



Parcours R11

Pontremoli Ouest

45km 5 cols et 1332m de dénivelée

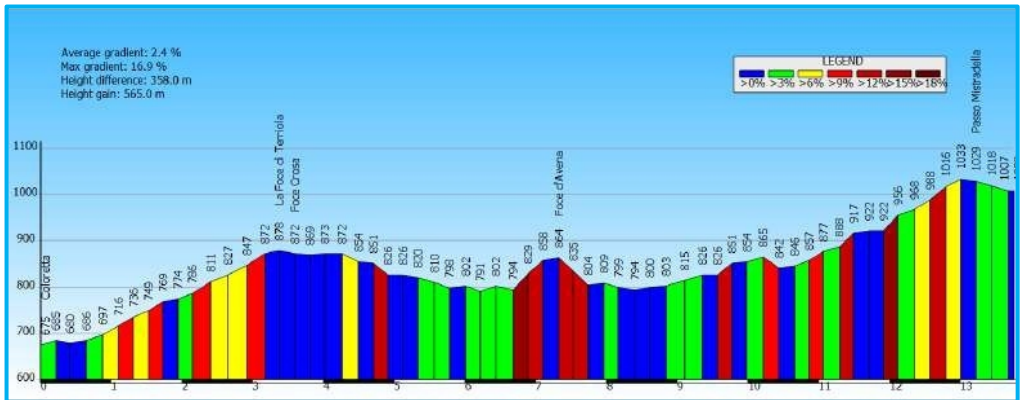
Départ Pontremoli: Via Siligato—Sordi Arredamenti

44.365225°N et 9.882423°E

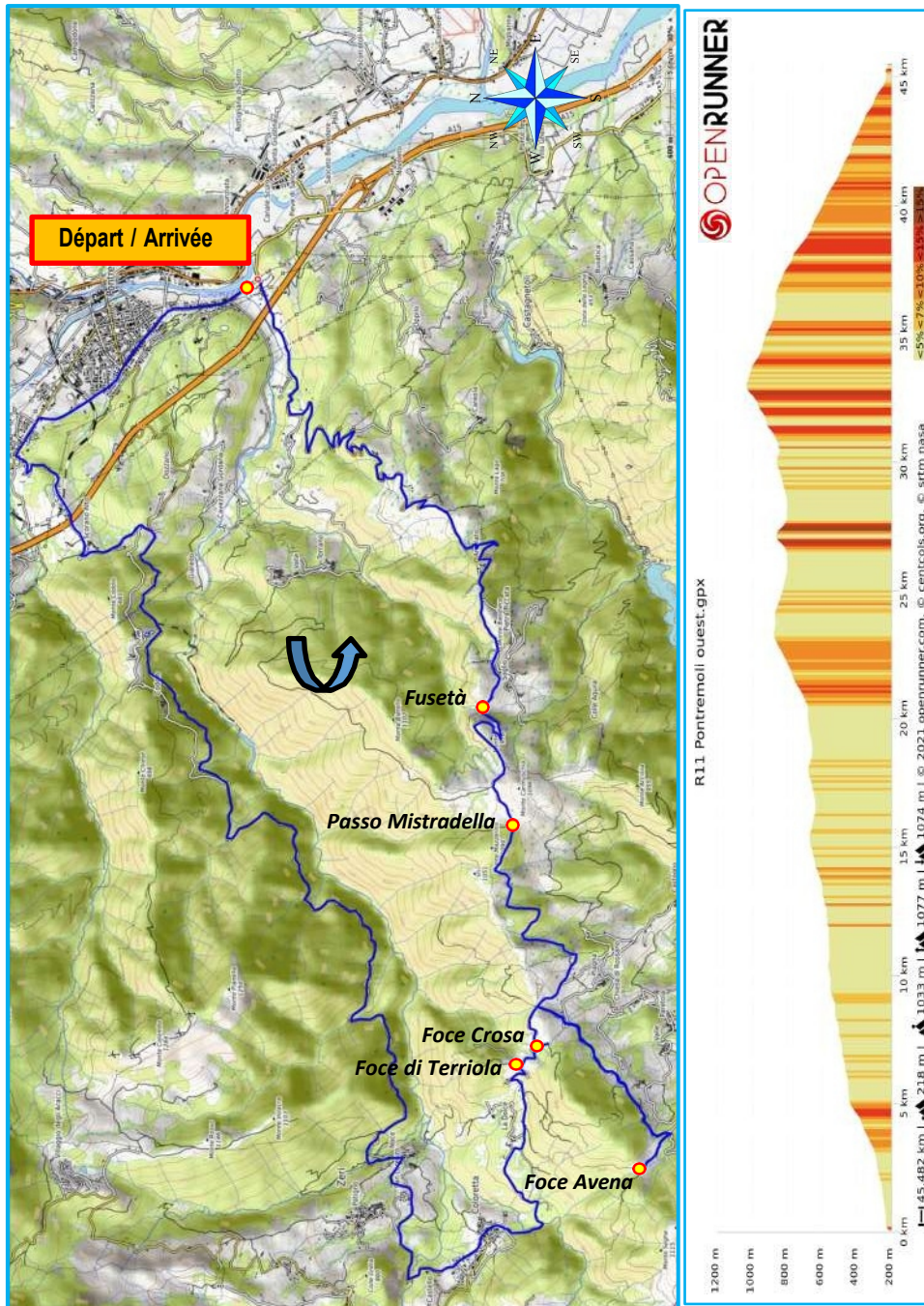


Prov	alt	Lieu	Rte	Vers	Dist	Dist Tot	REF	Rq
MS	218	Pontremoli	SP31	↑	0	0		
MS	283	Via Cabrini (Casa Corvi)	SP31	←	2.67	2.67		
MS	295	carr. SP31/SP37	SP37	←	0.507	3.177		Dir. Bassone
MS	302		SP37	↖	0.103	3.28		Dir. Scorano
MS	648	Noce	SP37	↑	13.92	17.2		
MS	678	Coloretta	SP37	↑	2.72	19.92		
MS	872	La Foce di Terriola	SP37	↑	3.26	23.18	IT-MS-063	
MS	872		R1/2	→	0.319	23.499		Chemin
MS	886	Foce Crosa	R1/2	→	0.171	23.67	IT-MS-0889	
MS	854	carr. SP di Rossano/SP3	SP37	→	0.87	24.54		
MS	835	Foce d'Avena	R1	↑	2.94	27.48	IT-MS-0872	
MS	842	carr. SP di Rossana/SP3	SP37	→	2.863	30.343		
MS	1007	Passo Mistradella	SP37	↑	3.337	33.68	IT-MS-0997	
MS	869	Fusetà	SP37	↑	2.153	35.833	IT-MS-0889a	
MS	828	Arzelato	SP37	↑	1.57	37.403		
MS	220	Pontremoli	SP31	←	8.121	45.524		

Passo Mistradella depuis Coloretta



<https://www.openrunner.com/r/13772357>



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