

CRI Junior Masculina

Men Junior 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	46 km/h	48 km/h	50 km/h
PONFERRADA	518	SALIDA-AV. LIBERTAD	0,00	29,500	10:00:00	10:00:00	10:00:00
PONFERRADA	517	GLORIETA PIZARRA-2 SALIDA	0,090	29,410	10:00:07	10:00:07	10:00:06
PONFERRADA	512	GLORIETA LOS OLIVOS	0,320	29,180	10:00:25	10:00:24	10:00:23
PONFERRADA	514	AV. VALDES	0,580	28,920	10:00:45	10:00:44	10:00:42
PONFERRADA	517	GLORIETA TEMPLARIO	0,650	28,850	10:00:51	10:00:49	10:00:47
PONFERRADA	513	GLORIETA LA CEMBA	0,990	28,510	10:01:17	10:01:14	10:01:11
PONFERRADA	502	GLORIETA LA MARTINA	1,250	28,250	10:01:38	10:01:34	10:01:30
PONFERRADA	500	AV. PORTUGAL	1,480	28,020	10:01:56	10:01:51	10:01:47
PONFERRADA	487	LA MARTINA (PONFERRADA)	3,140	26,360	10:04:06	10:03:55	10:03:46
LE5256	476	GLORIETA CTR. DEHESAS	5,120	24,380	10:06:41	10:06:24	10:06:09
LE5244	465	DEHESAS (PONFERRADA)	7,330	22,170	10:09:34	10:09:10	10:08:48
LE5244	463	DEHESAS (PONFERRADA)	8,980	20,520	10:11:43	10:11:13	10:10:47
LE5233	450	POSADA DEL BIERZO	10,920	18,580	10:14:15	10:13:39	10:13:06
LE5233	459	CARRACEDELO-PUNTO INTERMEDIO 1	12,230	17,270	10:15:57	10:15:17	10:14:41
LE5207	459	GLORIETA CARRACEDELO	13,460	16,040	10:17:33	10:16:49	10:16:09
LE5207	459	GLORIETA CTRA. CACABELOS	14,070	15,430	10:18:21	10:17:35	10:16:53
N-VI	458	INCORPORACION N-VI	14,240	15,260	10:18:34	10:17:48	10:17:05
N-VI	470	N-VI	15,880	13,620	10:20:43	10:19:51	10:19:03
N-VI	496	N- VI GLORIETA POLIGONO	20,080	9,420	10:26:11	10:25:06	10:24:06
N-VI	503	N-VI GLORIETA N536	20,790	8,710	10:27:07	10:25:59	10:24:57
N-VI	507	N-VI PUNTO INTERMEDIO 2	21,310	8,190	10:27:48	10:26:38	10:25:34
N-VI	509	N-VI FUENTESNUEVAS	21,860	7,640	10:28:31	10:27:20	10:26:14
N-VI	529	N-VI COLUMBRIANOS	24,650	4,850	10:32:09	10:30:49	10:29:35
N-VI	606	N-VI NUEVO ACCESO PONFERRADA 2014	26,670	2,830	10:34:47	10:33:20	10:32:00
CONFEDERACION	605	CTRA. PANTANO	26,820	2,680	10:34:59	10:33:31	10:32:11
PONFERRADA	526	GLORIETA CTRA. COMPOSTILLA	27,730	1,770	10:36:10	10:34:40	10:33:17
PONFERRADA	524	GLORIETA PUENTE CENTENARIO	28,090	1,410	10:36:38	10:35:07	10:33:42
PONFERRADA	520	GLORIEA LOS DONANTES	28,420	1,080	10:37:04	10:35:32	10:34:06
PONFERRADA	518	GLORIETA IPOVE	28,940	0,560	10:37:45	10:36:10	10:34:44
PONFERRADA	518	AV. LEALTAD/DESVIO VEHICULOS IZQ.	29,140	0,360	10:38:01	10:36:26	10:34:58
PONFERRADA	519	GLORIETA EL ROSAL/DESVIO VEHICUL. DCHA	29,300	0,200	10:38:13	10:36:37	10:35:10
PONFERRADA	520	META-AV. ASTURIAS	29,500	00:00:00	10:38:29	10:36:53	10:35:24