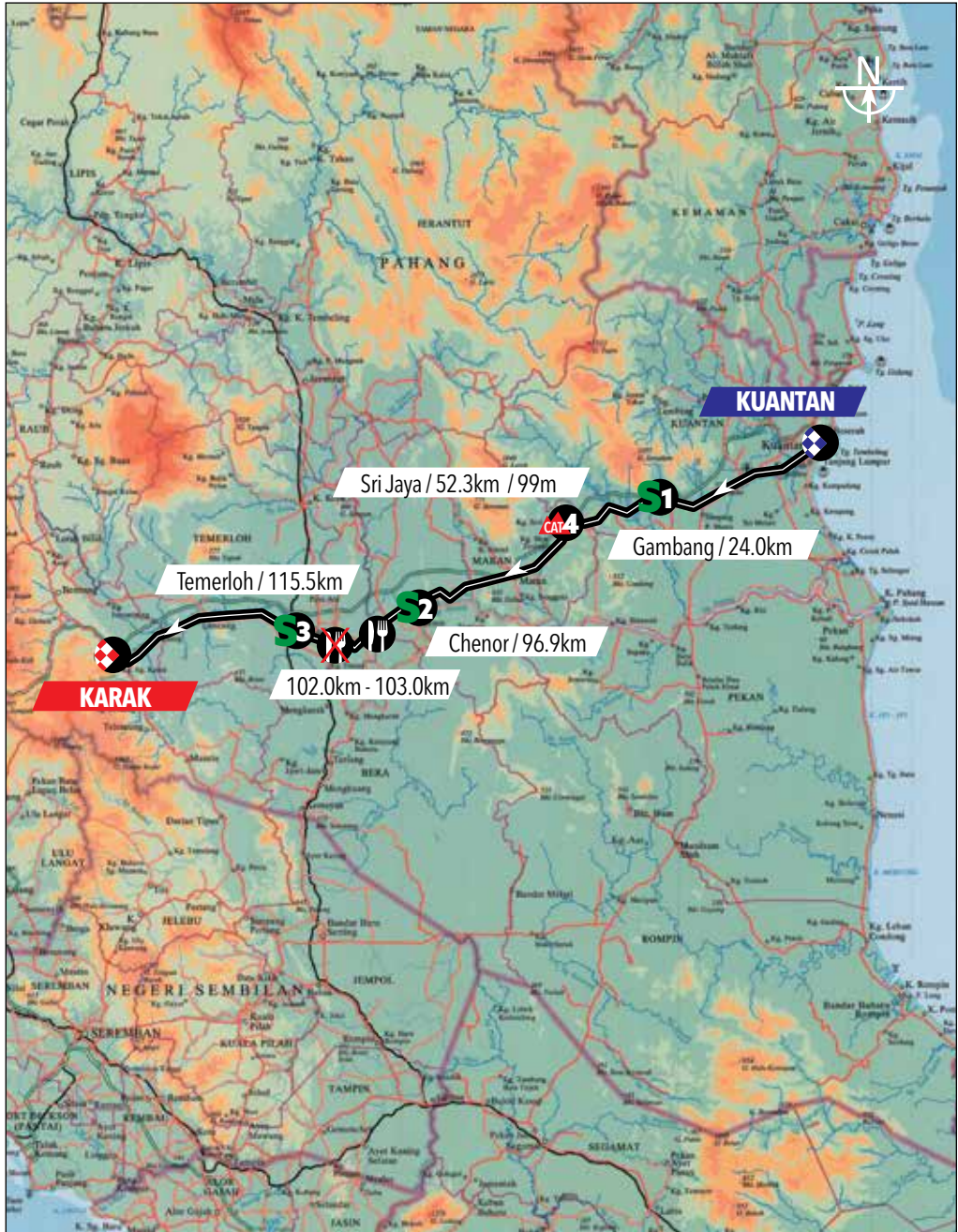


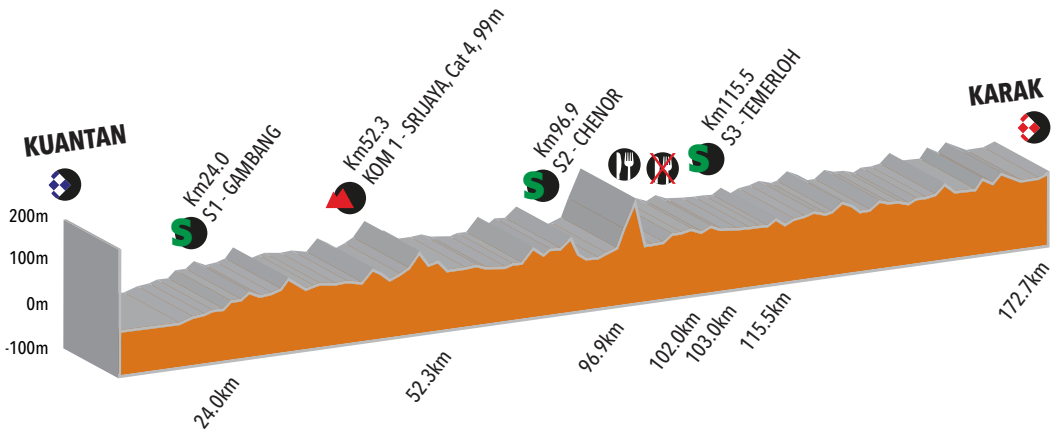
Thursday | 17 October 2019  
Kuantan - Karak | 172.7km

**STAGE MAP**

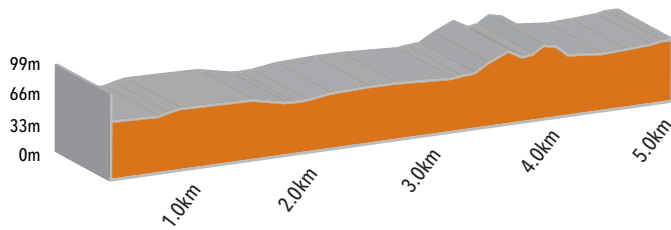


# PROFILE

Thursday | 17 October 2019  
Kuantan - Karak | 172.7km



## 5KM PROFILE



**Start Location :** Padang MPK 2, Kuantan  
**Finish Location :** Jalan Besar Karak, Karak  
**Neutral Zone :** 5.9km | **Start Time :** 10:00hrs | **ETA :** 13:52hrs

