

FEDERAZIONE CICLISTICA ITALIANA

Comitato Regionale Sardegna

DENOMINAZIONE DELLA GARA:	3^ Prova Gran Prix "Ecis S.a.s - Regionale - Amatoriale - Stranuraghi Medio Fondo Ciclosportiva
LOCALITA' DI PARTENZA:	Comune di Lunamatrona (Centro Turistico SA CORONA ARRUBIA)
DATA DI SVOLGIMENTO:	06/05/2018

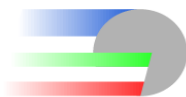
TABELLA DI MARCIA

Ora di partenza: **09:30:00**

Km. totali : **112,500**

Media [Km/h]			
28	32	35	39
hh:mm:ss	hh:mm:ss	hh:mm:ss	hh:mm:ss
09:30:00	09:30:00	09:30:00	09:30:00
09:33:38	09:33:11	09:32:54	09:32:36
09:36:25	09:35:37	09:35:08	09:34:36
09:38:34	09:37:30	09:36:51	09:36:09
09:42:00	09:40:30	09:39:36	09:38:36
09:47:34	09:45:22	09:44:03	09:42:36
09:57:00	09:53:37	09:51:36	09:49:23
10:05:27	10:01:01	09:58:22	09:55:27
10:12:00	10:06:45	10:03:36	10:00:09
10:21:00	10:14:37	10:10:48	10:06:36
10:29:34	10:22:07	10:17:39	10:12:46
10:36:51	10:28:30	10:23:29	10:18:00
10:46:55	10:37:18	10:31:32	10:25:13
10:49:42	10:39:45	10:33:46	10:27:13
11:06:00	10:54:00	10:46:48	10:38:55
11:17:08	11:03:45	10:55:42	10:46:55
11:37:30	11:21:33	11:12:00	11:01:32
11:40:30	11:24:11	11:14:24	11:03:41
11:43:04	11:26:26	11:16:27	11:05:32
11:45:00	11:28:07	11:18:00	11:06:55

Località/punto del percorso	Km.	Km. parziali	Km. all'arrivo	Quota (m/slm)	Pendenza tratto	hh:mm:ss	hh:mm:ss	hh:mm:ss	hh:mm:ss
Centro Sa Corona Arrubia	0,000	0,000	112,500	230	-	09:30:00	09:30:00	09:30:00	09:30:00
S.Vicinale Lunamantrona Mogoro	1,700	1,700	110,800	213	-1,0%	09:33:38	09:33:11	09:32:54	09:32:36
Lunamatrona	3,000	1,300	109,500	190	-1,8%	09:36:25	09:35:37	09:35:08	09:34:36
B.vio S.P 46	4,000	1,000	108,500	159	-3,1%	09:38:34	09:37:30	09:36:51	09:36:09
S.P 49 Pauliarbarei	5,600	1,600	106,900	136	-1,4%	09:42:00	09:40:30	09:39:36	09:38:36
S.P 49 a B.vio S.P 50	8,200	2,600	104,300	147	0,4%	09:47:34	09:45:22	09:44:03	09:42:36
S.P 49 B.vio S.P 50 Tuili B.Vio 44	12,600	4,400	99,900	189	1,0%	09:57:00	09:53:37	09:51:36	09:49:23
B.v S.P 44 Tuili Barumini B.v S.S 197	16,550	3,950	95,950	192	0,1%	10:05:27	10:01:01	09:58:22	09:55:27
B.v S.S 197 Barumini - Las Plassas	19,600	3,050	92,900	149	-1,4%	10:12:00	10:06:45	10:03:36	10:00:09
Las Plassas B.v S.P 36	23,800	4,200	88,700	129	-0,5%	10:21:00	10:14:37	10:10:48	10:06:36
B.v S.P. 36 B.v S.P 36 Guasila	27,800	4,000	84,700	278	3,7%	10:29:34	10:22:07	10:17:39	10:12:46
Villanovafranca - B.v S.P 42	31,200	3,400	81,300	187	-2,7%	10:36:51	10:28:30	10:23:29	10:18:00
S.P 42 Villamar B.v S.P 43	35,900	4,700	76,600	116	-1,5%	10:46:55	10:37:18	10:31:32	10:25:13
B.v S.P 43 - S.S 197 - Villamar	37,200	1,300	75,300	102	-1,1%	10:49:42	10:39:45	10:33:46	10:27:13
S.S 197 Villamar - B.v S.S 547 Furtei	44,800	7,600	67,700	92	-0,1%	11:06:00	10:54:00	10:46:48	10:38:55
B.v S.S 547 Furt S.P48Sanluri"Castel"	50,000	5,200	62,500	141	0,9%	11:17:08	11:03:45	10:55:42	10:46:55
Sanluri"Castelo" Lunamatrona	59,500	9,500	53,000	173	0,3%	11:37:30	11:21:33	11:12:00	11:01:32
Lunamtrona B.v S.P 46	60,900	1,400	51,600	159	-1,0%	11:40:30	11:24:11	11:14:24	11:03:41
B.v S.P 46 Pauliarbarei	62,100	1,200	50,400	136	-1,9%	11:43:04	11:26:26	11:16:27	11:05:32
Pauliarbarei B.v S.P 49	63,000	0,900	49,500	147	1,2%	11:45:00	11:28:07	11:18:00	11:06:55



