

ETAPE 10 - VIZZAVONA -CAPANNELLA

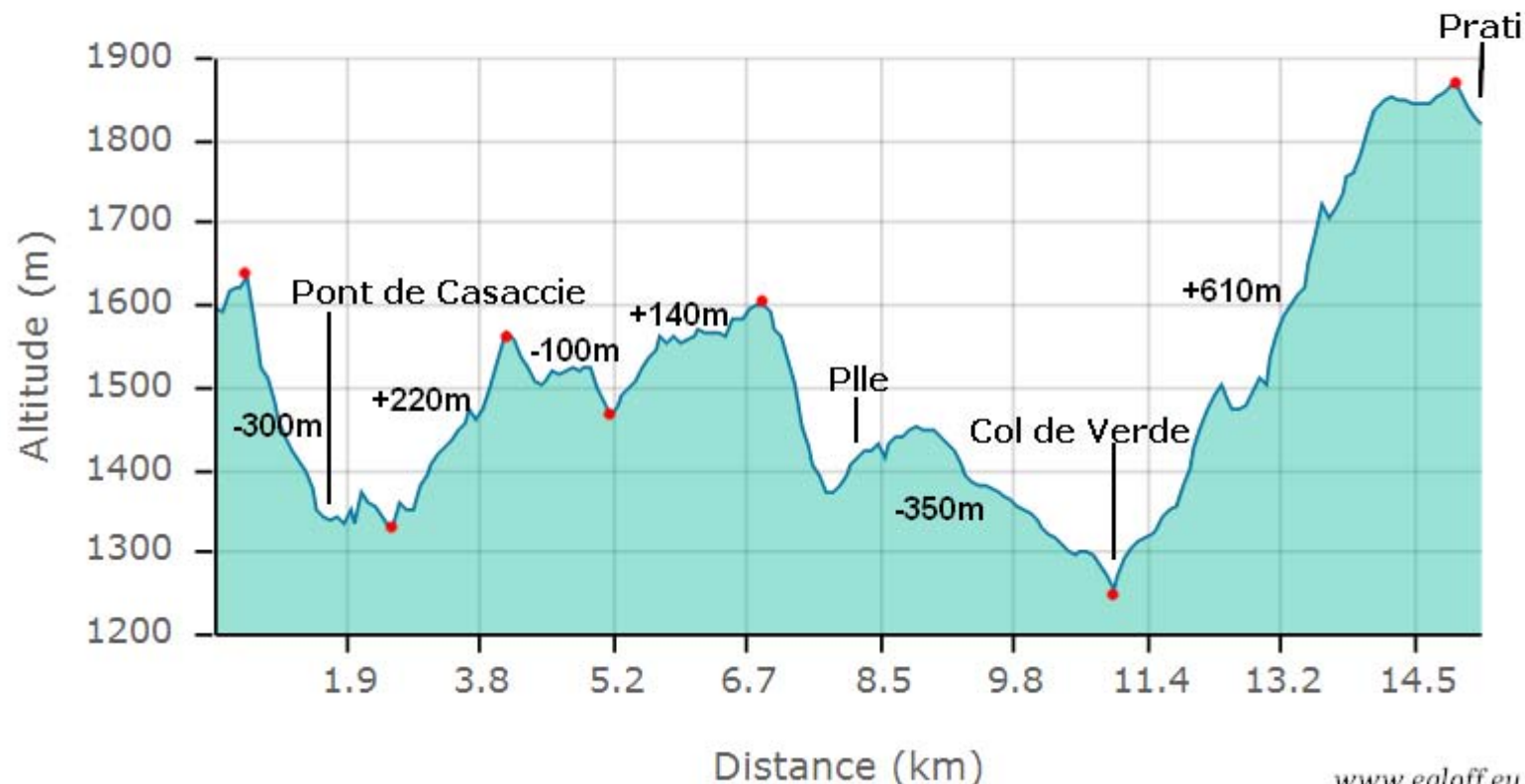
14 km
+900m
-220m

