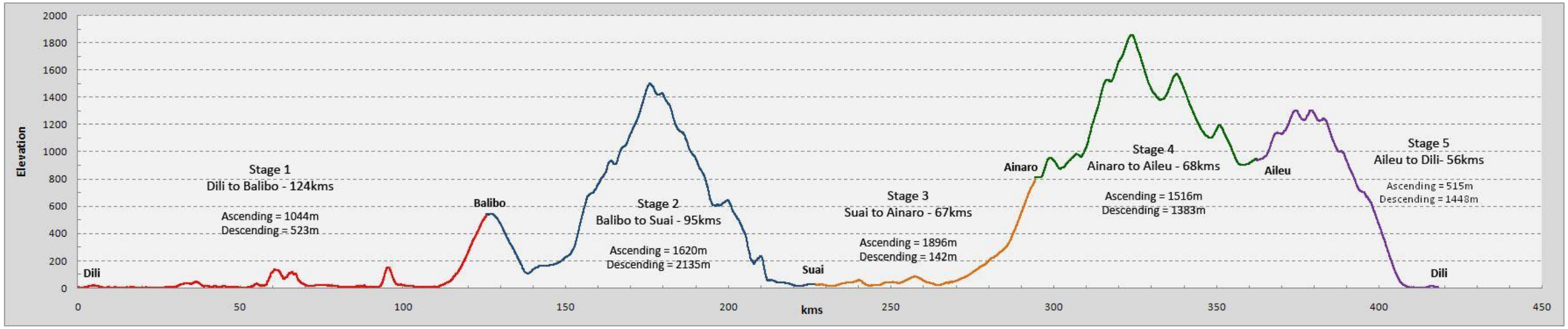
Elevation
2000
1800
1600
1400
1200
1000
800
600
400
200
0
Dili
Stage 1
Dili to Balibo - 124kms
Ascending = 1044m
Descending = 523m
Balibo
Stage 2
Balibo to Suai - 95kms
Ascending = 1620m
Descending = 2135m
Suai
Stage 3
Suai to Ainaro - 67kms
Ascending = 1896m
Descending = 142m
Ainaro
Stage 4
Ainaro to Aileu - 68kms
Ascending = 1516m
Descending = 1383m
Aileu
Stage 5
Aileu to Dili- 56kms
Ascending = 515m
Descending = 1448m
Dili
0
50
100
150
200
250
300
350
400
450
kms