




J08 - BARI - CAMPOBASSO	0	BARI	VC	Contrôle Départ	5h 00		
		15km - 62m - 4 ‰			20,0 km/h		
	15	SANTE SPIRITO CATINO	VC		5h 45		
		7km - 24m - 3 ‰ Cumul 86m			20,0 km/h		
	22	GIOVINAZZO	Via Adriatica (ex S16)		6h 06		
		3km - 11m - 4 ‰ Cumul 97m			20,0 km/h		
	25	GAVETOS	Via Adriatica (ex S16)		6h 15		
		4km - 25m - 7 ‰ Cumul 122m			20,0 km/h		
	29	MOLFETTA	Via Adriatica (ex S16)		6h 25		
		10km - 45m - 5 ‰ Cumul 167m			20,0 km/h		
	38	BISCEGLIE	Via Adriatica (ex S16)		0h 20	6h 54	7h 14
		8km - 47m - 6 ‰ Cumul 214m			21,0 km/h		
	46	TRANI	Via Adriatica (ex S16)		7h 36		
		13km - 52m - 4 ‰ Cumul 266m			21,0 km/h		
	59	BARLETTA	Via Foggia (ex S16) - S152 - P62		8h 14		
		8km - 18m - 2 ‰ Cumul 284m			21,0 km/h		
67	Carrefour P62/S141	P62		8h 36			
	9km - 21m - 2 ‰ Cumul 305m			21,0 km/h			
76	TRINITAPOLI	S544		9h 02			
	7km - 10m - 1 ‰ Cumul 315m			21,0 km/h			
83	Car. S544/P66	S544		0h 20	9h 22	9h 42	
	10km - 25m - 3 ‰ Cumul 340m			21,0 km/h			
93	LA LUPARELLA (Car. P77 / S544)	S544		10h 09			
	4km - 8m - 2 ‰ Cumul 348m			21,0 km/h			
96	BORGO TRESSANTI	S544		10h 19			
	14km - 37m - 3 ‰ Cumul 385m			21,0 km/h			
110	BORGO MEZZANONE	S544		10h 58			
	16km - 69m - 4 ‰ Cumul 454m			21,0 km/h			
126	FOGGIA	S17		0h 50	11h 44	12h 34	
	18km - 157m - 9 ‰ Cumul 611m			18,0 km/h			
143	LUCERA	S17	Contrôle n° 1				
	17km - 255m - 15 ‰ Cumul 866m			14,0 km/h			
160	Echangeur S17 /S17 Var	S17		0h 20	14h 45	15h 05	
	5km - 221m - 44 ‰ Cumul 1087m			10,0 km/h			
165	Tunnel PASSO DEL LUPO (1373 m)	S17		15h 35			
	9km - 59m - 7 ‰ Cumul 1146m			19,0 km/h			
174	Car. S17/S17 Var/S135 bis Volturara	S17		16h 03			
	8km - 9m - 1 ‰ Cumul 1155m			21,0 km/h			
182	Carr. SS17/P2 S. Marco La Catola	S17		16h 26			
	8km - 74m - 9 ‰ Cumul 1229m			19,0 km/h			
190	Ech. S645/S212/P212	S645		16h 51			
	13km - 238m - 18 ‰ Cumul 1467m			14,0 km/h			
203	Ech. S645/P19 (CAMPODIPIETRA)	S645		0h 20	17h 47	18h 07	
	6km - 152m - 25 ‰ Cumul 1619m			11,0 km/h			
209	Car. S645 /P56	VC		18h 40			
	6km - 225m - 38 ‰ Cumul 1844m			10,0 km/h			
215	COMPOBASSO			19h 16			
							
