



ORGANIZADOR: **PC Mario González**

LOCALIDAD: **Cuchía**

CATEGORÍA: **Cicloturismo**

DÍA: **23 de Abril de 2015**

HORA: **9:30**

KMS.: **178**

## RUTOMETRO - ALTIMETRO - LA CANTABRONA '16

| Recorrido                       | Carretera     | Kms.         |              |             | Alt.        | Medias - Km/h |              |              |              |
|---------------------------------|---------------|--------------|--------------|-------------|-------------|---------------|--------------|--------------|--------------|
|                                 |               | Rec.         | Por Rec.     | Tramo       |             | 35            | 30           | 25           | 20           |
| <b>CUCHÍA - MIENGO</b>          | <b>CA-232</b> | <b>0,0</b>   | <b>178,0</b> | <b>0,0</b>  | <b>10</b>   | <b>9:30</b>   | <b>9:30</b>  | <b>9:30</b>  | <b>9:30</b>  |
| Oruña                           | CA-232        | 8,0          | 170,0        | 8,0         | 13          | 9:43          | 9:46         | 9:49         | 9:54         |
| Renedo de Pielagos              | CA-333        | 17,0         | 161,0        | 9,0         | 61          | 9:59          | 10:04        | 10:10        | 10:21        |
| Vargas                          | CA-233        | 22,0         | 156,0        | 5,0         | 80          | 10:07         | 10:14        | 10:22        | 10:36        |
| Puente Viesgo                   | CA-170        | 24,0         | 154,0        | 2,0         | 89          | 10:11         | 10:18        | 10:27        | 10:42        |
| Aes                             | CA-170        | 26,0         | 152,0        | 2,0         | 101         | 10:14         | 10:22        | 10:32        | 10:48        |
| <b>Alto de San Martín</b>       | <b>CA-270</b> | <b>35,0</b>  | <b>143,0</b> | <b>9,0</b>  | <b>195</b>  | <b>10:30</b>  | <b>10:40</b> | <b>10:54</b> | <b>11:15</b> |
| Bº La Canal                     | CA-270        | 39,0         | 139,0        | 4,0         | 231         | 10:36         | 10:48        | 11:03        | 11:27        |
| Selaya                          | CA-142        | 44,0         | 134,0        | 5,0         | 408         | 10:45         | 10:58        | 11:15        | 11:42        |
| <b>Alto de El Caracol</b>       | <b>CA-264</b> | <b>55,0</b>  | <b>123,0</b> | <b>11,0</b> | <b>822</b>  | <b>11:04</b>  | <b>11:20</b> | <b>11:42</b> | <b>12:15</b> |
| Cruce de San Roque de Rio Miera | CA-643        | 60,0         | 118,0        | 5,0         | 490         | 11:12         | 11:30        | 11:54        | 12:30        |
| <b>Portillo de Lunada</b>       | <b>CA-643</b> | <b>76,0</b>  | <b>102,0</b> | <b>16,0</b> | <b>1320</b> | <b>11:40</b>  | <b>12:02</b> | <b>12:32</b> | <b>13:18</b> |
| Las Machoras                    | BU-572        | 85,0         | 93,0         | 9,0         | 850         | 11:55         | 12:20        | 12:54        | 13:45        |
| <b>Portillo de La Sía</b>       | <b>BU-571</b> | <b>93,0</b>  | <b>85,0</b>  | <b>8,0</b>  | <b>1250</b> | <b>12:09</b>  | <b>12:36</b> | <b>13:13</b> | <b>14:09</b> |
| Collado de Asón                 | CA-265        | 102,0        | 76,0         | 9,0         | 812         | 12:24         | 12:54        | 13:34        | 14:36        |
| Arredondo                       | CA-265        | 113,0        | 65,0         | 11,0        | 260         | 12:43         | 13:16        | 14:01        | 15:09        |
| <b>Puerto de Alisas</b>         | <b>CA-265</b> | <b>122,0</b> | <b>56,0</b>  | <b>9,0</b>  | <b>674</b>  | <b>12:59</b>  | <b>13:34</b> | <b>14:22</b> | <b>15:36</b> |
| La Cavada                       | CA-651        | 135,0        | 43,0         | 13,0        | 78          | 13:21         | 14:00        | 14:54        | 16:15        |
| Liérganes                       | CA-160        | 139,0        | 39,0         | 4,0         | 75          | 13:28         | 14:08        | 15:03        | 16:27        |
| Pámanes                         | NA-634        | 142,0        | 36,0         | 3,0         | 96          | 13:33         | 14:14        | 15:10        | 16:36        |
| Cruz de somarriba               | CA-405        | 146,0        | 32,0         | 4,0         | 114         | 13:40         | 14:22        | 15:20        | 16:48        |
| Sobarzo                         | CA-405        | 149,0        | 29,0         | 3,0         | 53          | 13:45         | 14:28        | 15:27        | 16:57        |
| Villanueva de Villaescusa       | CA-142        | 155,0        | 23,0         | 6,0         | 14          | 13:55         | 14:40        | 15:42        | 17:15        |
| <b>Alto de La Morcilla</b>      | <b>NA-623</b> | <b>159,0</b> | <b>19,0</b>  | <b>4,0</b>  | <b>52</b>   | <b>14:02</b>  | <b>14:48</b> | <b>15:51</b> | <b>17:27</b> |
| La Revlla                       | CA-307        | 161,0        | 17,0         | 2,0         | 14          | 14:06         | 14:52        | 15:56        | 17:33        |
| Peñas Negras                    | CA-307        | 166,0        | 12,0         | 5,0         | 160         | 14:14         | 15:02        | 16:08        | 17:48        |
| Puente Arce                     | CA-232        | 168,0        | 10,0         | 2,0         | 8           | 14:18         | 15:06        | 16:13        | 17:54        |
| Oruña                           | CA-232        | 170,0        | 8,0          | 2,0         | 13          | 14:21         | 15:10        | 16:18        | 18:00        |
| <b>CUCHÍA -MIENGO</b>           | <b>CA-232</b> | <b>178,0</b> | <b>0,0</b>   | <b>8,0</b>  | <b>10</b>   | <b>14:35</b>  | <b>15:26</b> | <b>16:37</b> | <b>18:24</b> |