

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 :		87,000		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	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			