

CRI Élite Masculina

Men Elite ITT

47.10
km

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

ROUTE CARRETERA	ALT	DESCRIPTION DESCRIPCIÓN	FROM START DESDE SALIDA	TO GO A LA META	50 km/h	52 km/h	54km/h
PONFERRADA	518	SALIDA-AV. LIBERTAD	0,00	47,100	13:30:00	13:30:00	13:30:00
PONFERRADA	517	GLORIETA PIZARRA	0,090	47,010	13:30:06	13:30:06	13:30:06
PONFERRADA	512	GLORIETA LOS OLIVOS	0,320	46,780	13:30:23	13:30:22	13:30:21
PONFERRADA	514	AV. VALDES	0,580	46,520	13:30:42	13:30:40	13:30:39
PONFERRADA	517	GLORIETA TEMPLARIO	0,650	46,450	13:30:47	13:30:45	13:30:43
PONFERRADA	502	GLORIETA LA CEMBA	1,250	45,850	13:31:30	13:31:27	13:31:23
PONFERRADA	500	GLORIETA LA MARTINA	1,480	45,620	13:31:47	13:31:42	13:31:39
PONFERRADA	487	AV. PORTUGAL	3,140	43,960	13:33:46	13:33:37	13:33:29
LE5256	476	GLORIETA CTRA. DEHESAS	5,120	41,980	13:36:09	13:35:54	13:35:41
LE5244	465	DEHESAS	7,330	39,770	13:38:48	13:38:27	13:38:09
LE5244	463	DEHESAS	8,980	38,120	13:40:47	13:40:22	13:39:59
LE5233	450	POSADA DEL BIERZO	10,920	36,180	13:43:06	13:42:36	13:42:08
LE5233	459	CARRACEDELO- PUNTO INTERMEDIO 1	12,230	34,870	13:44:41	13:44:07	13:43:35
LE5207	459	GLORIETA CARRACEDELO	13,460	33,640	13:46:09	13:45:32	13:44:57
LE5207	459	GLORIETA CTR. CACABELOS	14,060	33,040	13:46:52	13:46:13	13:45:37
LE5207	458	GLORIETA CTRA. EL CANAL	14,200	32,900	13:47:02	13:46:23	13:45:47
LE5207	454	GLORIETA A6	14,380	32,720	13:47:15	13:46:36	13:45:59
LE5207	453	TESO CARRACEDO	14,830	32,270	13:47:48	13:47:07	13:46:29
LE5207	466	CARRACEDO DEL MONASTERIO	16,270	30,830	13:49:31	13:48:46	13:48:05
CACABELOS	478	CACABELOS BANDERA AMARILLA	18,060	29,040	13:51:40	13:50:50	13:50:04
CACABELOS	484	GLORIETA CACABELOS	18,200	28,900	13:51:50	13:51:00	13:50:13
CACABELOS	480	CACABELOS	18,870	28,230	13:52:39	13:51:46	13:50:58
LE713	503	GLORIETA LE713	19,490	27,610	13:53:23	13:52:29	13:51:39
LE713	501	MAGAZ DE ABAJO	21,740	25,360	13:56:05	13:55:05	13:54:09
LE713	508	GLORIETA A6	22,770	24,330	13:57:19	13:56:16	13:55:18
LE713	508	GLORIETA A6	22,940	24,160	13:57:32	13:56:28	13:55:29
LE713	497	CAMPONARAYA-PUNTO INTEMEDIO 2	23,200	23,900	13:57:50	13:56:46	13:55:47
CAMPONARAYA	495	GLORIETA CAMPONARAYA	23,340	23,760	13:58:00	13:56:56	13:55:56
CAMPONARAYA	485	GLORIETA NARAYOLA	23,850	23,250	13:58:37	13:57:31	13:56:30
CAMPONARAYA	487	GLORIETA POLIGONO CAMPONARAYA	24,320	22,780	13:59:11	13:58:04	13:57:01
CAMPONARAYA	492	GLORIETA POLIGONO CAMPONARAYA	25,440	21,660	14:00:32	13:59:21	13:58:16
N-VI	494	INCORPORACION N-VI	26,080	21,020	14:01:18	14:00:06	13:58:59
N-VI	496	GLORIETA N-VI	26,260	20,840	14:01:31	14:00:18	13:59:11
N-VI	503	GLORIETA N536	26,970	20,130	14:02:22	14:01:07	13:59:58
N-VI	509	N-VI FUESTESNUEVAS	28,040	19,060	14:03:39	14:02:21	14:01:09
N-VI	529	N-VI COLUMBRIANOS	30,830	16,270	14:07:00	14:05:34	14:04:15
N-VI	603	N-VI ACCESO PONFERRADA 2014	32,840	14,260	14:09:24	14:07:54	14:06:29
N-VI	628	N-VI /AV. ASTORGA-PUNTO INERMEDIO 3	35,280	11,820	14:12:20	14:10:42	14:09:12
CONFEDERACION	695	N-VI/CTRA. PANTANO	38,030	9,070	14:15:38	14:13:53	14:12:15
CONFEDERACION	709	POBLADO CONFEDERACION	39,020	8,080	14:16:49	14:15:01	14:13:21
CONFEDERACION	652	CTRA. PANTANO/CTRA. CUBILLOS	41,410	5,690	14:19:42	14:17:47	14:16:01
PONFERRADA	526	GLORIETA COMPOSTILLA	45,390	1,710	14:24:28	14:22:22	14:20:26
PONFERRADA	524	GLORIETA PUENTE CENTENARIO	45,750	1,350	14:24:54	14:22:47	14:20:50
PONFERRADA	520	GLORIETA DONANTES DE SANGRES	46,070	1,030	14:25:17	14:23:09	14:21:11
PONFERRADA	518	GLORIETA IPOVE	46,530	0,570	14:25:50	14:23:41	14:21:42
PONFERRADA	518	AV.LEALTAD-DESVIO VEHICULOS IZQ.	46,730	0,370	14:26:05	14:23:55	14:21:55
PONFERRADA	519	GLORIETA ROSAL-DESVIO VEHICULOS DCHA	46,900	0,200	14:26:17	14:24:07	14:22:07
PONFERRADA	520	META-AV. ASTURIAS	47,100	00:00:00	14:26:31	14:24:21	14:22:20