

Randonnée AVESANI Km 305

TABELLA DI MARCIA

Alt	Località	Distanza	Distanza	Mancano	Media	Media	Media	Media
		parziale	progressiva	all'arrivo	Km/h	Km/h	Km/h	Km/h
		Km	Km	Km	15	20	25	30
59	Verona Piazza Brà	0,000	0,000	304,700	0.00	0.00	0.00	0.00
65	Lungadige Attiraglio Diga	7,500	7,500	297,200	0.30	0.22	0.18	0.15
70	Parona	2,500	10,000	294,700	0.40	0.30	0.24	0.20
120	Ospedaletto	9,000	19,000	285,700	1.16	0.57	0.45	0.38
116	P.so Napoleone	3,200	22,200	282,500	1.28	1.06	0.53	0.44
100	Sega	1,400	23,600	281,100	1.34	1.10	0.56	0.47
186	Zuane Osteria	7,500	31,100	273,600	2.04	1.33	1.14	1.02
187	Rivalta Veronese	12,000	43,100	261,600	2.52	2.09	1.43	1.26
151	Avio	10,500	53,600	251,100	3.34	2.40	2.08	1.47
165	Chizzola	11,200	64,800	239,900	4.19	3.14	2.35	2.09
692	Altipiano Brentonico bivio SP3	5,700	70,500	234,200	4.42	3.31	2.49	2.21
400	Besagno	3,000	73,500	231,200	4.54	3.40	2.56	2.27
200	Mori	2,700	76,200	228,500	5.04	3.48	3.02	2.32
222	P.so San Giovanni	6,800	83,000	221,700	5.32	4.09	3.19	2.46
85	Torbole	3,800	86,800	217,900	5.47	4.20	3.28	2.53
90	Malcesine	1,500	88,300	216,400	5.53	4.24	3.31	2.56
67	Torri del Benaco	21,000	109,300	195,400	7.17	5.27	4.22	3.38
90	Punta San Vigilio	3,900	113,200	191,500	7.32	5.39	4.31	3.46
67	Garda	3,000	116,200	188,500	7.44	5.48	4.38	3.52
237	Costermano	3,400	119,600	185,100	7.58	5.58	4.47	3.59
315	Castion Veronese	3,000	122,600	182,100	8.10	6.07	4.54	4.05
581	San Zeno di Montagna	5,000	127,600	177,100	8.30	6.22	5.06	4.15
730	Loc. Baitel (Ris. Sceriffo)	4,100	131,700	173,000	8.46	6.35	5.16	4.23
695	Lumini	1,100	132,800	171,900	8.51	6.38	5.18	4.25
254	Caprino Veronese	7,000	139,800	164,900	9.19	6.59	5.35	4.39
300	Loc. Valsecca di Sotto	2,400	142,200	162,500	9.28	7.06	5.41	4.44
862	Spiazzi	8,500	150,700	154,000	10.02	7.32	6.01	5.01
890	Spiazzi loc. Peretti	1,000	151,700	153,000	10.06	7.35	6.04	5.03
856	Ferrara di Monte Baldo	2,800	154,500	150,200	10.18	7.43	6.10	5.09
1065	Meneghei	3,800	158,300	146,400	10.33	7.54	6.19	5.16
1000	Cambrigar	1,100	159,400	145,300	10.37	7.58	6.22	5.18
1260	Novezzina	2,300	161,700	143,000	10.46	8.05	6.28	5.23
1580	Cavallo di Novezza	3,600	165,300	139,400	11.01	8.15	6.36	5.30
1430	Malga Dossio	5,400	170,700	134,000	11.22	8.32	6.49	5.41
1040	Prà della Stua	6,300	177,000	127,700	11.48	8.51	7.04	5.54
131	Avio	11,400	188,400	116,300	12.33	9.25	7.32	6.16
132	Rivalta Veronese	10,000	198,400	106,300	13.13	9.55	7.56	6.36
137	Peri Inizio salita	1,300	199,700	105,000	13.18	9.59	7.59	6.39
931	Fosse	8,900	208,600	96,100	13.54	10.25	8.20	6.57
849	Barozze	1,300	209,900	94,800	13.59	10.29	8.23	6.59
950	Ronconi	2,400	212,300	92,400	14.09	10.36	8.29	7.04
1034	Provalo	1,100	213,400	91,300	14.13	10.40	8.32	7.06
1032	Selvavecchia	1,600	215,000	89,700	14.20	10.45	8.36	7.10
1090	Erbezzo Bivio per P.so Fittanze	3,200	218,200	86,500	14.32	10.54	8.43	7.16
1399	P.so Fittanze	5,600	223,800	80,900	14.55	11.11	8.57	7.27
1568	Bivio Pidocchio	4,100	227,900	76,800	15.11	11.23	9.06	7.35
1117	Erbezzo	8,500	236,400	68,300	15.45	11.49	9.27	7.52
1020	P.te Dell'Anguillara	3,100	239,500	65,200	15.58	11.58	9.34	7.59
1113	Colletta	4,500	244,000	60,700	16.16	12.12	9.45	8.08
1146	Bosco Chiesanuova	2,100	246,100	58,600	16.24	12.18	9.50	8.12
1267	Griez	3,400	249,500	55,200	16.38	12.28	9.58	8.19
1264	Maregge	1,400	250,900	53,800	16.43	12.32	10.02	8.21
1335	Tracchi	1,600	252,500	52,200	16.50	12.37	10.06	8.25
1501	Branchetto	2,500	255,000	49,700	17.00	12.45	10.12	8.30
1580	Campo Levà	1,200	256,200	48,500	17.04	12.48	10.14	8.32
1494	San Giorgio	1,400	257,600	47,100	17.10	12.52	10.18	8.35
1364	Ost.a degli Spazzioi	3,000	260,600	44,100	17.22	13.01	10.25	8.41
1394	Conca dei Parpari	1,300	261,900	42,800	17.27	13.05	10.28	8.43
1157	Camposilvano	4,000	265,900	38,800	17.43	13.17	10.38	8.51
1175	Stander	0,900	266,800	37,900	17.47	13.20	10.40	8.53
1088	Velo Veronese	1,800	268,600	36,100	17.54	13.25	10.44	8.57
843	Roverè	4,700	273,300	31,400	18.13	13.39	10.55	9.06
602	Pissarotta	3,900	277,200	27,500	18.28	13.51	11.05	9.14
737	Cerro Veronese	1,800	279,000	25,700	18.36	13.57	11.09	9.18
622	Azzago	4,500	283,500	21,200	18.54	14.10	11.20	9.27
169	Grezzana	7,800	291,300	13,400	19.25	14.33	11.39	9.42
131	Marzana	2,400	293,700	11,000	19.34	14.41	11.44	9.47
110	Quinto Valpantena	1,100	294,800	9,900	19.39	14.44	11.47	9.49
83	Poiano Via Castellana	2,800	297,600	7,100	19.50	14.52	11.54	9.55
175	Toricelle	2,000	299,600	5,100	19.58	14.58	11.59	9.59
59	Verona Piazza Brà	5,100	304,700	0,000	20.18	15.14	12.11	10.09