

1.00.00	Dislivello		Km		Tempo		Risultato		kg. 79+22+7		
	progr.	tratto	progr.	tratto	progr.	tratto	Pendenza	Km/h	Watt	Watt/Kg	VAM
SALITA											
La villa	1437		0,000		0.00.00						
Passo Campolongo	1875	438	9,700	9,700	0.25.23	0.25.23	4,52%	22,93	423	5,36	1035,4
Arabba	1605		13,500		0.30.24						
Passo Pordoi	2233	628	22,800	9,300	0.56.10	0.25.46	6,75%	21,66	537	6,79	1458,7
Bivio Lupo B.	1815		29,200		1.04.44						
Passo Sella	2244	429	34,700	5,500	1.21.05	0.16.21	7,80%	20,18	557	7,05	1569,3
Bivio Plan de Gralba	1878		40,000		1.28.41						
Passo Gardena	2122	244	45,800	5,800	1.43.18	0.14.37	4,21%	23,81	422	5,34	1001,5
Totale		1739		30,300		1.22.07	5,74%	22,14	485	6,14	1268,75
DISCESA											
Passo Campolongo	1875		9,700		0.25.23						
Arabba	1605	270	13,500	3,800	0.30.24	0.05.01	7,11%	45,45			
Passo Pordoi	2233		22,800		0.56.10						
Bivio Lupo B.	1815	418	29,200	6,400	1.04.44	0.08.34	6,53%	44,82			
Passo Sella	2244		34,700		1.21.05						
Bivio Plan de Gralba	1878	366	40,000	5,300	1.28.41	0.07.36	6,91%	41,84			
Passo Gardena	2122		45,800		1.43.18						
Corvara	1543	579	55,010	9,210	1.55.36	0.12.18	6,29%	44,93			
Totale		1633		24,710		0.33.29		44,28			