

PLACE	COMMON	PR	PARTIAL KM	TOTAL KM	ALTIT UDE ABOVE THE SEA LEVEL	TRAVEL TIME	THEORETI CAL TIME	C.O. TIME CONTROL P.A. ABILITY TEST C.T.O. TIME STAMP CONTROL C.T. STAMP CONTROL	NOTES
SPOLETO	SPOLETO	PG	0	0	396	0	9.00	C.O.P P.A. ABILITY TIME CONTROL AT THE START	START-PIAZZA DUOMO, CENTRO STORICO, SS. 395.
FORCA DI CERRO	SPOLETO	PG	13	13	734	0,20	9.20		STRAIGHT, SS. 395, GROTTI, GO DIRECTION CASCIA – VISSO.
PIEDIPATERNO	VALLO DI NERA	PG	9	22	-	0,33	9.33		NASTY BEND TO THE RIGHT, DOWNWARD, AFTER THE STOP TO THE RIGHT TO VALLO DI NERA, SS. 685, THAN TO THE LEFT TO VALLO DI NERA, SP 472.
VALLO DI NERA	VALLO DI NERA	PG	3	25	467	1,38	10.38	C.T. TIME CONTROL 1 HOUR EXTRA, SNACK, GUIDED VISIT	MEDIEAVAL CITY, HOME OF THE LEADER PETRONE- XVI° CENTURY, C.T. TIME CONTROL, EXIT, AT THE CONTRARY WHAT YOU DID BEFORE, DOWNWARD, AT THE STOP TO THE LEFT (STAFF FOR THE ENTRANCE AND THE EXIT), S.685, TO THE LEFT TO SANT'ANATOLIA DI NARCO (ATTENTION RADAR BEFORE THE ROAD-FORK)

SANT'ANATOLIA DI NARCO	SANTA ANATOLIA DI NARCO	PG	6	31	320	1,47	10.47		PIAZZA MARCONI, SP 471, CASO, (728Mt), STRAIGHT UP HILL, GAVELLI (1115 Mt), STRAIGHT AT THE STOP FOR MONTELEONE DI SPOLETO – LEONESSA, SP 470 DI POGGIODOMO.
MONTELEONE DI SPOLETO	MONTELEONE DI SPOLETO	PG	25	56	978	2,54	11.54	C.T. TIME CONTROL, SNACK, GUIDED VISIT AT THE ROMAN CHARIOT, 30 MIN EXTRA	C.T. TIME CONTROL IN THE "CENTRO STORICO", FOLLOW THE ARROWS, RENAISSANCE CITY, LARGO CARLO INNOCENZI, TO THE RIGHT, DOWNWARD, TO LEONESSA, SP 470, RUSCIO, AT THE STOP TO THE RIGHT TO LEONESSA, SR 471 AT THE STOP OF THE ROTUNDA, STRAIGHT TO LEONESSA CENTRO = CENTRE
LEONESSA	LEONESSA	PG	13	69	969	3,44	12.44	C.T. TIME CONTROL, 30 MIN EXTRA, SNACK	MEDIAVAL CITY, VIA F.CRISPI, LARGO BIXIO CHERUBINI, CORSO SAN GIUSEPPE DI LEONESSA, PIAZZA VII APRILE C.T. TIME CONTROL LEAVING, VIA SAN FRANCESCO D'ASSISI, LARGO COSTANTINO PALMIERI, TO THE RIGHT AT THE STOP TO THE RIGHT DIRECTION VALLONINA – FONTENUOVA (YELLOW SIGNS), AT THE END OF THE DESCENT, AFTER THE BRIDGE TO THE RIGHT TO VALLONINA – TERMINILLO SU SP 10.LOC FONTENUOVA.
TERMINILLO	RIETI	RI			2210			C.O. I.P.A. BEGINNING ABILITY TEST TIME CONTROL	
TERMINILLO	RIETI	RI	24	93	2216	4,20	13.20	F.P.A. END OF THE ABILITY TEST	SKIING ZONE, F.P.A. END ABILITY TEST, ON THE MAIN SQUARE.... DOWNHILL, LISCIANO.