Vitesse moyenne roulante : 17,76 km/h							


J09 - CAMPOBASSO - AVEZZANO


215	0	CAMPOBASSO	S17		6h 00
		2km - 102m - 51 ‰		10,0 km/h	
217	2	Tunnel Lama Bianca	S17		6h 12
		5km - 75m - 17 ‰ Cumul 177m		15,0 km/h	
222	7	tunnel Monteverde	S17		6h 30
		4km - 19m - 5 ‰ Cumul 196m		20,0 km/h	
225	10	Car. S87/P162 (Vinchiatiuro)	S17 (-> km14) - S647 (sur 500m) - P 52 -S17		6h 40
		11km - 36m - 3 ‰ Cumul 232m		20,0 km/h	
236	21	Car. S17/P49 (Bojano)	S17		7h 13
		10km - 81m - 8 ‰ Cumul 313m		18,0 km/h	
246	31	TAVERNA	S17		7h 46
		10km - 207m - 21 ‰ Cumul 520m		15,0 km/h	
256	41	Car S17/VC (PETTONARELO)	S17	0h 20	8h 26 8h 46
		7km - 29m - 4 ‰ Cumul 549m		20,0 km/h	
263	48	ISERNIA	S17 (-> km51) - S17 var	Contrôle n° 2	9h 07
		14km - 617m - 44 ‰ Cumul 1166m		10,0 km/h	
277	62	FORLI DEL SANNIO	S17		10h 31
		12km - 415m - 35 ‰ Cumul 1581m		11,0 km/h	
289	74	Car S17/S83 (km 74)	S83		11h 37
		5km - 74m - 15 ‰ Cumul 1655m		15,0 km/h	
294	79	ALFEDENA	S83	0h 50	11h 57 12h 47
		12km - 285m - 24 ‰ Cumul 1940m		13,0 km/h	
306	91	BARREA ***	S83		13h 42
		5km - 31m - 6 ‰ Cumul 1971m		19,0 km/h	
311	96	VILETTA BARREA	S83		13h 58
		10km - 199m - 20 ‰ Cumul 2170m		15,0 km/h	
321	106	OPI	S83		14h 38
		6km - 49m - 8 ‰ Cumul 2219m		19,0 km/h	
327	112	PESCASSEROLI	S83		14h 57
		9km - 261m - 29 ‰ Cumul 2480m		12,0 km/h	
336	121	Passo DI DIAVOLO (1404 m)	S83 (-> km136,5) - VC à gauche	0h 20	15h 42 16h 02
		21km - 50m - 2 ‰ Cumul 2530m		20,0 km/h	
357	142	ORTUCCHIO	VC - P20 du km 155 au km157 - VC		17h 05
		25km - 109m - 4 ‰ Cumul 2639m		19,0 km/h	
382	167	AVEZZANO (centre)			18h 24
		4km - 117m - 33 ‰ Cumul 2756m		15,0 km/h	
386	171	AVEZZANO (airbnb) 			18h 38