# SCHEDULE

					ESTIMATED TIME OF ARRIVAL (km/hrs)		
KM	KM TO GO	FEATURES	INSTRUCTION	DESCRIPTION	45	43	41
0.0	178.6	Start Gantry - Race Rolling	N 03°48.373 E 103°19.632	Start at Padang MPK 2, Jalan Bukit Ubi, Kuantan, Pahang	10:00	10:00	10:00
0.1	178.5	T-Junction	Turn Left	Bank Islam on the right	10:00	10:00	10:00
0.3	178.3	Cross Junction	Straight On	Standard Chartered Bank on the right	10:01	10:01	10:01
0.4	178.2	Fork Junction	Bear Right	The Suraya Hotel on the right	10:01	10:01	10:01
0.5	178.1	Fork Junction	Bear Right	To Jalan Teluk Sisek	10:01	10:01	10:01
1.5	177.1	Traffic Light Junction	Keep Left	Dir : Gambang / Shell on the left	10:03	10:03	10:03
1.9	176.7	Sign	Straight On	Hospital Tuanku Ampuan Afzan on the right	10:04	10:04	10:04
2.6	176.0	Junction	Straight On	On the left	10:05	10:05	10:05
2.9	175.7	Traffic Light Junction	Straight On	Celcom on the left / Perodua on the right	10:06	10:06	10:06
3.0	175.6	Junction	Straight On	On the left	10:06	10:06	10:06
3.4	175.2	Splitter	Keep Left		10:07	10:07	10:07
3.6	175.0	Arch	Straight On	Arch "Selamat Jalan" / Giant Hypermarket on the left	10:07	10:07	10:07
3.7	174.9	Bridge	Straight On	Sungai Kuantan	10:07	10:07	10:07
5.9	172.7	Neutral Zone End	N 03°47.066 E 03°17.418	Jalan Tanah Putih (Underneath Overhead Pedestrian Crossing) - Shell on the left	10:12	10:12	10:12
0.0	172.7	Race Start Proper	N 03°47.066 E 03°17.418	Jalan Tanah Putih (Underneath Overhead Pedestrian Crossing) - Shell on the left	10:12	10:12	10:12
0.4	172.3	Sign	Straight On	BHP on the left	10:12	10:13	10:13
1.2	171.5	Traffic Light Junction	Straight On		10:13	10:14	10:14
2.0	170.7	Traffic Light Junction	Straight On	Sek Men Keb Paya Besar, Kuantan on the left	10:14	10:15	10:15
3.5	169.2	Fork Junction - Flyover	Straight On		10:16	10:16	10:17
6.3	166.4	Sign	Straight On	Sek Keb Fakeh Abd Samad on the left	10:20	10:20	10:20
6.4	166.3	Traffic Light Junction	Straight On	Shell on the right	10:20	10:20	10:21
6.6	166.1	Sign	Straight On	Sek Men Sains Sultan Haji Ahmad Shah on the left	10:20	10:20	10:21
7.5	165.2	Fork Junction	Keep Right	Dir : Gambang / Maran	10:21	10:22	10:22
10.3	162.4	Sign	Straight On	Petronas on the left	10:25	10:25	10:26
10.8	161.9	Traffic Light Junction	Straight On		10:25	10:26	10:26
12.4	160.3	Sign	Straight On	Shell / Petronas on the left	10:27	10:28	10:29
13.9	158.8	Bridge	Straight On		10:29	10:30	10:31
16.3	156.4	Sign	Straight On	White Sign "Kg Sri Fajar" on the right	10:32	10:33	10:34
19.5	153.2	Sign	Straight On	Petron on the right	10:36	10:37	10:38
20.8	151.9	Fork Junction	Straight On		10:37	10:39	10:40
