



SOPLAOMAN NATACIÓN

VELOCIDADES MEDIAS EN Km / H

| Distancia 10 km | | | | 2 | 2,5 | 3 | 3,5 | 4 | 5 | 6 | 7 | 8 | 9 |
|---|-----------------------|--------------|--------------|--|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| | HORA DE SALIDA | 11:30 | | | | | | | | | | | |
| LOCALIDAD | INDICACIONES | Km | FALTAN | HORAS DE PASO APROXIMADO SEGÚN VELOCIDAD MEDIA | | | | | | | | | |
| PLAYA DEL ROSAL | | 0,00 | 10,00 | | | | | | | | | | |
| ALTURA PLAYA DE MERÓN | | 1,00 | 9,00 | 12:00 | 11:54 | 11:50 | 11:47 | 11:45 | 11:42 | 11:40 | 11:38 | 11:37 | 11:36 |
| ALTURA PLAYA DE BEDERNA | | 2,00 | 8,00 | 12:30 | 12:18 | 12:10 | 12:04 | 12:00 | 11:54 | 11:50 | 11:47 | 11:45 | 11:43 |
| ALTURA PEÑA ENTERA O DEL OESTE | | 3,00 | 7,00 | 13:00 | 12:42 | 12:30 | 12:21 | 12:15 | 12:06 | 12:00 | 11:55 | 11:52 | 11:50 |
| ALTURA CABO DE OYAMBRE | | 4,00 | 6,00 | 13:30 | 13:06 | 12:50 | 12:38 | 12:30 | 12:18 | 12:10 | 12:04 | 12:00 | 11:56 |
| ALTURA PLAYA OYAMBRE | | 5,00 | 5,00 | 14:00 | 13:30 | 13:10 | 12:55 | 12:45 | 12:30 | 12:20 | 12:12 | 12:07 | 12:03 |
| ALTURA MITAD PLAYA OYAMBRE | | 6,00 | 4,00 | 14:30 | 13:54 | 13:30 | 13:12 | 13:00 | 12:42 | 12:30 | 12:21 | 12:15 | 12:10 |
| ALTURA PUNTA CAMBARRO | | 7,00 | 3,00 | 15:00 | 14:18 | 13:50 | 13:30 | 13:15 | 12:54 | 12:40 | 12:30 | 12:22 | 12:16 |
| ALTURA ENTRE PUNTA LUMBRERAS Y PUNTA GUERRA | | 8,00 | 2,00 | 15:30 | 14:42 | 14:10 | 13:47 | 13:30 | 13:06 | 12:50 | 12:38 | 12:30 | 12:23 |
| PUNTA DE LA MOIRA | | 9,00 | 1,00 | 16:00 | 15:06 | 14:30 | 14:04 | 13:45 | 13:18 | 13:00 | 12:47 | 12:37 | 12:30 |
| PLAYA DE COMILLAS | | 10,00 | 0,00 | 16:30 | 15:30 | 14:50 | 14:21 | 14:00 | 13:30 | 13:10 | 12:55 | 12:45 | 12:36 |