J09 - CAMPOBASSO - AVEZZANO


Vitesse moyenne roulante : 15,41 km/h

J10 - AVEZZANO / ORVIETO	385	0	AVEZZANO	VC (-> km 5) - S5		5h 00	
			9km - 19m - 2 ‰		20,0 km/h		
	394	9	SCURCOLA MARSICANA	S5 (-> km 13,5) - VC (-> km 17) - R5		5h 27	
			8km - 59m - 7 ‰ Cumul 78m		19,0 km/h		
	402	17	TAGLIACOZZO	R5 (Col de Vadico Monte Bove au km 28 =1201 m)		5h 52	
			16km - 470m - 29 ‰ Cumul 548m		12,0 km/h		
	418	33	COLLI DI MONTE BOVE	R5		7h 12	
			9km - 6m - 1 ‰ Cumul 554m		25,0 km/h		
	427	42	CARSOLI	P34	0h 20	7h 33	7h 53
			16km - 76m - 5 ‰ Cumul 630m		20,0 km/h		
	443	58	(PAGANICO SABINO)	P34		8h 41	
			6km - 39m - 7 ‰ Cumul 669m		19,0 km/h		
	449	64	CASTEL DI TORA (Pont)	P34		8h 59	
			8km - 112m - 14 ‰ Cumul 781m		16,0 km/h		
	457	72	POSTICCIOLA	P34		9h 29	
			5km - 65m - 14 ‰ Cumul 846m		16,0 km/h		
	461	76	(ROCCA SINIBALDA)	P34		9h 46	
			6km - 16m - 3 ‰ Cumul 862m		19,0 km/h		
	467	82	BELMONTE IN SABINA	P34	0h 20	10h 05	10h 25
			12km - 59m - 5 ‰ Cumul 921m		19,0 km/h		
479	94	RIETI	R79 -		11h 02		
		13km - 62m - 5 ‰ Cumul 983m		19,0 km/h			
492	107	Carrefour R79/R521	R79 (-> km 115) - VC (bords du lac)		11h 42		
		11km - 74m - 7 ‰ Cumul 1057m		19,0 km/h			
502	117	PIEDILUCO	R79		12h 15		
		6km - 35m - 6 ‰ Cumul 1092m		20,0 km/h			
508	123	MARMORE	R79	0h 50	12h 33	13h 23	
		8km - 5m - 1 ‰ Cumul 1097m		17,0 km/h			
516	131	TERNI	S3	Contrôle n° 3	13h 51		
		12km - 77m - 7 ‰ Cumul 1174m		19,0 km/h			
528	143	NARNI	S3 - R205		14h 28		
		8km - 202m - 27 ‰ Cumul 1376m		14,0 km/h			
535	150	FORNOLE	R205		15h 00		
J10 - AVEZZANO / ORVIETO	540	155	AMELIA	VC - S205		15h 20	
			10km - 176m - 18 ‰ Cumul 1644m		15,0 km/h		
	550	165	LUGNANO IN TEVERINA	S205	0h 20	16h 00	16h 20
			9km - 68m - 8 ‰ Cumul 1712m		18,0 km/h		
	559	174	GUARDEA	S205		16h 50	
			13km - 76m - 6 ‰ Cumul 1788m		19,0 km/h		
	572	187	BASCHI	S205		17h 31	
			10km - 46m - 5 ‰ Cumul 1834m		19,0 km/h		
	582	197	ORVIETO SCALO	S71 ter	0h 20	18h 02	18h 22
			5km - 205m - 45 ‰ Cumul 2039m		12,0 km/h		
587	202	ORVIETO 			18h 45		
202 km en 11 h 35 de selle = vitesse moyenne roulante 17,5 km/h							

J11 - ORVIETO / VOLTERRA	587	0	ORVIETO	P99		5h 30
			6km - 81m - 14 ‰		17,0 km/h	
	593	6	Car. P99/P107	P107		5h 51
			6km - 353m - 59 ‰ Cumul 434m		8,0 km/h	
	599	12	Car. P107/P45 (Castel Vioscardo)	P45 (-> km 13,5) - VC - P50 (à partir du km 16)		6h 36
			13km - 70m - 5 ‰ Cumul 504m		19,0 km/h	
	612	25	ACQUAPENDENTE	VC - R2		7h 17
			13km - 112m - 9 ‰ Cumul 616m		18,0 km/h	
	625	38	PONTE A RIGO	R2	0h 20	8h 00 8h 20
			7km - 79m - 11 ‰ Cumul 695m		18,0 km/h	
	632	45	Car R2/P24 (km 45)	R2		8h 43
			5km - 141m - 31 ‰ Cumul 836m		10,0 km/h	
	637	50	Tunnel Le Chiavi (895m) km 49	R2		9h 10
			12km - 123m - 10 ‰ Cumul 959m		18,0 km/h	
	649	62	GALLINA	R2		9h 50
			11km - 198m - 19 ‰ Cumul 1157m		15,0 km/h	
	659	72	SAN QUIRICO D'ORCIA	R2		10h 32
			8km - 73m - 9 ‰ Cumul 1230m		18,0 km/h	
	667	80	TORRENIERI	R2	0h 20	10h 59 11h 19
			9km - 57m - 6 ‰ Cumul 1287m		19,0 km/h	
676	89	BUONCONVENTO	R2	Contrôle n° 4	11h 47	
		3km - 20m - 7 ‰ Cumul 1307m		19,0 km/h		
679	92	PONTE D'ARBIA	R2		11h 57	
		7km - 51m - 7 ‰ Cumul 1358m		19,0 km/h		
686	99	LUCIGNANO D'ARBIA	R2		12h 19	
		2km - 7m - 4 ‰ Cumul 1365m		20,0 km/h		
688	101	MONTERONI D'ARBIA	R2		12h 25	
		5km - 19m - 4 ‰ Cumul 1384m		20,0 km/h		
693	106	ISOLA D'ARBIA	R2		12h 40	
		10km - 196m - 20 ‰ Cumul 1580m		15,0 km/h		
703	116	SIENA (centre)	VC - R2	0h 50	13h 20 14h 10	
		15km - 183m - 12 ‰ Cumul 1763m		18,0 km/h		
718	131	MONTERIGGIONI (Ech. A3)	P5		15h 00	
J11 - ORVIETO / VOLTERRA	727	140	COLLE DI VAL D'ELSA	R68		15h 28
			6km - 120m - 22 ‰ Cumul 1951m		15,0 km/h	
	733	146	CAMPIGLIA DEI FOCI	R68		15h 50
			6km - 206m - 34 ‰ Cumul 2157m		12,0 km/h	
	739	152	CASTEL SAN GIMIGNANO	R68		16h 20
			13km - 286m - 22 ‰ Cumul 2443m		15,0 km/h	
	752	165	Car R68/R439 (RONCOLLA)	R68	0h 20	17h 12 17h 32
		4km - 170m - 49 ‰ Cumul 2613m		10,0 km/h		
755	168	VOLTERRA 			17h 53	
168 km en 10h35 de selle = 16 km/h						

