

		GO WITH 		CAC African Road Cycling Championships													
Version 14.10.2025		Event date 22.11.25		<i>Kwale County - Kenya</i> <i>Road Race - Women Elite U23</i>													
Neutral start		13:30															
Neutral speed		30															
Ø Kph	Ø Kph	Ø Kph	-	MUNICIPALITY - CITY	+		STREET NAME	CROSSING STREET			NR.						
36	38	42						LEFT	MAIN	RIGHT							
13:30	13:30	13:30	6,0		0,0		START NEUTRALIZATION	Diani Beach Road			1						
13:30	13:30	13:30	5,9	Kwale County - Kenya	0,1		Diani Link Road				2						
13:31	13:31	13:31	5,5	{Ukunda Ward}	0,5		Diani Link Road	Airport Road			3						
13:34	13:34	13:34	3,6		2,4		Ukunda-Ramisi Road, A14	Ukunda-Ramisi Road, A14			4						
13:41	13:41	13:41	0,1		5,9		End Neutralisation	Rubis Ukunda Ramisi Service station			5						
13:41	13:41	13:41	107,6		0,0		Official Start	Rubis Ukunda Ramisi Service station			6						
13:43	13:43	13:43	106,6		1,0		Road to Diani Beach				7						
13:47	13:47	13:46	104,3		3,3		Road to Diani Beach				8						
13:47	13:47	13:46	104,1		3,5		Road to Diani Beach				9						
13:48	13:47	13:47	103,7		3,9		Diani Beach Road	Diani Beach Road			10						
13:50	13:50	13:49	102,1		5,5		Diani Beach Road	Ali Barbours Road			11						
13:51	13:50	13:49	101,9		5,7		Diani Beach Road	Forty Thieves Access Road			12						
13:55	13:54	13:53	99,6	Passage Start	8,0		Diani Beach Road				13						
13:55	13:54	13:53	99,3	{Ukunda Ward}	8,3		Diani Link Road				14						
13:55	13:55	13:53	99,1	START - Litterzone	8,5		START - Litterzone				15						
13:56	13:55	13:54	98,9	END - Litterzone	8,7		END - Litterzone				16						
13:56	13:55	13:54	98,9		8,7		Diani Link Road	Airport Road			17						
13:56	13:55	13:54	98,9	START - Feedzone	8,7		START - Feedzone				18						
13:56	13:56	13:54	98,6	END - Feedzone	9,0		END - Feedzone				19						
13:56	13:56	13:54	98,6	START - Litterzone	9,0		START - Litterzone				20						
13:57	13:56	13:54	98,4	END - Litterzone	9,2		END - Litterzone				21						
13:59	13:58	13:56	97,0		10,6		Ukunda-Ramisi Road, A14	Ukunda-Ramisi Road, A14			22						
14:06	14:05	14:03	92,5		15,1		Road to Diani Beach				23						
14:10	14:09	14:06	90,3		17,3		Road to Diani Beach				24						
14:11	14:09	14:06	90,0		17,6		Road to Diani Beach				25						
14:11	14:10	14:07	89,7		17,9		Diani Beach Road	Diani Beach Road			26						
14:14	14:12	14:09	88,1		19,5		Diani Beach Road	Ali Barbours Road			27						
14:14	14:12	14:09	87,9		19,7		Diani Beach Road	Forty Thieves Access Road			28						
14:18	14:16	14:13	85,5	Passage Start	22,1		Diani Beach Road				29						
14:19	14:17	14:13	85,2	{Ukunda Ward}	22,4		Diani Link Road				30						
14:19	14:17	14:14	84,9	START - Litterzone	22,7		START - Litterzone				31						
14:19	14:17	14:14	84,8	END - Litterzone	22,8		END - Litterzone				32						
14:19	14:17	14:14	84,8		22,8		Diani Link Road	Airport Road			33						
14:19	14:17	14:14	84,8	START - Feedzone	22,8		START - Feedzone				34						
