



# GF STRADE DEL RINASCIMENTO

SANSEPOLCRO 25 SETTEMBRE 2022

TABELLA ORARIA CHILOMETRICA DI MARCIA



percorrenza senso orario

LOCALITA'/VIA	CRITICITA/DESCRIZIONE	Km parz	Km tot	media 20		media 30		altimetria
				tempo	ora	tempo	ora	
<b>SANSEPOLCRO</b>	<b>PARTENZA loc Gagnano</b>	<b>0,0</b>	<b>0,0</b>		<b>08:30</b>		<b>08:30</b>	<b>320,0</b>
San Leo	Val di Gatti	9,0	9,0	15,0	08:45	10,0	08:40	325,0
Bivio Sorci	Rotonda dx	2,0	11,0	6,0	08:51	4,0	08:44	330,0
Anghiari (campo alla fiera)	In Salita	3,0	14,0	9,0	08:39	6,0	08:36	425,0
Carmine	saliscendi	4,0	18,0	12,0	08:51	8,0	08:44	400,0
Ponte Bagnolo	diga a dx	2,0	20,0	6,0	08:57	4,0	08:48	370,0
Ponte Alla Piera	centro storico	5,0	25,0	15,0	09:12	10,0	08:58	600,0
Manzi	bivio a sx	5,0	31,0	15,0	09:27	10,0	09:08	475,0
Caroni	bivio a sx	1,0	32,0	3,0	09:30	2,0	09:10	470,0
<b>Caprese Michelangelo</b>	<b>RISTORO</b>	<b>4,0</b>	<b>35,0</b>	<b>12,0</b>	<b>09:42</b>	<b>8,0</b>	<b>09:18</b>	<b>625,0</b>
Lama di caprese	Svolta dx	3,0	38,0	9,0	09:51	6,0	09:24	600,0
<b>Sovaggio</b>	<b>tratto crono (rif idrico)</b>	<b>4,0</b>	<b>42,0</b>	<b>12,0</b>	<b>10:03</b>	<b>8,0</b>	<b>09:32</b>	<b>700,0</b>
Chiusi Della verna	bivio a dx	6,0	48,0	18,0	10:21	12,0	09:44	850,0
Passo dello Spino	inizio discesa veloce	3,0	51,0	9,0	10:30	6,0	09:50	1005,0
<b>Pieve S. stefano</b>	<b>RISTORO</b>	<b>15,0</b>	<b>66,0</b>	<b>46,0</b>	<b>11:16</b>	<b>30,0</b>	<b>10:20</b>	<b>400,0</b>
Bivio Formole	bivio a dx	4,0	70,0	12,0	11:28	8,0	10:28	380,0
La Motina	proseguire	12,0	82,0	36,0	12:04	24,0	10:52	350,0
<b>Anghiari (teatro-gfalleria)</b>	<b>centro storico APERITIVO</b>	<b>4,0</b>	<b>92,0</b>	<b>15,0</b>	<b>12:19</b>	<b>10,0</b>	<b>11:02</b>	<b>425,0</b>
<b>Sansepolcro</b>	<b>ARRIVO Via De Campo Sport</b>	<b>10,0</b>	<b>102,0</b>	<b>30,0</b>	<b>12:49</b>	<b>20,0</b>	<b>11:22</b>	<b>320</b>

PERCORSO GRAN FONDO



# GF STRADE DEL RINASCIMENTO



SANSEPOLCRO 25 SETTEMBRE 2022

TABELLA ORARIA CHILOMETRICA DI MARCIA

pecorrenza senso orario

LOCALITA'/VIA	CRITICITA/DESCRIZIONE	Km parz	Km tot	media 20		media 30		altimetria
				tempo	ora	tempo	ora	
<b>SANSEPOLCRO</b>	<b>PARTENZA loc Gagnano</b>	<b>0,0</b>	<b>0,0</b>		<b>08:30</b>		<b>08:30</b>	<b>320,0</b>
San Leo	Val di Gatti	9,0	9,0	15,0	08:45	10,0	08:40	325,0
Bivio Sorci	Rotonda dx	2,0	11,0	6,0	08:51	4,0	08:44	330,0
Anghiari (campo alla fiera)	In Salita	3,0	14,0	9,0	08:39	6,0	08:36	425,0
Carmine	saliscendi	4,0	18,0	12,0	08:51	8,0	08:44	400,0
Ponte Bagnolo	diga a dx	2,0	20,0	6,0	08:57	4,0	08:48	370,0
Ponte Alla Piera	centro storico	5,0	25,0	15,0	09:12	10,0	08:58	600,0
Manzi	bivio a sx	5,0	30,0	15,0	09:27	10,0	09:08	475,0
Caroni	<b>bivio a sx</b>	1,0	31,0	3,0	09:30	2,0	09:10	470,0
<b>Caprese Michelangelo</b>	<b>RISTORO</b>	<b>4,0</b>	<b>35,0</b>	<b>12,0</b>	<b>09:42</b>	<b>8,0</b>	<b>09:18</b>	<b>625,0</b>
Ponte Singerna	Svolta dx	3,0	38,0	9,0	09:51	6,0	09:24	550,0
Garavone	Svolta dx	4,0	42,0	12,0	10:03	8,0	09:32	600,0
<b>Pieve S. stefano</b>	<b>RISTORO</b>	<b>5,0</b>	<b>47,0</b>	<b>15,0</b>	<b>10:18</b>	<b>10,0</b>	<b>09:42</b>	<b>400,0</b>
Bivio Formole	bivio a dx	4,0	51,0	12,0	10:30	8,0	09:50	380,0
La Motina	proseguire	12,0	63,0	36,0	11:06	24,0	10:14	350,0
<b>Anghiari (teatro-galleria)</b>	<b>centro storico APERITIVO</b>	<b>4,0</b>	<b>67,0</b>	<b>15,0</b>	<b>11:21</b>	<b>10,0</b>	<b>10:24</b>	<b>425,0</b>
<b>Sansepolcro</b>	<b>ARRIVO Via De Campo Sport</b>	<b>10,0</b>	<b>77,0</b>	<b>30,0</b>	<b>11:51</b>	<b>20,0</b>	<b>10:44</b>	<b>320</b>