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B.v S.P 49 B.v S.P 51	64,900	1,900	47,600	155	0,4%	11:49:04	11:31:41	11:21:15	11:09:50
B.v S.P 51 Ussaramanna B.vo S.P 46	66,900	2,000	45,600	162	0,4%	11:53:21	11:35:26	11:24:41	11:12:55
B.v S.P 46 - B.v S.P 44 Turri	67,900	1,000	44,600	154	-0,8%	11:55:30	11:37:18	11:26:24	11:14:27
B.v S.P 44 Turri - B.v 45 Setzu	71,500	3,600	41,000	198	1,2%	12:03:12	11:44:03	11:32:34	11:20:00
B.v S.P 45 Setzu - Genuri - Sini	79,400	7,900	33,100	236	0,5%	12:20:08	11:58:52	11:46:06	11:32:09
B.v S.P35 Baradili - B.v S.P 43 Baressa	83,800	4,400	28,700	165	-1,6%	12:29:34	12:07:07	11:53:39	11:38:55
B.v 43 Baressa a B.v S.P 44 Turri	85,500	1,700	27,000	154	-0,6%	12:33:12	12:10:18	11:56:34	11:41:32
S.P 44 Turri - B.v S.P 51 Ussaramanna	86,500	1,000	26,000	150	-0,4%	12:35:21	12:12:11	11:58:17	11:43:04
Ussaramanna B.v S.P 50 (Siddi)	89,300	2,800	23,200	154	0,1%	12:41:21	12:17:26	12:03:05	11:47:23
B.v S.P 50 Siddi Giara	93,600	4,300	18,900	340	4,3%	12:50:34	12:25:30	12:10:27	11:54:00
Giara - S.P 44 Gonnostramatza	98,900	5,300	13,600	93	-4,7%	13:01:55	12:35:26	12:19:32	12:02:09
G.tza B.v S.P 46 - Collinas B.v S.P 49	105,400	6,500	7,100	258	2,5%	13:15:51	12:47:37	12:30:41	12:12:09
Collinas B.v S.P 49 - G.P.M	106,800	1,400	5,700	342	6,0%	13:18:51	12:50:15	12:33:05	12:14:18
B.v S.P 52 Villanovaforru - Uscita	108,700	1,900	3,800	324	-0,9%	13:22:55	12:53:48	12:36:20	12:17:13
B.v S.P 52 Villanovaforru S.V Lunama	110,900	2,200	1,600	223	-4,6%	13:27:38	12:57:56	12:40:06	12:20:36
B.vi S.V L.matrona B.v C. Sa Corona Arr	111,700	0,800	0,800	220	-0,4%	13:29:21	12:59:26	12:41:29	12:21:50
C.SA Corona Arrubia - ARRIVO	112,500	0,800	0,000	230	1,3%	13:31:04	13:00:56	12:42:51	12:23:04
	0,000	0,000	0,000		0,0%	00:00:00	00:00:00	00:00:00	00:00:00