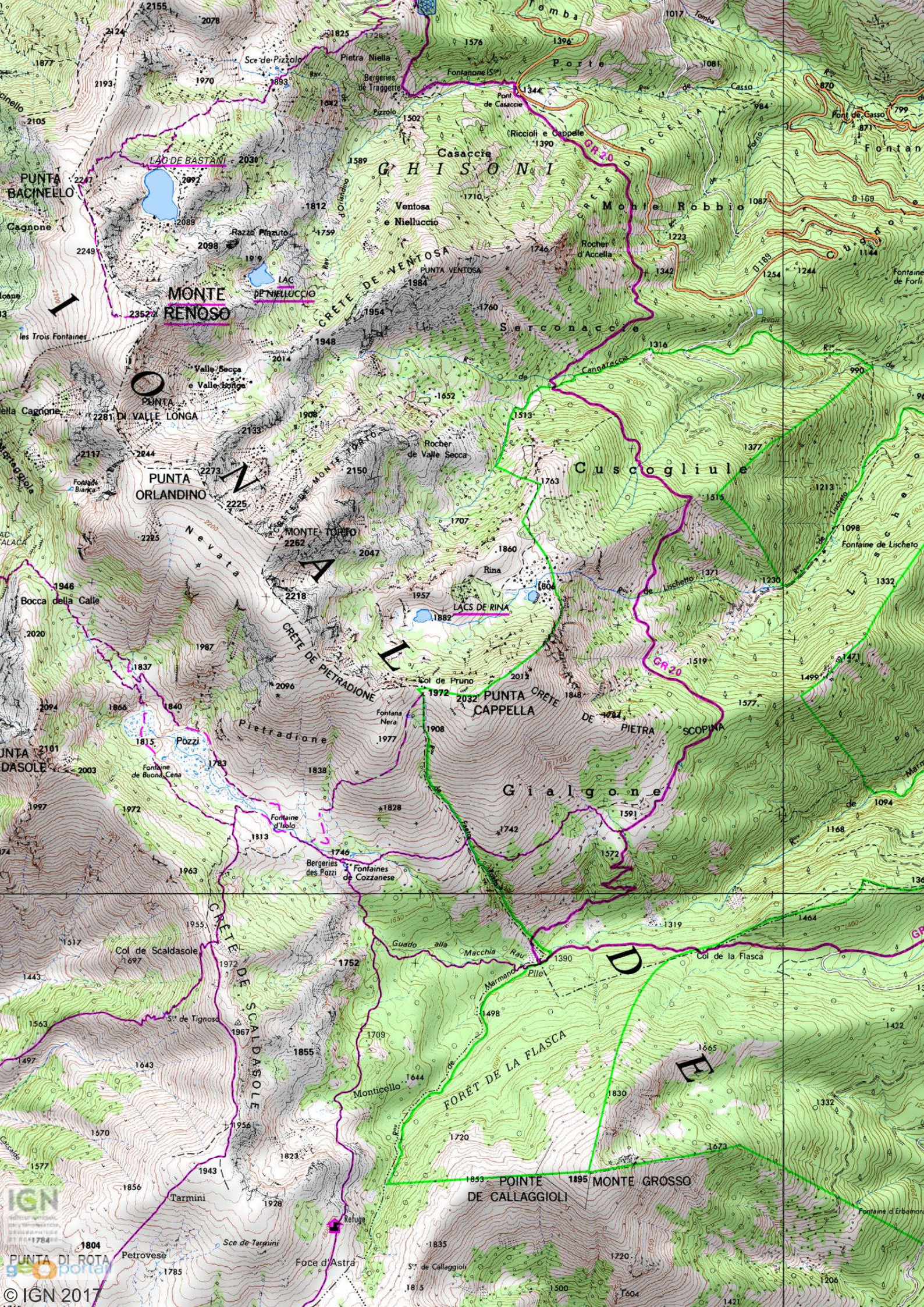




ETAPE 11 - CAPANNELLA - PRATI

17 km
+ 890m
- 600m