14:20	14:18	14:14	84,5	END - Feedzone	23,1		END - Feedzone				35						
14:20	14:18	14:14	84,5	START - Litterzone	23,1		START - Litterzone				36						
14:20	14:18	14:14	84,4	END - Litterzone	23,2		END - Litterzone				37						
14:22	14:20	14:17	82,9		24,7		Ukunda-Ramisi Road, A14	Ukunda-Ramisi Road, A14			38						
14:30	14:27	14:23	78,4		29,2		Road to Diani Beach				39						
14:34	14:31	14:26	76,2		31,4		Road to Diani Beach				40						
14:34	14:31	14:27	75,9		31,7		Road to Diani Beach				41						
14:35	14:32	14:27	75,6		32,0		Diani Beach Road	Diani Beach Road			42						
14:37	14:34	14:29	74,0		33,6		Diani Beach Road	Ali Barbours Road			43						
14:38	14:35	14:30	73,8		33,8		Diani Beach Road	Forty Thieves Access Road			44						
14:42	14:38	14:33	71,4	Passage Start	36,2		Diani Beach Road				45						
14:42	14:39	14:33	71,1	{Ukunda Ward}	36,5		Diani Link Road				46						
14:42	14:39	14:34	70,9	START - Litterzone	36,7		START - Litterzone				47						
14:43	14:40	14:34	70,7	END - Litterzone	36,9		END - Litterzone				48						
14:43	14:40	14:34	70,7		36,9		Diani Link Road	Airport Road			49						
14:43	14:40	14:34	70,7	START - Feedzone	36,9		START - Feedzone				50						

Ø Kph	Ø Kph	Ø Kph	-	MUNICIPALITY - CITY	+		STREET NAME	CROSSING STREET			NR.
								LEFT	MAIN	RIGHT	
14:43	14:40	14:34	70,4	END - Feedzone	37,2		END - Feedzone				51
14:43	14:40	14:34	70,4	START - Litterzone	37,2		START - Litterzone				52
14:43	14:40	14:35	70,3	END - Litterzone	37,3		END - Litterzone				53
14:46	14:43	14:37	68,8		38,8		Ukunda-Ramisi Road, A14		Ukunda-Ramisi Road, A14		54
14:53	14:50	14:43	64,3		43,3		Road to Diani Beach				55
14:57	14:53	14:46	62,1		45,5		Road to Diani Beach				56
14:58	14:54	14:47	61,8		45,8		Road to Diani Beach				57
14:58	14:54	14:47	61,5		46,1		Diani Beach Road		Diani Beach Road		58
15:01	14:57	14:49	59,9		47,7		Diani Beach Road		Ali Barbours Road		59
15:01	14:57	14:50	59,7		47,9		Diani Beach Road	Forty Thieves Access Road			60
15:05	15:01	14:53	57,3	Passage Start	50,3		Diani Beach Road				61
15:06	15:01	14:54	57,0	{Ukunda Ward}	50,6		Diani Link Road				62
15:06	15:02	14:54	56,8	START - Litterzone	50,8		START - Litterzone				63
15:06	15:02	14:54	56,6	END - Litterzone	51,0		END - Litterzone				64
15:06	15:02	14:54	56,6		51,0		Diani Link Road	Airport Road			65
15:06	15:02	14:54	56,6	START - Feedzone	51,0		START - Feedzone				66
15:07	15:02	14:55	56,3	END - Feedzone	51,3		END - Feedzone				67
15:07	15:02	14:55	56,3	START - Litterzone	51,3		START - Litterzone				68
15:07	15:02	14:55	56,2	END - Litterzone	51,4		END - Litterzone				69
15:09	15:05	14:57	54,7		52,9		Ukunda-Ramisi Road, A14		Ukunda-Ramisi Road, A14		70
15:17	15:12	15:03	50,2		57,4		Road to Diani Beach				71
15:21	15:15	15:06	48,0		59,6		Road to Diani Beach				72
15:21	15:16	15:07	47,7		59,9		Road to Diani Beach				73
15:22	15:16	15:07	47,4		60,2		Diani Beach Road		Diani Beach Road		74
15:24	15:19	15:10	45,8		61,8		Diani Beach Road		Ali Barbours Road		75
