

ROADBOOK



medie orarie / average speed (km/h)

<i>h (m)</i>	<i>località place</i>	<i>indicazioni indications</i>	<i>Dir.</i>	<i>parziali partials (km)</i>	<i>percorsi covered (km)</i>	<i>da percorrere to be covered</i>	<i>48 hh:mm</i>	<i>50 hh:mm</i>	<i>52 hh:mm</i>
730	Piazza Trento e Trieste	Partenza Ufficiosa / Unofficial Start		0,000	0,000	200,100	11:00	11:00	11:00
725	Via Erbestina Basso		↵	0,039	0,039	200,061	11:00	11:00	11:00
721	Viale San Biagio		↖	0,143	0,182	199,918	11:00	11:00	11:00
722	Via Armando Diaz		↗	0,027	0,209	199,891	11:00	11:00	11:00
617	Via Rettifilo		↑	2,891	3,100	197,000	11:03	11:03	11:03
617	Via Nuova Italia		↗	0,600	3,700	196,400	11:04	11:04	11:04
622	Via Prenestina		↑	0,300	4,000	196,100	11:05	11:04	11:04
606	Via Prenestina SR155 - KM0	Partenza Ufficiale / Official Start	↑	1,800	5,800	194,300	11:10	11:10	11:10
654	Via Prenestina	ACUTO	↑	5,265	5,265	189,035	11:16	11:16	11:16
524	Via Prenestina	LA FORMA - SERRONE	↑	11,135	16,400	177,900	11:20	11:19	11:18
299	Via Valle Rotelle - SR155	GENAZZANO	↑	10,853	27,253	167,047	11:34	11:32	11:31
318	Via Cave		↻	0,757	28,010	166,290	11:35	11:33	11:32
381	Via Cave	Litter Zone Start		1,490	29,500	164,800	11:36	11:35	11:34
381	Via Cave	Feed Zone Start		0,500	30,000	164,300	11:37	11:36	11:34
381	Via Madonna del Campo		↑	0,139	30,139	164,161	11:37	11:36	11:34
381	Via Madonna del Campo	Feed Zone End		0,561	30,700	163,600	11:38	11:36	11:35
387	Via Madonna del Campo	Litter Zone End		0,300	31,000	163,300	11:38	11:37	11:35
391	Piazza Santa Croce	CAVE	↖	0,400	31,400	162,900	11:39	11:37	11:36
391	Viale Pio XII		↑	0,100	31,500	162,800	11:39	11:37	11:36
373	Via Cavour		↑	0,500	32,000	162,300	11:40	11:38	11:36
375	Via Felice Borghese		↑	0,150	32,150	162,150	11:40	11:38	11:37
382	Via Prenestina Nuova		↑	0,100	32,250	162,050	11:40	11:38	11:37
418	Via Prenestina Antica		↗	2,950	35,200	159,100	11:44	11:42	11:40
420	Viale Pio XII	PALESTRINA Semaforo / Traffic light	↗	2,200	37,400	156,900	11:46	11:44	11:43
430	Via Pedemontana - SP55a		↵	0,194	37,594	156,706	11:47	11:45	11:43
314	Via San Pastore - SP55a		↑	5,006	42,600	151,700	11:53	11:51	11:49
203	Via Ponte Amato - SP56a	GALLICANO NEL LAZIO	↑	2,500	45,100	149,200	11:56	11:54	11:52
204	SP51a		↗	0,300	45,400	148,900	11:56	11:54	11:52
199	Via di Tivoli - SP51a		↗	0,250	45,650	148,650	11:57	11:54	11:52
105	Via Zagarolese - SP51a		↑	5,100	50,750	143,550	12:03	12:00	11:58
54	Via Polense - SP49a		↵	2,450	53,200	141,100	12:06	12:03	12:01
54	Via Tivolese - SP51a		↗	0,300	53,500	140,800	12:06	12:04	12:01
54	Via di Ponte Lucano		↵	2,900	56,400	137,900	12:10	12:07	12:05
50	Via dei Canneti		↵	1,100	57,500	136,800	12:11	12:09	12:06
50	Via Tiburtina - SS5	Litter Zone Start	↵	0,300	57,800	136,500	12:12	12:09	12:06
34	Via Tiburtina - SS5	Feed Zone Start		0,200	58,000	136,300	12:12	12:09	12:06
67	Via Tiburtina - SS5	Feed Zone End		1,000	59,000	135,300	12:13	12:10	12:08
67	Via Tiburtina - SS5	Litter Zone End		0,300	59,300	135,000	12:14	12:11	12:08
67	Via Tiburtina - SS5	TIVOLI TERME		2,000	60,000	133,000	12:15	12:12	12:09
67	VI Roma		↗	2,500	61,500	130,500	12:16	12:13	12:10
82	Via Vittorio de Sica		↑	2,300	63,800	128,200	12:19	12:16	12:13
90	Via Casal Bianco	GUIDONIA MONTECELIO	↵	1,200	65,000	127,000	12:21	12:18	12:15