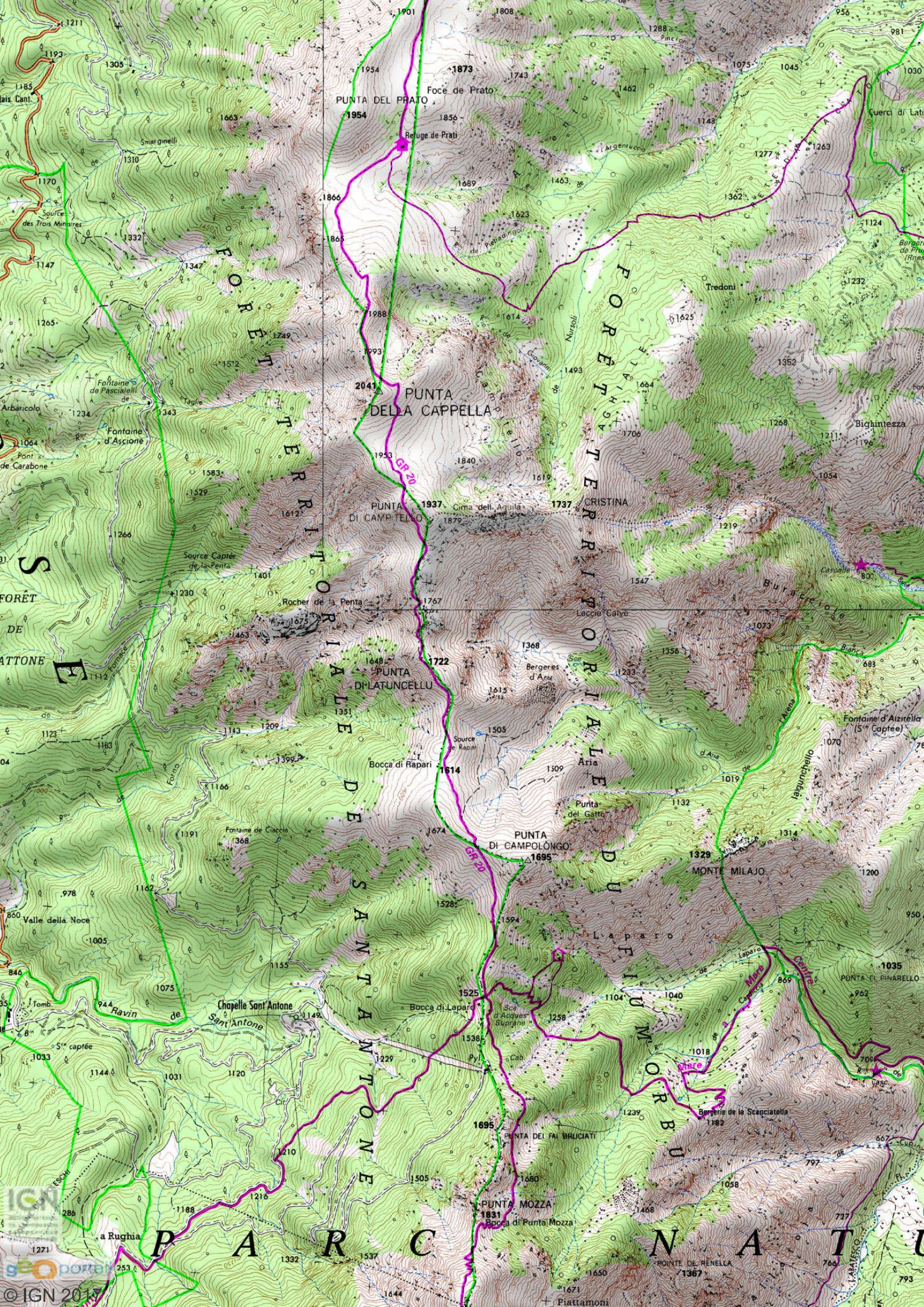




ETAPE 12 - PRATI -USCIOLU

10.5 km
+700 m
-750 m

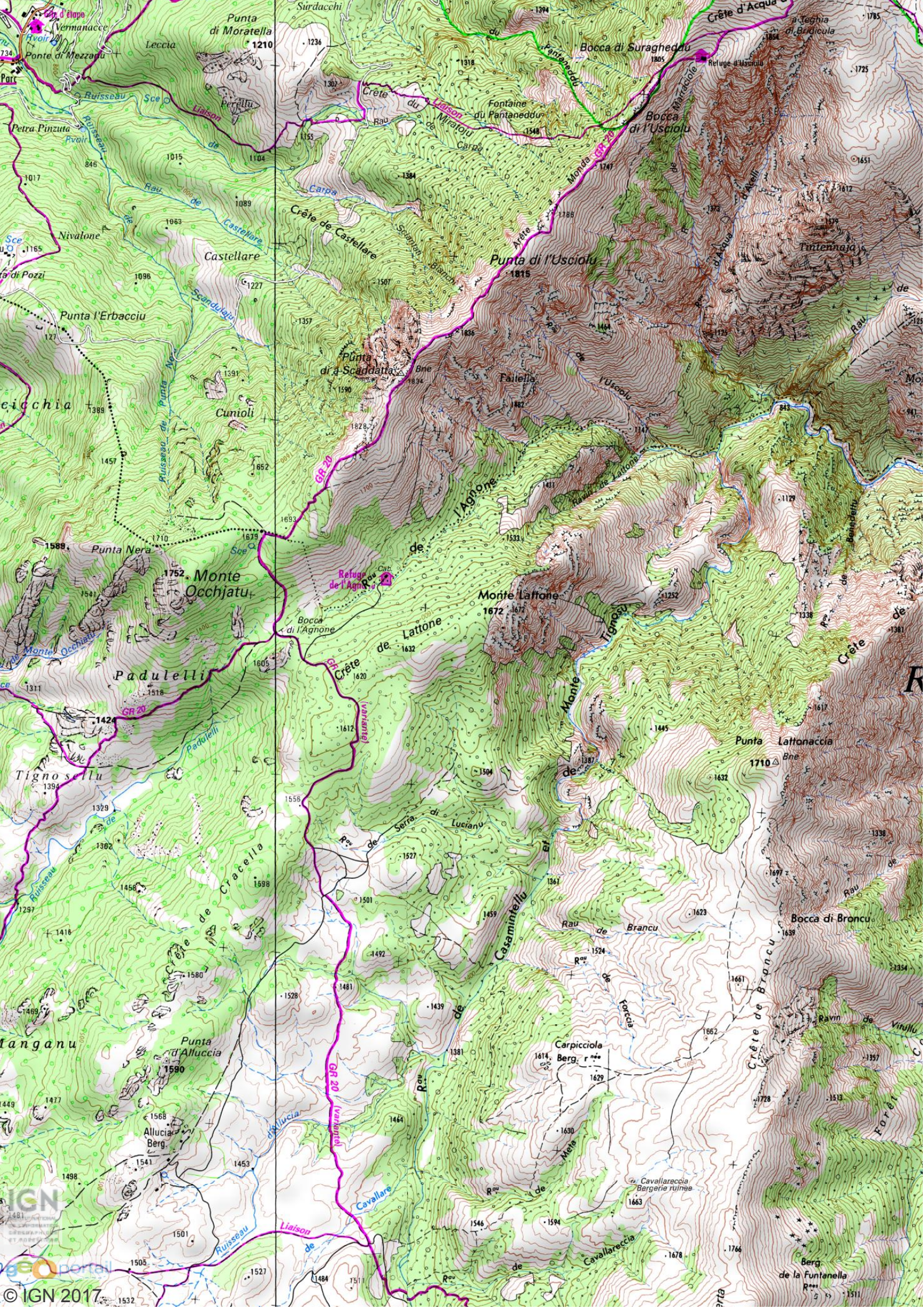