21.3	151.4	Sign	Straight On	Caltex on the left	10:38	10:39	10:40

# SCHEDULE

Thursday | 17 October 2019  
Kuantan - Karak | 172.7km

					ESTIMATED TIME OF ARRIVAL (km/hrs)		
KM	KM TO GO	FEATURES	INSTRUCTION	DESCRIPTION	45	43	41
21.5	151.2	Cross Junction	Straight On		10:38	10:39	10:41
21.8	150.9	Bridge	Straight On	Sungai Belat	10:39	10:40	10:41
22.8	149.9	Sign	Straight On	Klinik Kesihatan Gambang on the right	10:40	10:41	10:42
23.3	149.4	Bridge	Straight On		10:40	10:42	10:43
23.5	149.2	Sign	Straight On	Balai Polis Gambang on the right	10:41	10:42	10:43
24.0	148.7	<b>SPRINT 1 – GAMBANG</b>	Straight On	<b>TNB Pole GBLS 111 (BHP on the left / 7Eleven on the right) N 03°42.366 E 103°05.921</b>	<b>10:41</b>	<b>10:43</b>	<b>10:44</b>
25.6	147.1	Bridge	Straight On		10:43	10:45	10:46
25.7	147.0	Bridge	Straight On		10:43	10:45	10:46
26.7	146.0	Splitter	Straight On		10:44	10:46	10:48
27.0	145.7	Junction	Straight On	On the right	10:45	10:46	10:48
27.2	145.5	Sign	Straight On	White Sign "Kg Gelugor" on the left	10:45	10:47	10:48
29.2	143.5	Junction	Straight On	On the left	10:48	10:49	10:51
30.0	142.7	<b>DRINK START</b>	Straight On		<b>10:49</b>	<b>10:50</b>	<b>10:52</b>
30.4	142.3	Junction	Straight On	On the right	10:49	10:51	10:53
32.8	139.9	Bridge	Straight On		10:52	10:54	10:56
36.6	136.1	Bridge	Straight On	Sungai Semuji	10:57	10:59	11:01
40.2	132.5	Bridge	Straight On	Sungai Berkelah	11:01	11:03	11:06
41.2	131.5	Bridge	Straight On		11:02	11:05	11:07
42.3	130.4	Junction	Straight On	On the left	11:03	11:06	11:08
43.2	129.5	Sign	Straight On	White Sign "Paya Bungor" on the left	11:05	11:07	11:10
45.9	126.8	Bridge	Straight On		11:08	11:11	11:13
46.9	125.8	Sign	Straight On	Sek Keb Paya Bungor on the left	11:09	11:12	11:15
47.1	125.6	Sign	Straight On	Klinik Kesihatan Paya Bungor on the left	11:09	11:12	11:15
48.7	124.0	Sign	Straight On	White Sign "Kg Orang Asli Km 56" on the left	11:11	11:14	11:17
51.0	121.7	Junction	Straight On	On the left	11:14	11:17	11:20
52.3	120.4	<b>KOM 1 - SRI JAYA - Cat 4, 99m</b>	Straight On	<b>Blue Sign "Simpang ke Kuantan / Kuala Lumpur 1km) N 03°40.196 E 102°53.83</b>	<b>11:16</b>	<b>11:19</b>	<b>11:22</b>
52.4	120.3	Splitter	Straight On		11:16	11:19	11:22
53.4	119.3	Traffic Light Junction	Straight On		11:17	11:20	11:23
54.7	118.0	Sign	Straight On	Balai Polis Sri Jaya on the left	11:19	11:22	11:25
55.0	117.7	Hump	Straight On	Caution !!!	11:19	11:22	11:25
55.5	117.2	Sign	Straight On	Shell on the left	11:20	11:23	11:26
55.8	116.9	Bridge	Straight On		11:20	11:23	11:26