J12 - VOLTERRA / BORGHETTO	755	0	VOLTERRA	P15		5h 15		
			6km - 21m - 4 ‰		20,0 km/h			
	761	6	SAN CIPRIANO	P15 - R439		5h 33		
			15km - 49m - 3 ‰ Cumul 70m		20,0 km/h			
	776	21	LA STERZA	R349		6h 18		
			11km - 57m - 5 ‰ Cumul 127m		20,0 km/h			
	787	32	CAPANNOLI	R349		6h 51		
			6km - 11m - 2 ‰ Cumul 138m		20,0 km/h			
	793	38	PONSACCO	P23	0h 20	7h 09	7h 29	
			8km - 20m - 3 ‰ Cumul 158m		17,0 km/h			
	801	46	FORNACETTE	R67		7h 57		
			3km - 4m - 1 ‰ Cumul 162m		17,0 km/h			
	804	49	GASCINA	R67		8h 07		
			5km - 12m - 2 ‰ Cumul 174m		17,0 km/h			
	809	54	VISIGNANO	R67		8h 25		
			9km - 25m - 3 ‰ Cumul 199m		17,0 km/h			
	818	63	PISA	S1	Contrôle n° 5	0h 50	8h 57	9h 47
			8km - 15m - 2 ‰ Cumul 214m		20,0 km/h			
	826	71	MIGLIARINO PISANO	S1		10h 11		
			9km - 25m - 3 ‰ Cumul 239m		20,0 km/h			
	835	80	TORRE DEL LAGO PUCCINI	S1		10h 38		
			6km - 14m - 2 ‰ Cumul 253m		17,0 km/h			
	841	86	VIAREGGIO	VC Front de mer		10h 59		
			9km - 18m - 2 ‰ Cumul 271m		17,0 km/h			
850	95	MARINA DI PIETRASANTA	VC Front de mer		11h 31			
		25km - 55m - 2 ‰ Cumul 326m		17,0 km/h				
875	120	AMEGLIA	P342	0h 50	12h 59	13h 49		
		8km - 84m - 11 ‰ Cumul 410m		17,0 km/h				
883	128	ARCOLA	VC		14h 17			
		11km - 148m - 13 ‰ Cumul 558m		17,0 km/h				
894	139	LA SPEZIA - (Viale G. Amendola)	P370		14h 56			
		8km - 322m - 42 ‰ Cumul 880m	Parcours optionnel entre km 139 et 162	15,0 km/h				
902	147	Tunnel de BLASSA (coté Est)	P370		15h 27			
		6km	Parcours optionnel entre km 139 et 162	15,0 km/h				
908	153	RIOMAGGIORE	P370	0h 50	15h 50	16h 40		
		5km	Parcours optionnel entre km 139 et 162	10,0 km/h				
913	158	Tunnel de BLASSA (coté Est)	VC		17h 11			
		5km	Parcours optionnel entre km 139 et 162	20,0 km/h				
917	162	LA SPEZIA - (Via Monfalcone)	Via Genova		17h 25			
		6km		10,0 km/h				
924	169	SAN BENEDETTO	P1		18h 02			
		3km		15,0 km/h				
927	172	RICCO DEL GOLFO DI SPEZIA	P1		18h 14			
		3km		15,0 km/h				
929	174	PIAN DI BARCA	P1		18h 24			
		3km		15,0 km/h				
932	177	PADIVARMA	P1		18h 36			
		5km		17,0 km/h				
939	184	BORGHETTO DI VARA			19h 02			
vitesse moyenne roulante 16,7 km/h								

