



RUTOMETRO FONCEA TRAIL 2024

| RUTOMETRO FONCEA TRAIL 2024 | | | | | | | | | | | | | | |
|-----------------------------|------|-------|--------|-------------------|------------------------|--------|-------|--------|-------------------|----------------------|-------|--------|--------|-------------------|
| MARCHA | KM | 1º | ÚLTIMO | PUNTOS DE INTERES | TRAIL 13,5K (+500m) | KM | 1º | ÚLTIMO | PUNTOS DE INTERES | TRAIL 20K (+850m) | KM | 1º | ÚLTIMO | PUNTOS DE INTERES |
| | | 0 | 8:30 | 8:30 | | SALIDA | | 0 | 11:00 | | 11:00 | SALIDA | | 0 |
| | 1 | 8:40 | 8:45 | | | 1 | 11:04 | 11:11 | | | 1 | 11:04 | 11:12 | |
| | 2 | 8:50 | 9:00 | | | 2 | 11:08 | 11:22 | | | 2 | 11:09 | 11:24 | |
| | 3 | 9:00 | 9:15 | | | 3 | 11:12 | 11:33 | | | 3 | 11:13 | 11:36 | |
| | 4 | 9:10 | 9:30 | | | 4 | 11:17 | 11:44 | | | 4 | 11:18 | 11:48 | |
| | 5 | 9:20 | 9:45 | | | 5 | 11:21 | 11:55 | | | 5 | 11:22 | 12:00 | |
| | 6 | 9:30 | 10:00 | AVITUALLAMIENTO 1 | | 6 | 11:25 | 12:06 | AVITUALLAMIENTO 1 | | 6 | 11:27 | 12:12 | AVITUALLAMIENTO 1 |
| | 7 | 9:40 | 10:15 | | | 7 | 11:29 | 12:17 | | | 7 | 11:31 | 12:24 | |
| | 8 | 9:50 | 10:30 | | | 8 | 11:34 | 12:28 | | | 8 | 11:36 | 12:36 | |
| | 9 | 10:00 | 10:45 | | | 9 | 11:38 | 12:39 | | | 9 | 11:40 | 12:48 | |
| | 10 | 10:10 | 11:00 | | | 10 | 11:42 | 12:50 | | | 10 | 11:45 | 13:00 | |
| | 11 | 10:20 | 11:15 | AVITUALLAMIENTO 2 | | 11 | 11:46 | 13:01 | AVITUALLAMIENTO 2 | | 11 | 11:49 | 13:12 | AVITUALLAMIENTO 2 |
| | 12 | 10:30 | 11:30 | | | 12 | 11:51 | 13:12 | | | 12 | 11:54 | 13:24 | |
| | 13,5 | 10:45 | 11:52 | LLEGADA | | 13,5 | 11:57 | 13:28 | LLEGADA | | 13 | 11:58 | 13:36 | |
| | | | | | | | | | | | 14 | 12:03 | 13:48 | |
| | | | | | | | | | | | 15,4 | 12:09 | 14:04 | AVITUALLAMIENTO 3 |
| | | | | | | | | | | | 16 | 12:12 | 14:12 | |
| | | | | | | | | | | | 17 | 12:16 | 14:24 | AVITUALLAMIENTO 4 |
| | | | | | | | | | | | 18 | 12:21 | 14:36 | |
| | | | | | | | | | | | 19 | 12:25 | 14:48 | |
| | | | | | | | | | | | 20 | 12:30 | 15:00 | LLEGADA |

| RITMOS MARCHA 13K | |
|--------------------------------|--|
| 00:10:00 minutos/km más rapido | |
| 00:15:00 minutos/km más lento | |

| RITMOS TRAIL 13,5K | |
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| 00:04:15 minutos/km más rapido | |
| 00:11:00 minutos/km más lento | |

| RITMOS TRAIL 20K | |
|--------------------------------|--|
| 00:04:30 minutos/km más rapido | |
| 00:12:00 minutos/km más lento | |

*Horarios de corte