

GRAN FONDO IL LOMBARDIA CRONOTABELLA

ALTITUDINE	LOCALITA'	KM			MEDIA KM/ORA					
		parziali	percorsi	da percorrere	16	20	24	28	32	36
PROVINCIA DI COMO										
305	Cantù - Corso Europa PARTENZA	0,00	0,000	109,400	7:30	7:30	7:30	7:30	7:30	7:30
355	Alzate Brianza	9,30	9,300	100,100	8:05	7:58	7:53	7:50	7:47	7:46
342	Parravicino	3,90	13,200	96,200	8:20	8:10	8:03	7:58	7:55	7:52
363	Ponte Lambro	3,60	16,800	92,600	8:33	8:20	8:12	8:06	8:02	7:58
402	Canzo	5,30	22,100	87,300	8:53	8:36	8:25	8:17	8:11	8:07
420	Asso	1,10	23,200	86,200	8:57	8:40	8:28	8:20	8:14	8:09
495	Maglio	2,30	25,500	83,900	9:06	8:47	8:34	8:25	8:18	8:13
1124	Rifornimento Colma di Sormano	7,20	32,700	76,700	9:33	9:08	8:52	8:40	8:31	8:25
802	Zelbio	6,10	38,800	70,600	9:56	9:26	9:07	8:53	8:43	8:35
285	Nesso	6,90	45,700	63,700	10:21	9:47	9:24	9:08	8:56	8:46
232	Bellagio	13,20	58,900	50,500	11:11	10:27	9:57	9:36	9:20	9:08
272	Regatola	1,40	60,300	49,100	11:16	10:31	10:01	9:39	9:23	9:11
624	Civenna	6,30	66,600	42,800	11:40	10:50	10:17	9:53	9:35	9:21
754	Rifornimento Madonna del Ghisallo	2,30	68,900	40,500	11:48	10:57	10:22	9:58	9:39	9:25
495	Maglio	6,40	75,300	34,100	12:12	11:16	10:38	10:11	9:51	9:36
420	Asso	2,30	77,600	31,800	12:21	11:23	10:44	10:16	9:56	9:39
402	Canzo	1,10	78,700	30,700	12:25	11:26	10:47	10:19	9:58	9:41
360	Longone al Segrino	4,90	83,600	25,800	12:44	11:41	10:59	10:29	10:07	9:49
282	Erba	2,30	85,900	23,500	12:52	11:48	11:05	10:34	10:11	9:53
263	Merone	2,80	88,700	20,700	13:03	11:56	11:12	10:40	10:16	9:58
335	Lurago d'Erba	4,50	93,200	16,200	13:20	12:10	11:23	10:50	10:25	10:05
360	Brenna	6,80	100,000	9,400	13:45	12:30	11:40	11:04	10:38	10:17
369	Cantù - Piazza Garibaldi ARRIVO	9,40	109,400	0,000	14:20	12:58	12:04	11:24	10:55	10:32