Thursday | 17 October 2019  
 Kuantan - Karak | 172.7km

# SCHEDULE

					ESTIMATED TIME OF ARRIVAL (km/hrs)		
KM	KM TO GO	FEATURES	INSTRUCTION	DESCRIPTION	45	43	41
60.9	111.8	Sign	Straight On	Pejabat Timbang Jabatan Pengangkutan Jalan on the right	11:26	11:30	11:33
63.0	109.7	Junction	Straight On	On the right	11:29	11:32	11:36
65.2	107.5	Sign	Straight On	Sek Keb Ulu Luit on the right	11:31	11:35	11:39
65.7	107.0	Bridge	Straight On	Sungai Luit	11:32	11:36	11:40
68.1	104.6	Traffic Light Junction	Straight On		11:35	11:39	11:43
68.6	104.1	Sign	Straight On	Blue Sign "Bandar Maran" on the left	11:35	11:39	11:43
69.1	103.6	Bridge	Straight On	Sungai Bintang	11:36	11:40	11:44
69.8	102.9	Bridge	Straight On	Sungai Maran	11:37	11:41	11:45
70.5	102.2	Sign	Straight On	Petronas on the right	11:38	11:42	11:46
70.6	102.1	Sign	Straight On	Balai Bomba dan Penyelamat Maran on the left	11:38	11:42	11:46
70.8	101.9	Sign	Straight On	Majlis Daerah Maran on the left	11:38	11:42	11:46
70.9	101.8	Traffic Light Junction	Straight On		11:38	11:42	11:47
71.4	101.3	Traffic Light Junction	Straight On	Cawangan Traffik Ibu Pejabat Polis Daerah Maran on the left	11:39	11:43	11:47
72.4	100.3	Junction	Straight On	On the right	11:40	11:44	11:49
74.9	97.8	Bridge	Straight On	Sungai Kemp	11:43	11:47	11:52
77.1	95.6	Junction	Straight On	On the right	11:46	11:50	11:55
78.1	94.6	Sign	Straight On	Blue Sign "Kg Sentosa" on the left	11:47	11:52	11:56
78.5	94.2	Sign	Straight On	BHP on the left	11:48	11:52	11:57
82.6	90.1	Splitter	Keep Left	Petron on the left	11:52	11:57	12:02
83.2	89.5	Cross Junction	Straight On	Jalan Bandar Pusat Jengka on the right	11:53	11:58	12:03
83.5	89.2	Bridge	Straight On		11:54	11:58	12:03
85.4	87.3	Bridge	Straight On		11:56	12:01	12:06
88.1	84.6	Bridge	Straight On	Sungai Ling	11:59	12:04	12:09
89.0	83.7	Sign	Straight On	White Sign "Kg Paya Pasir" on the left	12:00	12:05	12:11
93.8	78.9	Sign	Straight On	Blue Sign "Kg Jengka Batu 13" on the left	12:06	12:12	12:17
94.5	78.2	Bridge	Straight On	Sungai Bedong	12:07	12:12	12:18
95.6	77.1	Bridge	Straight On		12:08	12:14	12:19
96.4	76.3	Bridge	Straight On		12:09	12:15	12:21
96.9	75.8	<b>SPRINT 2 - CHENOR</b>	Straight On	<b>Sek Keb Jengka Batu 13 on the right</b>	<b>12:10</b>	<b>12:16</b>	<b>12:21</b>
98.1	74.6	Junction	Straight On	On the right	12:11	12:17	12:23
99.3	73.4	Junction	Straight On	On the left	12:13	12:19	12:24
101.5	71.2	WASTE ZONE 1 START	Straight On	White Sign "Kg Awah" on the left	12:15	12:21	12:27

