



DENOMINAZIONE DELLA GARA: **4<sup>A</sup> 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 : **101,000**

Media [Km/h]

Località/punto del percorso	Km.	Km. parziali	Km. all'arrivo	Quota (m/slm)	Pendenza tratto	Media [Km/h]			
						28	30	34	38
						hh.mm.ss	hh.mm.ss	hh.mm.ss	hh.mm.ss
Bagnara Calabria PARTENZA	0,000	0,000	101,000	6	-	09:00:00	09:00:00	09:00:00	09:00:00
Bivio Solano Partenza AGONISTICA	4,000	4,000	97,000	197	4,8%	09:08:34	09:08:00	09:07:04	09:06:19
Bivio Pellegrina	7,000	3,000	94,000	360	5,4%	09:15:00	09:14:00	09:12:21	09:11:03
Covala	13,000	6,000	88,000	586	3,8%	09:27:51	09:53:24	09:47:00	09:42:25
Sant'Eufemia D'Aspromonte	18,000	5,000	83,000	448	-2,8%	09:38:34	09:36:00	09:31:46	09:28:25
Sinopoli	19,000	1,000	82,000	500	5,2%	09:40:43	09:38:00	09:33:32	09:30:00
deviazione doppio percorso	21,000	2,000	80,000	435	-3,3%	09:45:00	09:42:00	09:37:04	09:33:09
San Procopio	22,000	1,000	79,000	357	-7,8%	09:47:49	09:44:00	09:38:49	09:34:44
Bivio Contrada Quarantana	29,500	7,500	71,500	96	-3,5%	10:04:17	10:00:00	09:52:56	09:47:22
Bivio x Delianuova SP2 via Prov.	31,500	2,000	69,500	146	2,5%	10:06:26	10:02:00	09:54:52	09:48:57
Castellace	34,500	3,000	66,500	279	4,4%	10:15:00	10:10:00	10:01:46	09:55:16
Lubrichi	39,000	4,500	62,000	388	2,4%	10:23:34	10:18:00	10:08:49	10:01:35
Scido	44,000	5,000	57,000	443	1,1%	10:34:17	10:28:00	10:17:39	10:09:28
Bivio Brandano	50,000	6,000	51,000	564	2,0%	10:47:09	10:40:00	10:28:14	10:18:57
Gambarie (crocefisso)	63,000	13,000	38,000	969	3,1%	11:15:00	11:06:00	10:51:11	10:39:28
Gambarie (laghetto) G.P.M.	68,000	5,000	33,000	1.314	6,9%	11:25:43	11:16:00	11:00:00	10:47:22
Melia	79,000	11,000	22,000	652	-6,0%	11:49:17	11:38:00	11:19:25	10:58:30
Scilla	92,000	11,000	11,000	52	-5,5%	12:17:09	12:04:00	11:42:21	11:25:16
Bagnara Calabria ARRIVO	101,000	11,000	0,000	6	-0,4%	12:36:26	12:22:00	11:58:14	11:39:28

**CRONOSCALATA KM 18**