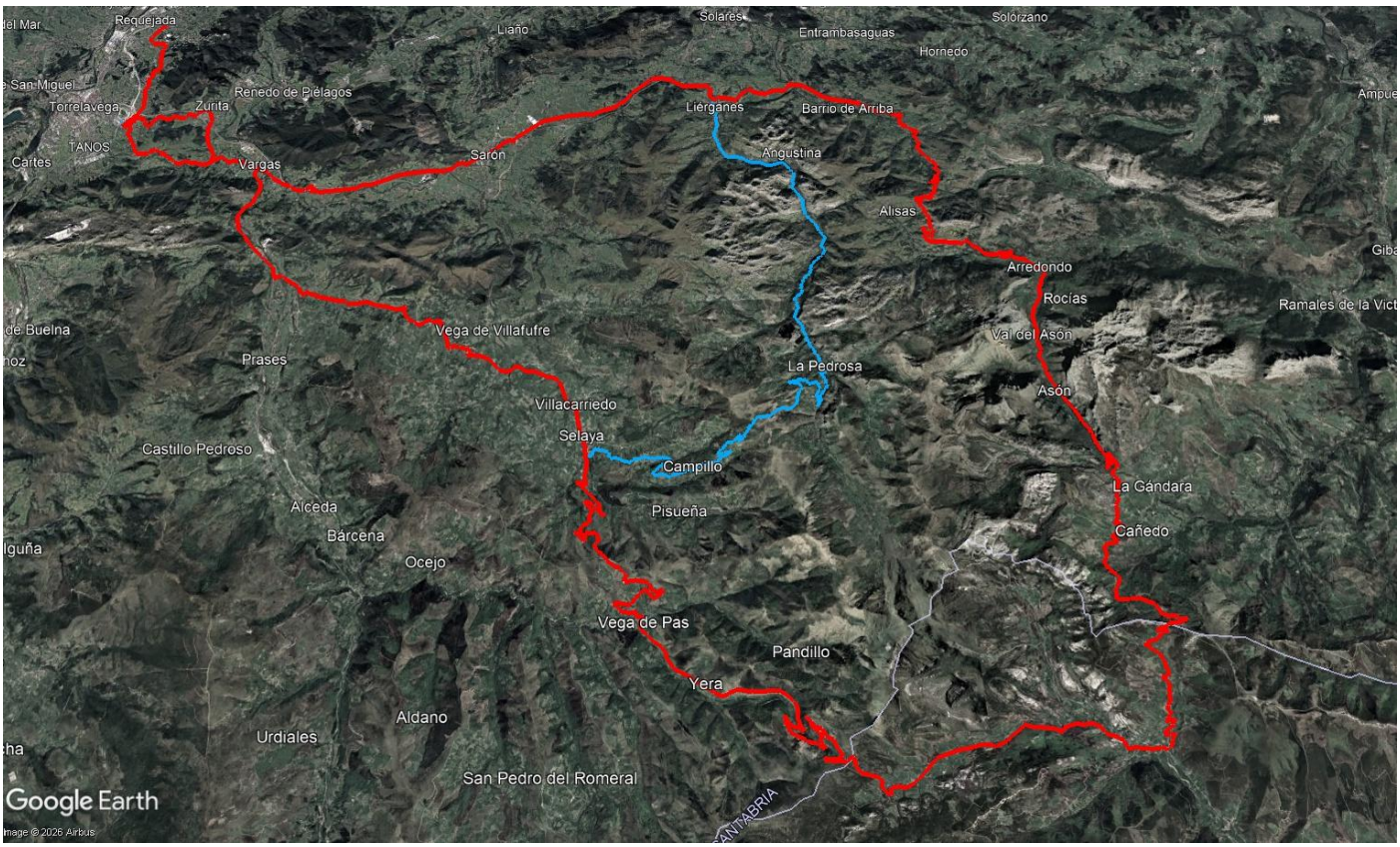
RUTÓMETRO LA CANTABRONA GRAN FONDO

			Kms.			Altura	Media (Km/h)		
Localidad		Carretera	Rec.	Tramo	Por Rec.	m.	20	24	28
Polanco (Ayuntamiento)			-	-	167,7	34,0	8:30:00	8:30:00	8:30:00
Bº La Hilera		CA-330	3,5	3,5	164,2	66,0	8:40:30	8:38:45	8:37:30
Torrelavega -Bº Los Ochos		CA-330	6,5	3,0	161,2	89,0	8:49:30	8:46:15	8:43:56
Zurita		CA-334	11,9	5,4	155,8	43,0	9:05:42	8:59:45	8:55:30
Las Presillas		CA-332	14,5	2,6	153,2	55,0	9:13:30	9:06:15	9:01:04
Vargas		N-623	15,9	1,4	151,8	62,0	9:17:42	9:09:45	9:04:04
Puente Viesgo		N-623	18,5	2,6	149,2	69,0	9:25:30	9:16:15	9:09:39
Iruz		N-623	22,8	4,3	144,9	89,0	9:38:24	9:27:00	9:18:51
Villafufre		N-623	26,7	3,9	141,0	212,0	9:50:06	9:36:45	9:27:13
Alto de San Martin		**CA-270**	**28,4**	**1,7**	**139,3**	**281,0**	**9:55:12**	**9:41:00**	**9:30:51**
Villacarriedo		CA-142	36,3	7,9	131,4	197,0	10:18:54	10:00:45	9:47:47
Selaya		CA-142	38,0	1,7	129,7	236,0	10:24:00	10:05:00	9:51:26
Puerto de la Baguia		**CA-264**	**49,2**	**11,2**	**118,5**	**813,0**	**10:57:36**	**10:33:00**	**10:15:26**
Vega de Pas	**avit.**	CA-264	54,2	5,0	113,5	485,0	11:12:36	10:45:30	10:26:09