# SCHEDULE

Thursday | 17 October 2019  
Kuantan - Karak | 172.7km

					ESTIMATED TIME OF ARRIVAL (km/hrs)		
KM	KM TO GO	FEATURES	INSTRUCTION	DESCRIPTION	45	43	41
102.0	70.7	WASTE ZONE 2 END / FEEDING ZONE START	Straight On	"Sign "Simpang ke Jln Pekan Sehari Kg Awah 500m" / Sek Men Agama Al Mahmudi on the left N 03°30.493 E 102°32.838"	12:16	12:22	12:28
102.5	70.2	Sign	Straight On	Sek Keb Bukit Segumpal on the right	12:17	12:23	12:29
103.0	69.7	FEEDING ZONE FINISH / WASTE ZONE 2 START	Straight On		12:17	12:23	12:29
103.2	69.5	Sign	Straight On	Balai Polis Pekan Awah on the left	12:18	12:24	12:30
104.0	68.7	WASTE ZONE 2 END	Straight On		12:19	12:25	12:31
104.6	68.1	Traffic Light Junction	Straight On		12:19	12:25	12:31
105.1	67.6	Sign	Straight On	Shell on the left	12:20	12:26	12:32
105.2	67.5	Sign	Straight On	Petronas Kampung Awah on the left	12:20	12:26	12:32
106.1	66.6	Bridge	Straight On		12:21	12:27	12:33
108.3	64.4	Sign	Straight On	White Sign "Kg Sg Gau" on the left	12:24	12:30	12:36
108.5	64.2	Sign	Straight On	Petronas on the right	12:24	12:30	12:37
109.4	63.3	Sign	Straight On	Sek Keb Sungai Gau on the left	12:25	12:31	12:38
110.1	62.6	Bridge	Straight On	Sungai Gau	12:26	12:32	12:39
110.6	62.1	Junction	Straight On	On the left	12:27	12:33	12:39
112.5	60.2	Sign	Straight On	White Sign "Paya Pulaui" on the left	12:29	12:35	12:42
113.7	59.0	Sign	Straight On	Sek Keb Paya Pulaui on the right	12:30	12:37	12:44
113.8	58.9	Cross Junction	Straight On		12:30	12:37	12:44
114.4	58.3	Sign	Straight On	BHP on the right	12:31	12:38	12:45
115.5	57.2	SPRINT 3 - TEMERLOH	Straight On	Blue Sign "Exit 237- Persimpangan Gunung Senyum / TNB Pole TINA B 29 on the left) - N 03°27.350 E 102°27.117"	12:33	12:39	12:46
115.6	57.1	Junction	Straight On	Hospital Sultan Haji Ahmad Shah, Temerloh on the left	12:33	12:39	12:46
116.5	56.2	Sign	Straight On	White Sign "Kg Paya Pauh" on the left	12:34	12:41	12:47
116.6	56.1	Junction	Straight On	Petronas on the left	12:34	12:41	12:47
118.6	54.1	Sign	Straight On	White Sign "Temerloh" on the left	12:36	12:43	12:50
118.9	53.8	Bridge	Straight On	Sungai Pahang	12:37	12:44	12:51
119.5	53.2	Splitter	Keep Left		12:37	12:44	12:51
120.2	52.5	Sign	Straight On	Balai Bomba dan Penyelamat Bukit Angin, Temerloh on the right	12:38	12:45	12:52
121.0	51.7	Sign	Straight On	Shell on the right	12:39	12:46	12:53
121.9	50.8	Bridge	Straight On		12:40	12:47	12:55