93	Via della Pietrara		↗	0,100	65,100	126,900	12:21	12:18	12:15
98	Via della Pietrara		↗	0,300	65,400	126,600	12:21	12:18	12:15
100	Via degli Spagnoli		↑	0,400	65,800	126,200	12:22	12:18	12:15
97	Via della Pietraia		↗	0,600	66,400	125,600	12:23	12:19	12:16
98	Via Formello		↵	1,500	67,900	124,100	12:24	12:21	12:18
68	Via Palombarese		↵	4,100	72,000	120,000	12:30	12:26	12:23
65	Via delle Molette		↗	0,500	72,500	119,500	12:30	12:27	12:23
193	Via Nomentana		↑	3,600	76,100	115,900	12:35	12:31	12:27
189	Via Madonna di Fatima		↗	0,400	76,500	115,500	12:35	12:31	12:28
173	Via VIII Settembre		↑	0,400	76,900	115,100	12:36	12:32	12:28
162	Via Antonio Moscatelli	MENTANA	↗	0,200	77,100	114,900	12:36	12:32	12:28
150	Via G. Amendola - SP22a		↑	0,700	77,800	114,200	12:37	12:33	12:29
122	Via Sandro Pertini	MONTEROTONDO	↑	1,600	79,400	112,600	12:39	12:35	12:31
102	Via Luigi Einaudi		↑	1,200	80,600	111,400	12:40	12:36	12:33
74	Via Enrico De Nicola		↑	1,800	82,400	109,600	12:43	12:38	12:35
59	Via San Martino		↑	1,400	83,800	108,200	12:44	12:40	12:36
26	Via Traversa del Grillo		↑	1,200	85,000	107,000	12:46	12:42	12:38
29	Via Tiberina - SP15a		↗	2,900	87,900	104,100	12:49	12:45	12:41
29	Via Tiberina - SP15a	Litter Zone Start		0,400	88,300	103,700	12:50	12:45	12:41
34	Via Provinciale Capena SP11b	Feed Zone Start	↵	2,585	90,485	101,115	12:53	12:48	12:44
34	Via Provinciale Capena SP11b	Feed Zone End		2,315	92,800	98,800	12:56	12:51	12:47
34	Via Provinciale Capena SP11b	Litter Zone End		0,500	93,300	98,300	12:56	12:51	12:47
144	SP11b	CAPENA	↑	1,200	94,500	97,100	12:58	12:53	12:49
158	Via Provinciale Roma		↑	0,300	94,800	96,800	12:58	12:53	12:49
172	Via Morlupo - SP17a		↗	0,700	95,500	96,100	12:59	12:54	12:50
237	Via Cesare Battisti		↖	5,000	100,500	91,100	13:05	13:00	12:55
229	Viale Giorgio Almirante	MORLUPO	↗	0,500	101,000	90,600	13:06	13:01	12:56
245	Via Monte Grugnanello		↑	0,400	101,400	90,200	13:06	13:01	12:57
236	Via Giulio Roncacci		↵	0,200	101,600	90,000	13:07	13:01	12:57
243	Via San Michele		↑	0,500	102,100	89,500	13:07	13:02	12:57

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274	Via Flaminia		↑	0,900	103,000	88,600	13:08	13:03	12:58
290	Via Campannese - SP14a	Passaggio a livello / Level crossing	↕	1,500	104,500	87,100	13:10	13:05	13:00
354	SP10a		↑	9,500	114,000	77,600	13:22	13:16	13:11
294	Via San Sebastiano		↑	1,600	115,600	76,000	13:24	13:18	13:13
284	Via della Vittoria		↕	0,250	115,850	75,750	13:24	13:19	13:13
284	Via Roma		↑	0,050	115,900	75,700	13:24	13:19	13:13
284	SP10a		↕	0,050	115,950	75,650	13:24	13:19	13:13
282	Via del Pavone - SP10a	CAMPAGNANO ROMANO	↑	0,050	116,000	75,600	13:25	13:19	13:13
250	SP10a	Litter Zone Start		1,700	117,700	73,900	13:27	13:21	13:15
240	SP10a	Feed Zone Start		2,200	118,200	71,700	13:27	13:21	13:16
230	SP10a	Feed Zone End		1,300	119,500	70,400	13:29	13:23	13:17
210	SP10a	Litter Zone End		0,500	120,000	69,900	13:30	13:24	13:18
199	Ingresso Via Cassia - SS2		↑	0,000	120,000	69,900	13:30	13:24	13:18
206	Uscita Via Cassia SS2		↑	0,6	120,6	69,3	13:30	13:24	13:19
213	Via Settevene Palo		↕	0,200	120,800	69,100	13:31	13:24	13:19
229	Via Settevene Est		↑	5,2	126	63,9	13:37	13:31	13:25
