



























**EVENT** : INDIVIDUAL MASS START (WOMEN)  
**DATE** : 23 AUGUST 2017 (WEDNESDAY)  
**START / FINISH LOCATION** : DATARAN NILAI, PERSIARAN PUSAT BANDAR BANDAR BARU NILAI, NEGERI SEMBILAN  
**TOTAL DISTANCE** : 101.5 KM



DISTANCE (km)		LAP	INSTRUCTION	DESCRIPTION	TIMETABLE (kph)		
FROM START	TO FINISH				36	34	32
0.0	101.5	1	N 02°49.200 E 101°47.409	Race Start at Dataran Nilai, Persiaran Pusat Bandar, Bandar Baru Nilai	10:00	10:00	10:00
0.5	101.0		↑ Straight On	Majlis Perbandaran Nilai on the Right	10:01	10:01	10:01
0.6	100.9		⦿ 2 <sup>nd</sup> Exit	Round About - To Persiaran Negeri	10:01	10:01	10:01
1.7	99.8		↑ Straight On	Petronas Bandar Baru Nilai on the Right	10:03	10:03	10:03
2.1	99.4		🚦 ↑ Straight On	Traffic Light Junction (Persiaran Ilmu on the Right)	10:04	10:04	10:04
3.3	98.2		🚦 ↑ Straight On	Traffic Light Junction - Persiaran Golf on the Right	10:06	10:06	10:06
3.8	97.7		↑ Straight On	"JUMPA LAGI" Arch	10:06	10:07	10:07
4.2	97.3		⦿ 2 <sup>nd</sup> Exit	Round About - Persiaran Perdana on the Right / Persiaran Korporat on the Left	10:07	10:07	10:08
5.0	96.5		↙ Bear Left	Fork Junction - To Salak Tinggi	10:08	10:09	10:09
5.3	96.2		🚦 ↙ Bear Left	Traffic Light Junction - To Salak Tinggi	10:09	10:09	10:10
5.7	95.8		↑ Straight On	Junction - Jalan Desa Bestari on the Left	10:10	10:10	10:11
5.9	95.6		↑ Straight On	Junction - Jalan Permai 2 on the Left	10:10	10:10	10:11
6.2	95.3		↑ Straight On	Junction - Jalan Datuk Hj Tamin on the Right	10:10	10:11	10:12
6.3	95.2		↑ Straight On	Sek Keb Salak on the Right	10:11	10:11	10:12
6.5	95.0		↑ Straight On	Junction	10:11	10:11	10:12
6.7	94.8		🚦 ↑ Straight On	Traffic Light Junction - Sek Rendah Agama Integrasi Salak Tinggi on the Left	10:11	10:12	10:13
7.1	94.4		↑ Straight On	Klinik Kesihatan Salak on the Right	10:12	10:13	10:13
7.3	94.2		↑ Straight On	Pejabat Kesihatan Daerah Sepang on the Right	10:12	10:13	10:14
7.5	94.0		↑ Straight On	Bridge - Sungai Batang Labu	10:13	10:13	10:14
7.6	93.9		🚦 ↙ Turn Left	Traffic Light Junction - To Jalan Pajam / Nilai / Salak	10:13	10:13	10:14
8.4	93.1		🚦 ↑ Straight On	Traffic Light Junction - Kota Seriemas on the Right	10:14	10:15	10:16






































