



RUTOMETRO 145 KM

LEYENDA:

- Agua, Isotónico
- Fruta y Barritas
- PUNTO CORTE → Km 94 → **16:00** → Vel.M.: **12 Km/H**
- Mecánico
- Sándwiches
- Gominolas
- Frutos Secos

Nº	AVITUALLAMIENTO	KM. T.	10 Km/h	12 Km/h	14 Km/h	16 Km/h	18 Km/h	20 Km/h	22 Km/h
1		7,0	8:42:00	8:35:00	8:30:00	8:26:00	8:23:00	8:21:00	8:19:00
2		28,0	10:48:00	10:20:00	10:00:00	9:45:00	9:33:00	9:24:00	9:16:00
3		31,0	11:06:00	10:25:00	10:13:00	9:56:00	9:42:00	9:33:00	9:25:00
4		43,0	12:18:00	11:35:00	11:03:00	10:41:00	10:23:00	10:09:00	9:57:00
5		52,0	13:12:00	12:20:00	11:43:00	11:15	10:53:00	10:36:00	10:22:00
6		60,0	14:00:00	13:00:00	12:17:00	11:45:00	11:20:00	11:00:00	10:44:00
7		69,0	14:54:00	13:45:00	12:56:00	12:19:00	11:50:00	11:26:00	11:08:00
8		83,0	16:18:00	14:55:00	13:56:00	13:11:00	12:37:00	12:09:00	11:46:00
9		94,0	125 KM	15:50:00	14:43:00	13:53:00	13:13:00	12:42:00	12:16:00
10		103,0	125 KM	<h2>ZONA NAVEGACIÓN</h2>					
11		111,0	125 KM						
12		124,5	125 KM						
13	META	143,0	125 KM						