



DENOMINAZIONE DELLA GARA: 3^a GRAN FONDO Città di Bagnara Calabria

LOCALITA' DI PARTENZA E ARRIVO: BAGNARA CALABRA

DATA DI SVOLGIMENTO: 08/05/2016

TABELLA DI MARCIA

Ora di partenza: **09:15:00**

Km. totali : **87,000**

Media [Km/h]

20 **25** **30** **35**

Località/punto del percorso	Km.	Km. parziali	Km. all'arrivo	Quota (m/slm)	Pendenza tratto	Media [Km/h]			
						20	25	30	35
						hh.mm.ss	hh.mm.ss	hh.mm.ss	hh.mm.ss
Bagnara Calabria PARTENZA	0,000	0,000	87,000	6	-	09:15:00	09:15:00	09:15:00	09:15:00
Pellegrina	6,000	6,000	81,000	292	4,8%	09:33:00	09:29:24	09:27:00	09:25:17
Ceramida	8,000	2,000	79,000	419	6,4%	09:39:00	09:34:12	09:31:00	09:28:42
Monte Sant'Elia	16,000	8,000	71,000	545	1,6%	10:03:00	09:53:24	09:47:00	09:42:25
Palmi (distributore TAMOIL)	20,000	4,000	67,000	317	-5,7%	10:15:00	10:03:00	09:55:00	09:49:17
Castellace	27,000	7,000	60,000	98	-3,1%	10:36:00	10:19:48	10:09:00	10:01:17
Cosoleto	37,000	10,000	50,000	611	5,1%	11:06:00	10:43:48	10:29:00	10:18:25
Delianuova	45,000	8,000	42,000	630	0,2%	11:30:00	11:03:00	10:45:00	10:32:08
Bivio Brandano	55,000	10,000	32,000	564	-0,7%	12:00:00	11:27:00	11:05:00	10:49:17
Sinopoli	64,000	9,000	23,000	45	-5,8%	12:24:00	11:46:12	11:21:00	11:03:00
Sant'Eufemia D'Aspromonte	70,000	6,000	17,000	457	6,9%	12:51:00	12:07:48	11:39:00	11:18:25
Piani Corona	76,000	6,000	11,000	514	1,0%	13:30:00	12:39:00	12:05:00	11:40:42
Pellegrina	82,000	5,000	5,000	292	4,8%	14:09:00	13:10:12	12:31:00	12:03:00
Bagnara Calabria ARRIVO	87,000	0,000	0,000	6	0,0%	14:33:00	13:29:24	12:47:00	12:16:42