J13 - BORGHETTO / PIETRA LIGURE

940	0	BORGHETTO DI VARA	P566		6h 30
		8km - 163m - 20 ‰		13,0 km/h	
948	8	CARRODANO	P1		7h 06
		4km - 241m - 60 ‰ Cumul 404m		8,0 km/h	
952	12	MATTARANA	P1		7h 36
		5km - 147m - 29 ‰ Cumul 551m		10,0 km/h	
957	17	Passo del BRACO (612m)	P1		8h 06
		4km - 6m - 2 ‰ Cumul 557m		25,0 km/h	
961	21	Car. S1/ VC (D° Piazza)	P1		8h 15
		3km - 1m - 0 ‰ Cumul 558m		25,0 km/h	
963	23	BRACCO	P1		8h 21
		12km - 18m - 2 ‰ Cumul 576m		25,0 km/h	
975	35	SESTRI LEVANTE	S1- tunnel au Km 36,3		8h 50
		6km - 38m - 6 ‰ Cumul 614m		19,0 km/h	
981	41	LAVAGNA	S1	0h 20	9h 09 9h 29
		2km - 5m - 3 ‰ Cumul 619m		19,0 km/h	
983	43	CHIAVARI	S1		9h 35
		7km - 184m - 28 ‰ Cumul 803m		10,0 km/h	
990	50	ZOAGLI	S1		10h 14
		5km - 90m - 18 ‰ Cumul 893m		13,0 km/h	
995	55	RAPALLO	S31 (-> km 57,5) - VC - S1	Contrôle n° 6	10h 37
		7km - 264m - 38 ‰ Cumul 1157m		10,0 km/h	
1002	62	Passo di RUTA (278m)	S1		11h 19
		4km - 2m - 1 ‰ Cumul 1159m		25,0 km/h	
1006	66	RECCO	S1		11h 29
		4km - 64m - 18 ‰ Cumul 1223m		13,0 km/h	
1009	69	SORI	S1		11h 45
		3km - 27m - 9 ‰ Cumul 1250m		17,0 km/h	
1012	72	BOGLIASCO	S1		11h 55
		5km - 59m - 12 ‰ Cumul 1309m		15,0 km/h	
1017	77	QUINTO AL MARE	VC		12h 15
		7km - 44m - 6 ‰ Cumul 1353m		17,0 km/h	
1024	84	GENOVA (viale Brigate Partigiane)	VC	0h 20	12h 40 13h 00
		1km - 8m - 8 ‰ Cumul 1361m		17,0 km/h	
1025	85	GENOVA (Pont monumental)	VC		13h 04
		3km - 36m - 12 ‰ Cumul 1397m		15,0 km/h	
1028	88	GENOVA (gare maritime) km 88	VC - S1		13h 16
		14km - 49m - 4 ‰ Cumul 1446m		17,0 km/h	
1042	102	VOLTRI	S1		14h 05
		7km - 46m - 7 ‰ Cumul 1492m		17,0 km/h	
1049	109	ARENZANO	S1		14h 30
		4km - 71m - 18 ‰ Cumul 1563m		15,0 km/h	
1053	113	COGOLELO	S1		14h 46
		6km - 40m - 7 ‰ Cumul 1603m		17,0 km/h	
1059	119	VARAZZE	S1	0h 50	15h 07 15h 57
		4km - 20m - 5 ‰ Cumul 1623m		17,0 km/h	
1063	123	CELLE LIGURE	S1		16h 11
		8km - 25m - 3 ‰ Cumul 1648m		17,0 km/h	
1071	131	SAVONA	S1		16h 39
		6km - 49m - 8 ‰ Cumul 1697m		17,0 km/h	
1077	137	VADO LIGURE	S1		17h 00
		7km - 59m - 8 ‰ Cumul 1756m		17,0 km/h	
1084	144	SPOTORNO	S1		17h 25
		7km - 70m - 10 ‰ Cumul 1826m		17,0 km/h	
1091	151	VARIGOTTI	S1		17h 50
		4km - 24m - 6 ‰ Cumul 1850m		17,0 km/h	
1095	155	FINALE LIGURE	S1	0h 20	18h 04 18h 24
		6km - 49m - 8 ‰ Cumul 1899m		17,0 km/h	
1101	161	PIETRA LIGURE 			18h 45

