

# Challenge

4, 5 y 6 de mayo 2018

# Junior

## Montaña Central de Asturias



**BiciSpace**

**S.I.E.D.**

Seguridad Interna  
Eventos Deportivos



**MONTEPIÓ**  
Y MUTUALIDAD DE LA  
MINERÍA ASTURIANA



**RESIDENCIA SPA**  
DE FELECHOSA  
MONTEPIÓ





# CHALLENGE MONTAÑA CENTRAL DE ASTURIAS JUNIOR

JUNIOR

Organiza:

CLUB CLICLISTA PUERTA DE ASTURIAS

1ª Etapa:

MIERES - VALDECUNA (CENERA)

Kmts.:

78,5

4 de mayo de 2018

Control de Firmas:

15:45

Control de firmas y salida:

PARQUE JOVELLANOS

Cierre de Control:

16:15

Salida:

16:30

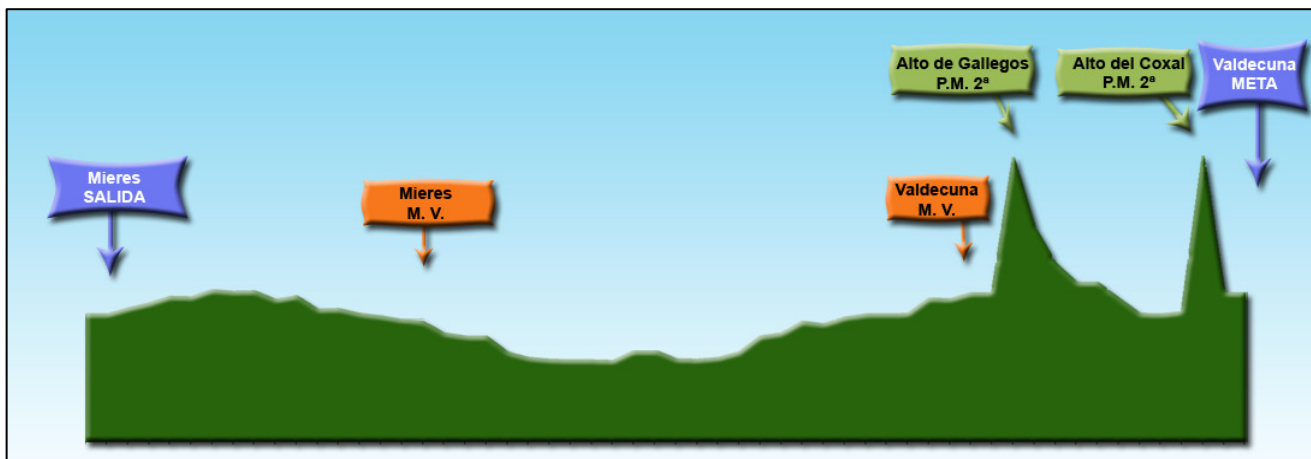
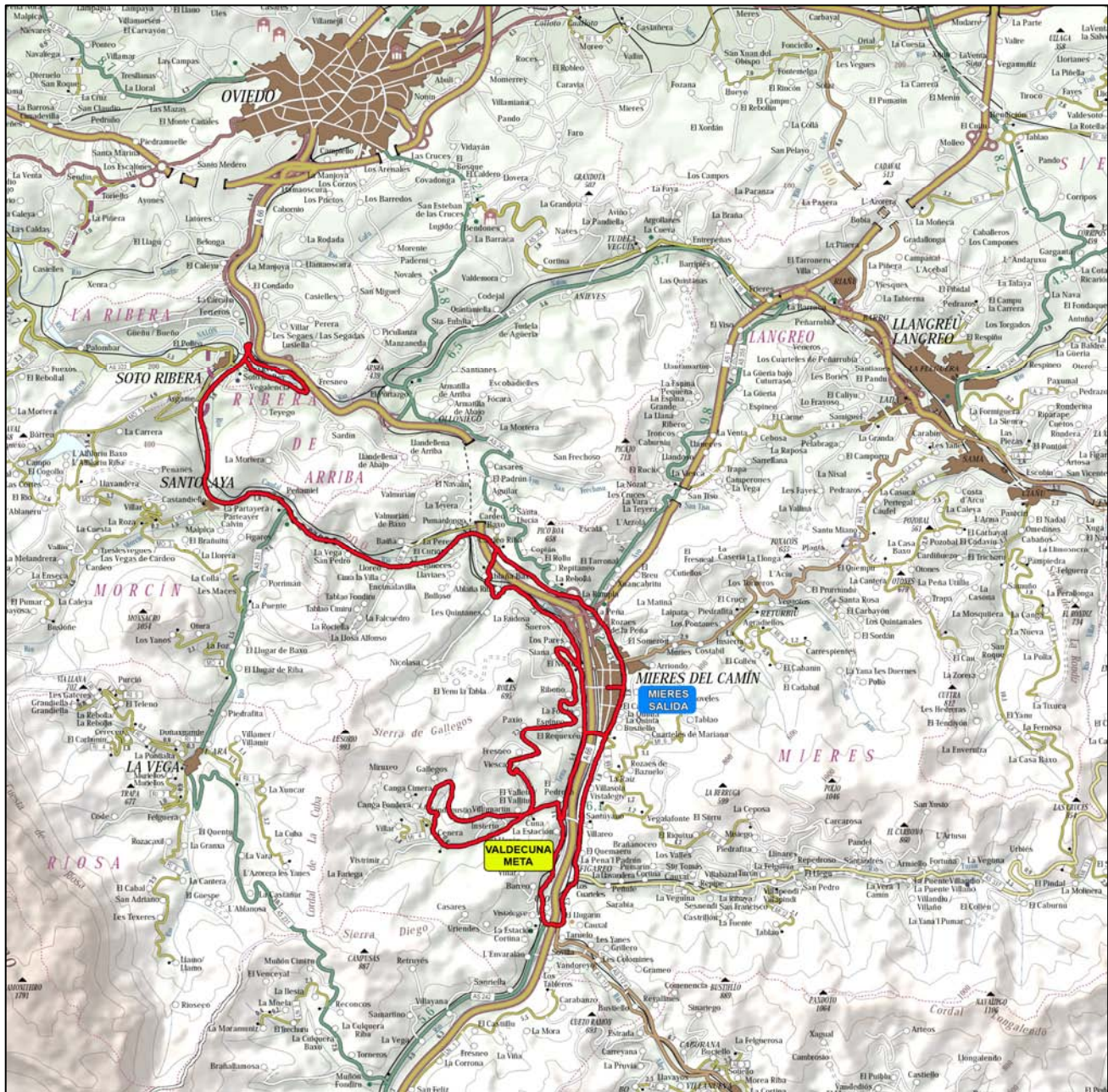
Control médico:

CAMION PODIUM

| ITINERARIO                                  | VIA           | KMS.<br>REC.  | KMS<br>POR REC. | ALT.       | PARC.        | V. MEDIA KM/H. |              |              |
|---------------------------------------------|---------------|---------------|-----------------|------------|--------------|----------------|--------------|--------------|
|                                             |               |               |                 |            |              | 35             | 40           | 45           |
| <b>SALIDA MIERES C/ MANUEL LLANEZA</b>      |               | <b>0,000</b>  | <b>78,500</b>   | <b>208</b> | <b>0,000</b> | <b>16:30</b>   | <b>16:30</b> | <b>16:30</b> |
| Derecha, dirección Figaredo                 | AS-375        | 0,300         | 78,200          | 208        | 0,300        | 16:30          | 16:30        | 16:30        |
| Mieres cruce La Coca (SETOS CENTRALES)      | AS-375        | 1,700         | 76,800          | 218        | 1,400        | 16:32          | 16:32        | 16:32        |
| Santullano (ROTONDA HOSPITAL) *             | AS-375        | 3,250         | 75,250          | 226        | 1,550        | 16:35          | 16:34        | 16:34        |
| Figaredo (SETOS CENTRALES) *                | AS-375        | 5,100         | 73,400          | 237        | 1,850        | 16:38          | 16:37        | 16:36        |
| Figaredo Club Ciclista                      | AS-375        | 5,200         | 73,300          | 236        | 0,100        | 16:38          | 16:37        | 16:36        |
| Puente Ujo dcha-dcha                        | AS-375        | 6,200         | 72,300          | 248        | 1,000        | 16:40          | 16:39        | 16:38        |
| Ujo centro ciudad                           | MI-3          | 6,800         | 71,700          | 245        | 0,600        | 16:41          | 16:40        | 16:39        |
| Rotonda Ricastro de frente                  | MI-3          | 7,400         | 71,100          | 246        | 0,600        | 16:42          | 16:41        | 16:39        |
| Santullano                                  | MI-3          | 8,600         | 69,900          | 232        | 1,200        | 16:44          | 16:42        | 16:41        |
| Puente sobre vía Dcha - Izquierda           | MI-3          | 9,200         | 69,300          | 238        | 0,600        | 16:45          | 16:43        | 16:42        |
| Dcha puente sobre A-66 (bomberos)           |               | 10,900        | 67,600          | 216        | 1,700        | 16:48          | 16:46        | 16:44        |
| Izda Dir Mieres                             | AS-375        | 11,000        | 67,500          | 217        | 0,100        | 16:48          | 16:46        | 16:44        |
| <b>Mieres Ayuntamiento META VOLANTE</b>     | <b>AS-375</b> | <b>12,100</b> | <b>66,400</b>   | <b>209</b> | <b>1,100</b> | <b>16:50</b>   | <b>16:48</b> | <b>16:46</b> |
| C/Oñon                                      | AS-375        | 13,100        | 65,400          | 205        | 1,000        | 16:52          | 16:49        | 16:47        |
| La Peña. Rotonda de Frente dir Oviedo *     | N-630         | 14,500        | 64,000          | 199        | 1,400        | 16:54          | 16:51        | 16:49        |
| La Blanca                                   | N-630         | 16,500        | 62,000          | 196        | 2,000        | 16:58          | 16:54        | 16:52        |
| Thysen ISLETAS CENTRALES                    | N-630         | 18,000        | 60,500          | 177        | 1,500        | 17:00          | 16:57        | 16:54        |
| Loredo                                      | N-630         | 19,200        | 59,300          | 172        | 1,200        | 17:02          | 16:58        | 16:55        |
| <b>Zona de Tuneles</b>                      | N-630         | 20,600        | 57,900          | 172        | 1,400        | 17:05          | 17:00        | 16:57        |
| Santaolaya                                  | N-630         | 23,600        | 54,900          | 146        | 3,000        | 17:10          | 17:05        | 17:01        |
| Argame                                      | N-630         | 25,200        | 53,300          | 137        | 1,600        | 17:13          | 17:07        | 17:03        |
| Sotu Ribera ROTONDA Giro Derecha            |               | 27,100        | 51,400          | 134        | 1,900        | 17:16          | 17:10        | 17:06        |
| Vegalencia OJO Vadenes                      |               | 27,300        | 51,200          | 133        | 0,200        | 17:16          | 17:10        | 17:06        |
| Puente sobre Nalón doble giro izquierda     |               | 28,400        | 50,100          | 133        | 1,100        | 17:18          | 17:12        | 17:07        |
| Sotu de Rey Población giro izquierda *      |               | 28,900        | 49,600          | 132        | 0,500        | 17:19          | 17:13        | 17:08        |
| Les Segaes Drcha TÚNEL ESTRECHO*            |               | 29,700        | 48,800          | 148        | 0,800        | 17:20          | 17:14        | 17:09        |
| Rotonda. Salida primera derecha             | N-630         | 30,000        | 48,500          | 149        | 0,300        | 17:21          | 17:15        | 17:10        |
| OJO! Isletas Centrales, carril Dcho *       |               | 30,000        | 48,500          | 135        | 0,000        | 17:21          | 17:15        | 17:10        |
| Sotu Ribera ROTONDA de frente, carril dcho* | N-630         | 30,100        | 48,400          | 134        | 0,100        | 17:21          | 17:15        | 17:10        |
| Argame                                      | N-630         | 31,400        | 47,100          | 137        | 1,300        | 17:23          | 17:17        | 17:11        |
| Santaolaya                                  | N-630         | 33,800        | 44,700          | 146        | 2,400        | 17:27          | 17:20        | 17:15        |
| <b>Zona de Tuneles</b>                      | N-630         | 35,100        | 43,400          | 172        | 1,300        | 17:30          | 17:22        | 17:16        |
| Thysen OJO Isletas Centrales                | N-630         | 39,000        | 39,500          | 177        | 3,900        | 17:36          | 17:28        | 17:22        |
| La Blanca Dcha                              | N-630         | 40,600        | 37,900          | 196        | 1,600        | 17:39          | 17:30        | 17:24        |
| ABLANA Izquierda                            | MI-1          | 41,100        | 37,400          | 192        | 0,500        | 17:40          | 17:31        | 17:24        |
| Nicolasa Doble giro Izquierda               | MI-1          | 41,800        | 36,700          | 203        | 0,700        | 17:41          | 17:32        | 17:25        |
| Sueros                                      | MI-1          | 43,300        | 35,200          | 208        | 1,500        | 17:44          | 17:34        | 17:27        |
| Polígono Gonzalín BADENES                   | MI-1          | 45,900        | 32,600          | 208        | 2,600        | 17:48          | 17:38        | 17:31        |
| Paseo fluvial de Mieres                     | MI-3          | 46,400        | 32,100          | 209        | 0,500        | 17:49          | 17:39        | 17:31        |
| Puente sobre vías DOBLE GIRO derecha        |               | 48,000        | 30,500          | 234        | 1,600        | 17:52          | 17:42        | 17:34        |
| El Pedroso                                  | MI-4          | 48,100        | 30,400          | 233        | 0,100        | 17:52          | 17:42        | 17:34        |
| <b>Valdecuna META VOLANTE</b>               | <b>MI-4</b>   | <b>49,100</b> | <b>29,400</b>   | <b>243</b> | <b>1,000</b> | <b>17:54</b>   | <b>17:43</b> | <b>17:35</b> |
| Comienza Puerto                             |               | 49,100        | 29,400          | 243        | 0,000        | 17:54          | 17:43        | 17:35        |
| <b>Gallegos PREMIO MONTAÑA 2ª</b>           |               | <b>52,100</b> | <b>26,400</b>   | <b>464</b> | <b>3,000</b> | <b>17:59</b>   | <b>17:48</b> | <b>17:39</b> |
| Descenso peligroso paso estrecho *          |               | 52,800        | 25,700          | 350        | 0,700        | 18:00          | 17:49        | 17:40        |
| Cenera                                      | MI-4          | 53,400        | 25,100          | 291        | 0,600        | 18:01          | 17:50        | 17:41        |
| El Llerón                                   | MI-4          | 54,100        | 24,400          | 260        | 0,700        | 18:02          | 17:51        | 17:42        |
| <b>Valdecuna DE FRENTE</b>                  | MI-4          | 57,000        | 21,500          | 260        | 2,900        | 18:07          | 17:55        | 17:46        |
| Puente sobre vías DOBLE GIRO IZDA.          |               | 59,000        | 19,500          | 234        | 2,000        | 18:11          | 17:58        | 17:48        |
| Paseo Fluvial                               | MI-3          | 63,000        | 15,500          | 209        | 4,000        | 18:18          | 18:04        | 17:54        |
| Siana IZDA                                  | MI-2          | 65,000        | 13,500          | 208        | 2,000        | 18:21          | 18:07        | 17:56        |
| Comienza Puerto                             | MI-2          | 65,500        | 13,000          | 212        | 0,500        | 18:22          | 18:08        | 17:57        |
| <b>Paxío PREMIO MONTAÑA 2ª</b>              | <b>MI-2</b>   | <b>72,000</b> | <b>12,500</b>   | <b>466</b> | <b>6,500</b> | <b>18:21</b>   | <b>18:07</b> | <b>17:57</b> |
| Valdecuna META                              | MI-4          | 78,500        | 4,200           | 243        | 6,500        | 18:36          | 18:20        | 18:08        |
| <b>META</b>                                 | <b>MI-2</b>   | <b>78,500</b> | <b>0,000</b>    | <b>243</b> | <b>0,000</b> | <b>18:44</b>   | <b>18:27</b> | <b>18:14</b> |

