

ULTRA-TRAIL MUNTANYES COSTA DAURADA®

UTMCD® 110kms

16-17 abril 2019

|                                  | WC                                  | AG                                  | FISIO                               | +                                   | CRONO ON-LINE                       | CONTROL ☺ | COMIDA                              | TRAMO                            | Distancia Parcial | Distancia Acumulada | Altitud | Parcial D+ | Acumulad o D+ | Parcial D- | Acumulado D- | Parcial Mejor Tiempo | Más Rápido | min/km Más Rápido | Parcial Tiempo Lento | Más lento | min/km Más Lento | Cierres Horarios |
|----------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-----------|-------------------------------------|----------------------------------|-------------------|---------------------|---------|------------|---------------|------------|--------------|----------------------|------------|-------------------|----------------------|-----------|------------------|------------------|
| <b>SALIDA -Prades</b>            | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | ☺         | -                                   |                                  |                   | 0                   | 954     |            | 0             |            | 0            |                      | 8:30       |                   |                      | 8:30      |                  |                  |
| <b>Prades av1</b>                | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | ☺         | <b>AVI 0</b>                        |                                  | 10,0              | 10,0                | 954     | 270        | 270           | 270        | 270          | <b>0:45</b>          | 9:15       | 4,50              | <b>1:40</b>          | 10:10     | 10,00            |                  |
| Albarca                          | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | -                                   | -                                   | <input checked="" type="checkbox"/> | ☺         | <b>AVI 0</b>                        | Prades a Albarca                 | 13,3              | 23,3                | 800     | 468        | 738           | 635        | 905          | <b>1:15</b>          | 10:30      | 5,64              | <b>2:30</b>          | 12:40     | 11,28            |                  |
| <b>Cornudella de Montsant</b>    | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | -                                   | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |           | <b>AV1</b>                          | Albarca a Cornudella de Montsant | 9,8               | 33,1                | 533     | 360        | 1.098         | 652        | 1.557        | 1:10                 | 11:40      | 7,14              | 2:20                 | 15:00     | 13,47            | 16- 15:00        |
| Siurana                          | -                                   | <input checked="" type="checkbox"/> | -                                   | -                                   | <input checked="" type="checkbox"/> | ☺         | <b>AVI 0</b>                        | Cornudella de Montsant a Siurana | 4,6               | 37,7                | 701     | 401        | 1.499         | 156        | 1.713        | <b>0:30</b>          | 12:10      | 5,43              | <b>1:00</b>          | 16:00     | 13,04            |                  |
| Castillejos: Carretera TV-7092   | -                                   | <input checked="" type="checkbox"/> | -                                   | -                                   | -                                   | ☺         | <b>AVI 0</b>                        | Siurana a Castillejos            | 9,3               | 47,0                | 961     | 546        | 2.045         | 377        | 2.090        | <b>0:50</b>          | 13:00      | 5,38              | <b>2:00</b>          | 18:00     | 12,90            |                  |
| <b>Vilaplana (bolsa de vida)</b> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |           | <b>AV2</b>                          | Castillejos a Vilaplana          | 9,1               | 56,1                | 351     | 82         | 2.127         | 667        | 2.757        | <b>0:46</b>          | 13:46      | 5,05              | 1:45                 | 19:45     | 11,54            | 16- 19:45        |
| La Mussara                       | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | -                                   | -                                   | <input checked="" type="checkbox"/> | ☺         | <b>AVI 0</b>                        | Vilaplana a La Mussara           | 5,7               | 61,8                | 964     | 684        | 2.811         | 56         | 2.813        | <b>0:50</b>          | 14:36      | 8,77              | <b>1:40</b>          | 21:25     | 17,54            |                  |
| Albiol                           | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | -                                   | -                                   | <input checked="" type="checkbox"/> | ☺         | <b>AVI 0</b>                        | La Mussara a Albiol              | 12,6              | 74,4                | 820     | 445        | 3.256         | 598        | 3.411        | <b>1:20</b>          | 15:56      | 6,35              | <b>2:40</b>          | 0:05      | 12,70            | 17- 00:05        |
| Mas de Forès (Alcover)           | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | -                                   | -                                   | <input checked="" type="checkbox"/> | ☺         | <b>AVI 0</b>                        | Albiol a Mas de Forès            | 7,3               | 81,7                | 318     | 147        | 3.403         | 635        | 4.046        | <b>0:50</b>          | 16:46      | 6,85              | <b>1:40</b>          | 1:45      | 13,70            |                  |
| <b>Mont-ral</b>                  | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |           | <b>AV1</b>                          | Mas de Forès a Mont-ral          | 5,9               | 87,6                | 850     | 583        | 3.986         | 68         | 4.114        | 0:45                 | 17:31      | 7,63              | 1:30                 | 3:15      | 15,25            | 17- 03:15        |
| Capafonts                        | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | -                                   | -                                   | <input checked="" type="checkbox"/> |           | <b>AV1</b>                          | Mont-ral a Capafonts             | 9,8               | 97,4                | 745     | 364        | 4.350         | 473        | 4.587        | 1:15                 | 18:46      | 7,65              | 2:40                 | 5:55      | 16,33            | 17- 05:55        |
| Ermita Abellera                  | -                                   | <input checked="" type="checkbox"/> | -                                   | -                                   | -                                   | -         | <b>FUENTE</b>                       | Capafonts a Ermita Abellera      | 4,1               | 101,5               | 993     | 285        | 4.635         | 35         | 4.622        | <b>0:22</b>          | 19:08      | 5,37              | <b>1:15</b>          | 7:10      | 15,85            |                  |
| Baltassana                       | -                                   | <input checked="" type="checkbox"/> | -                                   | -                                   | <input checked="" type="checkbox"/> | ☺         | <b>AVI 0</b>                        | Ermita Abellera a Baltassana     | 4,9               | 106,4               | 1.173   | 346        | 4.981         | 10         | 4.632        | <b>0:27</b>          | 19:35      | 5,51              | <b>1:20</b>          | 8:30      | 16,33            |                  |
| <b>META - Prades</b>             | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | ☺         | <input checked="" type="checkbox"/> | Baltassana a Prades              | 3,6               | 110,0               | 954     | 14         | 4.995         | 363        | 4.995        | <b>0:21</b>          | 19:56      | 5,83              | <b>0:50</b>          | 9:20      | 16,67            | 17- 09:30        |
| <b>TOTAL</b>                     |                                     |                                     |                                     |                                     |                                     |           |                                     |                                  | <b>110,0</b>      | <b>110,0</b>        |         |            | <b>4.995</b>  |            | <b>4.995</b> | <b>11:26</b>         |            |                   | <b>24:50:00</b>      |           |                  |                  |

**SERVICIOS:** WC= lavavo / AG= Agua - Water / + Médico / AVI 0=Avituallamiento mínimo: galletas, frutos secos, fruta, Agua / AV1= Avituallamiento ligero ( AVI 0 + bocadillos, refrescos, bebidas energéticas, caldo, etc) / AV2= Avituallamiento completo (AV1+ pasta). ☑=Servicio UTMCD Ofrecido

**ABANDONOS:** Sólo es posible abandonar en los controles con cierre horario.

**CONTROLES NO VISIBLES:** Son controles no marcados en el mapa. Pueden estar colocados en algun punto del recorrido oficial .