

TABELLA DISTANZE E TEMPI

Sett.	C.o.	Località	Distanze		Tempi		Media	Orario 1° Concurr.
			Par.	Prog.	Par.	Prog.		
1		START (Miramare)	0,000	0,000	00:09:00	00:00:00	35	10:01:00
	1	Monterotondo 1	5,220	5,220	00:09:00	00:09:00		10:10:00
2	1	Monterotondo 1	0,040	5,260	00:00:06	00:09:06	24	10:10:06
	2	Monterotondo 2						
3	2	Monterotondo 2	8,690	13,950	00:15:00	00:24:06	35	10:25:06
	3	Valle Benedetta 1						
4	3	Valle Benedetta 1	0,050	14,000	00:00:07	00:24:13	26	10:25:13
	4	Valle Benedetta 2						
5	4	Valle Benedetta 2	10,480	24,480	00:19:00	00:43:13	33	10:44:13
	5	Le Ferriere 1						
6	5	Le Ferriere 1	0,040	24,520	00:00:06	00:43:19	24	10:44:19
	6	Le Ferriere 2						
7	6	Le Ferriere 2	10,480	35,000	00:19:00	01:02:19	33	11:03:19
	7	Castellaccio 1						
8	7	Castellaccio 1	0,040	35,040	00:00:06	01:02:25	24	11:03:25
	8	Castellaccio 2						
9	8	Castellaccio 2	3,860	38,900	00:07:00	01:09:25	33	11:10:25
	9	Castellaccio 3						
10	9	Castellaccio 3	0,040	38,940	00:00:06	01:09:31	24	11:10:31
	10	Castellaccio 4						
11	10	Castellaccio 4	10,270	49,210	00:18:00	01:27:31	34	11:28:31
	11	Monterotondo 3						
12	11	Monterotondo 3	0,040	49,250	00:00:06	01:27:37	24	11:28:37
	12	Monterotondo 4						
13	12	Monterotondo 4	8,690	57,940	00:15:00	01:42:37	35	11:43:37
	13	Valle Benedetta 3						
14	13	Valle Benedetta 3	0,050	57,990	00:00:07	01:42:44	26	11:43:44
	14	Valle Benedetta 4						
15	14	Valle Benedetta 4	10,480	68,470	00:19:00	02:01:44	33	12:02:44
	15	Le Ferriere 2						
16	15	Le Ferriere 2	0,040	68,510	00:00:06	02:01:50	24	12:02:50
	16	Le Ferriere 3						
17	16	Le Ferriere 3	10,480	78,990	00:19:00	02:20:50	33	12:21:50
	17	Castellaccio 5						
18	17	Castellaccio 5	0,040	79,030	00:00:06	02:20:56	24	12:21:56
	18	Castellaccio 6						
19	18	Castellaccio 6	3,860	82,890	00:07:00	02:27:56	33	12:28:56
	19	Castellaccio 7						
20	19	Castellaccio 7	0,040	82,930	00:00:06	02:28:02	24	12:29:02
	20	Castellaccio 8						
21	20	Castellaccio 8	5,880	88,810	00:13:58	02:42:00	25	12:43:00
	21	ARRIVO (Miramare)						

TOTALE

88,810

02:42:00

28,8