DISTANCE (km)		LAP	INSTRUCTION	DESCRIPTION	TIMETABLE (kph)		
FROM START	TO FINISH				36	34	32
9.3	92.2		 Straight On	Bridge - Sungai Batang Labu	10:16	10:16	10:17
9.5	92.0		 Turn Left	Traffic Light Junction - To Jalan BBN 6/1	10:16	10:17	10:18
10.0	91.5		 Straight On	Junction - Jalan BBN 7a/1a on the Left	10:17	10:18	10:19
10.2	91.3		 Straight On	Pasar Mini 99 Speed Mart on the Left	10:17	10:18	10:19
10.3	91.2		 Turn Right	T-Junction - To Persiaran Korporat	10:17	10:18	10:19
11.3	90.2		 Straight On	Junction - Jalan BBN 6/2 on the Right	10:19	10:20	10:21
12.0	89.5		 Straight On	Taman Awam Nilai on the Left	10:20	10:21	10:23
12.4	89.1		 Straight On	Junction - Jalan Nilai Santalia on the Right	10:21	10:22	10:23
12.6	88.9		 Straight On	Junction - Jalan BBN 5/4 on the Right	10:21	10:22	10:24
13.1	88.4		 Straight On	Junction - Jalan BBN 5/3 on the Right	10:22	10:23	10:25
13.6	87.9		 Straight On	Junction - Jalan BBN 5/1 on the Right	10:23	10:24	10:26
13.9	87.6		 Straight On	Junction - Jalan BBN 5/1 on the Right	10:23	10:25	10:26
14.3	87.2		 Bear Left	Splitter !!!!	10:24	10:25	10:27
14.4	87.1		 3 <sup>rd</sup> Exit	Roundabout - To Persiaran Utama	10:24	10:25	10:27
14.5	87.0		 Straight On	MMA Santai Corner on the Left	10:24	10:26	10:27
14.9	86.6		 Straight On	Junction - Jalan Indah 3 on the Left	10:25	10:26	10:28
15.3	86.2		 Straight On	Shell on the Left	10:26	10:27	10:29
15.5	86.0		 Bear Left	Traffic Light Junction - To Jalan Pajam / Nilai / Salak	10:26	10:27	10:29
16.3	85.2		 Straight On	Junction - Petronas Taman Semarak Nilai on the Left	10:27	10:29	10:31
16.5	85.0		 Straight On	Junction - Jalan Ts Utama on the Left	10:28	10:29	10:31
16.9	84.6		 Straight On	Traffic Light Junction - Jalan Ts Utama 3 on the Left	10:28	10:30	10:32
17.3	84.2		 Straight On	Traffic Light Junction - CIMB Bank Taman Semarak Nilai on the Left	10:29	10:31	10:32
17.4	84.1		 Bear Left	Fork Junction - To Jalan Emas	10:29	10:31	10:33
17.7	83.8		 Straight On	Junction - Jalan TS 2/1h on the Left	10:30	10:31	10:33
17.8	83.7		 Bear Left	Traffic Light Junction - To Jalan Perak	10:30	10:31	10:33
18.1	83.4		 Straight On	Junction - Jalan TS 2/8 on the Right	10:30	10:32	10:34




































DISTANCE (km)		LAP	INSTRUCTION	DESCRIPTION	TIMETABLE (kph)		
FROM START	TO FINISH				36	34	32
18.3	83.2		 Straight On	Junction - Jalan Emas 1 on the Right	10:31	10:32	10:34
18.9	82.6		  Turn Left	Traffic Light Junction - To Persiaran Pusat Bandar	10:32	10:33	10:35
19.5	82.0		 Straight On	Junction	10:33	10:34	10:37
19.8	81.7		  Straight On	Traffic Light Junction - MMT Malaysia Sdn Bhd on the Left / Right to Highway	10:33	10:35	10:37
20.7	80.8		 Straight On	Shell / MC Donald on the Left	10:35	10:37	10:39
20.9	80.6		  Straight On	Traffic Light Junction - Jalan BBN 1/5 on the Left	10:35	10:37	10:39
21.1	80.4		  Straight On	Traffic Light Junction - KFC on the Right / Seri Pajam Development on the Left	10:35	10:37	10:40
21.3	80.2		2	 Straight On	Dataran Nilai - Bus Stop on the Left	10:36	10:38
21.7	79.8	 Straight On		Majlis Perbandaran Nilai on the Right	10:36	10:38	10:41
21.9	79.6	 2 <sup>nd</sup> Exit		Round About - To Persiaran Negeri	10:37	10:39	10:41
23.0	78.5	 Straight On		Petronas Bandar Baru Nilai on the Right	10:38	10:41	10:43
23.4	78.1	  Straight On		Traffic Light Junction (Persiaran Ilmu on the Right)	10:39	10:41	10:44
24.6	76.9	  Straight On		Traffic Light Junction - Persiaran Golf on the Right	10:41	10:43	10:46
25.1	76.4	 Straight On		"JUMPA LAGI" Arch	10:42	10:44	10:47
25.5	76.0	 2 <sup>nd</sup> Exit		Round About - Persiaran Perdana on the Right / Persiaran Korporat on the Left	10:43	10:45	10:48
26.3	75.2	 Keep Right		Fork Junction	10:44	10:46	10:49
27.4	74.1	 Straight On		Ibu Pejabat Polis Daerah Sepang on the Left	10:46	10:48	10:51
28.0	73.5	  Straight On		Traffic Light Junction	10:47	10:49	10:53
28.6	72.9	 Straight On		WRP Asia Pacific Sdn Bhd on the Right	10:48	10:51	10:54
29.1	72.4	 Straight On		Petron on the Left	10:49	10:51	10:55
29.4	72.1	  Straight On		Traffic Light Junction	10:49	10:52	10:55
29.8	71.7	 Straight On		Institut Kemahiran Tinggi Belia Negara Sepang on the Right	10:50	10:53	10:56
30.0	71.5	  Straight On		"DRINK START"	10:50	10:53	10:56
30.7	70.8	 Keep Right		Fork Junction	10:51	10:54	10:58
32.3	69.2	 Straight On		Green House @ KLIA on the Left	10:54	10:57	11:01






































