



RUTOMETRO VG TRAIL				RUTOMETRO VG TRAIL					
16KM +650	KM	1ª	ULTIMO	PUNTOS DE INTERES	26KM +1300	KM	1ª	ULTIMO	PUNTOS DE INTERES
	SALIDA	9:30:00		MENDIZORROTZA		SALIDA	9:30:00		MENDIZORROTZA
	1	9:34:00	9:41:00			1	9:34:15	9:41:00	
	2	9:38:00	9:52:00			2	9:38:30	9:52:00	
	3	9:42:00	10:03:00			3	9:42:45	10:03:00	
	4	9:46:00	10:14:00			4	9:47:00	10:14:00	
	4,28	9:47:07	10:17:05	AVIT (L) BERROSTEGIETA		4,28	9:48:11	10:17:05	AVIT L (BERROSTEGIETA)
	5	9:50:00	10:25:00			5	9:51:15	10:25:00	
	6	9:54:00	10:36:00			6	9:55:30	10:36:00	
	7	9:58:00	10:47:00			7	9:59:45	10:47:00	
	7,8	10:01:12	10:55:48	AVIT (S+L) ZALDIARAN		7,8	10:03:09	10:55:48	AVIT (S+L) ZALDIARAN
	8	10:02:00	10:58:00			8	10:04:00	10:58:00	
	9	10:06:00	11:09:00			9	10:08:15	11:09:00	
	10	10:10:00	11:20:00			10	10:12:30	11:20:00	
	10,7	10:12:48	11:27:42	AVIT (S+L) ESKIBEL		10,7	10:15:28	11:27:42	AVIT (S+L) ESKIBEL
	11	10:14:00	11:31:00			11	10:16:45	11:31:00	
	12	10:18:00	11:42:00			12	10:21:00	11:42:00	
	13	10:22:00	11:53:00			13	10:25:15	11:53:00	
	14	10:26:00	12:04:00			14	10:29:30	12:04:00	
	15	10:30:00	12:15:00			15	10:33:45	12:15:00	
	16	10:34:00	12:26:00	META - MENDIZORROTZA		16	10:38:00	12:26:00	
						17	10:42:15	12:37:00	
						17,4	10:43:57	12:41:24	AVIT (L) ZUMELTZU
						18	10:46:30	12:48:00	
						19	10:50:45	12:59:00	
						19,15	10:51:23	13:00:39	AVIT (S+L) ZALDIARAN
						20	10:55:00	13:10:00	
						21	10:59:15	13:21:00	
						21,55	11:01:35	13:27:03	AVIT (S+L) ESKIBEL
						22	11:03:30	13:32:00	
						23	11:07:45	13:43:00	
						24	11:12:00	13:54:00	
						25	11:16:15	14:05:00	
						26	11:20:30	14:16:00	MENDIZORROTZA

RITMOS 16KM
4:00 minutos/km mas rapido
11 minutos/Km mas lento ☹

RITMOS 26KM
4:30 minutos/km mas rapido ☹
11 minutos/km mas lento

RUTOMETRO VG TXAKUR CROSS				
10KM	KM	1ª	ULTIMO	PUNTOS DE INTERES
	SALIDA	8:30:00		MENDIZORROTZA
	1	8:33:00	9:19:00	
	2	8:36:00	9:25:30	
	3	8:39:00	9:32:00	
	4	8:42:00	9:38:30	
	5	8:45:00	9:45:00	META

RITMOS CANICROSS
3:00 minutos/km mas rapido
6:30 minutos/Km mas lento ☹

RUTOMETRO VG MARTXA				
17,5KM +500m	KM	1ª	ULTIMO	PUNTOS DE INTERES
	SALIDA	8:00:00		MENDIZORROTZA
	1	8:10:00	8:18:00	
	2	8:20:00	8:36:00	
	3	8:30:00	8:54:00	
	4	8:40:00	9:12:00	
	5	8:50:00	9:30:00	
	5,5	8:55:00	9:39:00	AV. ESKIBEL
	6	9:00:00	9:48:00	
	7	9:10:00	10:06:00	
	8	9:20:00	10:24:00	
	9	9:30:00	10:42:00	
	9,8	9:38:00	10:56:24	AV. ZALDIARAN
	10	9:40:00	11:00:00	
	11	9:50:00	11:18:00	
	12	10:00:00	11:36:00	
	13	10:10:00	11:54:00	
	14	10:20:00	12:12:00	
	15	10:30:00	12:30:00	
	16	10:40:00	12:48:00	
	17	10:50:00	13:06:00	
	17,5	10:55:00	13:15:00	MENDIZORROTZA

RITMOS MARTXA
10 minutos/km mas rapido
18 minutos/km mas lento