# Challenge Montaña Central de Asturias Junior

## Mapa y altimetría 1ª etapa: Mieres - Valdecuna





# Challenge Montaña Central de Asturias Junior

## Rutómetro, mapa y altimetría 2ª etapa 1º sector: C.R.E Lugones

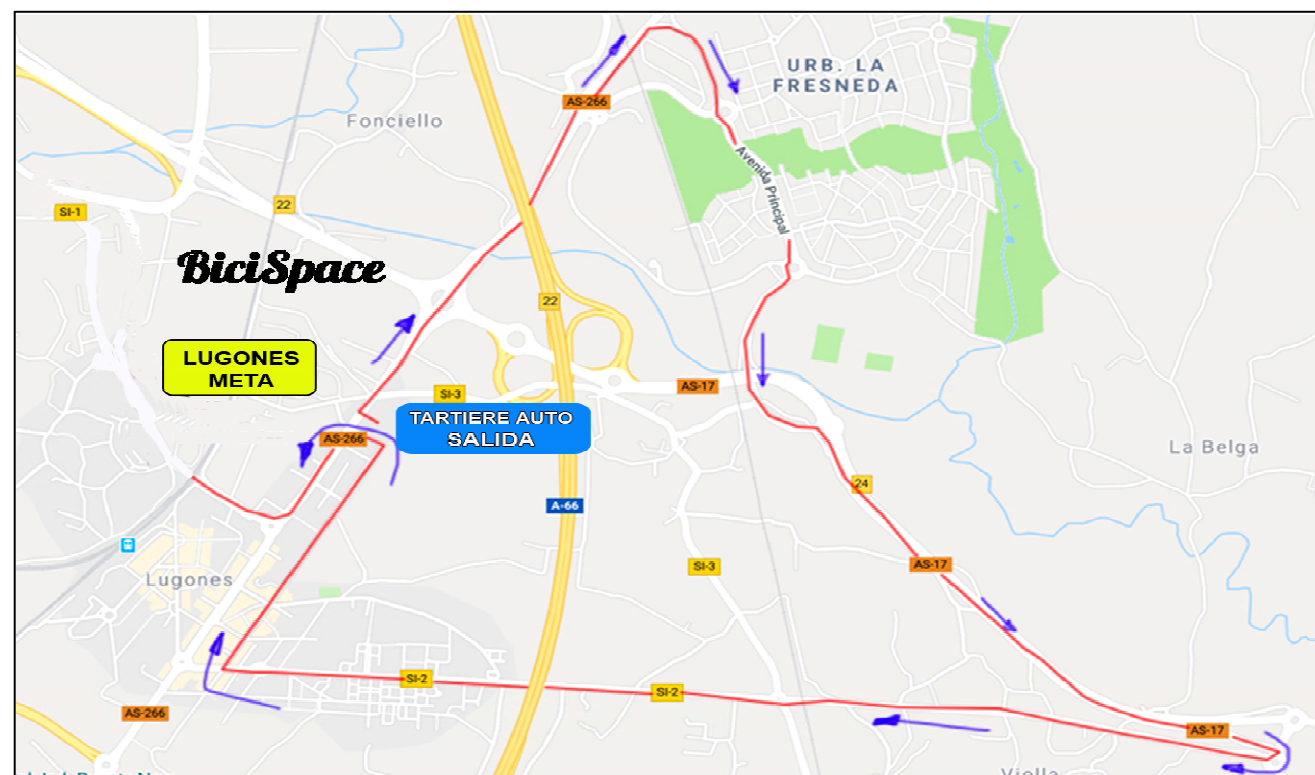


| CHALLENGE MONTAÑA CENTRAL DE ASTURIAS JUNIOR |                                  |
|----------------------------------------------|----------------------------------|
| Organiza:                                    | CLUB CICLISTA PUERTA DE ASTURIAS |

