 866 E 096 10 444		105
153.0	DRINK FINISH	Tree No 86-OTR		N 19 41 866 E 096 10 444		105
158.0	5 KM TO GO	BASIC Education School		N 19 39 916 E 096 08 725		101
159.0	4 KM TO GO					103
159.4	Traffic Light Junction	Straight On				
160.0	3 KM TO GO					103
161.0	2 KM TO GO					105
161.7	KEEP LEFT					107
162.0	1 KM TO GO					
162.8	DEVIATION-OTR					
163.0	Finishing	LEIWAY CLOCK TOWER		N 19 38 371 E 096 06 730		108

OTL-On The Left

OTR-On The Right