



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
CUCHÍA - MIENGO	CA-232	0,0	178,0	0,0	10	9:30	9:30	9:30	9:30
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
Alto de San Martín	CA-270	35,0	143,0	9,0	195	10:30	10:40	10:54	11:15
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
Alto de El Caracol	CA-264	55,0	123,0	11,0	822	11:04	11:20	11:42	12:15
Cruce de San Roque de Rio Miera	CA-643	60,0	118,0	5,0	490	11:12	11:30	11:54	12:30
Portillo de Lunada	CA-643	76,0	102,0	16,0	1320	11:40	12:02	12:32	13:18
Las Machoras	BU-572	85,0	93,0	9,0	850	11:55	12:20	12:54	13:45
Portillo de La Sía	BU-571	93,0	85,0	8,0	1250	12:09	12:36	13:13	14:09
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
Puerto de Alisas	CA-265	122,0	56,0	9,0	674	12:59	13:34	14:22	15:36
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
Alto de La Morcilla	NA-623	159,0	19,0	4,0	52	14:02	14:48	15:51	17:27
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
CUCHÍA -MIENGO	CA-232	178,0	0,0	8,0	10	14:35	15:26	16:37	18:24