|                             |                           |        |     |
|-----------------------------|---------------------------|--------|-----|
| 2ª Etapa 1º sector - C.R.E. | BICISPACE Lugones - Siero | Kmts.: | 8,9 |
| 5 de mayo de 2018           |                           |        |     |

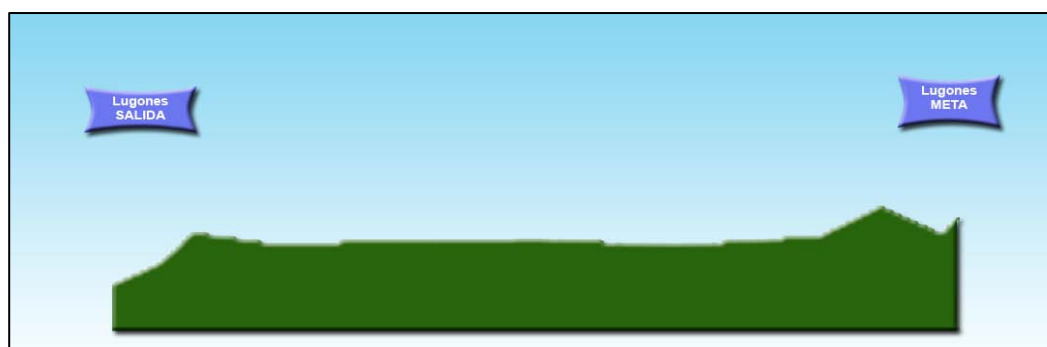
|                       |       |                     |               |
|-----------------------|-------|---------------------|---------------|
| Control de Firmas:    | 10:15 | Oficina permanente: | BICISPACE     |
| Cierre de Control:    | 10:45 |                     |               |
| Salida PRIMER EQUIPO: | 11:00 | Control médico:     | CAMION PODIUM |

| ITINERARIO                                       | VIA    | KMS.<br>REC. | KMS<br>POR REC. | ALT. | PARC. | V. MEDIA PRIMER EQUIPO KM/H. |       |       |
|--------------------------------------------------|--------|--------------|-----------------|------|-------|------------------------------|-------|-------|
|                                                  |        |              |                 |      |       | 35                           | 40    | 45    |
| TARIERE AUTO SALIDA GIRO DCHA                    | AS-266 | 0,000        | 8,900           |      | 0,000 | 11:00                        | 11:00 | 11:00 |
| Paso Elevado Sobre Glorieta                      | AS-266 | 0,400        | 8,500           |      | 0,400 | 11:00                        | 11:00 | 11:00 |
| Giro Dcha. Direccion La Fresneda                 | LOCAL  | 1,300        | 7,600           |      | 0,900 | 11:02                        | 11:01 | 11:01 |
| Glorieta, Seguir Defrente                        | LOCAL  | 1,700        | 7,200           |      | 0,400 | 11:02                        | 11:02 | 11:02 |
| Avda. Principal, La Fresneda                     | LOCAL  | 1,900        | 7,000           |      | 0,200 | 11:03                        | 11:02 | 11:02 |
| Glorieta, Seguir Defrente                        | LOCAL  | 2,600        | 6,300           |      | 0,700 | 11:04                        | 11:03 | 11:03 |
| Glorieta Giro Dcha. Direccion Santander          | AS-17  | 2,900        | 6,000           |      | 0,300 | 11:04                        | 11:04 | 11:03 |
| Glorieta Giro Dcha. Direccion Viella             | SI-2   | 4,500        | 4,400           |      | 1,600 | 11:07                        | 11:06 | 11:06 |
| Glorieta, Seguir Defrente                        | SI-2   | 5,800        | 3,100           |      | 1,300 | 11:09                        | 11:08 | 11:07 |
| Glorieta, Seguir Defrente                        | LOCAL  | 6,200        | 2,700           |      | 0,400 | 11:10                        | 11:09 | 11:08 |
| Giro Dcha. Por C/ Antonio Machado                | LOCAL  | 6,300        | 2,600           |      | 0,100 | 11:10                        | 11:09 | 11:08 |
| Giro Izda. Por C/ Rio Ibias                      | LOCAL  | 8,000        | 0,900           |      | 1,700 | 11:13                        | 11:12 | 11:10 |
| Giro Izda. Por Avda. Gijon                       | AS-266 | 8,100        | 0,800           |      | 0,100 | 11:13                        | 11:12 | 11:10 |
| Glorieta Giro Izda. Por Avda. Conde Sta. Barbara | LOCAL  | 8,600        | 0,300           |      | 0,500 | 11:14                        | 11:12 | 11:11 |
| META Avda. CONDE SANTA BARBARA                   | LOCAL  | 8,900        | 0,000           |      | 0,300 | 11:15                        | 11:13 | 11:11 |



CONTRARRELOJ POR EQUIPOS

BICISPACE – LUGONES - SIERO



# CHALLENGE MONTAÑA CENTRAL DE ASTURIAS JUNIOR

JUNIOR

Organiza:

CLUB CICLISTA FIGAREDO

2ª Etapa 2º sector

FELECHOSA - FIGAREDO

Kmts.:

