

DENOMINAZIONE DELLA GARA:		2^ GRAN FONDO Città di Bagnara Calabria											
LOCALITA' DI PARTENZA E ARRIVO:		BAGNARA CALABRA											
DATA DI SVOLGIMENTO:		03/05/2015											
TABELLA DI MARCIA													
Ora di partenza:		09:15:00		Km. totali :		117,000		Media [Km/h]					
						20		25		30		35	
Località/punto del percorso	Km.	Km. parziali	Km. all'arrivo	Quota (m/slm)	Pendenza tratto	hh.mm.ss	hh.mm.ss	hh.mm.ss	hh.mm.ss				
Bagnara Calabria PARTENZA	0,000	0,000	117,000	6	-	09:15:00	09:15:00	09:15:00	09:15:00				
Pellegrina	6,000	6,000	111,000	292	4,8%	09:33:00	09:29:24	09:27:00	09:25:17				
Ceramida	8,000	2,000	109,000	419	6,4%	09:39:00	09:34:12	09:31:00	09:28:42				
Monte Sant'Elia	16,000	8,000	101,000	545	1,6%	10:03:00	09:53:24	09:47:00	09:42:25				
Palmi (distributore TAMOIL)	20,000	4,000	97,000	317	-5,7%	10:15:00	10:03:00	09:55:00	09:49:17				
Castellace	27,000	7,000	90,000	98	-3,1%	10:36:00	10:19:48	10:09:00	10:01:17				
Cosoleto	37,000	10,000	80,000	611	5,1%	11:06:00	10:43:48	10:29:00	10:18:25				
Delianuova	45,000	8,000	72,000	630	0,2%	11:30:00	11:03:00	10:45:00	10:32:08				
Bivio Brandano	55,000	10,000	62,000	564	-0,7%	12:00:00	11:27:00	11:05:00	10:49:17				
Gambarie (crocefisso)	63,000	8,000	54,000	969	5,1%	12:24:00	11:46:12	11:21:00	11:03:00				
Gambarie (laghetto) G.P.M.	72,000	9,000	45,000	1.314	3,8%	12:51:00	12:07:48	11:39:00	11:18:25				
Melia	85,000	13,000	32,000	652	-5,1%	13:30:00	12:39:00	12:05:00	11:40:42				
Campo Calabro	98,000	13,000	19,000	149	-3,9%	14:09:00	13:10:12	12:31:00	12:03:00				
Campo Piale	106,000	8,000	11,000	42	-1,3%	14:33:00	13:29:24	12:47:00	12:16:42				
Scilla	108,000	2,000	9,000	52	0,5%	14:39:00	13:34:12	12:51:00	12:20:08				
Bagnara Calabria ARRIVO	117,000	9,000	0,000	6	-0,5%	15:06:00	13:55:48	13:09:00	12:35:34				