15:25	15:19	15:10	45,6		62,0		Diani Beach Road	Forty Thieves Access Road			76
15:29	15:23	15:13	43,2	Passage Start	64,4		Diani Beach Road				77
15:29	15:23	15:14	42,9	{Ukunda Ward}	64,7		Diani Link Road				78
15:29	15:24	15:14	42,7	START - Litterzone	64,9		START - Litterzone				79
15:30	15:24	15:14	42,5	END - Litterzone	65,1		END - Litterzone				80
15:30	15:24	15:14	42,5		65,1		Diani Link Road	Airport Road			81
15:30	15:24	15:14	42,5	START - Feedzone	65,1		START - Feedzone				82
15:30	15:25	15:15	42,2	END - Feedzone	65,4		END - Feedzone				83
15:30	15:25	15:15	42,2	START - Litterzone	65,4		START - Litterzone				84
15:30	15:25	15:15	42,1	END - Litterzone	65,5		END - Litterzone				85
15:33	15:27	15:17	40,6		67,0		Ukunda-Ramisi Road, A14		Ukunda-Ramisi Road, A14		86
15:40	15:34	15:23	36,1		71,5		Road to Diani Beach				87
15:44	15:38	15:27	33,9		73,7		Road to Diani Beach				88
15:45	15:38	15:27	33,6		74,0		Road to Diani Beach				89
15:45	15:39	15:27	33,3		74,3		Diani Beach Road		Diani Beach Road		90
15:48	15:41	15:30	31,7		75,9		Diani Beach Road		Ali Barbours Road		91
15:48	15:41	15:30	31,5		76,1		Diani Beach Road	Forty Thieves Access Road			92
15:52	15:45	15:33	29,1	Passage Start	78,5		Diani Beach Road				93
15:53	15:46	15:34	28,8	{Ukunda Ward}	78,8		Diani Link Road				94
15:53	15:46	15:34	28,6	START - Litterzone	79,0		START - Litterzone				95
15:53	15:46	15:34	28,4	END - Litterzone	79,2		END - Litterzone				96
15:53	15:46	15:34	28,4		79,2		Diani Link Road	Airport Road			97
15:53	15:46	15:34	28,4	START - Feedzone	79,2		START - Feedzone				98
15:54	15:47	15:35	28,1	END - Feedzone	79,5		END - Feedzone				99
15:54	15:47	15:35	28,1	START - Litterzone	79,5		START - Litterzone				100
15:54	15:47	15:35	28,0	END - Litterzone	79,6		END - Litterzone				101
15:56	15:49	15:37	26,5	ATTENTION - NOW TURN RIGHT	81,1		Ukunda-Ramisi Road, A14 - DIRECTION KWALE	Ukunda-Ramisi Road, A14			102
15:56	15:49	15:37	26,5	{Gombato Bongwe Ward}	81,1		Ukunda-Ramisi Road, A14 - DIRECTION KWALE				103
16:01	15:53	15:41	24,0	{Tiwi Ward}	83,6		Ukunda-Ramisi Road, A14 - DIRECTION KWALE				104

Ø Kph	Ø Kph	Ø Kph	-	MUNICIPALITY - CITY	+		STREET NAME	CROSSING STREET			NR.
36	38	42						LEFT	MAIN	RIGHT	
16:09	16:02	15:48	18,7	{Waa Ngombeni Ward}	88,9		Ukunda-Ramisi Road, A14 - DIRECTION KWALE	Tiwi Beach			105
16:13	16:05	15:52	16,4		91,2		Kwale Road - C106	Samburu Kwale Junction			106
16:17	16:08	15:54	14,4	START - Litterzone	93,2		START - Litterzone				107
16:17	16:09	15:55	14,2	END - Litterzone	93,4		END - Litterzone				108
16:17	16:09	15:55	14,2	START - Feedzone	93,4		START - Feedzone				109
16:17	16:09	15:55	14,0	END - Feedzone	93,6		END - Feedzone				110
16:17	16:09	15:55	14,0	START - Litterzone	93,6		START - Litterzone				111
16:18	16:09	15:55	13,8	END - Litterzone	93,8		END - Litterzone				112
16:40	16:31	16:15	0,3	DEVIATION >>>	107,3		Kwale Road - C106				113
16:41	16:31	16:15	0,0		107,6		FINISH	County Government of Kwale			114