



# TABELLA DI MARCIA - ROAD BOOK MEDIOFONDO 90 KM

ORA PARTENZA 8:00

comune		via- strada- toponomastica	DIREZIONE	km	km percorsi	km da percorrere	altitudine	20 km/h	25 km/h	30 km/h	35 km/h
PINZOLO		Via Bolognini	start	0,000	0,00	90,00	776	8:00:00	8:00:00	8:00:00	8:00:00
PINZOLO		Corso Trento	Svolta a SX	0,700	0,700	89,30	776	08:03:00	08:02:24	08:02:00	08:01:43
Pinzolo		Viale Dolomiti SS239	↑	1,000	0,300	89,00	776	08:06:00	08:04:48	08:04:00	08:03:26
Pinzolo		Viale Dolomiti SS239	↑	1,010	0,010	88,99	768	08:09:00	08:07:12	08:06:00	08:05:09
Pinzolo		SS239	↑	1,200	0,190	88,80	762	08:12:00	08:09:36	08:08:00	08:06:51
Giustino		SS239	↑	1,400	0,200	88,60	759	08:15:00	08:12:00	08:10:00	08:08:34
Massimeno		SS239	↑	3,700	2,300	86,30	721	08:18:00	08:14:24	08:12:00	08:10:17
Bocenago		SS239	↑	4,100	0,400	85,90	718	08:18:00	08:15:24	08:15:00	08:11:17
Caderzone		Variante Caderzone - Strembo SS239	↑	4,500	0,800	85,50	715	08:21:00	08:16:48	08:14:00	08:12:00
Strembo		Viale Dolomiti SS239	↑	5,900	1,400	84,10	701	08:24:00	08:19:12	08:16:00	08:13:43
Pelugo		via al Ponte	Svolta a SX	7,700	1,800	82,30	652	08:27:00	08:21:36	08:18:00	08:15:26
Spiazzo Rendena		via Ches	Svolta a DX	9,900	2,200	80,10	803	08:30:00	08:24:00	08:20:00	08:17:09
Spiazzo Rendena		SP53	↑	10,000	0,100	80,00	880	08:33:00	08:26:24	08:22:00	08:18:51
Spiazzo Rendena	<b>GPM</b>	PASSO DAONE	↑	15,000	5,000	75,00	1276	08:36:00	08:28:48	08:24:00	08:20:34
Tre Ville	Binio	bivio Binio SP53	↑	17,550	2,550	72,45	1070	08:39:00	08:31:12	08:26:00	08:22:17
Tre Ville		Chiesa di Cort SP53	↑	20,280	2,730	69,72	824	08:42:00	08:33:36	08:28:00	08:24:00
Tre Ville	Preore	Comune di Preore	↑	23,130	2,850	66,87	527	08:45:00	08:36:00	08:30:00	08:25:43
Tre Ville	Ragoli	Via Roma SP34	Svolta a SX	24,820	1,690	65,18	550	08:48:00	08:38:24	08:32:00	08:27:26
Tre Ville	Coltura	Via Milano	↑	26,260	1,440	63,74	590	08:51:00	08:40:48	08:34:00	08:29:09
Tre Ville		bivio Val d'Algone	↑	26,260	0,000	63,74	590	08:54:00	08:43:12	08:36:00	08:30:51
Stenico		Piazza Dante Alighieri	↑	32,720	6,460	57,28	667	08:57:00	08:45:36	08:38:00	08:32:34
Stenico		Via Risorgimento	↑	33,200	0,480	56,80	645	09:00:00	08:48:00	08:40:00	08:34:17
Stenico		SP249	Svolta a DX	35,000	1,800	55,00	523	09:03:00	08:50:24	08:42:00	08:36:00
Comano Terme	Ponte Arche	Ponte Arche	Svolta a SX	36,650	1,650	53,35	399	09:06:00	08:52:48	08:44:00	08:37:43
Comano Terme	Campo Lomaso	SS421	Svolta a DX	38,680	2,030	51,32	492	09:09:00	08:55:12	08:46:00	08:39:26
Comano Terme	Vigo Lomaso	SS421	Svolta a DX	40,100	1,420	49,90	488	09:12:00	08:57:36	08:48:00	08:41:09
Fiavè	Stumiaga		↑	41,500	1,400	48,50	594	09:15:00	09:00:00	08:50:00	08:42:51
Fiavè	Fiavè	Bivio Via Bleggio SS421	Svolta a SX	42,900	5,160	43,34	641	09:18:00	09:02:24	08:52:00	08:44:34
Bleggio Superiore	Cavradio		Svolta a SX	48,060	3,390	39,95	695	09:21:00	09:04:48	08:54:00	08:46:17
Bleggio Superiore	Cavaione		Svolta a SX	51,450	1,700	38,25	770	09:24:00	09:07:12	08:56:00	08:48:00
Bleggio Superiore	<b>GPM</b>	PASSO DURONE	↑	53,150	3,460	34,79	1006	09:27:00	09:09:36	08:58:00	08:49:43