170	Via Settevene Palo Primo Tronco da Trevigr		↑	1,200	127,200	62,700	13:39	13:32	13:26
170	Viale Giuseppe Garibaldi	TREVIGNANO ROMANO	↑	4,800	132,000	57,900	13:45	13:38	13:32
173	Piazza Vittorio Emanuele III		↖	0,200	132,200	57,700	13:45	13:38	13:32
180	Via IV Novembre - SP4		↑	0,200	132,400	57,500	13:45	13:38	13:32
176	Via Mosca - SP4		↑	0,400	132,800	57,100	13:46	13:39	13:33
182	Via Settevene Ovest		↑	1,400	134,200	55,700	13:47	13:41	13:34
184	Via Circumlacuale - SP1f	BRACCIANO	↑	7,800	142,000	47,900	13:57	13:50	13:43
221	SP11b		↑	6,200	148,200	41,700	14:05	13:57	13:51
182	Viale Reginaldo Belloni - SP11b		↑	3,500	151,700	38,200	14:09	14:02	13:55
173	Via Maurizio Moris		↑	1,500	153,200	36,700	14:11	14:03	13:56
190	Via Aloisio Anguillra		↑	0,200	153,400	36,500	14:11	14:04	13:57
192	Via Romana - SP5a		↕	0,100	153,500	36,400	14:11	14:04	13:57
188	Via Anguillarese	ANGUILLARA SABAZIA	↑	0,300	153,800	36,100	14:12	14:04	13:57
188	Via Anguillarese	Passaggio a livello / Level crossing	↑	3,200	157,000	32,900	14:16	14:08	14:01
135	Via Braccianese Claudia		↕	4,000	161,000	28,900	14:21	14:13	14:05
159	Via Braccianese Claudia	LA STORTA		7,800	168,800	21,100	14:31	14:22	14:14
135	Via Braccianese Claudia			1,400	170,200	19,700	14:32	14:24	14:16
150	Via Cassia - SS2		↑	0,200	170,400	19,500	14:33	14:24	14:16
148	Via Trionfale		↑	1,700	172,100	17,800	14:35	14:26	14:18
143	Via Vittorio Piccinini		↕	0,200	172,300	17,600	14:35	14:26	14:18
151	Via Cassia	LA GIUSTINIANA	↑	0,100	172,400	17,500	14:35	14:26	14:18
250	SP10a	Litter Zone Start		0,400	172,800	17,100	14:36	14:27	14:19
240	SP10a	Feed Zone Start		0,900	173,300	16,200	14:36	14:27	14:19
230	SP10a	Feed Zone End		1,000	174,300	15,200	14:37	14:29	14:21
210	SP10a	Litter Zone End		0,500	174,800	14,700	14:38	14:29	14:21
100	Corso Francia		↑	4,700	179,500	10,000	14:44	14:35	14:27
19	Via Civita Castellana		↑	0,900	180,400	9,100	14:45	14:36	14:28
21	Viale di Tor di Quinto		↑	0,200	180,600	8,900	14:45	14:36	14:28
21	Lungotevere Maresciallo Diaz		↑	0,400	181,000	8,500	14:46	14:37	14:28
19	Ponte Duca D'Aosta		↕	0,800	181,800	7,700	14:47	14:38	14:29
23	Lungotevere Flaminio		↑	0,200	182,000	7,500	14:47	14:38	14:30
20	Ponte del risorgimento		↑	1,800	183,800	5,700	14:49	14:40	14:32
20	Lungotevere delle Armi	Litter Zone Start	↕	0,200	184,000	5,500	14:50	14:40	14:32
20	Lungotevere Michelangelo	Litter Zone End	↑	0,400	184,400	5,100	14:50	14:41	14:32
20	Lungotevere dei Mellini		↑	0,600	185,000	4,500	14:51	14:42	14:33
25	Ponte Cavour		↑	0,400	185,400	4,100	14:51	14:42	14:33
25	Via Tomacelli		↑	0,200	185,600	3,900	14:52	14:42	14:34
35	Via del Corso		↑	0,400	186,000	3,500	14:52	14:43	14:34
33	Piazza Venezia		↑	0,900	186,900	2,600	14:53	14:44	14:35
33	Via dei Fori Imperiali		↑	0,200	187,100	2,400	14:53	14:44	14:35
37	Piazza del Colosseo		↑	0,800	187,900	1,600	14:54	14:45	14:36
34	Via Celio Vibenna		↑	0,200	188,100	1,400	14:55	14:45	14:37
30	Via di San Gregorio		↑	0,500	188,600	0,900	14:55	14:46	14:37
24	Piazza di Porta Capena		↑	0,400	189,000	0,500	14:56	14:46	14:38
23	Viale Aventino		↑	0,000	189,000	0,500	14:56	14:46	14:38
28	Via del Circo Massimo		↑	0,200	189,200	0,300	14:56	14:47	14:38
32	Via del Circo Massimo	ARRIVO		0,300	189,500	0,000	14:56	14:47	14:38