79,0

Control de Firmas: 16:15  
Cierre de Control: 16:45  
Salida real: 17:00

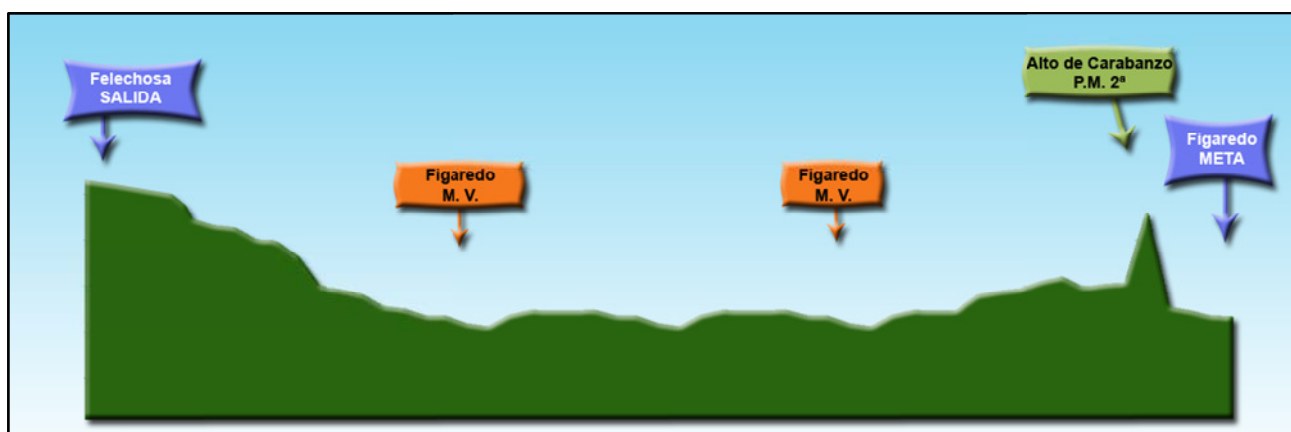
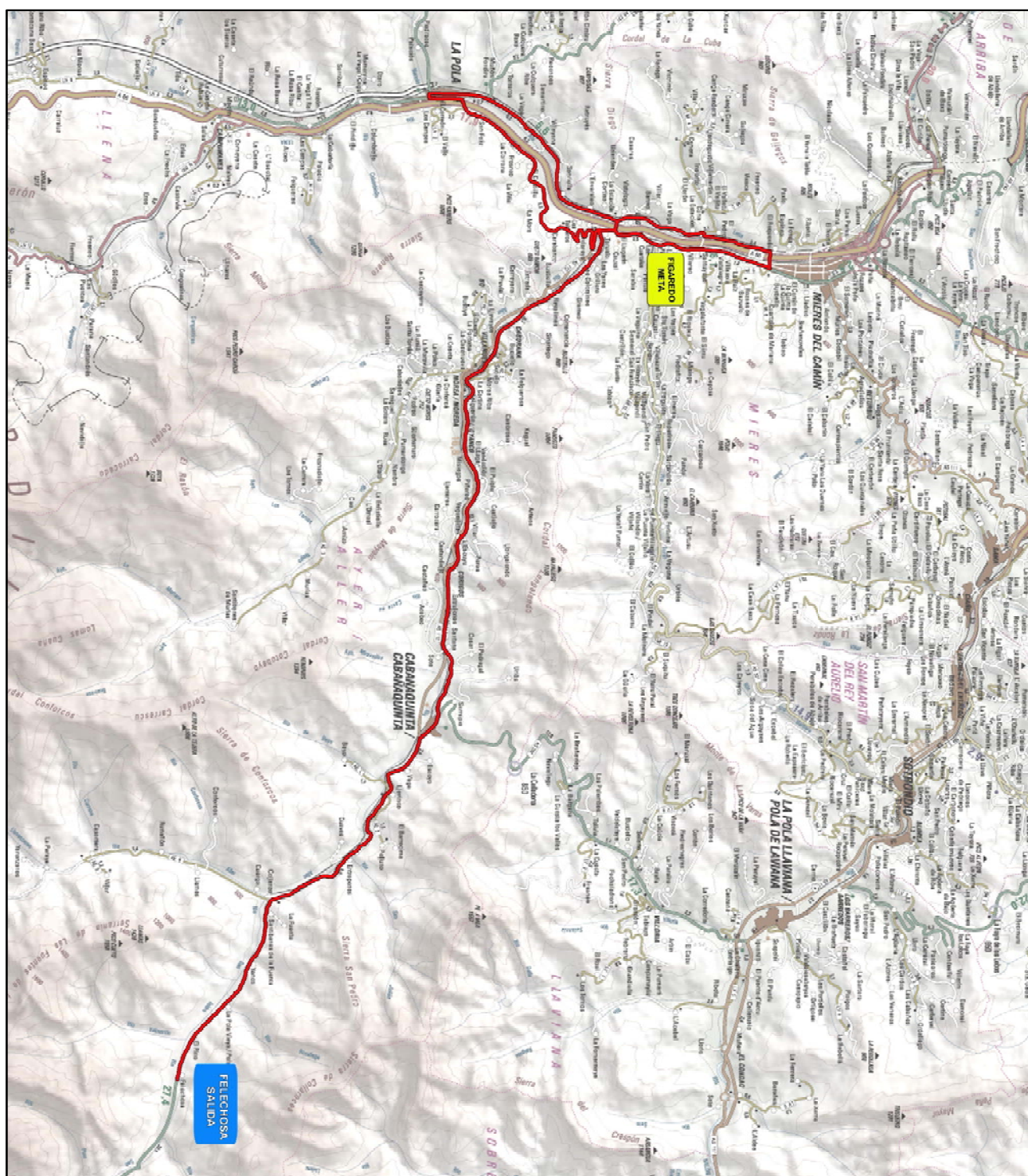
Oficina permanente: Club Ciclista Figaredo  
Control médico: Club Ciclista Figaredo