Borgo Lares		SP222	↑	56,610	1,540	33,25	831	09:30:00	09:12:00	09:00:00	08:51:26
Borgo Lares	Zuclo	Via XXI Aprile	Svolta a DX	58,150	3,630	29,62	605	09:33:00	09:14:24	09:02:00	08:53:09
Borgo Lares		Bivio SP222 - SS237	↑	61,780	1,170	28,45	520	09:36:00	09:16:48	09:04:00	08:54:51
Tre Ville	Preore	Rotatoria SS237 - SP34	↑	62,950	0,100	28,35	514	09:39:00	09:19:12	09:06:00	08:56:34
Tione		Centro Sportivo - SP34	Svolta a DX	63,050	3,000	25,35	545	09:42:00	09:21:36	09:08:00	08:58:17
Tre Ville		Strada Provinciale Lisano-Sesena SP34	↑	66,050	1,900	23,45	572	09:45:00	09:24:00	09:10:00	09:00:00
Tre Ville		Strada Provinciale Lisano-Sesena SP35	↑	67,950	1,100	22,35	610	09:48:00	09:26:24	09:12:00	09:01:43
Villa Rendena	Javrè	Strada Statale SS239	↑	69,050	0,400	21,95	616	09:51:00	09:28:48	09:14:00	09:03:26
Porte di Rendena	Darè	Strada Statale SS239	↑	69,450	0,950	21,00	620	09:54:00	09:31:12	09:16:00	09:05:09
Porte di Rendena	Vigo Rendena	Strada Statale SS239	↑	70,400	0,600	20,40	627	09:57:00	09:33:36	09:18:00	09:06:51
Pelugo	Pelugo	Strada Statale SS239	↑	71,000	1,050	19,35	653	10:00:00	09:36:00	09:20:00	09:08:34
Pelugo		Strada Statale SS239	↑	72,050	0,500	18,85	643	10:03:00	09:38:24	09:22:00	09:10:17
Pelugo		Strada Statale SS239	↑	72,550	0,400	18,45	647	10:06:00	09:40:48	09:24:00	09:12:00
Spiazzo Rendena	Borzago	Strada Statale SS239	↑	72,950	0,290	18,16	647	10:09:00	09:43:12	09:26:00	09:13:43
Spiazzo Rendena	Spiazzo	Strada Statale SS239	↑	73,240	0,710	17,45	659	10:12:00	09:45:36	09:28:00	09:15:26
Spiazzo Rendena		Strada Statale SS239	↑	73,950	0,300	17,15	655	10:15:00	09:48:00	09:30:00	09:17:09
Bocenago	Bocenago	Strada Statale SS239	↑	74,250	2,600	14,55	751	10:18:00	09:50:24	09:32:00	09:18:51
Bocenago		via Zeledria	↑	76,850	0,300	14,25	760	10:21:00	09:52:48	09:34:00	09:20:34
Massimeno		SS239	↑	77,150	1,300	12,95	729	10:24:00	09:55:12	09:36:00	09:22:17
Giustino		Viale Dolomiti SS239	↑	78,450	1,300	11,65	770	10:27:00	09:57:36	09:38:00	09:24:00
Pinzolo		Viale Dolomiti SS239	↑	79,750	0,450	11,20	755	10:30:00	10:00:00	09:40:00	09:25:43
Pinzolo		Corso Trento	Svolta a DX	80,200	0,200	11,00	776	10:33:00	10:02:24	09:42:00	09:27:26
Pinzolo		Via Bolognini SS239	Svolta a DX	80,400	0,300	10,70	757	10:36:00	10:04:48	09:44:00	09:29:09
Pinzolo		Ponte sul Sarca SS239	Svolta a DX	80,700	1,250	9,45	787	10:39:00	10:07:12	09:46:00	09:30:51
Carisolo		Via Campiglio	↑	81,950	0,100	9,35	800	10:42:00	10:09:36	09:48:00	09:32:34
Carisolo		Via Campiglio	↑	82,050	0,400	8,95	778	10:45:00	10:12:00	09:50:00	09:34:17
Carisolo		bivio Via Val di Genova	↑	82,450	0,800	8,15	778	10:48:00	10:14:24	09:52:00	09:36:00
Pinzolo		Viale Dolomiti di Brenta	↑	83,250	3,100	5,05	1009	10:51:00	10:16:48	09:54:00	09:37:43
Pinzolo	S. Antonio Mav.	Viale Dolomiti di Brenta	↑	86,350	0,600	4,45	1073	10:54:00	10:19:12	09:56:00	09:39:26
Pinzolo		Viale Dolomiti di Brenta	↑	86,950	0,100	4,35	1093	10:57:00	10:21:36	09:58:00	09:41:09
Pinzolo		Viale Dolomiti di Brenta	Svolta a SX	87,050							