VELOCIDADES MEDIAS EN Km / H

SOPLAOMAN ULTRAMARATON DE MONTAÑA

D+ 3.927m

Distancia 75 km

5,4

6

6,5

7

7,5

8

8,5

9

10

11

HORA DE SALIDA 23:00



| LOCALIDAD | INDICACIONES | Km | FALTAN | HORAS DE PASO APROXIMADO SEGÚN VELOCIDAD MEDIA | | | | | | | | | | |
|---|--|--------------|--------------|--|-------|-------|-------|-------|-------|-------|-------|-------|-------|--|
| CABEZÓN DE LA SAL | | 0,00 | 75,00 | | | | | | | | | | | |
| ERMITA DE SANTA LUCIA | | 2,70 | 72,30 | 23:30 | 23:27 | 23:24 | 23:23 | 23:21 | 23:20 | 23:19 | 23:18 | 23:16 | 23:14 | |
| PICO PIRALBA | | 4,70 | 70,30 | 23:52 | 23:47 | 23:43 | 23:40 | 23:37 | 23:35 | 23:33 | 23:31 | 23:28 | 23:25 | |
| PICO CANTO REDONDO | | 6,42 | 68,58 | 0:11 | 0:04 | 23:59 | 23:55 | 23:51 | 23:48 | 23:45 | 23:42 | 23:38 | 23:35 | |
| INICIO CORTAFUEGOS | PRECAUCIÓN EN LA BAJADA | 6,87 | 68,13 | 0:16 | 0:08 | 0:03 | 23:58 | 23:54 | 23:51 | 23:48 | 23:45 | 23:41 | 23:37 | |
| FIN CORTAFUEGOS | | 7,36 | 67,64 | 0:21 | 0:13 | 0:07 | 0:03 | 23:58 | 23:55 | 23:51 | 23:49 | 23:44 | 23:40 | |
| RUENTE | 1º CIERRE DE CONTROL a las 01:00 H - Los participantes que no hayan superado por el primer cierre de control deberán abandonar la marcha | 9,78 | 65,22 | 0:48 | 0:37 | 0:30 | 0:23 | 0:18 | 0:13 | 0:09 | 0:05 | 23:58 | 23:53 | |
| COLLADO DE BARCENILLAS | | 13,17 | 61,83 | 1:26 | 1:11 | 1:01 | 0:52 | 0:45 | 0:38 | 0:32 | 0:27 | 0:19 | 0:11 | |
| AVITUALLAMIENTO DE BARCENILLAS | | 15,75 | 59,25 | 1:55 | 1:37 | 1:25 | 1:15 | 1:06 | 0:58 | 0:51 | 0:45 | 0:34 | 0:25 | |
| LA MIÑA | | 16,85 | 58,15 | 2:07 | 1:48 | 1:35 | 1:24 | 1:14 | 1:06 | 0:58 | 0:52 | 0:41 | 0:31 | |
| CUETO DE LA BRAÑUCA DEL ALTO | BAJADA CON PIEDRAS OCULTAS Y PIEDRAS SUELTAS | 20,55 | 54,45 | 2:48 | 2:25 | 2:09 | 1:56 | 1:44 | 1:34 | 1:25 | 1:17 | 1:03 | 0:52 | |
| AVITUALLAMIENTO DE VIAÑA | | 26,04 | 48,96 | 3:49 | 3:20 | 3:00 | 2:43 | 2:28 | 2:15 | 2:03 | 1:53 | 1:36 | 1:22 | |
| CRUCE DE LLENDEMOZÓ | | 29,53 | 45,47 | 4:28 | 3:55 | 3:32 | 3:13 | 2:56 | 2:41 | 2:28 | 2:16 | 1:57 | 1:41 | |
| AVITUALLAMIENTO DE CORREPOCO | | 33,00 | 42,00 | 5:06 | 4:30 | 4:04 | 3:42 | 3:24 | 3:07 | 2:52 | 2:40 | 2:18 | 2:00 | |
| CRUCE DEL RIO ARGONZA | SEGUIR INDICACIONES DE PROTECCIÓN CIVIL . DESPUÉS DEL PASO A 100 METROS ATENCIÓN LODAZAL | 33,65 | 41,35 | 5:13 | 4:36 | 4:10 | 3:48 | 3:29 | 3:12 | 2:57 | 2:44 | 2:21 | 2:03 | |
| DESVÍO A COLSA | | 36,13 | 38,87 | 5:41 | 5:01 | 4:33 | 4:09 | 3:49 | 3:30 | 3:15 | 3:00 | 2:36 | 2:17 | |
| COLSA | | 36,50 | 38,50 | 5:45 | 5:05 | 4:36 | 4:12 | 3:52 | 3:33 | 3:17 | 3:03 | 2:39 | 2:19 | |
| AVITUALLAMIENTO DE LOS TOJOS | | 37,40 | 37,60 | 5:55 | 5:14 | 4:45 | 4:20 | 3:59 | 3:40 | 3:24 | 3:09 | 2:44 | 2:24 | |
| BARCENA MAYOR (INCICO CALZADA ROMANA) | CIERRE DE CONTROL A LAS 16 h No permite continuar | 43,80 | 31,20 | 7:06 | 6:18 | 5:44 | 5:15 | 4:50 | 4:28 | 4:09 | 3:52 | 3:22 | 2:58 | |
| AVITUALLAMIENTO DEL MORAL | | 51,30 | 23,70 | 8:30 | 7:33 | 6:53 | 6:19 | 5:50 | 5:24 | 5:02 | 4:42 | 4:07 | 3:39 | |

