



DENOMINAZIONE DELLA GARA:

4^ GRAN FONDO Città di Bagnara Calabria

LOCALITA' DI PARTENZA E ARRIVO:

BAGNARA CALABRA

DATA DI SVOLGIMENTO:

02/06/2017

TABELLA DI MARCIA

Ora di partenza: **09:00:00**

Km. totali : **82,000**

Media [Km/h]

28 30 34 38

Località/punto del percorso	Km.	Km. parziali	Km. all'arrivo	Quota (m/slm)	Pendenza tratto	Media [Km/h]			
						hh.mm.ss	hh.mm.ss	hh.mm.ss	hh.mm.ss
Bagnara Calabria PARTENZA	0,000	0,000	82,000	6	-	09:00:00	09:00:00	09:00:00	09:00:00
Bivio Solano Partenza AGONISTICA	4,000	4,000	78,000	197	4,8%	09:08:34	09:08:00	09:07:04	09:06:19
Bivio Pellegrina	7,000	3,000	77,000	360	5,4%	09:15:00	09:14:00	09:12:21	09:11:03
Covala	13,000	6,000	71,000	586	3,8%	09:27:51	09:53:24	09:47:00	09:42:25
Sant'Eufemia D'Aspromonte	18,000	5,000	66,000	448	-2,8%	09:38:34	09:36:00	09:31:46	09:28:25
Sinopoli	19,000	1,000	65,000	500	5,2%	09:40:43	09:38:00	09:33:32	09:30:00
deviazione doppio percorso	21,000	2,000	63,000	435	-3,3%	09:45:00	09:42:00	09:37:04	09:33:09
Acquaro	24,700	3,700	59,300	433	-0,5%	09:53:34	09:50:00	09:44:07	09:39:28
bivio Cosoleto	26,200	1,500	57,800	449	1,1%	09:55:43	09:52:00	09:45:53	09:41:03
Cosoleto	27,700	2,300	55,500	495	2,0%	10:00:00	09:56:00	09:49:25	09:44:13
Bivio Brandano	30,090	3,900	51,600	564	1,8%	10:04:17	10:00:00	09:52:56	09:47:22
Gambarie (crocefisso)	43,900	13,000	38,600	969	3,1%	10:34:17	10:28:00	10:17:39	10:09:28
Gambarie (laghetto) G.P.M.	48,900	5,000	33,600	1.314	6,9%	10:45:00	10:38:00	10:26:28	10:17:22
Melia	59,900	11,000	22,600	652	-6,0%	11:08:34	11:00:00	10:45:53	10:34:44
Scilla	70,900	11,000	11,600	52	-5,5%	11:32:09	11:22:00	11:05:18	10:52:06
Bagnara Calabria ARRIVO	81,900	11,000	0,600	6	-0,4%	11:55:43	11:44:00	11:24:42	11:09:28