



Club Ciclista Padronés

ITINERARIO



	Kms. Entre Localidades	Kms. Recorridos	Kms. Por recorrer	Horario Probable 35 Km/h	Horario Probable 40 Km/h
PADRON			131,900	14:00	14:00
Extramundi	1,000	1,000	130,900		
Aluminios Cortizo/Rotondas	1,800	2,800	129,100		
Pazos/Rotondas Hotel Scala	2,200	5,000	126,900		
PADRON/Rotondas	2,100	7,100	124,800	14:12	14:10
Lestrove/Rotondas	2,200	9,300	122,600		
Dodro-Concello	3,000	12,300	119,600		
Alto de Bexo (PM)	5,600	17,900	114,000	14:30	14:26
Burés	1,500	19,400	112,500		
Cruce de Taragoña	5,000	24,400	107,500		
Rotondas Via Rapida	1,200	25,600	106,300		
O Pazo	0,600	26,200	105,700		
Rianxo	1,500	27,700	104,200	14:47	14:41
Alto de Palleiro (PM)	6,500	34,200	97,700	14:58	14:51
Pte. de Catoira	3,500	37,700	94,200		
Bexo	2,700	40,400	91,500		
Dodro-Concello (M.V)	3,900	44,300	87,600	15:15	15:06
Lestrove-Rotondas	2,800	47,100	84,800		
PADRON/Fonte de Carmen	1,900	49,000	82,900	15:24	15:13
PADRON/Rotondas N 550	0,500	49,500	82,400		
Pazos/Rotondas Hotel Scala	2,300	51,800	80,100		
Rotondas Al.Cortizo	2,300	54,100	77,800		
Rois Concello (S.ESP)	1,100	55,200	76,700	15:34	15:22
Alto de Formaris (PM)	1,400	56,600	75,300	15:37	15:24
Rotondas Via Rapida	3,700	60,300	71,600		
Muronovo	1,700	62,000	69,900		
Dodro-Concello (M.V)	0,900	62,900	69,000	15:47	15:34
Lestrove/Rotondas	2,800	65,700	66,200		
PADRON/Fonte de Carmen	1,800	67,500	64,400	15:55	15:41
Rotondas Al.Cortizo	2,400	69,900	62,000		
Rois Concello (S.ESP)	1,300	71,200	60,700	16:02	15:46
Alto de Formaris (PM)	1,400	72,600	59,300	16:04	15:48
Rotondas Via Rapida	3,700	76,300	55,600		
Muronovo	1,700	78,000	53,900		
Dodro-Concello (M.V)	0,900	78,900	53,000	16:15	15:58
Lestrove/Rotondas	2,800	81,700	50,200		
PADRON Fonte do Carmen	1,800	83,500	48,400	16:23	16:05

	Kms. Entre Localidades	Kms. Recorridos	Kms. Por recorrer	Horario Probable 35 Km/h	Horario Probable 40 Km/h
Aluminios Cortizo/Rotondas	2,400	85,900	46,000		
Roís (S.ESP)	1,300	87,200	44,700	16:29	16:10
Alto de Formaris (PM)	1,400	88,600	43,300	16:31	16:12
Rotondas Via Rapida	3,700	92,300	39,600		
Muronovo	1,700	94,000	37,900		
Dodro-Concello (M.V)	0,900	94,900	37,000	16:42	16:22
Lestrove/Rotondas	2,800	97,700	34,200		
PADRON Fonte do Carmen	1,800	99,500	32,400	16:50	16:29
Aluminios Cortizo/Rotondas	2,400	101,900	30,000		
Roís	1,300	103,200	28,700		
A Pontenova	1,000	104,200	27,700		
Rubieiro	2,000	106,200	25,700		
Casas Novas/Espai	0,600	106,800	25,100		
Socastro	0,200	107,000	24,900		
ALTO DA PEREIRA (PM)	2,000	109,000	22,900	17:06	16:43
Roís	3,000	112,000	19,900		
Alto de Formaris	1,400	113,400	18,500		
Rotondas Via Rapida	3,700	117,100	14,800		
Muronovo	1,700	118,800	13,100		
Dodro-Concello	0,900	119,700	12,200		
Lestrove/Rotondas	2,800	122,500	9,400		
PADRON-FONTE DO CARMEN	2,300	124,800	7,100	17:34	17:07
Extramundi	1,000	125,800	6,100		
Aluminios Cortizo/Rotondas	1,800	127,600	4,300		
Pazos/Rotondas Hotel Scala	2,200	129,800	2,100		
PADRON	2,100	131,900	0,000	17:46	17:17