DISTANCE (km)		LAP	INSTRUCTION	DESCRIPTION	TIMETABLE (kph)		
FROM START	TO FINISH				36	34	32
32.4	69.1		  Straight On	Traffic Light Junction	10:54	10:57	11:01
35.0	66.5		 Straight On	Balai Bomba dan Penyelamat KLIA on the Left	10:58	11:02	11:06
35.1	66.4		  Bear Left	Traffic Light Junction - To Jalan KLIA 1	10:59	11:02	11:06
35.9	65.6		 1 <sup>st</sup> Exit	Roundabout - To Jalan Pekeliling	11:00	11:03	11:07
37.1	64.4		 Straight On	Junction	11:02	11:06	11:10
42.0	59.5		  Bear Left	Traffic Light Junction - To Jalan Kuarters KLIA (SIC on the Right)	11:10	11:14	11:19
45.2	56.3		 Straight On	Bridge	11:15	11:20	11:25
45.3	56.2		  Bear Left	Traffic Light Junction - To Salak Tinggi	11:16	11:20	11:25
46.7	54.8		 Straight On	Bridge	11:18	11:23	11:28
46.8	54.7		  Straight On	Traffic Light Junction - Yamaha on the Right	11:18	11:23	11:28
47.1	54.4		 Straight On	Giat Mara Sepang on the Right	11:19	11:23	11:28
47.2	54.3		 Straight On	Pondok Polis Salak on the Left	11:19	11:23	11:29
47.4	54.1		 Straight On	Petronas Pekan Salak on the Left	11:19	11:24	11:29
47.7	53.8		  Turn Right	Traffic Light Junction - To Jalan Pajam / Nilai / Salak	11:20	11:24	11:29
48.5	53.0		  Straight On	Traffic Light Junction - Kota Seriemas on the Right	11:21	11:26	11:31
49.3	52.2		 Straight On	Bridge - Sungai Batang Labu	11:22	11:27	11:32
49.6	51.9		  Turn Left	Traffic Light Junction - To Jalan BBN 6/1	11:23	11:28	11:33
50.0	51.5		 Straight On	Junction - Jalan BBN 7a/1a on the Left	11:23	11:28	11:34
50.3	51.2		 Straight On	Pasar Mini 99 Speed Mart on the Left	11:24	11:29	11:34
50.4	51.1		 Turn Right	T-Junction - To Persiaran Korporat	11:24	11:29	11:35
51.4	50.1		 Straight On	Junction - Jalan BBN 6/2 on the Right	11:26	11:31	11:36
52.1	49.4		 Bear Left	Taman Awam Nilai on the Left	11:27	11:32	11:38
52.5	49.0		 Straight On	Junction - Jalan Nilai Santalia on the Right	11:28	11:33	11:38
52.6	48.9		 Straight On	Junction - Jalan BBN 5/4 on the Right	11:28	11:33	11:39
53.1	48.4		 Straight On	Junction - Jalan BBN 5/3 on the Right	11:29	11:34	11:40
53.6	47.9		 Straight On	Junction - Jalan BBN 5/1 on the Right	11:29	11:35	11:41
54.0	47.5		 Straight On	Junction - Jalan BBN 5/1 on the Right	11:30	11:35	11:41




































