



RUTOMETRO VG TRAIL									
16KM +650	KM	1º	ULTIMO	PUNTOS DE INTERES	26KM +1300	KM	1º	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	