

| Day | Date | Day | Miles | KM | Time | Start | End | Comments |
|-----|--------|-----------|-------|--------|------|------------------|----------------|---|
| 186 | 01-Sep | Tuesday | 68.78 | 110.05 | 6 | Slim River | Kuala Lumpur | Steady cycling, clear hot day. Took few breaks. Soo glad I made it here so quick. |
| 187 | 02-Sep | Wednesday | 17.1 | 27.36 | 2 | Kuala Lumpur | Kuala Lumpur | 02/09/15 to 06/09/15 17.10 miles around Kuala Lumpur. |
| 188 | 03-Sep | Thursday | | 0 | | Kuala Lumpur | " | " |
| 189 | 04-Sep | Friday | | 0 | | " | " | " |
| 190 | 05-Sep | Saturday | | 0 | | " | " | " |
| 191 | 06-Sep | Sunday | | 0 | | " | " | " |
| 192 | 07-Sep | Monday | 51.51 | 82.42 | 7 | Kuala Lumpur | Senawang | Nice slow start. Very hazy all day, nightmare getting out of K.L. Few hills on route but overall it was simple. |
| 193 | 08-Sep | Tuesday | 50.53 | 80.85 | 7 | Senawang | Malacca | Slow and steady cycling, had my first puncture on route today. Rest was straight forward. |
| 194 | 09-Sep | Wednesday | 6.54 | 10.46 | 1 | Malacca | " | 6.54 miles in and around Malacca. Within first mile got hit by a thunderstorm. Completely soaked through. Decided to stay and use laundry to dry all cloth and equipment. |
| 195 | 10-Sep | Thursday | | 0 | | " | " | " |
| 196 | 11-Sep | Friday | 27.99 | 44.78 | 2 | Malaysian Border | Singapore City | Malaysia border into Singapore city. Hot but had plenty of tree cover, lovely city/country to be in. Clean and beautiful but expensive. |
| 197 | 12-Sep | Saturday | | 0 | | Singapore City | " | " |
| 198 | 13-Sep | Sunday | | 0 | | " | " | " |
| 199 | 14-Sep | Monday | | 0 | | " | Jakarta | " |
| 200 | 15-Sep | Tuesday | 67.54 | 108.06 | 8 | Jakarta | Bungursari | first half hell traffic with motorbikes and horrible drivers, legs were stiff, later traffic eased up and legs starting working. Good ride in. |
| 201 | 16-Sep | Wednesday | 74.5 | 119.2 | 9.5 | Bungursari | Indramayu | Annoying head wind all day, which makes it difficult and very tiring. Heat is bearable. |
| 202 | 17-Sep | Thursday | 38.8 | 62.08 | 6 | Indramayu | Cirebon | Horrible headwind all day. Very tiring and tough. The place smells and drivers are nuts but headwind is a slow killer. |
| 203 | 18-Sep | Friday | 96.36 | 154.18 | 9.5 | Cirebon | Pekalongan | Teasing headwind all day turning to crosswind, terrain is flat but wind isn't helping. Disciplined cycling. Annoying Indonesia. Traffic, people, smell the lot! |
| 204 | 19-Sep | Saturday | 61.06 | 97.7 | 7.5 | Pekalongan | Semarang | Good start but then become quite hilly, the traffic and road works are constant problem, this place is so populated. Sun was beating down today. Overall not to bad. |
| 205 | 20-Sep | Sunday | 75.09 | 120.14 | 8 | Semarang | Rembang | Busy start out of city, route was flat but got quite rural, last bit was constant wind making to tough. Hit 9,000 miles today, happy about that. |
| 206 | 21-Sep | Monday | 62.12 | 99.39 | 6 | Rembang | Tuban | Straight forward cycling, with coastal breeze/crosswind. Less traffic today. Pleasant cycle ride. |

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|-------------------------|--------|-----------|---------|----------|---------|-----------------|-----------------|--|
| 207 | 22-Sep | Tuesday | 68.71 | 109.94 | 7 | Tuban | Surabaya | Wind wind wind, just another tiring day fighting the wind, entered large busy city which is never pleasant in this part of the world. But at least you get food options. |
| 208 | 23-Sep | Wednesday | | 0 | | Surabaya | Surabaya | |
| 209 | 24-Sep | Thursday | 91.45 | 146.32 | 8.5 | Surabaya | Banyuglugur | It's Eid today but I cycled, dedicated thoughts to Shakeel Haider, may Allah swt bless him with Mercy. |
| 210 | 25-Sep | Friday | 86.09 | 137.74 | 9.5 | Banyuglugur | Banyuwangi | End to end cycling with a 800 foot climb in the middle. Scenery for nice towards end with bali across the waters. |
| 211 | 26-Sep | Saturday | 79.13 | 126.61 | 11 | Banyuwangi | Denpasar (Bali) | Ferry across the water to bali in morning, tough cycling, continuous hills and constant headwind, chain snapped on route. Nice scenic route. |
| 212 | 27-Sep | Sunday | 4.31 | 6.9 | 1 | Denpasar (Bali) | Bali | 4.31 miles around Bali |
| 213 | 28-Sep | Monday | | 0 | | Bali | Bali | |
| 214 | 29-Sep | Tuesday | 15 | 24 | 2 | Bali | Brisbane | airport to Brisbane(Australia). 2 hours. Lovely spring weather, comfortable environment, continent 3, country 27. |
| 215 | 30-Sep | Wednesday | 56.61 | 90.58 | 8 | Brisbane | Gold Coast | Late start, very difficult to get out of Brisbane on minor roads. Weather was good but plenty of stop starts due to roads. Helped standard cyclists. |
| Total this month | | | 1099.22 | 1758.76 | 126.50 | | | |
| Total so far | | | 9466.78 | 15146.88 | 1111.10 | | | |