MMR POWER RACE LEÓN			VELOCIDADES MEDIAS EN Km/h							
Rutometro Media Maratón	**47,72km**	**837m**	**24**	**22**	**20**	**18**	**16**	**14**	**12**	**10**
Hora de salida			10:00	10:00	10:00	10:00	10:00	10:00	10:00	10:00
	Km	**FALTAN**	**HORAS DE PASO APROXIMADO SEGÚN VELOCIDAD MEDIA**							
León	0,00	47,72	10:00	10:00	10:00	10:00	10:00	10:00	10:00	10:00
Carbajal de la Legua	5,14	42,58	10:12:51	10:13:57	10:15:25	10:17:08	10:19:16	10:22:00	10:25:42	10:30:50
Venta la Tuerta	12,50	35,22	10:31:15	10:33:57	10:37:30	10:41:40	10:46:52	10:53:32	11:02:30	11:15:00
Cabanillas	22,50	25,22	10:56:15	11:01:07	11:07:30	11:15:00	11:24:22	11:36:22	11:52:30	12:15:00
La Seca	24,50	23,22	11:01:15	11:06:33	11:13:30	11:21:40	11:31:52	11:44:56	12:02:30	12:27:00
Carretera Asturias	27,30	20,42	11:08:15	11:14:09	11:21:54	11:31:00	11:42:22	11:56:56	12:16:30	12:43:48
Venta la Tuerta	31,50	16,22	11:18:45	11:25:34	11:34:30	11:45:00	11:58:07	12:14:55	12:37:30	13:09:00
Carbajal de la Legua	39,65	8,07	11:39:07	11:47:42	11:58:57	12:12:10	12:28:41	12:49:50	13:18:15	13:57:54
León (Meta)	47,72	0,00	11:59:18	12:09:38	12:23:09	12:39:04	12:58:57	13:24:24	13:58:36	14:46:19