

CRI Sub 23 Masculina

Men Under 23 ITT

Cómo llegar / To reach:	PPO:	Salida / Start:	Meta / Finish:
A6 Salida/Exit:	Avda. de Asturias, 101	Avda. de La Libertad, 10	Avda. Asturias, 52
Km. 387 (Desde/From León)	24404 Ponferrada	24402 Ponferrada	24404 Ponferrada
Km. 388 (Desde/From Galicia)	42°33'44.15" N 6°36'15.14" W	42°33' 4.44" N 6° 36' 8.59" W	42°33'26.20" N 6° 36' 7.72 W

36.15
km

ROUTE CARRETERA	ALT	DESCRIPTION DESCRIPCIÓN	FROM START DESDE SALIDA	TO GO A LA META	50 km/h	52 km/h	54 km/h
PONFERRADA	518	SALIDA-AV. LIBERTAD	0,00	36,150	14:00:00	14:00:00	14:00:00
PONFERRADA	517	GLORIETA PIZARRA	0,090	36,060	14:00:06	14:00:06	14:00:06
PONFERRADA	512	GLORIETA LOS OLIVOS	0,320	35,830	14:00:23	14:00:22	14:00:21
PONFERRADA	514	AV. VALDES	0,580	35,570	14:00:42	14:00:40	14:00:39
PONFERRADA	517	GLORIETA TEMPLARIO	0,650	35,500	14:00:47	14:00:45	14:00:43
PONFERRADA	502	GLORIETA LA CEMBA	1,250	34,900	14:01:30	14:01:27	14:01:23
PONFERRADA	500	GLORIETA LA MARTINA	1,480	34,670	14:01:47	14:01:42	14:01:39
PONFERRADA	487	AV. PORTUGAL	3,140	33,010	14:03:46	14:03:37	14:03:29
LE5256	476	GLORIETA CTRA. DEHESAS	5,120	31,030	14:06:09	14:05:54	14:05:41
LE5244	465	DEHESAS	7,330	28,820	14:08:48	14:08:27	14:08:09
LE5244	463	DEHESAS	8,980	27,170	14:10:47	14:10:22	14:09:59
LE5233	450	POSADA DEL BIERZO	10,920	25,230	14:13:06	14:12:36	14:12:08
LE5233	459	CARRACEDELO- PUNTO INTERMEDIO 1	12,230	23,920	14:14:41	14:14:07	14:13:35
LE5207	459	GLORIETA CARRACEDELO	13,460	22,690	14:16:09	14:15:32	14:14:57
LE5207	459	GLORIETA CTR. CACABELOS	14,060	22,090	14:16:52	14:16:13	14:15:37
LE5207	458	GLORIETA CTRA. EL CANAL	14,200	21,950	14:17:02	14:16:23	14:15:47
LE5207	454	GLORIETA A6	14,380	21,770	14:17:15	14:16:36	14:15:59
LE5207	453	TESO CARRACEDO	14,830	21,320	14:17:48	14:17:07	14:16:29
LE5207	466	CARRACEDO DEL MONASTERIO	16,270	19,880	14:19:31	14:18:46	14:18:05
CACABELOS	478	CACABELOS BANDERA AMARILLA	18,060	18,090	14:21:40	14:20:50	14:20:04
CACABELOS	484	GLORIETA CACABELOS	18,200	17,950	14:21:50	14:21:00	14:20:13
CACABELOS	480	CACABELOS	18,870	17,280	14:22:39	14:21:46	14:20:58
LE713	503	GLORIETA LE713	19,490	16,660	14:23:23	14:22:29	14:21:39
LE713	501	MAGAZ DE ABAJO	21,740	14,410	14:26:05	14:25:05	14:24:09
LE713	508	GLORIETA A6	22,770	13,380	14:27:19	14:26:16	14:25:18
LE713	508	GLORIETA A6	22,940	13,210	14:27:32	14:26:28	14:25:29
LE713	497	CAMPONARAYA-PUNTO INTEMEDIO 2	23,200	12,950	14:27:50	14:26:46	14:25:47
CAMPONARAYA	495	GLORIETA CAMPONARAYA	23,340	12,810	14:28:00	14:26:56	14:25:56
CAMPONARAYA	485	GLORIETA NARAYOLA	23,850	12,300	14:28:37	14:27:31	14:26:30
CAMPONARAYA	487	GLORIETA POLIGONO CAMPONARAYA	24,320	11,830	14:29:11	14:28:04	14:27:01
CAMPONARAYA	492	GLORIETA POLIGONO CAMPONARAYA	25,440	10,710	14:30:32	14:29:21	14:28:16
N-VI	494	INCORPORACION N-VI	26,080	10,070	14:31:18	14:30:06	14:28:59
N-VI	496	GLORIETA N-VI	26,260	9,890	14:31:31	14:30:18	14:29:11
N-VI	503	GLORIETA N536	26,970	9,180	14:32:22	14:31:07	14:29:58
N-VI	509	N-VI FUESTESNUEVAS	28,240	7,910	14:33:53	14:32:35	14:31:23
N-VI	529	N-VI COLUMBRIANOS	31,230	4,920	14:37:29	14:36:02	14:34:42
N-VI	603	N-VI ACCESO PONFERRADA 2014	33,350	2,800	14:40:01	14:38:29	14:37:03
PONFERRADA	526	GLORIETA COMPOSTILLA	34,380	1,770	14:41:15	14:39:40	14:38:12
PONFERRADA	524	GLORIETA PUENTE CENTENARIO	34,740	1,410	14:41:41	14:40:05	14:38:36
PONFERRADA	520	GLORIETA DONANTES DE SANGRES	35,070	1,080	14:42:05	14:40:28	14:38:58
PONFERRADA	518	GLORIETA IPOVE	35,590	0,560	14:42:42	14:41:04	14:39:33
PONFERRADA	518	AV.LEALTAD-DESIVIO VEHICULOS IZQ.	35,760	0,390	14:42:55	14:41:16	14:39:44
PONFERRADA	519	GLORIETA ROSAL-DESIVIO VEHICULOS DCHA	35,950	0,200	14:43:08	14:41:29	14:39:57
PONFERRADA	520	META-AV. ASTURIAS	36,150	0:00:00	14:43:23	14:41:43	14:40:10