| | | | | | | | | | | | | | |
|---|---|-------|-------|-------|-------|-------|------|------|------|------|------|------|------|
| CRUCE DE LA PISTA A CIEZA | | 54,60 | 20,40 | 9:06 | 8:06 | 7:24 | 6:48 | 6:16 | 5:49 | 5:25 | 5:04 | 4:27 | 3:57 |
| ALTO DE ESPINERA (TORDIAS) | | 55,00 | 20,00 | 9:11 | 8:10 | 7:27 | 6:51 | 6:20 | 5:52 | 5:28 | 5:06 | 4:30 | 4:00 |
| LA RAIZ (ENLACE CON LA MARATON) | | 56,20 | 18,80 | 9:24 | 8:22 | 7:38 | 7:01 | 6:29 | 6:01 | 5:36 | 5:14 | 4:37 | 4:06 |
| BRAÑA ZARZA (ENLACE MARCHA A PIE) | | 59,00 | 16,00 | 9:55 | 8:50 | 8:04 | 7:25 | 6:52 | 6:22 | 5:56 | 5:33 | 4:54 | 4:21 |
| ALTO DEL TORAL | | 60,40 | 14,60 | 10:11 | 9:04 | 8:17 | 7:37 | 7:03 | 6:33 | 6:06 | 5:42 | 5:02 | 4:29 |
| AVITUALLAMIENTO DEL CEREZO  | | 63,00 | 12,00 | 10:40 | 9:30 | 8:41 | 8:00 | 7:24 | 6:52 | 6:24 | 6:00 | 5:18 | 4:43 |
| PRADO REDONDO | | 66,40 | 8,60 | 11:17 | 10:04 | 9:12 | 8:29 | 7:51 | 7:18 | 6:48 | 6:22 | 5:38 | 5:02 |
| LA ASOMÁ | | 67,40 | 7,60 | 11:28 | 10:14 | 9:22 | 8:37 | 7:59 | 7:25 | 6:55 | 6:29 | 5:44 | 5:07 |
| DESVÍO MAZCUERRAS | | 69,00 | 6,00 | 11:46 | 10:30 | 9:36 | 8:51 | 8:12 | 7:37 | 7:07 | 6:40 | 5:54 | 5:16 |
| MAZCUERRAS | | 71,00 | 4,00 | 12:08 | 10:50 | 9:55 | 9:08 | 8:28 | 7:52 | 7:21 | 6:53 | 6:06 | 5:27 |
| PUENTE DE MADERA | | 72,00 | 3,00 | 12:20 | 11:00 | 10:04 | 9:17 | 8:36 | 8:00 | 7:28 | 7:00 | 6:12 | 5:32 |
| CRUCE DE CARREJO | | 74,00 | 1,00 | 12:42 | 11:20 | 10:23 | 9:34 | 8:52 | 8:15 | 7:42 | 7:13 | 6:24 | 5:43 |
| CABEZÓN DE LA SAL  | TRANSICIÓN A BTT-- LOS PARTICIPANTES DEBERÁN HACER LA TRANSICIÓN ANTES DE LAS 13:00 H | 75,00 | 0,00 | 12:53 | 11:30 | 10:32 | 9:42 | 9:00 | 8:22 | 7:49 | 7:20 | 6:30 | 5:49 |
| APROX 15 MINUTOS DE TRANSICIÓN | | | | | | | | | | | | | |