Portillo de Estacas de Trueba		**CA-643**	**68,3**	**14,1**	**99,4**	**1.316,0**	**11:54:54**	**11:20:45**	**10:56:21**
Las Machorras	avit.	BU-570	78,9	10,6	88,8	834,0	12:26:42	11:47:15	11:19:04
Puerto de La Sía		**BU-571**	**86,6**	**7,7**	**81,1**	**1.198,0**	**12:49:48**	**12:06:30**	**11:35:34**
Collada de Asón		CA-665	95,8	9,2	71,9	661,0	13:17:24	12:29:30	11:55:17
Arredondo		CA-265	107,6	11,8	60,1	164,0	13:52:48	12:59:00	12:20:34
Puerto de Alisas	**avit.**	**CA-261**	**116,4**	**8,8**	**51,3**	**672,0**	**14:19:12**	**13:21:00**	**12:39:26**
La Cavada		CA-261	128,9	12,5	38,8	77,0	14:56:42	13:52:15	13:06:13
Lierganes		CA-162	132,8	3,9	34,9	76,0	15:08:24	14:02:00	13:14:34
Pámanes		N-634	136,0	3,2	31,7	78,0	15:18:00	14:10:00	13:21:26
Penagos		N-634	139,9	3,9	27,8	94,0	15:29:42	14:19:45	13:29:47
Sarón		N-634a	143,5	3,6	24,2	93,0	15:40:30	14:28:45	13:37:30
La Penilla		N-634a	146,6	3,1	21,1	79,0	15:49:48	14:36:30	13:44:09
Pomaluengo		N-634a	150,5	3,9	17,2	61,0	16:01:30	14:46:15	13:52:30
Vargas		N-634a	153,7	3,2	14,0	47,0	16:11:06	14:54:15	13:59:21
Las Presillas		N-634a	155,7	2,0	12,0	50,0	16:17:06	14:59:15	14:03:39
Alto de La Montaña		**N-634a**	**158,8**	**3,1**	**8,9**	**192,0**	**16:26:24**	**15:07:00**	**14:10:17**