| ITINERARIO                          | VIA           | KMS.<br>REC.  | KMS<br>POR REC. | ALT.       | PARC.        | V. MEDIA KM/H. |              |              |
|-------------------------------------|---------------|---------------|-----------------|------------|--------------|----------------|--------------|--------------|
|                                     |               |               |                 |            |              | 35             | 40           | 45           |
| <b>Salida Felechosa Montepio</b>    | <b>AS 112</b> | <b>0,000</b>  | <b>79,000</b>   | <b>682</b> | <b>0,000</b> | <b>17:00</b>   | <b>17:00</b> | <b>17:00</b> |
| Felechosa Población                 | AS 112        | 0,900         | 78,100          | 654        | 0,900        | 17:01          | 17:01        | 17:01        |
| El Pino                             | AS 112        | 2,000         | 77,000          | 627        | 1,100        | 17:03          | 17:03        | 17:02        |
| La Pola                             | AS-112        | 2,800         | 76,200          | 598        | 0,800        | 17:04          | 17:04        | 17:03        |
| Collanzo *                          | AS-112        | 5,900         | 73,100          | 533        | 3,100        | 17:10          | 17:08        | 17:07        |
| Salida direcc. Cabañaquinta         |               | 12,700        | 66,300          | 445        | 6,800        | 17:21          | 17:19        | 17:16        |
| Puente sobre río Dcha - Izda        |               | 13,000        | 66,000          | 431        | 0,300        | 17:22          | 17:19        | 17:17        |
| Cabañaquinta Travesía Urbana*       | AS-112a       | 13,500        | 65,500          | 426        | 0,500        | 17:23          | 17:20        | 17:18        |
| Santa Ana                           | AS-112a       | 15,200        | 63,800          | 400        | 1,700        | 17:26          | 17:22        | 17:20        |
| Cruce Giro Izda - Dcha              |               | 16,100        | 62,900          | 395        | 0,900        | 17:27          | 17:24        | 17:21        |
| Corigos por la nueva AS-112         | AS-112        | 18,500        | 60,500          | 362        | 2,400        | 17:31          | 17:27        | 17:24        |
| Moreda Cruce semáforo               | AS-112        | 24,300        | 54,700          | 299        | 5,800        | 17:41          | 17:36        | 17:32        |
| Glorieta gasolinera recto           | AS-112        | 25,800        | 53,200          | 291        | 1,500        | 17:44          | 17:38        | 17:34        |
| Pozo Santiago                       | AS-375        | 26,500        | 52,500          | 281        | 0,700        | 17:45          | 17:39        | 17:35        |
| Santa Cruz                          | AS-112        | 28,900        | 50,100          | 255        | 2,400        | 17:49          | 17:43        | 17:38        |
| Cruce Ujo recto                     | AS-112        | 30,900        | 48,100          | 250        | 2,000        | 17:52          | 17:46        | 17:41        |
| <b>Figaredo META VOLANTE</b>        | <b>AS-375</b> | <b>31,200</b> | <b>47,800</b>   | <b>235</b> | <b>0,300</b> | <b>17:53</b>   | <b>17:46</b> | <b>17:41</b> |
| Santullano recto                    | AS-375        | 32,800        | 46,200          | 234        | 1,600        | 17:56          | 17:49        | 17:43        |
| La coca Cruce Izda Puente sobre A66 | AS-375        | 34,700        | 44,300          | 218        | 1,900        | 17:59          | 17:52        | 17:46        |
| Izquierda Paseo Fluvial             | MI-3          | 35,100        | 43,900          | 212        | 0,400        | 18:00          | 17:52        | 17:46        |
| Dcha Izda. Sobre vías               | MI-3          | 36,800        | 42,200          | 237        | 1,700        | 18:03          | 17:55        | 17:49        |
| Reycaastro Glorieta                 | MI-3          | 38,300        | 40,700          | 247        | 1,500        | 18:05          | 17:57        | 17:51        |
| Ujo centro                          | MI-3          | 39,100        | 39,900          | 245        | 0,800        | 18:07          | 17:58        | 17:52        |
| Ujo Puente Izquierda                |               | 39,600        | 39,400          | 246        | 0,500        | 18:07          | 17:59        | 17:52        |
| Paso sobre Autopista Izquierda      |               | 39,800        | 39,200          | 247        | 0,200        | 18:08          | 17:59        | 17:53        |
| Figaredo                            | AS-375        | 40,900        | 38,100          | 235        | 1,100        | 18:10          | 18:01        | 17:54        |
| Santullano recto                    | AS-375        | 42,300        | 36,700          | 234        | 1,400        | 18:12          | 18:03        | 17:56        |
| La coca Cruce Izda Puente sobre A66 |               | 44,200        | 34,800          | 218        | 1,900        | 18:15          | 18:06        | 17:58        |
| Izquierda Paseo Fluvial             | MI-3          | 44,600        | 34,400          | 212        | 0,400        | 18:16          | 18:06        | 17:59        |
| Dcha Izda. Sobre vías               | MI-3          | 46,300        | 32,700          | 237        | 1,700        | 18:19          | 18:09        | 18:01        |
| Reycaastro Glorieta                 | MI-3          | 47,800        | 31,200          | 247        | 1,500        | 18:21          | 18:11        | 18:03        |
| Ujo centro                          | MI-3          | 48,600        | 30,400          | 245        | 0,800        | 18:23          | 18:12        | 18:04        |
| Ujo Puente Izquierda                |               | 49,100        | 29,900          | 246        | 0,500        | 18:24          | 18:13        | 18:05        |
| Paso sobre Autopista Izquierda      |               | 49,300        | 29,700          | 247        | 0,200        | 18:24          | 18:13        | 18:05        |
| <b>Figaredo META VOLANTE</b>        | <b>AS-375</b> | <b>50,400</b> | <b>28,600</b>   | <b>235</b> | <b>1,100</b> | <b>18:26</b>   | <b>18:15</b> | <b>18:07</b> |
| Santullano recto                    | AS-375        | 51,800        | 27,200          | 234        | 1,400        | 18:28          | 18:17        | 18:09        |
| La coca Cruce Izda Puente sobre A66 |               | 53,700        | 25,300          | 218        | 1,900        | 18:32          | 18:20        | 18:11        |
| Izquierda Paseo Fluvial             | MI-3          | 54,100        | 24,900          | 212        | 0,400        | 18:32          | 18:21        | 18:12        |
| Dcha Izda. Sobre vías               | MI-3          | 55,800        | 23,200          | 237        | 1,700        | 18:35          | 18:23        | 18:14        |
| Reycaastro Glorieta                 | MI-3          | 57,300        | 21,700          | 247        | 1,500        | 18:38          | 18:25        | 18:16        |
| Ujo centro                          | MI-3          | 58,100        | 20,900          | 245        | 0,800        | 18:39          | 18:27        | 18:17        |
| Ujo Dirección Pola                  | AS-375        | 58,600        | 20,400          | 246        | 0,500        | 18:40          | 18:27        | 18:18        |
| Vil.layana                          | AS-375        | 61,700        | 17,300          | 280        | 3,100        | 18:45          | 18:32        | 18:22        |
| La Vega                             | AS-375        | 62,600        | 16,400          | 288        | 0,900        | 18:47          | 18:33        | 18:23        |
| La Barraca                          | AS-375        | 64,000        | 15,000          | 293        | 1,400        | 18:49          | 18:36        | 18:25        |
| Pola Centro Travesía                | AS-375        | 65,300        | 13,700          | 309        | 1,300        | 18:51          | 18:37        | 18:27        |
| Glorieta Polideportivo Izquierda    |               | 66,300        | 12,700          | 319        | 1,000        | 18:53          | 18:39        | 18:28        |
| Glorieta Vicente Regueral Derecha   |               | 67,900        | 11,100          | 296        | 1,600        | 18:56          | 18:41        | 18:30        |
| Puente Monumento Dcha-Izda.         |               | 68,100        | 10,900          | 303        | 0,200        | 18:56          | 18:42        | 18:30        |
| La Corrona                          | LN-1          | 69,500        | 9,500           | 306        | 1,400        | 18:59          | 18:44        | 18:32        |
| <b>Carabanzo Premio Montaña 3º</b>  | <b>LN-1</b>   | <b>73,600</b> | <b>5,400</b>    | <b>457</b> | <b>4,100</b> | <b>19:06</b>   | <b>18:50</b> | <b>18:38</b> |
| Collanzo de frente *                |               | 75,700        | 3,300           | 254        | 2,100        | 19:09          | 18:53        | 18:40        |
| Cruce recto                         | AS-112        | 75,900        | 3,100           | 246        | 0,200        | 19:10          | 18:53        | 18:41        |
| <b>Figaredo</b>                     | <b>AS-375</b> | <b>77,800</b> | <b>1,200</b>    | <b>235</b> | <b>1,900</b> | <b>19:13</b>   | <b>18:56</b> | <b>18:43</b> |
| <b>Figaredo META</b>                | <b>AS-375</b> | <b>79,000</b> | <b>0,000</b>    | <b>233</b> | <b>3,100</b> | <b>19:15</b>   | <b>18:58</b> | <b>18:45</b> |