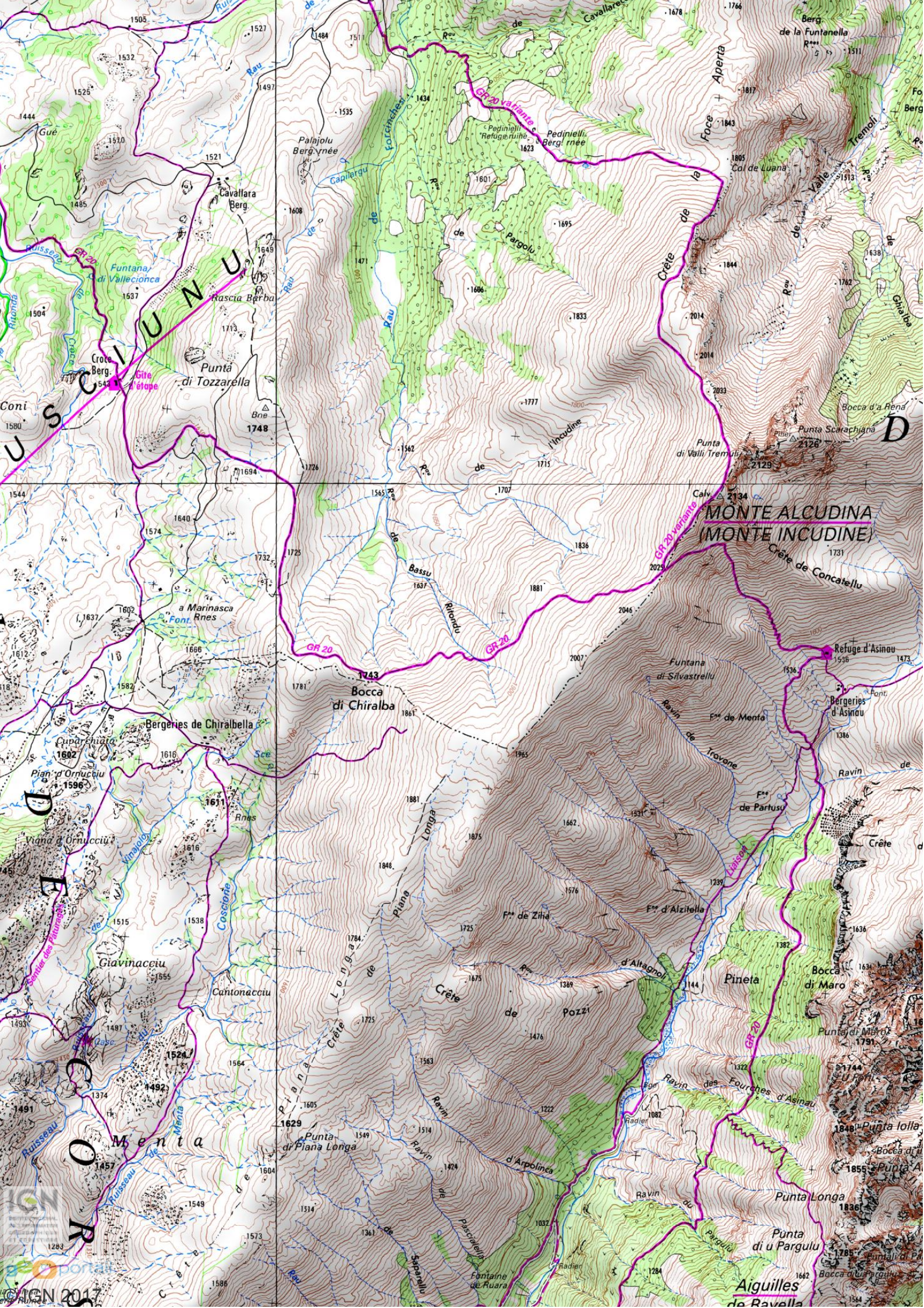


ETAPE 13 - USCIOLOU - ASINAU par variante

15 km