PERCORSO MEDIO FONDO



# GF STRADE DEL RINASCIMENTO

SANSEPOLCRO 25 SETTEMBRE 2022

TABELLA ORARIA CHILOMETRICA DI MARCIA



percorrenza senso orario

LOCALITA'/VIA	CRITICITA/DESCRIZIONE	Km parz	Km tot	media 20		media 30		altimetria
				tempo	ora	tempo	ora	
<b>SANSEPOLCRO</b>	<b>PARTENZA loc Gagnano</b>	<b>0,0</b>	<b>0,0</b>		<b>08:30</b>		<b>08:30</b>	<b>320,0</b>
San Leo	Val di Gatti	9,0	9,0	15,0	08:45	10,0	08:40	325,0
Bivio Sorci	Rotonda dx	2,0	11,0	6,0	08:51	4,0	08:44	330,0
Anghiari (campo alla fiera)	In Salita	3,0	14,0	9,0	08:39	6,0	08:36	425,0
Carmine	saliscendi	4,0	18,0	12,0	08:51	8,0	08:44	400,0
Ponte Bagnolo	diga a dx	2,0	20,0	6,0	08:57	4,0	08:48	370,0
Ponte Alla Piera	centro storico	5,0	25,0	15,0	09:12	10,0	08:58	600,0
Manzi	bivio a sx	5,0	30,0	15,0	09:27	10,0	09:08	475,0
Caroni	bivio a sx	1,0	31,0	3,0	09:30	2,0	09:10	470,0
<b>Caprese Michelangelo</b>	<b>RISTORO</b>	<b>4,0</b>	<b>35,0</b>	<b>12,0</b>	<b>09:42</b>	<b>8,0</b>	<b>09:18</b>	<b>625,0</b>
Ponte Singerna	Svolta dx	3,0	38,0	9,0	09:51	6,0	09:24	550,0
Borgonovo	si prosegue dritti	3,0	41,0	11,0	10:02	8,0	09:32	570,0
Manzi	si prosegue dritti	1,0	42,0	5,0	10:07	3,0	09:35	475,0
La Motina	proseguire	6,0	48,0	22,0	10:29	18,0	09:53	350,0
<b>Anghiari (teatro-galleria)</b>	<b>centro storico APERITIVO</b>	<b>4,0</b>	<b>52,0</b>	<b>15,0</b>	<b>10:44</b>	<b>10,0</b>	<b>10:03</b>	<b>425,0</b>
<b>Sansepolcro</b>	<b>ARRIVO Via De Campo Sport</b>	<b>10,0</b>	<b>62,0</b>	<b>30,0</b>	<b>11:14</b>	<b>20,0</b>	<b>10:23</b>	<b>320</b>

PERCORSO CORTO



## GF STRADE DEL RINASCIMENTO

SANSEPOLCRO 25 SETTEMBRE 2022

TABELLA ORARIA CHILOMETRICA DI MARCIA



percorso antoorario

LOCALITA'/VIA	CRITICITA/DESCRIZIONE	Km parz	Km tot	media 20		media 30		altimetria
				tempo	ora	tempo	ora	
<b>SANSEPOLCRO</b>	<b>PARTENZA loc Gagnano</b>	<b>0,0</b>	<b>0,0</b>		<b>08:30</b>		<b>08:30</b>	<b>320,0</b>
La madonnuccia		11,0	11,0	30,0	09:00	20,0	08:50	420,0
<b>Pieve S. stefano</b>	<b>RISTORO</b>	<b>11,0</b>	<b>22,0</b>	<b>35,0</b>	<b>09:35</b>	<b>25,0</b>	<b>09:15</b>	<b>330,0</b>
Bivio Formole	bivio a dx	4,0	26,0	12,0	09:47	8,0	09:23	400,0
La Motina	proseguire	12,0	38,0	40,0	10:27	25,0	09:48	350,0
<b>Anghiari (teatro-galleria)</b>	<b>centro storico APERITIVO</b>	<b>5,0</b>	<b>43,0</b>	<b>15,0</b>	<b>10:42</b>	<b>10,0</b>	<b>09:58</b>	<b>425,0</b>
<b>Sansepolcro</b>	<b>ARRIVO Via De Campo Sport</b>	<b>10,0</b>	<b>53,0</b>	<b>30,0</b>	<b>11:12</b>	<b>20,0</b>	<b>10:18</b>	<b>320</b>

PERCORSO TURISTICO