



PKNS

No	Km	Turn	Directions
1	0.00		Start on Jalan Indah
2	0.14	→	Turn right onto Persiaran Tasik
3	0.39	→	Turn right onto Persiaran Masjid
4	0.80	→	At roundabout, take exit 2 onto Persiaran Masjid
5	1.87	→	Turn right onto Persiaran Kayangan
6	3.39	↔	At roundabout, take exit 1 onto Persiaran Hishamuddin
7	4.38	↔	At roundabout, take exit 1 onto Persiaran Sukan
8	6.98	↔	Keep left toward B9
9	7.03	↔	Turn slight left onto B9
10	7.25	↔	Keep left and take E35 toward Lebuhraya Guthrie
11	8.25		Keep left onto Persiaran Gerbang Utama
12	9.57	↑	At roundabout, take exit 2 onto Persiaran Gerbang Utama
13	9.95	↑	At roundabout, take exit 1 onto Persiaran Gerbang Utama
14	10.36	↑	At roundabout, take exit 2 onto Persiaran Gerbang Utama
15	12.94	↑	At roundabout, take exit 2 onto Persiaran Gerbang Utama
16	13.38	↔	Keep left onto Jalan Sungai Buloh and take 3214 toward Puncak Alam, Meru, Kampung Subang
17	14.54	↔	Keep left and take B49 toward Meru, Puncak Alam, Ijok
18	31.33	→	Turn right onto Laluan 1210
19	33.20	↔	Keep left
20	34.77	↔	Keep left
21	35.27	↔	Keep left
22	35.55		Keep right
23	35.85	↑	At roundabout, take exit 2 onto Persiaran Daunan 2
24	36.12	→	Turn right onto Persiaran Daunan 1
25	36.38	↔	Turn left onto Persiaran Daunan Worldwide
26	36.71	↔	Keep left
27	42.39		Keep right
28	42.44	→	Turn right
29	43.87	→	Turn right
30	44.34		Keep right
31	45.16	↔	Keep left
32	45.19	↔	Turn slight left onto Jalan 12/1
33	48.39	→	Turn right onto Jalan Stesyen
34	49.06	↔	Turn left
35	54.18	↔	Keep left
36	54.21	↔	Turn slight left onto Jalan Batu Arang
37	82.37	↔	Turn left onto Jalan Kelab
38	88.23		Keep left
39	107.31	→	Turn right onto Persiaran Daunan Worldwide
40	107.69	↔	Turn left onto Persiaran Daunan 1
41	107.77	↔	Keep left onto Persiaran Daunan 1
42	107.96		Keep left
43	108.22	↑	At roundabout, take exit 2 onto Persiaran Daunan 2
44	108.50	↔	Turn sharp left
45	108.85		Keep left
46	108.93		Keep right
47	109.34	↔	Keep left onto Persiaran Alam Perdana
48	110.87	→	Turn right onto Laluan 1210
49	112.16	↔	Keep left
50	112.18	↔	Turn slight left
51	112.75	→	Turn right
52	113.73	↔	Keep left
53	124.02	→	Turn right onto Persiaran Pulau Lumut
54	125.01	↔	Turn slight left onto Persiaran Setia Makmur
55	125.93	↔	Turn left onto Jalan Setia Gemilang U13/47
56	127.03	↔	Keep left
57	129.51	→	Turn right
58	129.54	↔	Turn left
59	129.62	↔	Turn left
60	129.65	→	Turn right onto Persiaran Setia Prima
61	131.07	↔	Keep left
62	133.06	→	At roundabout, take exit 3
63	133.94	↑	At roundabout, take exit 2 onto Persiaran Setia Kasih
64	135.14	↑	At roundabout, take exit 2 onto Persiaran Serai Wangi
65	135.42	↔	Turn left onto Jalan Pegaga B U12/B
66	135.60	↔	Keep right onto Jalan Pegaga B U12/B
67	135.74	↔	Turn left onto Persiaran Serai Wangi
68	136.52	↔	Turn left
69	136.57	↔	Keep right
70	136.63	↔	Keep left onto Persiaran Serai Wangi
71	136.82	↔	Turn left onto Jalan Pegaga U12/9
72	138.02	↔	Turn left onto Persiaran Bestari
73	138.39		Keep left and take BSA 7 toward Pusat Bandar (Seksyen 14), Seksyen 2 - 6, 8 - 14, U1 - U20
74	138.94		Keep right and take BSA 4 toward Persiaran Institut, Seksyen 2 - 4, 7 (Jalan 7/1 - 7/35), UiTM, Taman Tema Air Wet World
75	141.88		Keep right onto Persiaran Kayangan and take BSA 3 toward Persiaran Raja Muda, Seksyen 2 - 5, Kompleks Mahkamah
76	141.95	↔	Turn slight right onto Persiaran Raja Muda
77	143.14	↑	At roundabout, take exit 1 onto Persiaran Dato' Menteri
78	143.85	↔	At roundabout, take exit 1 onto Persiaran Masjid
79	144.20	→	Turn right onto Persiaran Tasik
80	144.41	↔	Keep left
81	144.55		FINISH

