

# CRI Élite Femenina

## Women Elite 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

29.50  
km

ROUTE CARRETERA	ALT	DESCRIPTION DESCRIPCIÓN	FROM START DESDE SALIDA	TO GO A LA META	45 km/h	47 km/h	49 km/h
PONFERRADA	518	SALIDA-AV. LIBERTAD	0,00	29,500	14:30:00	14:30:00	14:30:00
PONFERRADA	517	GLORIETA PIZARRA-2 SALIDA	0,090	29,410	14:30:07	14:30:07	14:30:07
PONFERRADA	512	GLORIETA LOS OLIVOS	0,320	29,180	14:30:26	14:30:25	14:30:24
PONFERRADA	514	AV. VALDES	0,580	28,920	14:30:46	14:30:44	14:30:43
PONFERRADA	517	GLORIETA TEMPLARIO	0,650	28,850	14:30:52	14:30:50	14:30:48
PONFERRADA	513	GLORIETA LA CEMBA	0,990	28,510	14:31:19	14:31:16	14:31:13
PONFERRADA	502	GLORIETA LA MARTINA	1,250	28,250	14:31:40	14:31:36	14:31:32
PONFERRADA	500	AV. PORTUGAL	1,480	28,020	14:31:58	14:31:53	14:31:49
PONFERRADA	487	LA MARTINA (PONFERRADA)	3,140	26,360	14:34:11	14:34:01	14:33:51
LE5256	476	GLORIETA CTR. DEHESAS	5,120	24,380	14:36:50	14:36:32	14:36:16
LE5244	465	DEHESAS (PONFERRADA)	7,330	22,170	14:39:46	14:39:21	14:38:59
LE5244	463	DEHESAS (PONFERRADA)	8,980	20,520	14:41:58	14:41:28	14:41:00
LE5233	450	POSADA DEL BIERZO	10,920	18,580	14:44:34	14:43:56	14:43:22
LE5233	459	CARRACEDELO-PUNTO INTERMEDIO 1	12,230	17,270	14:46:18	14:45:37	14:44:59
LE5207	459	GLORIETA CARRACEDELO	13,460	16,040	14:47:57	14:47:11	14:46:29
LE5207	459	GLORIETA CTRA. CACABELOS	14,070	15,430	14:48:46	14:47:58	14:47:14
N-VI	458	INCORPORACION N-VI	14,240	15,260	14:48:59	14:48:11	14:47:26
N-VI	470	N-VI	15,880	13,620	14:51:10	14:50:16	14:49:27
N-VI	496	N-VI GLORIETA POLIGONO	20,080	9,420	14:56:46	14:55:38	14:54:35
N-VI	503	N-VI GLORIETA N536	20,790	8,710	14:57:43	14:56:32	14:55:27
N-VI	507	N-VI PUNTO INTERMEDIO 2	21,310	8,190	14:58:25	14:57:12	14:56:06
N-VI	509	N-VI FUENTESNUEVAS	21,860	7,640	14:59:09	14:57:54	14:56:46
N-VI	529	N-VI COLUMBRIANOS	24,650	4,850	15:02:52	15:01:28	15:00:11
N-VI	606	N-VI NUEVO ACCESO PONFERRADA 2014	26,670	2,830	15:05:34	15:04:03	15:02:39
CONFEDERACION	605	CTRA. PANTANO	26,820	2,680	15:05:46	15:04:14	15:02:50
PONFERRADA	526	GLORIETA CTRA. COMPOSTILLA	27,730	1,770	15:06:58	15:05:24	15:03:57
PONFERRADA	524	GLORIETA PUENTE CENTENARIO	28,090	1,410	15:07:27	15:05:52	15:04:24
PONFERRADA	520	GLORIEA LOS DONANTES	28,420	1,080	15:07:54	15:06:17	15:04:48
PONFERRADA	518	GLORIETA IPOVE	28,940	0,560	15:08:35	15:06:57	15:05:26
PONFERRADA	518	AV. LEALTAD/DESVIO VEHICULOS IZQ.	29,140	0,360	15:08:51	15:07:12	15:05:41
PONFERRADA	519	GLORIETA EL ROSAL/DESVIO VEHICUL. DCHA	29,300	0,200	15:09:04	15:07:24	15:05:53
PONFERRADA	520	META-AV. ASTURIAS	29,500	00:00:00	15:09:20	15:07:40	15:06:07