VAZIA	RIETI	RI	-	-	-	-	-		DRITTI, DOPO IL PASSAGGIO A LIVELLO ALLO STOP A DX INDICAZIONI CENTRO.
RIETI	RIETI	RI	21	114	405	4,51	13.51	C.T. TIME CONTROL SNACK	FOLLOW ARROWS, C.T. TIME CONTROL, CENTRO STORICO, THAN THE INDICATIONS: CONTIGLIANO, STRAIGHT DIRECTION: POGGIO FIDONI, SP 45, PIANI DI SANT'ELIA, PIANI DI POGGIO FIDONI, TO THE LEFT TO POGGIO MIRTETO, THAN TO THE LEFT TO MONTENERO, DOWNHILL, FOLLOW THE INDICATIONS: POGGIO MIRTETO, (DAMAGED ROAD), FOLLOW THE INDICATIONS: ROMA.
FRAZIONE BOCCHIGNANO	MONTOPOLI DI SABINA	RI	-	-	-	-	-		SEGUIRE INDICAZIONI PER POGGIO MIRTETO, SP 46, ALLO STOP A DX POI TENERE LA STRADA IN SALITA
POGGIO MIRTETO	POGGIO MIRTETO	RI	44	158	246	5.57	14.57	C.T. TIME CONTROL SNACK	KNOWN HISTORICAL CITY, (GIUSEPPE GARIBALDI), SP 48, C.T. TIME CONTROL, IN PIAZZA DELLA VETRERIA, LARGO CAVALLOTTI, TO THE RIGHT TO TERNI, POGGIO CATINO, ROCCACANTINA.
BIVIO CASPERIA	CASPERIA	RI	13	171	-	6,17	15.17		ALWAYS STRAIGHT, CERQUETO, MONTASOLA (L' ANTICA CITTÀ DEI LAURI), FOLLOW THE INDICATIONS TO TERNI, STRAIGHT TO CONFIGNI, SP 48, ACQUAVIVA, CASTIGLIONE DI COTTANELLO, AFTER THE STOP STRAIGHT TO CONFIGNI – TERNI. SS.313,
CONFIGNI	CONFIGNI	RI	-	-	549	6,39	15.39	C.T. TIME CONTROL SNACK	FORTIFIED SETTLEMENT, TO THE LEFT, UPHILL, CENTRO STORICO AND BREAK, AFTER THE TIME CONTROL, DOWNHILL, TO THE LEFT, SS.313, DIRECTION TERNI, COLLI DI LUGNOLA, VASCIGLIANO, TO THE RIGHT, UPHILL, TO STRONCONE – COLMARTINO, COLMARTINO, AFTER THE STOP STRAIGHT, AFTER THE STOP TO THE RIGHT, STRONCONE
STRONCONE	STRONCONE	TR	30	201	461	7,02	16,02	C.T. TIME CONTROL	MEDIEVAL SUBURB, VIALE LUIGI LANZI UPHILL, TO THE LEFT, UPHILL TO THE CENTRO = CENTRE, PIAZZA LUIGI LANZI C.T. TIME CONTROL, EXIT AFTER THE SQUARE, DOWNWARD, ATTENTION, NARROW "NASTY" BEND, AFTER THE STOP STRAIGHT, SP 16 DIRECTION TERNI, CANNUCCIANO STAZIONE – TERMINI.
TERNI	TERNI	TR	11	212	146	7,18	16.18	C.O.A.	VIALE FILIPPO TURATI. AT THE TRAFFIC

								<p>P.A. ABILITY TEST TIME CONTROL AT THE ARRIVAL</p>	<p>LIGHT STRAIGHT, AT THE TRAFFIC LIGHT STRAIGHT, PONTE ROMANO, OBELISK, STRAIGHT, CORSO DEL POPOLO, PIAZZA EUROPA I.P.A. BEGINNING ABILITY TEST AND F.P.A. END ABILITY TEST, IN PIAZZA DELLA REPUBBLICA ARRIVAL, PRESENTATION OF THE PARTICIPANTS, BY OUR PERSONAL PRESENTATOR, THAN THE WHOLE GROUP WILL LEAVE WITH AN ESCORT THE SQUARE, CORSO TACITO, PIAZZA TACITO, TO YOUR OWN HOTEL (FROM THE START)</p>
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