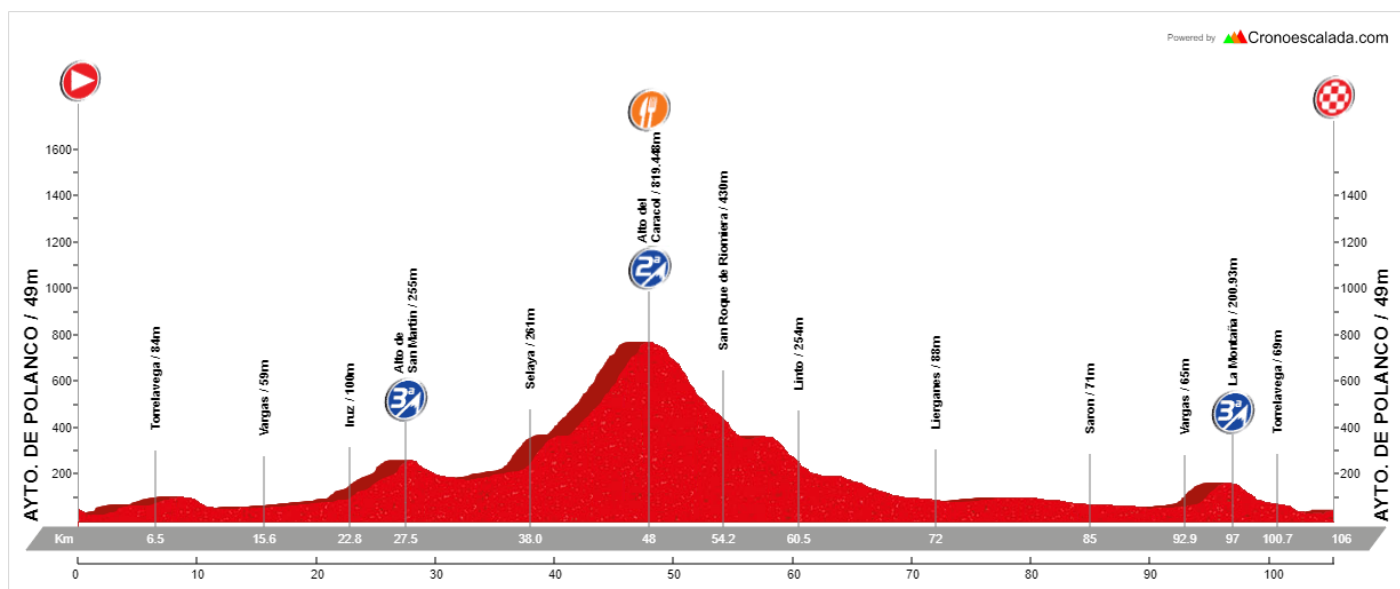


PERFIL MEDIO FONDO 106 KM



RUTÓMETRO MEDIO FONDO 106 KM

| Localidad | Kms. | | | Media (Km/h) | | |
|---------------------------|-------------|-------------|-------------|-----------------|-----------------|-----------------|
| | Rec. | Tramo | Por Rec. | 20 | 24 | 28 |
| Polanco (Ayuntamiento) | - | - | - | 8:30:00 | 8:30:00 | 8:30:00 |
| Bº La Hilerá | 3,5 | 3,5 | 103,4 | 8:40:30 | 8:38:45 | 8:37:30 |
| Torrelavega -Bº Los Ochos | 6,5 | 3,0 | 100,4 | 8:49:30 | 8:46:15 | 8:43:56 |
| Zurita | 11,9 | 5,4 | 95,0 | 9:05:42 | 8:59:45 | 8:55:30 |
| Las Presillas | 14,5 | 2,6 | 92,4 | 9:13:30 | 9:06:15 | 9:01:04 |
| Vargas | 15,6 | 1,1 | 91,3 | 9:16:48 | 9:09:00 | 9:03:26 |
| Puente Viesgo | 18,5 | 2,9 | 88,4 | 9:25:30 | 9:16:15 | 9:09:39 |
| Iruz | 22,8 | 4,3 | 84,1 | 9:38:24 | 9:27:00 | 9:18:51 |
| Villafufre | 26,7 | 3,9 | 80,2 | 9:50:06 | 9:36:45 | 9:27:13 |
| Alto de San Martín | 28,4 | 1,7 | 78,5 | 9:55:12 | 9:41:00 | 9:30:51 |
| Villacarriedo | 36,3 | 7,9 | 70,6 | 10:18:54 | 10:00:45 | 9:47:47 |
| Selaya | 38,0 | 1,7 | 68,9 | 10:24:00 | 10:05:00 | 9:51:26 |
| Puerto del Caracol | 49,2 | 11,2 | 57,7 | 10:57:36 | 10:33:00 | 10:15:26 |
| San Roque de Riomiera | 54,2 | 5,0 | 52,7 | 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 | 72,0 | 2,2 | 34,9 | 12:06:00 | 11:30:00 | 11:04:17 |
| Pámanes | 75,2 | 3,2 | 31,7 | 12:15:36 | 11:38:00 | 11:11:09 |
| Penagos | 79,1 | 3,9 | 27,8 | 12:27:18 | 11:47:45 | 11:19:30 |
| Sarón | 82,7 | 3,6 | 24,2 | 12:38:06 | 11:56:45 | 11:27:13 |
| La Penilla | 85,8 | 3,1 | 21,1 | 12:47:24 | 12:04:30 | 11:33:51 |
| Pomaluengo | 89,7 | 3,9 | 17,2 | 12:59:06 | 12:14:15 | 11:42:13 |
| Vargas | 92,9 | 3,2 | 14,0 | 13:08:42 | 12:22:15 | 11:49:04 |
| Las Presillas | 94,9 | 2,0 | 12,0 | 13:14:42 | 12:27:15 | 11:53:21 |
| Alto de La Montaña | 98,0 | 3,1 | 8,9 | 13:24:00 | 12:35:00 | 12:00:00 |
| Torrelavega -Bº Los Ochos | 100,7 | 2,7 | 6,2 | 13:32:06 | 12:41:45 | 12:05:47 |
| Bº La Hilerá | 103,5 | 2,8 | 3,4 | 13:40:30 | 12:48:45 | 12:11:47 |
| Polanco (Ayuntamiento) | 106,9 | 3,4 | - | 13:50:49 | 12:57:21 | 12:19:09 |