Thursday | 17 October 2019  
Kuantan - Karak | 172.7km

# SCHEDULE

					ESTIMATED TIME OF ARRIVAL (km/hrs)		
KM	KM TO GO	FEATURES	INSTRUCTION	DESCRIPTION	45	43	41
123.2	49.5	Junction	Straight On	On the left	12:42	12:49	12:56
124.2	48.5	Fork Junction	Straight On		12:43	12:50	12:58
127.8	44.9	Sign	Straight On	Petronas Taman Tualang Indah on the left	12:47	12:55	13:02
129.0	43.7	Junction	Straight On	Persimpangan Perindustrian Temerloh	12:49	12:56	13:04
130.0	42.7	Bridge	Straight On		12:50	12:58	13:05
130.8	41.9	Junction	Straight On	Kolej Perisikan ATM on the right	12:51	12:59	13:06
132.2	40.5	Junction	Straight On	On the right	12:53	13:01	13:08
134.6	38.1	Traffic Light Junction	Straight On	Persimpangan Mentakab	12:56	13:04	13:11
135.2	37.5	Sign	Straight On	BHP Mentakab on the left	12:56	13:04	13:12
135.7	37.0	Sign	Straight On	Petron on the right	12:57	13:05	13:13
135.9	36.8	Sign	Straight On	Shell on the right	12:57	13:05	13:13
139.9	32.8	Sign	Straight On	Batalion Ke 7 Rejimen Renjer Diraja on the right	13:02	13:10	13:19
141.2	31.5	Sign	Straight On	Sek Keb Desa Bakti on the right	13:04	13:12	13:20
141.4	31.3	Sign	Straight On	Petronas on the right	13:04	13:12	13:21
143.8	28.9	Sign	Straight On	White Sign "Kg Sungai Kepong" on the left	13:07	13:15	13:24
144.1	28.6	Bridge	Straight On	Sungai Kepong	13:07	13:16	13:24
146.1	26.6	Sign	Straight On	White Sign "Kg Paya Siput" on the left	13:10	13:18	13:27
146.4	26.3	Splitter	Straight On		13:10	13:19	13:27
146.5	26.2	Junction	Straight On	On the right	13:10	13:19	13:27
146.8	25.9	Sign	Straight On	White Sign "Kg Paya Siput" on the left	13:11	13:19	13:28
148.6	24.1	Sign	Straight On	White Sign "Kg Rantau Panjang" on the left	13:13	13:21	13:30
148.7	24.0	Sign	Straight On	Sek Keb Rantau Panjang on the right	13:13	13:22	13:30
150.1	22.6	Junction	Straight On	On the left	13:15	13:23	13:32
150.2	22.5	Bridge	Straight On		13:15	13:24	13:32
150.4	22.3	Sign	Straight On	White Sign "Lanchang" on the left	13:15	13:24	13:33
151.2	21.5	Sign	Straight On	Sek Jenis Keb (C) Lanchang on the left	13:16	13:25	13:34
151.7	21.0	Sign	Straight On	Klinik Kesihatan Lanchang on the left / BHP on the right	13:17	13:25	13:34
153.6	19.1	Sign	Straight On	White Sign "Kampung Punjung" on the left	13:19	13:28	13:37
154.1	18.6	Sign	Straight On	White Sign "Kg Dala" on the left	13:19	13:28	13:37
156.3	16.4	Sign	Straight On	White Sign "Kg Jeragan" on the left	13:22	13:31	13:40
156.7	16.0	Sign	Straight On	Sek Keb Kuala Kaung on the left	13:23	13:32	13:41
157.1	15.6	Sign	Straight On	Klinik Desa Kuala Kaung on the left	13:23	13:32	13:41
157.5	15.2	Bridge	Straight On	Sungai Kawang	13:24	13:33	13:42
157.7	15.0	Sign	Straight On	White Sign "Kg Kuala Kaung" on the left	13:24	13:33	13:42

