

Data	nr	Nome	All	TL	Mon	Scal	3T	Raduno	Auto	Orario di Partenza					Descrizione	P.I.	Km	Disl. m.	Quota m.	Link GPX	
										A3	A2	A1	E2	E1							
06/03/2021	T01	TURBI MARE		1				Ostia (Rotonda)	n/a	9:00				Corto	Ostia - Torvaianica - Ardea - Casalazzara - Ardeatina - Solferata - Pomezia - Pratica di Mare - Ostia	n/a	75,85	422	139	<a href="https://www.openrunner.com/r/12517420">https://www.openrunner.com/r/12517420</a>	
											9:00			Medio	Ostia - Torvaianica - Ardea - Selva Secca - Ardeatina - Solferata - Pomezia - Pratica di Mare - Ostia	n/a	92,53	523	169	<a href="https://www.openrunner.com/r/12517589">https://www.openrunner.com/r/12517589</a>	
												9:00		Lungo	Ostia - Torvaianica - Ardea - Anzio - Aprilia - Ardeatina - Solferata - Pomezia - Pratica di Mare - Ostia	n/a	107,73	604	169	<a href="https://www.openrunner.com/r/12517489">https://www.openrunner.com/r/12517489</a>	
04/04/2021		PASQUA																			
10/04/2021	T02	TURBI ROCCA MASSIMA		2				Palaghiaccio (Marino)	n/a	8.30				Corto		n/a					
											8.30			Medio		n/a					
												8.30		Lungo		n/a					
17/04/2021	T03	TORRITA TIBERINA		3				Passo Corese	n/a	8:50				Corto							
											8:40			Medio							
												8:30		Lungo							
24/04/2021	T04	TURBI VALLE DEL TREIA		4				Saxa Rubra	n/a	8.30				Corto	Saxa Rubra Flaminia Sacrofano Solfatore Magliano romano Calcata Mazzano Campagnano Formello Prima Porta Saxa Rubra	n/a	78,9	1031	372	<a href="https://www.openrunner.com/r/12505298">https://www.openrunner.com/r/12505298</a>	
											8.30			Medio	Saxa Rubra Flaminia Sacrofano Solfatore Magliano romano Calcata Mazzano Settevene Anguillara Braccianese Cassia Giustiniana Prima Porta Flaminia Saxa Rubra	n/a	91,5	1064	372	<a href="https://www.openrunner.com/r/12505308">https://www.openrunner.com/r/12505308</a>	
												8.30		Lungo	Saxa Rubra Flaminia Sacrofano Solfatore Magliano romano Calcata Faleria Flaminia Civita Castellana Nepesina Nepi via Ronci Settevene Anguillara Osteria Nuova Braccianese Cassia Giustiniana Prima Porta Saxa Rubra	n/a	119	1299	372	<a href="https://www.openrunner.com/r/12505305">https://www.openrunner.com/r/12505305</a>	
01/05/2021	T05	TURBI ALTA SABINA		5				Osteria Nuova	n/a	8.30				Corto	Osteria Nuova Licinese Ponte Buida Torricella Capannaccia Ornarò basso Rieti via Belvedere SP Sala Frassinoro b. San Silvestro Longone Rocca Sinibalda Capannaccia Totticella Licinese Osteria Nuova.	n/a	84,4	1443	828	<a href="https://www.openrunner.com/r/12505253">https://www.openrunner.com/r/12505253</a>	
											8.30			Medio	Osteria Nuova Licinese Ponte Buida Torricella Capannaccia Ornarò basso Salaria SP34 Belmonte Prime Ville Seconde Ville Salaria Rieti via Belvedere SP Sala Frassinoro b. San Silvestro Longone Rocca Sinibalda Capannaccia Totticella Licinese Osteria Nuova.	n/a	98,2	1745	828	<a href="https://www.openrunner.com/r/12505264">https://www.openrunner.com/r/12505264</a>	
