

Hora	Velocidade (Km/h)				
	4,2	5	5,5	6	7
17:00:00	0	0	0	0	0
18:00:00	4,2	5	5,5	6	7
19:00:00	8,4	10	11	12	14
20:00:00	12,6	15	16,5	18	21
21:00:00	16,8	20	22	24	28
22:00:00	21	25	27,5	30	35
23:00:00	25,2	30	33	36	42
00:00:00	29,4	35	38,5	42	49
01:00:00	33,6	40	44	48	56
02:00:00	37,8	45	49,5	54	63
03:00:00	42	50	55	60	70
04:00:00	46,2	55	60,5	66	77
05:00:00	50,4	60	66	72	84
06:00:00	54,6	65	71,5	78	91
07:00:00	58,8	70	77	84	98
08:00:00	63	75	82,5	90	105
09:00:00	67,2	80	88	96	
10:00:00	71,4	85	93,5	102	
11:00:00	75,6	90	99		
12:00:00	79,8	95	105		
13:00:00	84	100			
14:00:00	88,2				
15:00:00	92,4				
16:00:00	96,6				
17:00:00	100				

Km	Lugar	Distancia parcial (km)	Subida acumulada (m)	Baixada acumulada (m)	Notas	Hora límite	Baños (WC)	Velocidade (Km/h)				
								4,2	5	5,5	6	7
0								17:00:00	17:00:00	17:00:00	17:00:00	17:00:00
8	Río Azor	8			Auga	18:45:00		18:54:17	18:36:00	18:27:16	18:20:00	18:08:34
14,6	San Alberte	6,6	338	-202,5		20:00:00		20:28:34	19:55:12	19:39:16	19:26:00	19:05:09
24,7	Valle Inclán	10,1	343	-168,3		22:10:00		22:52:51	21:56:24	21:29:27	21:07:00	20:31:43
32,7	A Portela	8	286	-165,6		00:00:00		00:47:09	23:32:24	22:56:44	22:27:00	21:40:17
46,5	Alto de Guiende	13,8	293	-339	Cea	03:30:00		04:04:17	02:18:00	01:27:16	00:45:00	23:38:34
53,1	Noia	7,4	55	-470		05:00:00	Si	05:38:34	03:37:12	02:39:16	01:51:00	00:35:09
63	Minas de San Fins	9,9	401	-196,2		07:35:00	Si	08:00:00	05:36:00	04:27:16	03:30:00	02:00:00
72,6	Ourille	9,6	295	-249,3		09:50:00		10:17:09	07:31:12	06:12:00	05:06:00	03:22:17
86	Pazos	13,4	370	-594	Almorzo	13:30:00	Si	13:28:34	10:12:00	08:38:11	07:20:00	05:17:09
92	A Portela	6	458	-45		15:00:00		14:54:17	11:24:00	09:43:38	08:20:00	06:08:34
100	A Pobra	8	23	-463,5	Xantar	17:00:00	Si	16:48:34	13:00:00	11:10:55	09:40:00	07:17:09
	Totais	100,8	2862	-2893,4								