DISTANCE (km)		LAP	INSTRUCTION	DESCRIPTION	TIMETABLE (kph)		
FROM START	TO FINISH				36	34	32
54.3	47.2		 Bear Left	Splitter !!!!	11:31	11:36	11:42
54.5	47.0		 3 <sup>rd</sup> Exit	Roundabout - To Persiaran Utama	11:31	11:36	11:42
54.6	46.9		 Straight On	MMA Santai Corner on the Left	11:31	11:36	11:42
54.9	46.6		 Straight On	Junction - Jalan Indah 3 on the Left	11:32	11:37	11:43
55.4	46.1		 Straight On	Shell on the Left	11:32	11:38	11:44
55.6	45.9		  Bear Left	Traffic Light Junction - To Jalan Pajam / Nilai / Salak	11:33	11:38	11:44
56.3	45.2		 Straight On	Junction - Petronas Taman Semarak Nilai on the Left	11:34	11:39	11:46
56.6	44.9		 Straight On	Junction - Jalan Ts Utama on the Left	11:34	11:40	11:46
56.9	44.6		  Straight On	Traffic Light Junction - Jalan Ts Utama 3 on the Left	11:35	11:41	11:47
57.3	44.2		  Straight On	Traffic Light Junction - CIMB Bank Taman Semarak Nilai on the Left	11:36	11:41	11:47
57.5	44.0		 Bear Left	Fork Junction - To Jalan Emas	11:36	11:42	11:48
57.8	43.7		 Straight On	Junction - Jalan TS 2/1h on the Left	11:36	11:42	11:48
57.9	43.6		  Bear Left	Traffic Light Junction - To Jalan Perak	11:37	11:42	11:49
58.1	43.4		 Straight On	Junction - Jalan TS 2/8 on the Right	11:37	11:43	11:49
59.0	42.5		 Straight On	Junction - Jalan Emas 1 on the Right	11:38	11:44	11:51
59.5	42.0		  Turn Left	Traffic Light Junction - To Persiaran Pusat Bandar	11:39	11:45	11:52
59.9	41.6		 Straight On	Junction	11:40	11:46	11:52
60.8	40.7		  Straight On	Traffic Light Junction - MMT Malaysia Sdn Bhd on the Left / Right to Highway	11:41	11:47	11:54
60.9	40.6		 Straight On	Shell / MC Donald on the Left	11:42	11:48	11:54
61.1	40.4		  Straight On	Traffic Light Junction - Jalan BBN 1/5 on the Left	11:42	11:48	11:55
61.2	40.3	  Straight On	Traffic Light Junction - KFC on the Right / Seri Pajam Development on the Left	11:42	11:48	11:55	
61.4	40.1	3	 Straight On	Dataran Nilai - Bus Stop on the Left	11:42	11:48	11:55
61.8	39.7		 Straight On	Majlis Perbandaran Nilai on the Right	11:43	11:49	11:56
62.0	39.5		 2 <sup>nd</sup> Exit	Round About - To Persiaran Negeri	11:43	11:50	11:56
63.1	38.4		 Straight On	Petronas Bandar Baru Nilai on the Right	11:45	11:51	11:58


