# SCHEDULE

Thursday | 17 October 2019  
 Kuantan - Karak | 172.7km

					ESTIMATED TIME OF ARRIVAL (km/hrs)		
KM	KM TO GO	FEATURES	INSTRUCTION	DESCRIPTION	45	43	41
159.3	13.4	Bridge	Straight On		13:26	13:35	13:44
159.4	13.3	Sign	Straight On	White Sign "Kg Sempadan" on the left	13:26	13:35	13:45
162.0	10.7	Sign	Straight On	White Sign "Kg Jambu Rais" on the left	13:29	13:39	13:48
162.2	10.5	WASTE ZONE 3 START	Straight On		13:29	13:39	13:48
162.7	10.0	WASTE ZONE 3 END / DRINK FINISH	Straight On		13:30	13:39	13:49
163.2	9.5	Sign	Straight On	Sek Keb Jambu Rais on the left	13:31	13:40	13:50
164.6	8.1	Sign	Straight On	BHP on the right	13:32	13:42	13:51
164.8	7.9	Bridge	Straight On		13:33	13:42	13:52
166.2	6.5	Bridge	Straight On		13:34	13:44	13:54
168.7	4.0	Junction	Straight On	On the left	13:37	13:47	13:57
169.6	3.1	Junction	Straight On	On the right	13:38	13:48	13:58
171.7	1.0	Sign	Straight On	Sek Jenis Keb (T) Karak on the left	13:41	13:51	14:01
172.0	0.7	Bridge	Straight On		13:41	13:51	14:01
172.1	0.6	Junction	Straight On	On the left	13:41	13:51	14:01
172.2	0.5	Sign	Straight On	Balai Polis Karak on the left	13:42	13:52	14:02
172.4	0.3	Bridge	Straight On	Sek Men Keb Karak on the left	13:42	13:52	14:02
172.7	0.0	Race Finish		N 03°24.809 E 102°02.100 Kampung Baru Karak, Jalan Lama Bentong-Karak, Karak, Pahang (Bus Stop on the right)	13:42	13:52	14:02



Thursday | 17 October 2019  
**Kuantan - Karak** | 172.7km

## TIME TABLE

### START TIME TABLE

Start Location :

**Padang MPK 2, Kuantan**

Time	Activities
0630hrs	VPP in Operation Race Facilities Crew On Site Race Security On Site Road Closure at Start Area
0700hrs	PA System On
0800hrs	Race Officials On Site
0830hrs	Cavalcade Assembles
0845hrs	Guests Arrival
0900hrs	Teams arrival Riders Signing On
0915hrs	VVIPs Arrival Host Venue Presentation
0930hrs	Cavalcade Departs
0945hrs	Riders Signing On Closes
0950hrs	Advance Vehicles Depart Winner Presentation
0955hrs	Riders Assemble at Start Line
1000hrs	Tour of Peninsular Flag-Off
1015hrs	VVIPs Depart
1030hrs	De-Rig Commence
1230hrs	Road Re-Opens

### FINISH TIME TABLE

Finish Location :