+ 850 m
- 1100 m







ETAPE 14 - ASINAU > PALIRI variante alpine

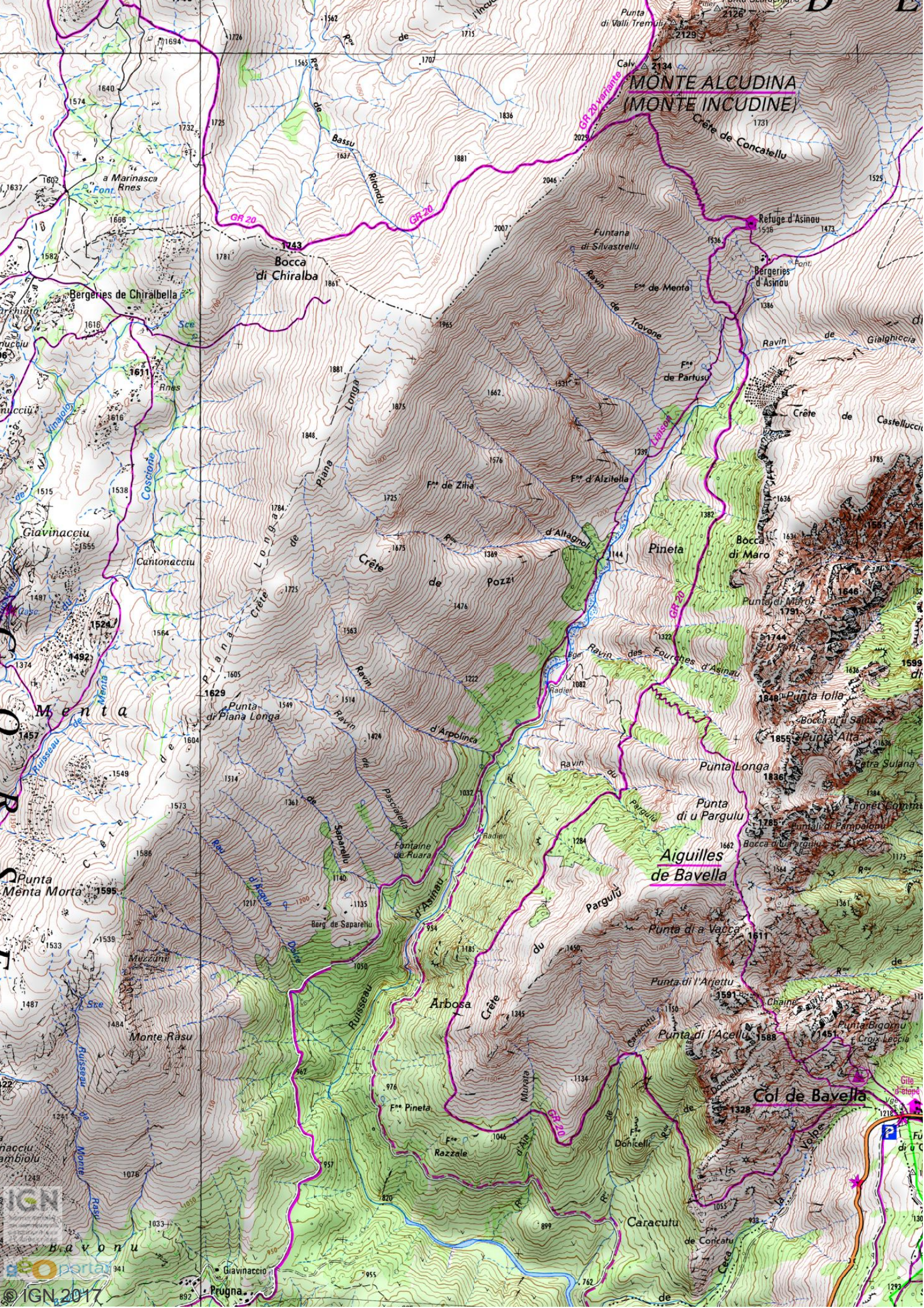