DISTANCE (km)		LAP	INSTRUCTION	DESCRIPTION	TIMETABLE (kph)		
FROM START	TO FINISH				36	34	32
63.5	38.0		  Straight On	Traffic Light Junction (Persiaran Ilmu on the Right)	11:46	11:52	11:59
64.7	36.8		  Straight On	Traffic Light Junction - Persiaran Golf on the Right	11:48	11:54	12:01
65.2	36.3		 Straight On	"JUMPA LAGI" Arch	11:49	11:55	12:02
65.6	35.9		 2 <sup>nd</sup> Exit	Round About - Persiaran Perdana on the Right / Persiaran Korporat on the Left	11:49	11:56	12:03
66.4	35.1		 Keep Right	Fork Junction	11:51	11:57	12:05
67.5	34.0		 Straight On	Ibu Pejabat Polis Daerah Sepang on the Left	11:53	11:59	12:07
68.1	33.4		  Straight On	Traffic Light Junction	11:54	12:00	12:08
68.7	32.8		 Straight On	WRP Asia Pacific Sdn Bhd on the Right	11:55	12:01	12:09
69.2	32.3		 Straight On	Petron on the Left	11:55	12:02	12:10
69.5	32.0		  Straight On	Traffic Light Junction	11:56	12:03	12:10
69.9	31.6		 Straight On	Institut Kemahiran Tinggi Belia Negara Sepang on the Right	11:57	12:03	12:11
70.8	30.7		 Keep Right	Fork Junction	11:58	12:05	12:13
72.4	29.1		 Straight On	Green House @ KLIA on the Left	12:01	12:08	12:16
72.5	29.0		  Straight On	Traffic Light Junction	12:01	12:08	12:16
75.1	26.4		 Straight On	Balai Bomba dan Penyelamat KLIA on the Left	12:05	12:13	12:21
75.2	26.3		  Bear Left	Traffic Light Junction - To Jalan KLIA 1	12:05	12:13	12:21
76.0	25.5		 1 <sup>st</sup> Exit	Roundabout - To Jalan Pekeliling	12:07	12:14	12:23
77.2	24.3		 Straight On	Junction	12:09	12:16	12:25
82.1	19.4		  Bear Left	Traffic Light Junction - To Jalan Kuarters KLIA (SIC on the Right)	12:17	12:25	12:34
85.3	16.2		 Straight On	Bridge	12:22	12:31	12:40
85.4	16.1		  Bear Left	Traffic Light Junction - To Salak Tinggi	12:22	12:31	12:40
86.8	14.7		 Straight On	Bridge	12:25	12:33	12:43
86.9	14.6		  Straight On	Traffic Light Junction - Yamaha on the Right	12:25	12:34	12:43
87.2	14.3		 Straight On	Giat Mara Sepang on the Right	12:25	12:34	12:44
87.3	14.2		 Straight On	Pondok Polis Salak on the Left	12:26	12:34	12:44
87.5	14.0		 Straight On	Petronas Pekan Salak on the Left	12:26	12:35	12:44



DISTANCE (km)		LAP	INSTRUCTION	DESCRIPTION	TIMETABLE (kph)		
FROM START	TO FINISH				36	34	32
87.8	13.7		  Turn Right	Traffic Light Junction - To Jalan Pajam / Nilai / Salak	12:26	12:35	12:45
88.6	12.9		  Straight On	Traffic Light Junction - Kota Seriemas on the Right	12:28	12:37	12:46
89.4	12.1		 Straight On	Bridge - Sungai Batang Labu	12:29	12:38	12:48
89.7	11.8		  Turn Left	Traffic Light Junction - To Jalan BBN 6/1	12:30	12:38	12:48
90.1	11.4		 Straight On	Junction - Jalan BBN 7a/1a on the Left	12:30	12:39	12:49
90.4	11.1		 Straight On	Pasar Mini 99 Speed Mart on the Left	12:31	12:40	12:50
90.5	11.0		 Turn Right	T-Junction - To Persiaran Korporat	12:31	12:40	12:50
91.5	10.0		  Straight On	"DRINK FINISH" - Jalan BBN 6/2 on the Right	12:33	12:42	12:52
92.2	9.3		 Bear Left	Taman Awam Nilai on the Left	12:34	12:43	12:53
92.6	8.9		 Straight On	Junction - Jalan Nilai Santalia on the Right	12:34	12:44	12:54
92.7	8.8		 Straight On	Junction - Jalan BBN 5/4 on the Right	12:35	12:44	12:54
93.2	8.3		 Straight On	Junction - Jalan BBN 5/3 on the Right	12:35	12:45	12:55
93.7	7.8		 Straight On	Junction - Jalan BBN 5/1 on the Right	12:36	12:46	12:56
94.1	7.4		 Straight On	Junction - Jalan BBN 5/1 on the Right	12:37	12:46	12:56
94.4	7.1		 Bear Left	Splitter !!!!	12:37	12:47	12:57
94.6	6.9		 3 <sup>rd</sup> Exit	Roundabout - To Persiaran Utama	12:38	12:47	12:57
94.7	6.8		 Straight On	MMA Santai Corner on the Left	12:38	12:47	12:58
95.0	6.5		 Straight On	Junction - Jalan Indah 3 on the Left	12:38	12:48	12:58
95.5	6.0		 Straight On	Shell on the Left	12:39	12:49	12:59
95.7	5.8		  Bear Left	Traffic Light Junction - To Jalan Pajam / Nilai / Salak	12:40	12:49	12:59
96.4	5.1		 Straight On	Junction - Petronas Taman Semarak Nilai on the Left	12:41	12:50	13:01
96.7	4.8		 Straight On	Junction - Jalan Ts Utama on the Left	12:41	12:51	13:01
97.0	4.5		  Straight On	Traffic Light Junction - Jalan Ts Utama 3 on the Left	12:42	12:51	13:02
97.4	4.1		  Straight On	Traffic Light Junction - CIMB Bank Taman Semarak Nilai on the Left	12:42	12:52	13:03
97.6	3.9		 Bear Left	Fork Junction - To Jalan Emas	12:43	12:52	13:03
97.9	3.6		 Straight On	Junction - Jalan TS 2/1h on the Left	12:43	12:53	13:04