**Jalan Lama Bentong-Karak, Karak**

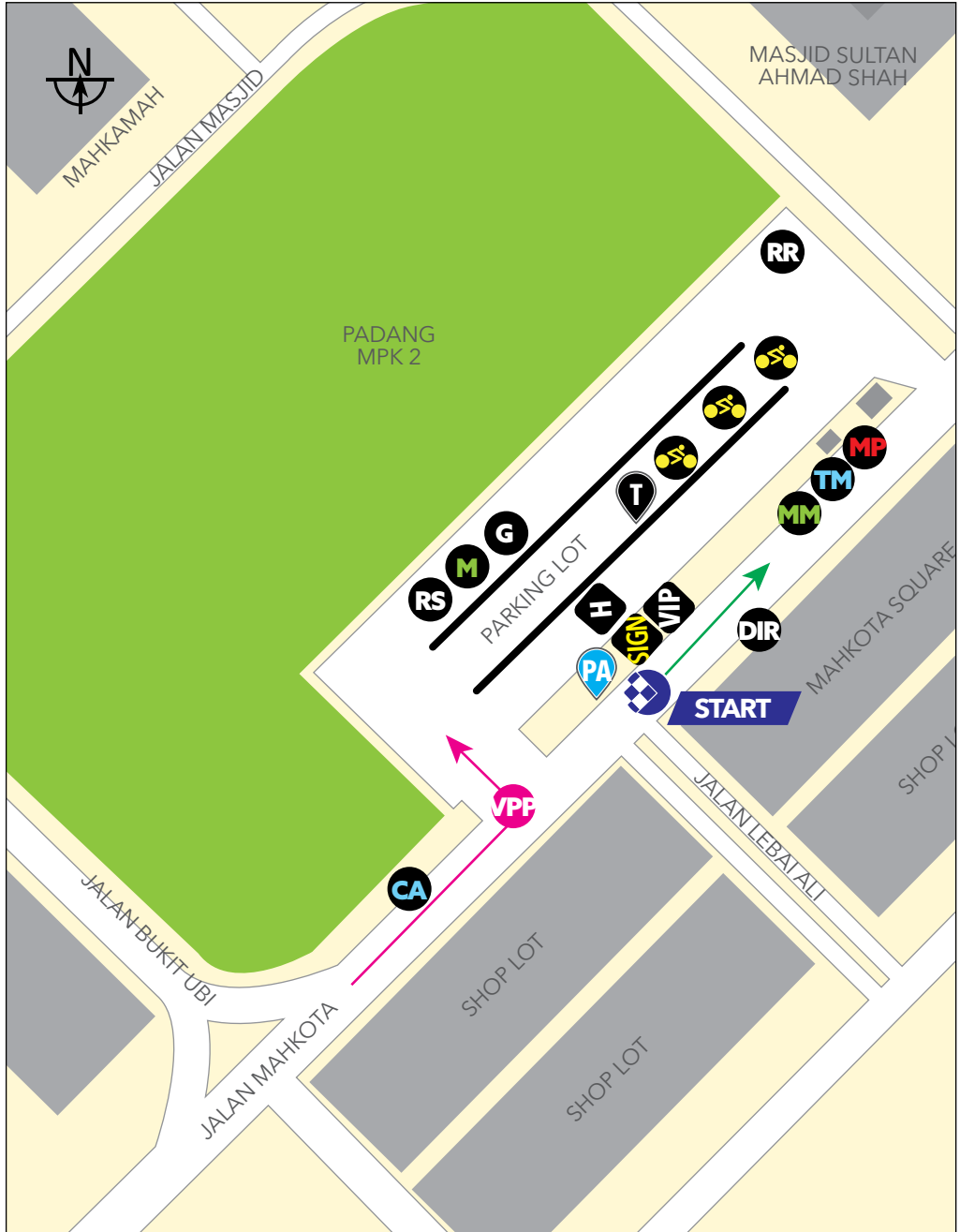
Time	Activities
0700hrs	Race facilities crew on site Road closure at finish area
0800hrs	Race security on site Race officials on site
0900hrs	PA system on
1000hrs	Side Events starts
1252hrs	Invitees arrival
1320hrs	VIPs arrival
1335hrs	Advance vehicles arrival
1352hrs	Tour of Peninsular arrives
1405hrs	Presentation of leader's jersey
1435hrs	VIPs depart
1500hrs	De-rig commences
1700hrs	Roads reopens

# START LOCATION MAP

Kuantan



# START LAYOUT MAP



# FINISH LOCATION MAP

Karak



Karak

# FINISH LAYOUT MAP

