

GRAN FONDO IL LOMBARDIA

TABELLA ORARIA PERCORSO GRAN FONDO

ALT.	LOCALITA'	KM.			MEDIE ORARIE					
		Parziali	Percorsi	Da perc.	16	20	24	30	36	40
246	Bergamo - Partenza	0,00	0,000	108,000	7:30	7:30	7:30	7:30	7:30	7:30
246	Curno	3,70	3,700	104,300	7:43	7:41	7:39	7:37	7:36	7:35
270	San Sossimo	6,70	10,400	97,600	8:09	8:01	7:56	7:50	7:47	7:45
260	Caprino Bergamasco	5,90	16,300	91,700	8:31	8:18	8:10	8:02	7:57	7:54
403	San Gottardo	5,30	21,600	86,400	8:51	8:34	8:24	8:13	8:06	8:02
1336	Valico di Valcava	11,70	33,300	74,700	9:34	9:09	8:53	8:36	8:25	8:19
1036	Costa Valle Imagna	4,80	38,100	69,900	9:52	9:24	9:05	8:46	8:33	8:27
989	Bv per Bedulita	3,10	41,200	66,800	10:04	9:33	9:13	8:52	8:38	8:31
591	Bedulita	6,60	47,800	60,200	10:29	9:53	9:29	9:05	8:49	8:41
354	Medega	3,80	51,600	56,400	10:43	10:04	9:39	9:13	8:56	8:47
287	Almenno San Salvatore	4,90	56,500	51,500	11:01	10:19	9:51	9:23	9:04	8:54
290	Villa D'almè	2,40	58,900	49,100	11:10	10:26	9:57	9:27	9:08	8:58
330	Sedrina	5,10	64,000	44,000	11:30	10:42	10:10	9:38	9:16	9:06
305	Zogno	3,20	67,200	40,800	11:42	10:51	10:18	9:44	9:22	9:10
352	Endenna	1,10	68,300	39,700	11:46	10:54	10:20	9:46	9:23	9:12
950	Miragolo San Salvatore	10,00	78,300	29,700	12:23	11:24	10:45	10:06	9:40	9:27
935	Sambusita	2,00	80,300	27,700	12:31	11:30	10:50	10:10	9:43	9:30
1098	Passo Salmezza	3,00	83,300	24,700	12:42	11:39	10:58	10:16	9:48	9:34
920	Selvino	2,10	85,400	22,600	12:50	11:46	11:03	10:20	9:52	9:38
308	Nembro	11,00	96,400	11,600	13:31	12:19	11:31	10:42	10:10	9:54
291	Alzano Lombardo	3,50	99,900	8,100	13:44	12:29	11:39	10:49	10:16	9:59
368	Bergamo Alta - Arrivo	8,10	108,000	0,000	14:15	12:54	12:00	11:06	10:30	10:12