# Challenge Montaña Central de Asturias Junior

## Mapa y altimetría 2ª etapa 2º sector: Felechosa - Figaredo



# CHALLENGE MONTAÑA CENTRAL DE ASTURIAS JUNIOR

JUNIOR

Organiza:

CLUB CICLISTA PUERTA DE ASTURIAS

3ª Etapa

POLA DE LENA - POLA DE LENA

Kmts.:

81,3

6 de mayo de 2018

Control de Firmas:

10:15

Oficina permanente:

PLAZA ALFONSO X

Cierre de Control:

10:45

Control médico:

CAMION PODIUM

Salida real:

11:00

| ITINERARIO                                  | VIA           | KMS.<br>REC.  | KMS<br>POR REC. | ALT.       | PARC.        | MEDIA KM/H.  |              |              |
|---------------------------------------------|---------------|---------------|-----------------|------------|--------------|--------------|--------------|--------------|
|                                             |               |               |                 |            |              | 35           | 40           | 45           |
| <b>Salida POLA DE LENA</b>                  |               | 0,000         | 81,300          | 309        | 0,000        | 11:00        | 11:00        | 11:00        |
| Rotonda Polideportivo dirección Campomanes  | AS-375        | 1,300         | 80,000          | 321        | 1,300        | 11:02        | 11:01        | 11:01        |
| Rotonda Mercadona dirección Campomanes      | AS-375        | 1,500         | 79,800          | 323        | 0,200        | 11:02        | 11:02        | 11:02        |
| La Vega'l Ciigu                             | AS-375        | 2,100         | 79,200          | 334        | 0,600        | 11:03        | 11:03        | 11:02        |
| La Vega'l Rei                               | AS-375        | 3,700         | 77,600          | 346        | 1,600        | 11:06        | 11:05        | 11:04        |
| Puente paso estrecho                        | AS-375        | 6,100         | 75,200          | 347        | 2,400        | 11:10        | 11:09        | 11:08        |
| Campumanes Izda - Dcha                      | AS-375        | 6,300         | 75,000          | 382        | 0,200        | 11:10        | 11:09        | 11:08        |
| Dcha dirección La Frecha                    | AS-375        | 7,500         | 73,800          | 396        | 1,200        | 11:12        | 11:11        | 11:10        |
| La Frecha Doble giro Izda                   | AS-375        | 9,000         | 72,300          | 421        | 1,500        | 11:15        | 11:13        | 11:12        |
| Campomanes Centro Urbano Izda-Dcha          | AS-375        | 11,500        | 69,800          | 382        | 2,500        | 11:19        | 11:17        | 11:15        |
| Puente paso estrecho                        | AS-375        | 11,700        | 69,600          | 382        | 0,200        | 11:20        | 11:17        | 11:15        |
| La Vega'l Rei                               | AS-375        | 14,100        | 67,200          | 346        | 2,400        | 11:24        | 11:21        | 11:18        |
| La Vega'l Ciigu                             | AS-375        | 15,700        | 65,600          | 334        | 1,600        | 11:26        | 11:23        | 11:20        |
| C/Miguel de Cervantes, C/Vicente Regueral   |               | 16,300        | 65,000          | 300        | 0,600        | 11:27        | 11:24        | 11:21        |
| Plaza Principado de Asturias ROTONDA Recto  |               | 18,300        | 63,000          | 296        | 2,000        | 11:31        | 11:27        | 11:24        |
| C/Las Ubiñas                                |               | 18,700        | 62,600          | 296        | 0,400        | 11:32        | 11:28        | 11:24        |
| Desvío derecha dirección Villayana          |               | 18,700        | 62,600          | 295        | 0,000        | 11:32        | 11:28        | 11:24        |
| Villayana                                   | AS-375        | 19,100        | 62,200          | 282        | 0,400        | 11:32        | 11:28        | 11:25        |
| Uxo. Centro ciudad                          | MI-3          | 25,100        | 56,200          | 245        | 6,000        | 11:43        | 11:37        | 11:33        |
| Reicastro ROTONDA                           | MI-3          | 26,300        | 55,000          | 247        | 1,200        | 11:45        | 11:39        | 11:35        |
| Santuyano                                   | MI-3          | 27,300        | 54,000          | 234        | 1,000        | 11:46        | 11:40        | 11:36        |
| desvío drcha-Izqud. Puente sobre vías       | MI-3          | 27,600        | 53,700          | 235        | 0,300        | 11:47        | 11:41        | 11:36        |
| Paseo fluvial                               | MI-3          | 28,300        | 53,000          | 209        | 0,700        | 11:48        | 11:42        | 11:37        |
| Dcha puente sobre A-66 (bomberos)           |               | 29,300        | 52,000          | 215        | 1,000        | 11:50        | 11:43        | 11:39        |
| Izda Dir Mieres                             | AS-375        | 29,700        | 51,600          | 215        | 0,400        | 11:50        | 11:44        | 11:39        |
| <b>Mieres Ayuntamiento META VOLANTE</b>     |               | <b>30,900</b> | <b>50,400</b>   | <b>211</b> | <b>1,200</b> | <b>11:52</b> | <b>11:46</b> | <b>11:41</b> |
| C/Oñon                                      |               | 31,800        | 49,500          | 208        | 0,900        | 11:54        | 11:47        | 11:42        |
| La Peña. Rotonda de Frente dir Oviedo       | N-630         | 33,000        | 48,300          | 208        | 1,200        | 11:56        | 11:49        | 11:44        |