| D+ 3.130m | | Distancia 111 km | | 13,5 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 25 |
|--------------------------------------|-----------------|------------------|--------|--|-------|-------|-------|-------|-------|-------|-------|-------|------|
| | | HORA DE SALIDA | | 13:08 | 11:45 | 10:47 | 9:57 | 9:15 | 8:37 | 8:04 | 7:35 | 6:45 | 6:04 |
| LOCALIDAD | INDICACIONES | Km | FALTAN | HORAS DE PASO APROXIMADO SEGÚN VELOCIDAD MEDIA | | | | | | | | | |
| CABEZÓN DE LA SAL | | 0,00 | 111,00 | 13:08 | 11:45 | 10:47 | 9:57 | 9:15 | 8:37 | 8:04 | 7:35 | 6:45 | 6:04 |
| CARREJO | | 3,06 | 107,94 | 13:21 | 11:58 | 10:59 | 10:09 | 9:25 | 8:47 | 8:14 | 7:44 | 6:53 | 6:11 |
| | CRUCE DE UCIEDA | 5,50 | 105,50 | 13:32 | 12:08 | 11:09 | 10:18 | 9:34 | 8:55 | 8:21 | 7:51 | 7:00 | 6:17 |
| | UCIEDA | 6,82 | 104,18 | 13:38 | 12:14 | 11:14 | 10:23 | 9:39 | 9:00 | 8:25 | 7:55 | 7:04 | 6:20 |
| CASA DEL MONTE | | 10,70 | 100,30 | 13:55 | 12:30 | 11:30 | 10:37 | 9:52 | 9:13 | 8:38 | 8:07 | 7:15 | 6:29 |
| CRUCE DE LA PISTA A CIEZA | | 20,10 | 90,90 | 14:37 | 13:11 | 12:07 | 11:13 | 10:25 | 9:44 | 9:07 | 8:35 | 7:42 | 6:52 |
| ALTO DEL MORAL | | 22,50 | 88,50 | 14:48 | 13:21 | 12:17 | 11:22 | 10:34 | 9:52 | 9:15 | 8:42 | 7:49 | 6:58 |
| CRUCE DE JUZMEANA | | 31,60 | 79,40 | 15:28 | 14:00 | 12:53 | 11:56 | 11:06 | 10:22 | 9:44 | 9:09 | 8:15 | 7:19 |
| BÁRCENA MAYOR | | 35,70 | 75,30 | 15:47 | 14:18 | 13:10 | 12:11 | 11:21 | 10:36 | 9:57 | 9:22 | 8:27 | 7:29 |
| AVITUALLAMIENTO LLANO CSTRILLO | | 37,00 | 74,00 | 15:52 | 14:23 | 13:15 | 12:16 | 11:25 | 10:40 | 10:01 | 9:26 | 8:30 | 7:32 |
| LA BARBIA | | 40,80 | 70,20 | 16:09 | 14:39 | 13:30 | 12:30 | 11:39 | 10:53 | 10:13 | 9:37 | 8:41 | 7:42 |
| PIDRUECOS | | 48,80 | 62,20 | 16:45 | 15:14 | 14:02 | 13:00 | 12:07 | 11:20 | 10:38 | 10:01 | 9:04 | 8:01 |
| AVITUALLAMIENTO ALTO CRUZ DE FUENTES | | 51,50 | 59,50 | 16:57 | 15:25 | 14:13 | 13:10 | 12:16 | 11:29 | 10:47 | 10:09 | 9:12 | 8:07 |
| SEL DEL ANDRINAO | | 55,40 | 55,60 | 17:14 | 15:42 | 14:28 | 13:25 | 12:30 | 11:42 | 10:59 | 10:21 | 9:23 | 8:17 |
| BRAÑA DEL BILLAR | | 57,10 | 53,90 | 17:22 | 15:49 | 14:35 | 13:31 | 12:36 | 11:47 | 11:04 | 10:26 | 9:28 | 8:21 |
| AVITUALLAMIENTO DE OZCABA | | 60,20 | 50,80 | 17:35 | 16:03 | 14:48 | 13:43 | 12:47 | 11:58 | 11:14 | 10:35 | 9:37 | 8:28 |
| LOS TRILLOS | | 62,30 | 48,70 | 17:45 | 16:12 | 14:56 | 13:51 | 12:54 | 12:05 | 11:21 | 10:41 | 9:43 | 8:33 |
| ALTO DEL TAMBUEY | | 63,50 | 47,50 | 17:50 | 16:17 | 15:01 | 13:55 | 12:59 | 12:09 | 11:24 | 10:45 | 9:46 | 8:36 |
| VENTA VIEJA | | 65,10 | 45,90 | 17:57 | 16:24 | 15:07 | 14:01 | 13:04 | 12:14 | 11:29 | 10:50 | 9:51 | 8:40 |
| EL CUETO | | 69,00 | 42,00 | 18:15 | 16:40 | 15:23 | 14:16 | 13:18 | 12:27 | 11:42 | 11:02 | 10:02 | 8:49 |
| COLSA | | 71,50 | 39,50 | 18:26 | 16:51 | 15:33 | 14:25 | 13:27 | 12:35 | 11:50 | 11:09 | 10:09 | 8:55 |
| LOS TOJOS | | 72,50 | 38,50 | 18:30 | 16:55 | 15:37 | 14:29 | 13:30 | 12:39 | 11:53 | 11:12 | 10:12 | 8:58 |
| CRUCE DE LA PUNVIEJA | | 75,50 | 35,50 | 18:43 | 17:08 | 15:49 | 14:40 | 13:41 | 12:49 | 12:02 | 11:21 | 10:20 | 9:05 |
| CRUCE DE CORREPOCO | | 77,60 | 33,40 | 18:53 | 17:17 | 15:57 | 14:48 | 13:48 | 12:56 | 12:09 | 11:27 | 10:26 | 9:10 |
| MOJABRAS | | 79,80 | 31,20 | 19:03 | 17:27 | 16:06 | 14:57 | 13:56 | 13:03 | 12:16 | 11:34 | 10:33 | 9:15 |
| LLENDEMOZÓ | | 81,80 | 29,20 | 19:11 | 17:35 | 16:14 | 15:04 | 14:03 | 13:10 | 12:22 | 11:40 | 10:38 | 9:20 |
| PUENTE LAS TRECHAS | | 83,40 | 27,60 | 19:19 | 17:42 | 16:20 | 15:10 | 14:09 | 13:15 | 12:27 | 11:45 | 10:43 | 9:24 |
| CRUCE A NEGREO | | 84,00 | 27,00 | 19:21 | 17:45 | 16:23 | 15:12 | 14:11 | 13:17 | 12:29 | 11:47 | 10:45 | 9:25 |

