



Club Ciclista Padronés

## ITINERARIO



	Kms. Entre Localidades	Kms. Recorridos	Kms. Por recorrer	Horario	Horario
				Probable 35 Km/h	Probable 40 Km/h
<b>PADRON</b>			149,800	10:00	10:00
Extramundi	1,000	1,000	148,800		
Aluminios Cortizo/Rotondas	1,800	2,800	147,000		
Pazos/Rotondas Hotel Scala	2,200	5,000	144,800		
<b>PADRON/Rotondas</b>	2,100	7,100	142,700		
Lestrove/Rotondas	2,200	9,300	140,500		
Dodro-Concello	3,000	12,300	137,500		
<b>Alto de Bexo P.M</b>	<b>5,600</b>	<b>17,900</b>	<b>131,900</b>	<b>10:30</b>	<b>10:26</b>
Burés	1,500	19,400	130,400		
Cruce de Taragoña	5,000	24,400	125,400		
Rotondas Vía Rapida	1,200	25,600	124,200		
O Pazo	0,600	26,200	123,600		
Rianxo	1,500	27,700	122,100	10:47	10:41
<b>Alto de Palleiro P.M.</b>	<b>6,500</b>	<b>34,200</b>	<b>115,600</b>	<b>10:58</b>	<b>10:51</b>
Pte. de Catoira	3,500	37,700	112,100		
Bexo	2,700	40,400	109,400		
<b>Dodro-Concello M.V.</b>	<b>3,900</b>	<b>44,300</b>	<b>105,500</b>	<b>11:15</b>	<b>11:06</b>
Lestrove-Rotondas	2,800	47,100	102,700		
<b>PADRON/Fonte de Carmen</b>	<b>1,900</b>	<b>49,000</b>	<b>100,800</b>	<b>11:24</b>	<b>11:13</b>
<b>PADRON/Rotondas N 550</b>	<b>0,500</b>	<b>49,500</b>	<b>100,300</b>	<b>11:24</b>	<b>11:14</b>
Pazos/Rotondas Hotel Scala	2,300	51,800	98,000	11:28	11:17
Pazos/Rodondas Lampai	1,500	53,300	96,500	11:31	11:19
<b>Lampai P.M.</b>	<b>4,000</b>	<b>57,300</b>	<b>92,500</b>	<b>11:38</b>	<b>11:25</b>
Seixos-Cruce-Direcc.Luou	3,900	61,200	88,600	11:44	11:31
Rotonda/Casalonga	3,000	64,200	85,600	11:50	11:36
Milladoiro/Rotondas	3,250	67,450	82,350	11:55	11:41
Ponte da Rocha	3,050	70,500	79,300	12:00	11:45
<b>Santa Marta M.V.</b>	<b>1,000</b>	<b>71,500</b>	<b>78,300</b>	<b>12:02</b>	<b>11:47</b>
Santiago/Rotondas Peregrino	1,600	72,100	77,700	12:03	11:48
Santiago/Rotondas Rosalia Castr	0,200	72,300	77,500	12:03	11:48
Rotondas Clinic o	0,700	73,000	76,800	12:05	11:49
Rotondas Vidan	1,500	74,500	75,300	12:07	11:51
Roxos	2,800	77,300	72,500	12:12	11:55
<b>Bertamirans S.E.</b>	<b>3,400</b>	<b>80,700</b>	<b>69,100</b>	<b>12:18</b>	<b>12:01</b>
Entramos Concello de Brion	2,100	82,800	67,000	12:21	12:04
Rotonda Os Anxeles	1,300	84,100	65,700	12:24	12:06
<b>Bastavales M.V.</b>	<b>2,900</b>	<b>87,000</b>	<b>62,800</b>	<b>12:29</b>	<b>12:10</b>
A Picaraña	4,100	91,100	58,700	12:36	12:16
Rotondas Scala	5,900	97,000	52,800	12:46	12:25

	<i>Kms. Entre</i>	<i>Kms.</i>	<i>Kms.</i>	<i>Horario</i>	<i>Horario</i>
	<i>Localidades</i>	<i>Recorridos</i>	<i>Por recorrer</i>	<i>Probable</i>	<i>Probable</i>
				<i>35 Km/h</i>	<i>40 Km/h</i>
<b>PADRON/ROTONDAS</b>	2,000	99,000	50,800	12:49	12:28
Extramundi	1,000	100,000			
<b>Rotondas Al.Cortizo S.E.</b>	2,000	102,000	47,800	12:54	12:33
Rois Concello	1,200	103,200	46,600	12:56	12:34
<b>Alto de Formaris P.M.</b>	1,300	104,500	45,300	12:59	12:36
Rotondas Via Rapida	3,800	108,300	41,500	13:05	12:42
Muronovo	1,700	110,000	39,800	13:08	12:45
Dodro-Concello	0,800	110,800	39,000	13:09	12:46
Lestrove/Rotondas	2,900	113,700	36,100	13:14	12:50
<b>PADRON Fonte do Carmen</b>	2,700	116,400	33,400	13:19	12:54
<b>PADRON/Rotondas N 550</b>	0,500	116,900	32,900	13:20	12:55
Rotondas Scala	1,500	118,400	31,400	13:23	12:57
Aluminios Cortizo/Rotondas	2,100	120,500	29,300	13:26	13:00
Rois	1,500	122,000	27,800	13:29	13:03
A Pontenova	0,900	122,900	26,900	13:30	13:04
Rubieiro	1,600	124,500	25,300	13:33	13:06
Casas Novas/Espai	0,500	125,000	24,800	13:34	13:07
Socastro	0,200	125,200	24,600	13:34	13:07
<b>ALTO DA PEREIRA P.M.</b>	0,500	125,700	24,100	13:35	13:08
Cruce CRR. Noia	1,400	127,100	22,700	13:37	13:10
Rois	2,900	130,000	19,800	13:42	13:15
Alto de Formaris	1,300	131,300	18,500	13:45	13:16
Rotondas Via Rapida	3,700	135,000	14,800	13:51	13:22
Muronovo	1,800	136,800	13,000	13:54	13:25
Dodro-Concello	0,800	137,600	12,200	13:55	13:26
Lestrove/Rotondas	2,900	140,500	9,300	14:00	13:30
<b>PADRON-FONTE DO CARMEN</b>	1,800	142,300	7,500	14:04	13:33
Extramundi	1,000	143,300	6,500	14:05	13:34
Aluminios Cortizo/Rotondas	1,400	144,700	5,100	14:08	13:37
Rotondas Scala	2,300	147,000	2,800	14:12	13:40
<b>PADRON</b>	2,800	149,800	0,000	14:16	13:44