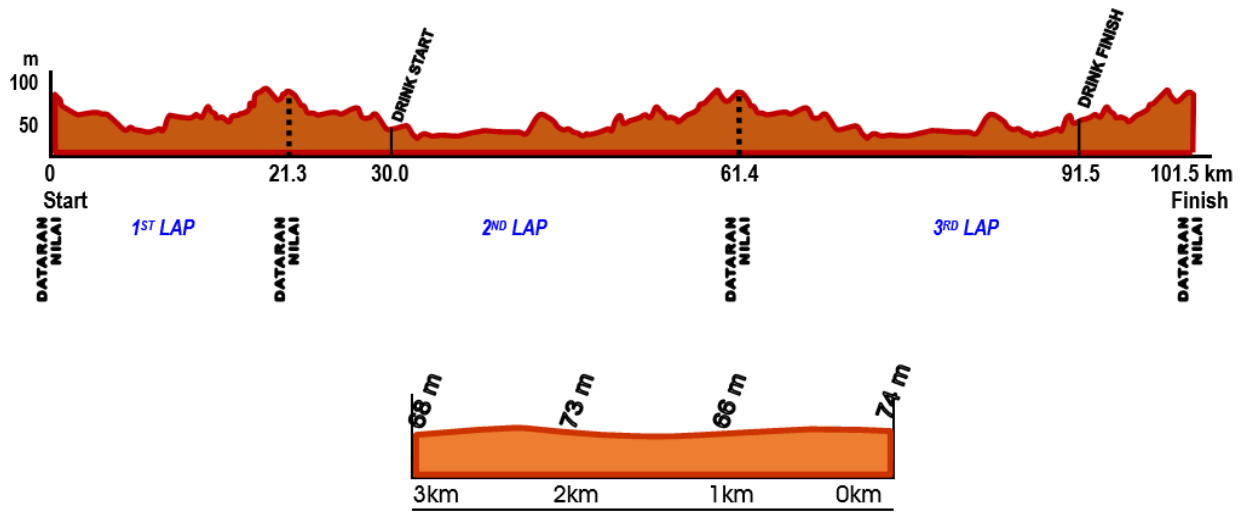


DISTANCE (km)		LAP	INSTRUCTION			DESCRIPTION	TIMETABLE (kph)		
FROM START	TO FINISH						36	34	32
98.0	3.5				Bear Left	Traffic Light Junction - To Jalan Perak	12:43	12:53	13:04
98.2	3.3				Straight On	Junction - Jalan TS 2/8 on the Right	12:44	12:53	13:04
99.1	2.4				Straight On	Junction - Jalan Emas 1 on the Right	12:45	12:55	13:06
99.6	1.9				Turn Left	Traffic Light Junction - To Persiaran Pusat Bandar	12:46	12:56	13:07
100.0	1.5				Straight On	Junction	12:47	12:57	13:08
100.9	0.6				Straight On	Traffic Light Junction - MMT Malaysia Sdn Bhd on the Left / Right to Highway	12:48	12:58	13:09
101.0	0.5				Straight On	Shell / MC Donald on the Left	12:48	12:58	13:09
101.2	0.3				Straight On	Traffic Light Junction - Jalan BBN 1/5 on the Left	12:49	12:59	13:10
101.3	0.2				Straight On	Traffic Light Junction - KFC on the Right / Seri Pajam Development on the Left	12:49	12:59	13:10
101.5	0.0			N 02°49.200 E 101°47.409		Race Finish at Dataran Nilai, Persiaran Pusat Bandar, Bandar Baru Nilai	12:49	12:59	13:10





## PROFILE & LAST 3KM PROFILE



## ROUTE MAP