Torrelavega -Bº Los Ochos		N-634a	161,5	2,7	6,2	89,0	16:34:30	15:13:45	14:16:04
Bº La Hilera		CA-330	164,3	2,8	3,4	66,0	16:42:54	15:20:45	14:22:04
Polanco (Ayuntamiento)			167,7	3,4	-	34,0	16:53:13	15:29:21	14:29:27

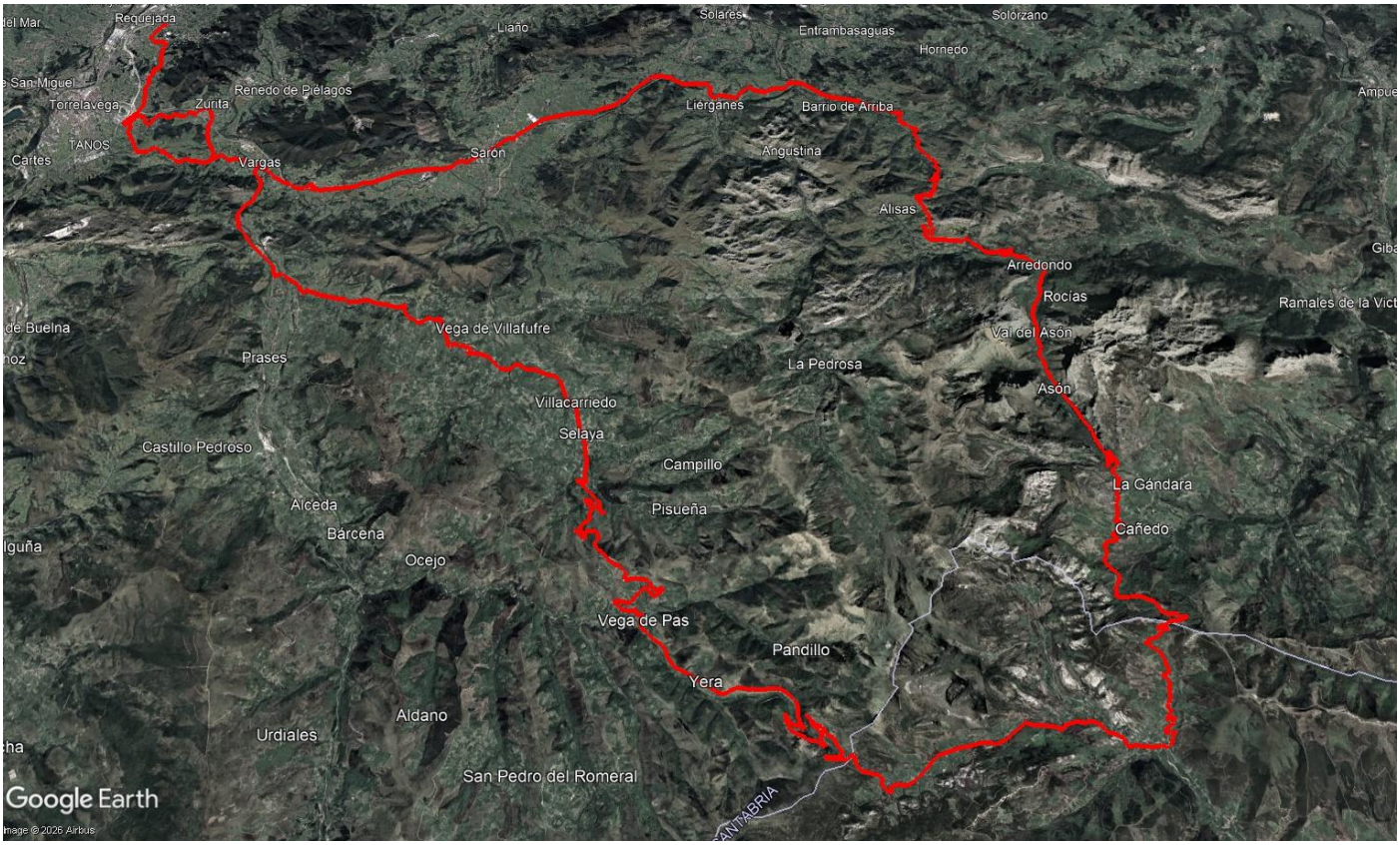
RUTÓMETRO LA CANTABRONA MEDIO FONDO

			Kms.			Altura	Media (Km/h)		
Localidad		Carretera	Rec.	Tramo	Por Rec.	m.	20	24	28
Polanco (Ayuntamiento)			-	-	-	24,0	8:30:00	8:30:00	8:30:00
Bº La Hilera		CA-330	3,5	3,5	103,4	28,8	8:40:30	8:38:45	8:37:30
Torrelavega -Bº Los Ochos		CA-330	6,5	3,0	100,4	75,4	8:49:30	8:46:15	8:43:56
Zurita		CA-334	11,9	5,4	95,0	58,0	9:05:42	8:59:45	8:55:30
Las Presillas		CA-332	14,5	2,6	92,4	47,0	9:13:30	9:06:15	9:01:04
Vargas		N-634a	15,6	1,1	91,3	49,3	9:16:48	9:09:00	9:03:26
Puente Viesgo		N-634a	18,5	2,9	88,4	49,2	9:25:30	9:16:15	9:09:39
Iruz		N-634	22,8	4,3	84,1	61,8	9:38:24	9:27:00	9:18:51
Villafufre		N-634	26,7	3,9	80,2	73,4	9:50:06	9:36:45	9:27:13
Alto de San Martin		**N-634a**	**28,4**	**1,7**	**78,5**	**74,1**	**9:55:12**	**9:41:00**	**9:30:51**
Villacarriedo		N-634a	36,3	7,9	70,6	87,6	10:18:54	10:00:45	9:47:47
Selaya		N-634	38,0	1,7	68,9	81,2	10:24:00	10:05:00	9:51:26