11 km
+900m
-1350m

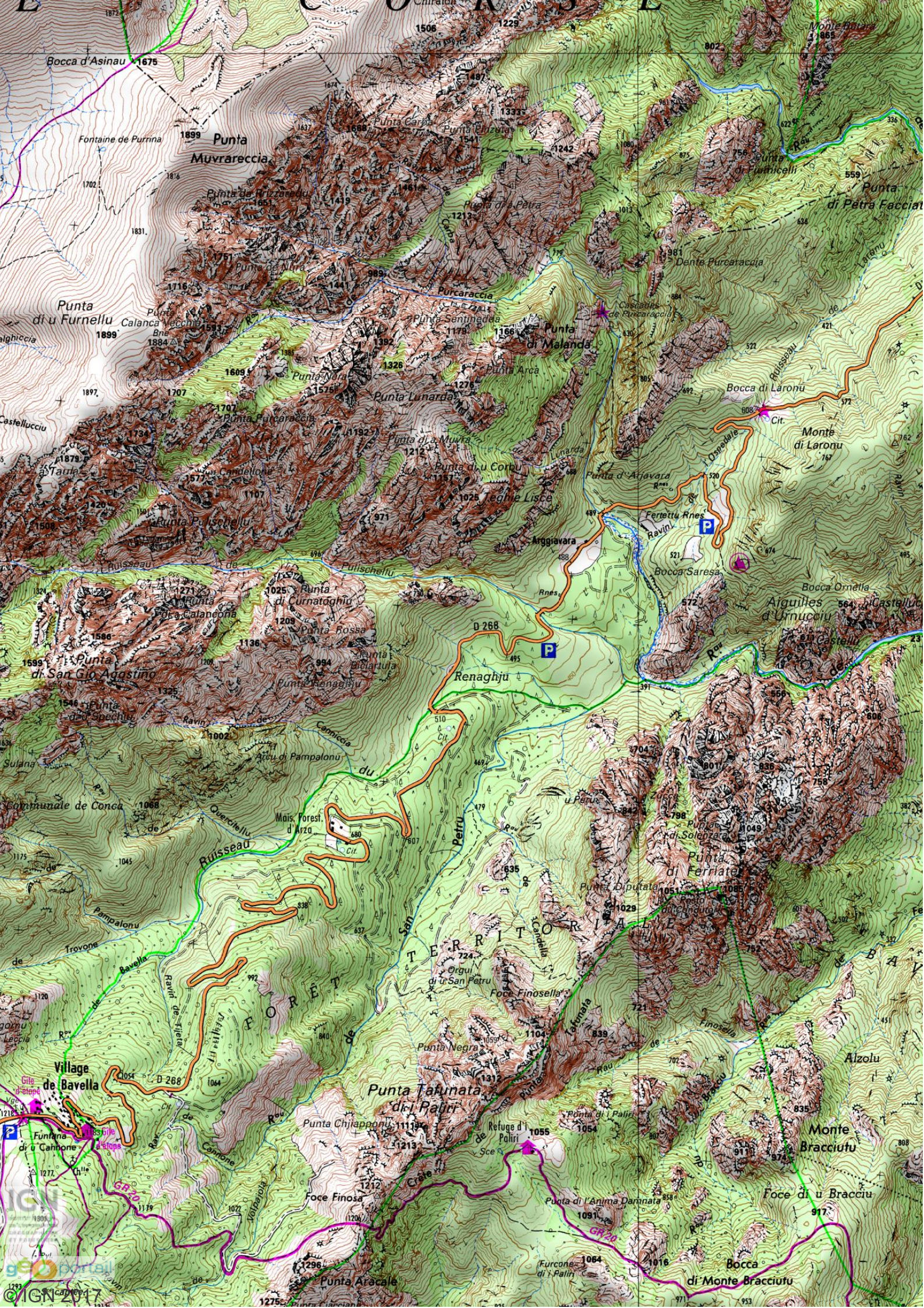


ETAPE 14 - ASINAU > PALIRI

14,8 km
+430m
