



MONTE TERMINILLO CYCLING GRANFONDO CITTÀ DI LEONESSA
PERCORSO GRAN FONDO KM 141,000 d.s.l. 3100

Sono stati applicati arrotondamenti nei tempi >/< minuti

Località	Km Parziali	Km Totali	Km/h 20	Km/h 25	Km/h 30	Km/h 35	Km/h 40
LEONESSA PARTENZA	0	141,000	8:00	8:00	8:00	8:00	8:00
ROTONDA GRANDE LEONESSA	0,900	140,100	8:02	8:02	8:01	8:01	8:01
BIVIO CASANOVA I	1,200	139,800	8:03	8:03	8:02	8:02	8:01
ROTONDE SERIE ALBANETO	1,500	94,000	8:04	8:03	8:03	8:02	8:02
BIVIO TERMINILLESE SP 10 TURISTICA TERMINILLO KM 0	2,300	138,700	8:07	8:05	8:04	8:03	8:03
FONTE NOVA	12,500	128,500	8:37	8:30	8:24	8:21	8:18
SELLA DI LEONESSA RISTORO	18,500	122,500	8:55	8:44	8:36	8:31	8:27

BIVIO ANELLO SS 4 BIS DEL TERMINILLO	23,500	117,500	9:10	8:56	8:46	8:40	8:35
BIVIO CENTRO ABITATO TERMINILLO	24,500	116,500	9:13	8:58	8:48	8:42	8:36
PIAN DE ROSCE	31,500	109,500	9:34	9:15	9:03	8:54	8:47
BIVIO LISCIANO	38,500	102,500	9:55	9:32	9:16	9:06	8:57
ROTONDA LISCIANO	39,000	102,000	9:57	9:33	9:18	9:06	8:58
VAZIA BIVIO	39,500	101,500	9:58	9:34	9:19	9:07	8:59
BIVIO CANTALICE ALTA	44,500	96,500	10:13	9:46	9:28	9:16	9:06
BIVIO SAN FELICE	45,500	95,500	10:16	9:49	9:30	9:18	9:08
BIVIO CANTALICE	49,500	91,500	10:28	9:58	9:39	9:24	9:14
BIVIO COLLEPICCHIO	50,500	90,500	10:31	10:01	9:40	9:26	9:15
SAN LIBERATO	52,500	88,500	10:37	10:06	9:45	9:30	9:18
BIVIO POGGIO BUSTONE SAN PIETRO	53,500	87,500	10:40	10:08	9:47	9:31	9:20
BIVIO POGGIO BUSTONE ALTO	55,500	85,500	10:46	10:13	9:51	9:35	9:23
RIVODUTRI BIVIO RISTORO	58,500	82,500	10:55	10:20	9:57	9:40	9:27
BIVIO MORRO /LEONESSA	61,500	79,500	11:04	10:27	10:03	9:45	9:32
VALICO DEL FUSCELLO LEONESSA RISTORO	73,500	67,500	11:40	10:56	10:27	10:06	9:50
VILLE BIGNAMI	77,500	63,500	11:52	11:06	10:35	10:12	9:56

ROTONDA GRANDE LEONESSA	79,500	61,500	11:58	11:10	10:39	10:16	9:59
BIVIO CASANOVA /TERMINILLESE DEVIAZIONE PERCORSO MF /GF	79,800	61,200	11:59	11:11	10:39	10:16	9.59
BIVIO CASANOVA 2	81,700	59,300	12:05	11:16	10:43	10:20	10:02
BIVIO PIEDELPOGGIO	82,700	58,300	12:08	11:18	10:45	10:21	10:04
ALBANETO	87,700	53,300	12:23	11:30	10:55	10:30	10:11
BIVIO POSTA /SALARIA SS4 ATTRAVERSAMENTO	95,700	45,300	12:47	11:49	11:11	10:44	10:23
LOCALITA' ROSATA SP 59	98,700	42,300	12:56	11:56	11:17	10:49	10:28
BIVIO TIGINO	100,700	40,300	13:02	12:01	11:21	10:52	10:31
BIVIO LE ROSE SANTA CROCE	102,700	38,300	13:08	12:06	11:25	10:56	10:34
BIVIO CITTAREALE	105,700	35,300	13:17	12:13	11:31	11:01	10:38
BIVIO CESELLO	107,700	33,300	13:23	12:18	11:35	11:04	10:41
COLLI NASSO SP 17 UMBRA	108,500	32,500	13:25	12:20	11:37	11:06	10:42
BIVIO VALLATA	111,000	30,000	13:33	12:26	11:42	11:10	10:46
CITTAREALE	112,000	29,000	13:36	12:28	11:44	11:12	10:48
SELVA ROTONDA RISTORO	117,000	24,000	13:51	12:40	11:54	11:20	10:55
BIVIO SELVA ROTONDA SP 77	121,000	20,000	14:03	12:50	12:02	11:27	11:01

CONFINE UMBRIA LAZIO SP 11	125,000	16,000	14:15	13:00	12:10	11:34	11:07
TRIMEZZO	127,000	14,000	14:21	13:04	12:14	11:37	11:10
BIVIO PIENEZZA	133,000	8,000	14:39	13:19	12:26	11:48	11:19
BIVIO SALA	134,000	7,000	14:42	13:21	12:28	11:49	11:20
VOLCIANO	136,000	5,000	14:48	13:26	12:32	11:53	11:24
BIVIO POSTA /LEONESSA	138,000	3,000	14:54	13:31	12:36	11:56	11:27
CASANOVA	139,200	1,800	14:57	13:34	12:38	11:58	11:28
ROTONDA SERIE ALBANETO	139,500	1,500	14:58	13:34	12:39	11:59	11:29
BIVIO TERMINILLESE SP 10 PANORAMICA	140,000	1,000	15:00	13:36	12:39	12:00	11:30
ARRIVO LEONESSA	141,000	0	15:03	13:38	12:42	12:01	11:31