Vitesse moyenne roulante : 15,40 km/h

J14 - PIETRA LIGURE / MENTON	1101	0	PIETRA LIGURE	Front de mer		5h 00
			4km - 11m - 3 ‰		17,0 km/h	
	1105	4	LOANO	Front de mer		5h 14
			11km - 54m - 5 ‰ Cumul 65m		17,0 km/h	
	1116	15	ALBENGA (pont)	S1		5h 52
			6km - 81m - 14 ‰ Cumul 146m		15,0 km/h	
	1122	21	ALASSIO	S1	Contrôle n° 7	6h 16
			4km - 26m - 7 ‰ Cumul 172m		17,0 km/h	
	1126	25	LAIGUEGLIA	S1		6h 31
			9km - 164m - 18 ‰ Cumul 336m		15,0 km/h	
	1135	34	CERVO	S1		7h 07
			4km - 14m - 4 ‰ Cumul 350m		17,0 km/h	
	1139	38	DIANO MARINA	S1	0h 20	7h 21 7h 41
			6km - 126m - 21 ‰ Cumul 476m		15,0 km/h	
	1145	44	ONEGLIA	S1		8h 05
			8km - 98m - 12 ‰ Cumul 574m		15,0 km/h	
	1153	52	SAN LORENZO AL MARE	Piste cyclable		8h 37
			7km - 77m - 11 ‰ Cumul 651m		17,0 km/h	
	1160	59	RIVA LIGURE	Piste cyclable		9h 01
			3km - 14m - 6 ‰ Cumul 665m		17,0 km/h	
	1163	62	ARMADI TAGGIA	Piste cyclable		9h 10
			9km - 85m - 10 ‰ Cumul 750m		17,0 km/h	
	1171	70	SAN REMO	Piste cyclable		9h 40
			6km - 42m - 7 ‰ Cumul 792m		17,0 km/h	
1177	76	OSPEDALETTI	S1		10h 01	
		6km - 91m - 15 ‰ Cumul 883m		15,0 km/h		
1183	82	BORDIGHERA	S1 (-> km85) - front de mer	0h 20	10h 25 10h 45	
		6km - 42m - 7 ‰ Cumul 925m		15,0 km/h		
1189	88	VENTIMIGLIA	S1		11h 09	
		11km - 252m - 24 ‰ Cumul 1177m		13,0 km/h		
1200	99	MENTON		Contrôle ARRIVÉE	11h 58	
		99 km & 6h20 en selle = 15,7 km/h	Sécurité : 1h 02 pour un départ de Bari à 5 h00			

99 km en 6h20 en selle = 15,7 km/h moyenne roulante