-910m



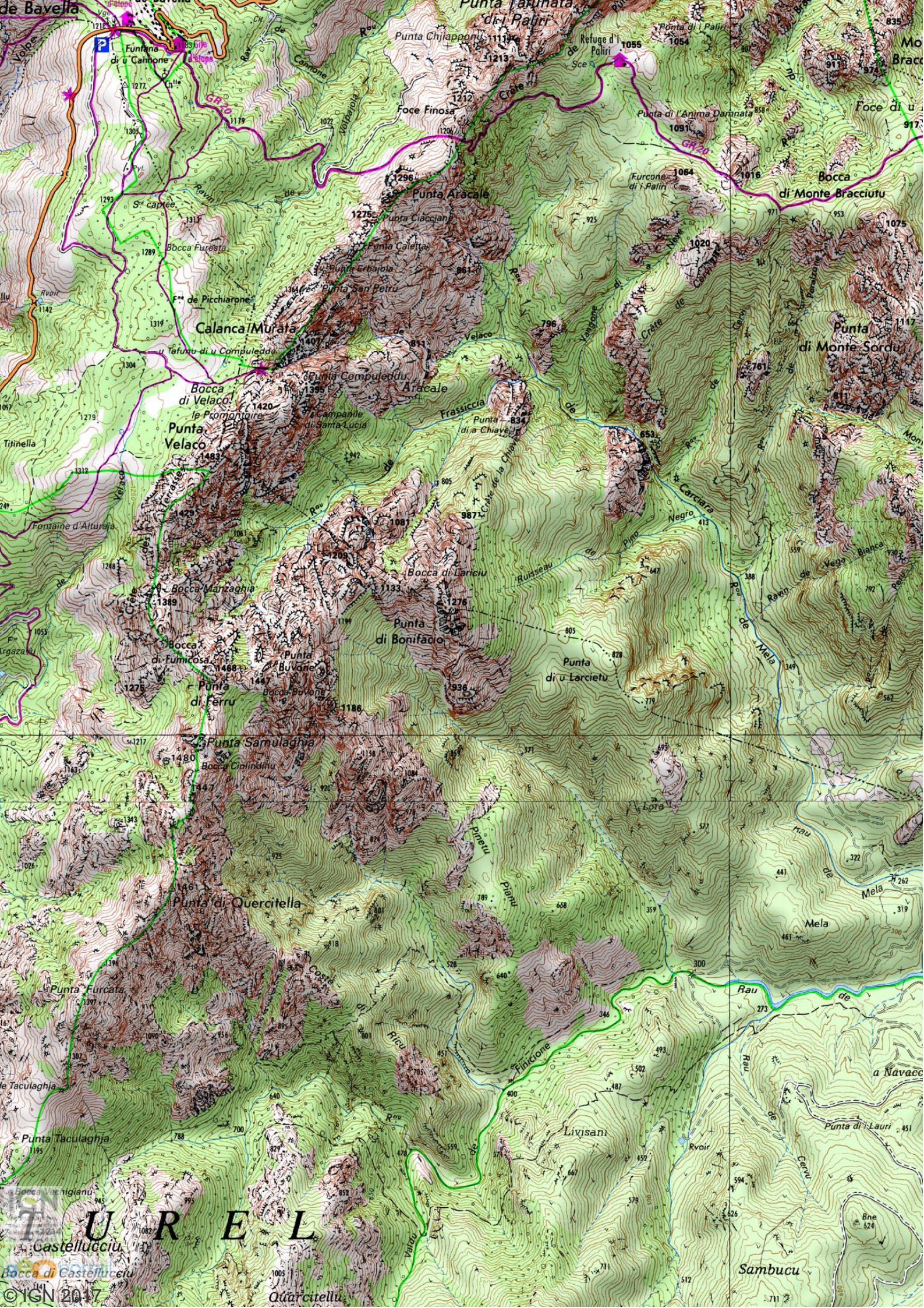




ETAPE 15 PALIRI - CONCA

12,5km
+340m
-1050m





T U R E L

Bocca di Castellucci

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Quarcitelli

Sambucu

