

DENOMINAZIONE DELLA GARA:

1^ Medio Fondo L'Antico Carro

LOCALITA' DI PARTENZA E ARRIVO:

Piani Corona c/o L'Agriturismo L'Antico Carro

DATA DI SVOLGIMENTO:

24/09/2017

TABELLA DI MARCIA

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

Km. totali : **76,200**

Media [Km/h]

28	30	34	38
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Località/punto del percorso	Km.	Km. all'arrivo	Km. parziali	Quota (m/slm)	Pendenza tratto	Media [Km/h]				
						hh.mm.ss	hh.mm.ss	hh.mm.ss	hh.mm.ss	
Agriturismo PARTENZA	0,000	76,200	0,000	501	-	09:00:00	09:00:00	09:00:00	09:00:00	1° GIRO
Sant'Elia	2,300	73,900	2,300	519	0,8%	09:04:56	09:04:56	09:04:56	09:04:56	
Palmi Partenza AGONISTICA	7,000	69,200	4,700	272	-6,6%	09:11:59	09:11:59	09:11:59	09:11:59	
Seminara	11,000	65,200	4,000	288	0,2%	09:20:33	09:19:00	09:14:04	09:08:23	
Sant'Anna	14,700	61,500	3,700	257	-0,1%	09:28:34	09:27:00	09:20:58	09:15:07	
Melicucca'	16,900	59,300	2,200	272	0,6%	09:33:17	09:29:14	09:25:25	09:22:00	
inizio salita	17,200	59,000	0,300	317	1,5%	09:34:19	09:33:17	09:31:23	09:29:24	
1° RISTORO	20,000	56,200	2,800	421	5,7%	09:38:40	09:36:18	09:34:23	09:33:39	
fine salita	23,300	52,900	3,300	537	4,6%	09:41:18	09:40:46	09:39:48	09:37:57	
fine primo giro	25,400	50,800	2,100	501	-1,7%	09:46:57	09:45:35	09:43:42	09:41:25	
Sant'Elia GPM	27,700	48,500	2,300	519	0,8%	09:50:34	09:49:38	09:49:00	09:48:53	
Palmi	32,400	43,800	4,700	272	-6,3%	09:57:04	09:56:43	09:54:29	09:52:45	
Seminara	36,400	39,800	4,000	288	0,2%	10:04:24	10:04:01	10:01:15	10:00:28	
Sant'Anna	40,000	36,200	3,600	257	-0,1%	10:12:45	10:11:36	10:10:38	10:10:02	
Melicucca' TV	41,000	35,200	1,000	275	0,6%	10:17:44	10:16:23	10:16:02	10:15:46	
inizio salita	42,600	33,600	1,600	317	1,5%	10:19:43	10:19:02	10:17:42	10:07:03	
2° RISTORO	45,000	31,200	2,400	421	5,7%	10:23:57	10:22:35	10:21:24	10:19:34	
fine salita	48,700	27,500	3,700	537	4,6%	10:27:12	10:26:25	10:24:12	10:23:02	
fine secondo giro	50,800	25,400	2,100	501	-1,7%	10:32:53	10:31:25	10:30:24	10:29:43	3° GIRO
Sant'Elia	53,100	7,000	18,400	519	0,8%	10:36:23	10:35:42	10:34:43	10:32:12	
Palmi	57,800	18,400	4,700	272	-6,3%	10:42:27	10:40:55	10:39:12	10:38:04	
Seminara	61,800	14,400	4,000	288	0,2%	10:51:49	10:50:34	10:49:42	10:47:50	
Sant'Anna	65,400	10,800	3,600	257	-0,1%	10:56:00	10:55:03	10:54:12	10:53:31	
Melicucca'	66,600	9,600	1,200	275	0,6%	11:01:14	11:00:54	11:00:04	10:57:54	
inizio salita	66,900	9,300	0,300	317	1,5%	11:02:42	11:01:12	10:59:42	10:58:35	
3° RISTORO	70,000	6,200	3,100	421	5,7%	11:07:54	11:06:42	11:06:12	11:05:50	
L'Antico Carro ARRIVO FINE	76,200	0,000	6,200	501	4,6%	11:24:32	11:23:04	11:21:42	11:23:40	