

60,5 km D + 4.000			
start race 21 september 2019 time 07:45			
Locality		First athlete passage time	Last athlete passage time
Menaggio - <i>start</i>	00Km	07:45 - Saturday	07:45 - Saturday
Plesio	Km 3,9	08:20	08:40
Sant Amate	Km 9,0	09:20	10:30
Cima Bregagno	Km 15,0	10:15	11:55
Alpe Livea	Km 19,8	10:45	13:00
Alpe Nesdale	Km 21,6	11:10	14:05
Sant Amate	Km 22,8	11:15	14:15
Plesio	Km 28,7	11:50	15:00
Primo Canello località Plesio			Max 15:05 Exit
Localita La Chioderia - farmed trout -	Km 31,2	12:15	16:00
Gonte	Km 33,00	12:30	16:15
Bene Lario	Km 34,8	12:40	16:30
Rif. Venini	Km 43,0	14:05	18:55
Fourth gate rif. Venini			Max 19:00 Exit
Bocchette di Nava	Km 51,5	15:15	21:00
Chiesetta degli Alpini	Km 56,5	15:40	21:35
Menaggio - <i>finish line</i>	km 60,5	16:00	22:15 finish competition

Maximum time 14:30 hours: finish competition 22:15 - 21 september 2019

Awards: Sunday 21 september 2019 hours: 20:15