CIERRE DE CONTROL 20:30 H PARA PARTICIPANTES SIN LUCES REGLAMENTARIAS 19:30 H

| | | | | | | | | | | | | | |
|--|-----------------------------------|---------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| AVITUALLAMIENTO NEGREGO  | | 84,20 | 26,80 | 19:22 | 17:45 | 16:24 | 15:13 | 14:12 | 13:18 | 12:30 | 11:47 | 10:45 | 9:26 |
| ALTO DEL NEGREGO  | | 90,00 | 21,00 | 19:48 | 18:10 | 16:47 | 15:35 | 14:32 | 13:37 | 12:48 | 12:05 | 11:02 | 9:40 |
| CRUCE COLLADA DE CARMONA | | 94,70 | 16,30 | 20:09 | 18:30 | 17:06 | 15:52 | 14:49 | 13:53 | 13:03 | 12:19 | 11:15 | 9:51 |
| EL COLLADO DE SOPENA | | 96,90 | 14,10 | 20:19 | 18:40 | 17:14 | 16:01 | 14:57 | 14:00 | 13:10 | 12:25 | 11:21 | 9:56 |
| ALTO PIE CAMPO | | 99,60 | 11,40 | 20:31 | 18:51 | 17:25 | 16:11 | 15:06 | 14:09 | 13:18 | 12:33 | 11:29 | 10:03 |
| CRUCE PUENTE DE RUENTE | | 103,00 | 8,00 | 20:46 | 19:06 | 17:39 | 16:24 | 15:18 | 14:20 | 13:29 | 12:44 | 11:39 | 10:11 |
| RUENTE | | 103,50 | 7,50 | 20:48 | 19:08 | 17:41 | 16:25 | 15:20 | 14:22 | 13:31 | 12:45 | 11:40 | 10:12 |
| PUENTE DE SANTA LUCIA | | 108,00 | 3,00 | 21:08 | 19:27 | 17:59 | 16:42 | 15:36 | 14:37 | 13:45 | 12:59 | 11:53 | 10:23 |
| CABEZÓN DE LA SAL - META  | CIERRE DE CONTROL 24 :00 H | 111,00 | 0,00 | 21:21 | 19:40 | 18:11 | 16:54 | 15:46 | 14:47 | 13:54 | 13:08 | 12:02 | 10:30 |