Water Station 2
@ KM82 COT 1115am

Isotonic

Water Station 1
@ KM43 COT 930am

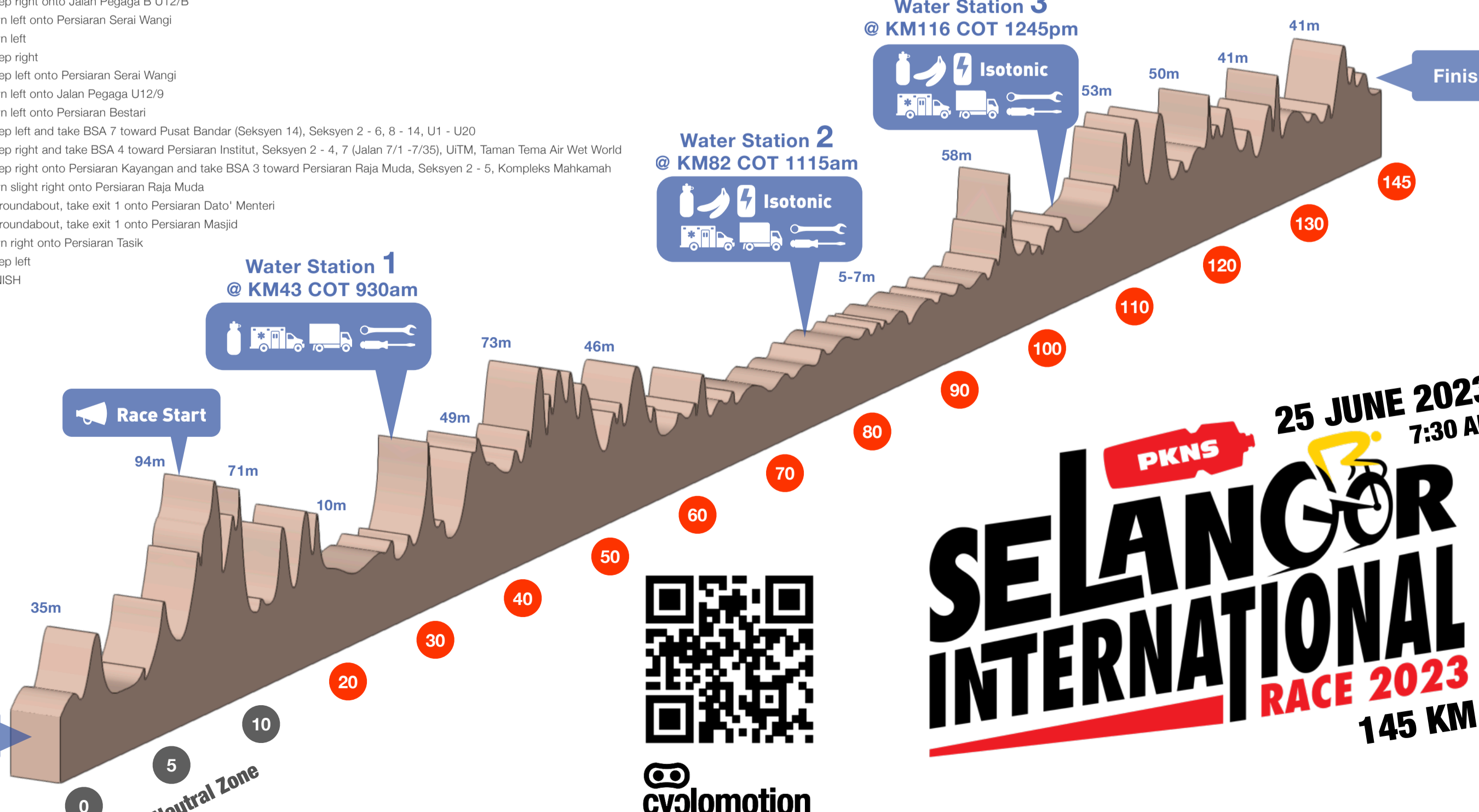
Isotonic

Water Station 3
@ KM116 COT 1245pm

Isotonic

Race Start

Start / Finish
COT 0200pm



cyclomotion

25 JUNE 2023
7:30 AM

SELANGOR INTERNATIONAL RACE 2023
145 KM