Puerto del Caracol	**avit.**	**CA-160**	**49,2**	**11,2**	**57,7**	**106,2**	**10:57:36**	**10:33:00**	**10:15:26**
San Roque de Riomiera		CA-162	54,2	5,0	52,7	57,8	11:12:36	10:45:30	10:26:09
Linto			60,5	6,3	46,4		11:31:30	11:01:15	10:39:39
Rubalcaba			69,8	9,3	37,1		11:59:24	11:24:30	10:59:34
Lierganes		BU-570	72,0	2,2	34,9	1.147,0	12:06:00	11:30:00	11:04:17
Pámanes		CA-631	75,2	3,2	31,7	791,0	12:15:36	11:38:00	11:11:09
Penagos		CA-262	79,1	3,9	27,8	369,3	12:27:18	11:47:45	11:19:30
Sarón		CA-262	82,7	3,6	24,2	705,0	12:38:06	11:56:45	11:27:13
La Penilla		CA-142	85,8	3,1	21,1	232,9	12:47:24	12:04:30	11:33:51
Pomaluengo		CA-142	89,7	3,9	17,2	202,0	12:59:06	12:14:15	11:42:13
Vargas		N-634a	92,9	3,2	14,0	79,0	13:08:42	12:22:15	11:49:04
Las Presillas		CA-332	94,9	2,0	12,0	51,1	13:14:42	12:27:15	11:53:21
Alto de La Montaña		**CA-334**	**98,0**	**3,1**	**8,9**	**202,0**	**13:24:00**	**12:35:00**	**12:00:00**
Torrelavega -Bº Los Ochos		N-634a	100,7	2,7	6,2	102,1	13:32:06	12:41:45	12:05:47
Bº La Hilera		CA-330	103,5	2,8	3,4	30,9	13:40:30	12:48:45	12:11:47
Polanco (Ayuntamiento)			106,9	3,4	-	24,0	13:50:49	12:57:21	12:19:09

CROQUIS GRAN FONDO + MEDIO FONDO



CROQUIS GRAN FONDO



CROQUIS MEDIO FONDO