| Izquierda POLIGONO INDUSTRIAL MIERES        |               | 33,700        | 47,600          | 190        | 0,700        | 11:57        | 11:50        | 11:44        |
| Túnel estrecho                              |               | 33,900        | 47,400          | 190        | 0,200        | 11:58        | 11:50        | 11:45        |
| Cruce. Izquierda                            | MI-1          | 34,300        | 47,000          | 200        | 0,400        | 11:58        | 11:51        | 11:45        |
| Estación                                    | MI-1          | 35,300        | 46,000          | 200        | 1,000        | 12:00        | 11:52        | 11:47        |
| Polígono Gonzalín BADENES                   | MI-1          | 35,800        | 45,500          | 205        | 0,500        | 12:01        | 11:53        | 11:47        |
| Paseo fluvial de Mieres                     | MI-3          | 37,100        | 44,200          | 208        | 1,300        | 12:03        | 11:55        | 11:49        |
| Giro derecha izquierda sobre vías           | MI-3          | 38,900        | 42,400          | 237        | 1,800        | 12:06        | 11:58        | 11:51        |
| Reicastro ROTONDA                           | MI-3          | 40,400        | 40,900          | 247        | 1,500        | 12:09        | 12:00        | 11:53        |
| Uxo                                         | MI-3          | 41,200        | 40,100          | 245        | 0,800        | 12:10        | 12:01        | 11:54        |
| Vil.layana                                  | AS-375        | 44,800        | 36,500          | 282        | 3,600        | 12:16        | 12:07        | 11:59        |
| La Vega                                     | AS-375        | 46,300        | 35,000          | 290        | 1,500        | 12:19        | 12:09        | 12:01        |
| <b>La Pola L.lena META VOLANTE</b>          | <b>AS-375</b> | <b>48,100</b> | <b>33,200</b>   | <b>309</b> | <b>1,800</b> | <b>12:22</b> | <b>12:12</b> | <b>12:04</b> |
| Glorieta Polideportivo Izda                 |               | 49,200        | 32,100          | 320        | 1,100        | 12:24        | 12:13        | 12:05        |
| C/Miguel de Cervantes, C/Vicente Regueral   |               | 50,300        | 31,000          | 300        | 1,100        | 12:26        | 12:15        | 12:07        |
| Plaza Principado de Asturias Glorieta Dcha. |               | 50,900        | 30,400          | 296        | 0,600        | 12:27        | 12:16        | 12:07        |
| La Corrona                                  | LN-1          | 52,200        | 29,100          | 283        | 1,300        | 12:29        | 12:18        | 12:09        |
| <b>Carabanzo PREMIO MONTAÑA 3ª</b>          | <b>LN-1</b>   | <b>56,300</b> | <b>25,000</b>   | <b>459</b> | <b>4,100</b> | <b>12:36</b> | <b>12:24</b> | <b>12:15</b> |
| Collanzo Izda 180º Peligro                  |               | 58,600        | 22,700          | 255        | 2,300        | 12:40        | 12:27        | 12:18        |
| Paso estrecho bajo Autopista IZDA           |               | 59,100        | 22,200          | 253        | 0,500        | 12:41        | 12:28        | 12:18        |
| Vil.layana                                  | AS-375        | 60,900        | 20,400          | 282        | 1,800        | 12:44        | 12:31        | 12:21        |
| La Vega                                     | AS-375        | 61,600        | 19,700          | 284        | 0,700        | 12:45        | 12:32        | 12:22        |
| La Barraca                                  | AS-375        | 63,000        | 18,300          | 290        | 1,400        | 12:48        | 12:34        | 12:24        |
| Pola Centro Travesía                        | AS-375        | 64,200        | 17,100          | 309        | 1,200        | 12:50        | 12:36        | 12:25        |
| Glorieta Polideportivo Izquierda            |               | 65,300        | 16,000          | 320        | 1,100        | 12:51        | 12:37        | 12:27        |
| Glorieta Vicente Regueral Derecha           |               | 66,900        | 14,400          | 296        | 1,600        | 12:54        | 12:40        | 12:29        |
| La Corrona                                  | LN-1          | 68,300        | 13,000          | 283        | 1,400        | 12:57        | 12:42        | 12:31        |
| <b>Carabanzo PREMIO MONTAÑA 3ª</b>          | <b>LN-1</b>   | <b>72,500</b> | <b>8,800</b>    | <b>459</b> | <b>4,200</b> | <b>13:04</b> | <b>12:48</b> | <b>12:36</b> |
| Collanzo Izda 180º Peligro                  |               | 74,800        | 6,500           | 255        | 2,300        | 13:08        | 12:52        | 12:39        |
| Paso estrecho bajo Autopista Dcha - IZDA    |               | 75,200        | 6,100           | 253        | 0,400        | 13:08        | 12:52        | 12:40        |
| Vil.layana                                  | AS-375        | 78,200        | 3,100           | 282        | 3,000        | 13:14        | 12:57        | 12:44        |
| La Vega                                     | AS-375        | 78,800        | 2,500           | 284        | 0,600        | 13:15        | 12:58        | 12:45        |
| La Pola L.lena Pza. Alfonso X, El Sabio     | AS-375        | 81,300        | 0,000           | 309        | 2,500        | 13:19        | 13:01        | 12:48        |
| <b>META</b>                                 | <b>AS-375</b> | <b>81,300</b> | <b>0,000</b>    | <b>309</b> | <b>0,000</b> | <b>13:19</b> | <b>13:01</b> | <b>12:48</b> |



# Challenge Montaña Central de Asturias Junior

## Mapa y altimetría 3ª etapa: Pola de Lena – Pola de Lena