												8.30		Lungo	Osteria Nuova Licinese Ponte Buida Torricella Capannaccia Ornarò basso Salaria SP34 Belmonte Prime Ville Seconde Ville Salaria Rieti via Belvedere SP Sala Frassinoro b. San Silvestro Longone Stipes Posticciola Rocca Sinibalda Capannaccia Totticella Licinese Osteria Nuova.	n/a	101,1	1832	828	<a href="https://www.openrunner.com/r/12505256">https://www.openrunner.com/r/12505256</a>	
08/05/2021	T06	FARA SABINA	1		*			Passo Corese		8:50				Corto	Passo Corese Salaria Borgo Quinzio Salaria Vecchia Acquaviva Osteria di Nerola Overpass Salaria Nuova Toffia Quattro Venti Fara		31,58	671	461	<a href="https://www.openrunner.com/r/12479781">https://www.openrunner.com/r/12479781</a>	
											8:40			Medio	Passo Corese SS313 Granari Colonna Castelnuovo di Farfa Osteria Nuova Salaria Vecchia Toffia Quattro Venti Fara Sabina		43,26	892	461	<a href="https://www.openrunner.com/r/12479804">https://www.openrunner.com/r/12479804</a>	
												8:30		Lungo	Passo Corese - [SR313] Ponte Sfondato - Colonna - Poggio Mirteto scalo - Bocchignano - Castel San Pietro - Salisano - via Tancia - Montenero Sabino - Casaprotta - Collelungo - via Salaria vecchia - Osteria Nuova - Toffia - Fara in Sabina		69,97	1512	507	<a href="https://www.openrunner.com/r/13018021">https://www.openrunner.com/r/13018021</a>	
														Ritorno	Fara Quattro Venti Coltodino Talocci farenze Passo Corese	n/a	14,1	29	460	<a href="https://www.openrunner.com/r/12504180">https://www.openrunner.com/r/12504180</a>	
15/05/2021	T07	SAMBUCI (CRONO)	2					Castel Madama		8.30				Prologo	Park Castel Madama, Empolitana, bv Sambuci, Piana di Cerreto, Passo della Fortuna, Park Castel Madama	n/a	27,8	312	472	<a href="https://www.openrunner.com/r/12491533">https://www.openrunner.com/r/12491533</a>	
											9.30			Crono	Park Castel Madama, Empolitana, bv Sambuci, Piana di Cerreto, Passo della Fortuna	n/a	19,82	304	472	<a href="https://www.openrunner.com/r/12491527">https://www.openrunner.com/r/12491527</a>	
														Ritorno	Passo della Fortuna, Park Castel Madama	n/a	8,11	1	472	<a href="https://www.openrunner.com/r/12491538">https://www.openrunner.com/r/12491538</a>	
														Semitappa	Park Castel Madama, Tivoli, S. Gregorio di Sassola, Casape, Poli, via Polense, via Faustianiana dx, Colle della Forma, Tivoli, Park Castel Madama	n/a	60,12	786	463	<a href="https://www.openrunner.com/r/12480589">https://www.openrunner.com/r/12480589</a>	
22/05/2021	T08	SASSO	3		*		*	Due Casette		8.30	8.45	9.00		Unico	Due Casette - Aurelia - Bivio Tolfa - Tolfa - Rota - Manziana - Braccianese - SP2C - Sasso		66,13	1009	483	<a href="https://www.openrunner.com/r/12480433">https://www.openrunner.com/r/12480433</a>	
														Ritorno	Sasso - Due Casette	n/a	5,46	1	317	<a href="https://www.openrunner.com/r/12516672">https://www.openrunner.com/r/12516672</a>	
29/05/2021	T09	MONTORIO IN VALLE	4					Vicovaro		8.50				Corto	Park Vicovaro, Licenza, Orvinio, Licinese, Pozzaglia, Montorio		30,59	754	918	<a href="https://www.openrunner.com/r/12491817">https://www.openrunner.com/r/12491817</a>	
											8.40			Medio	Park Vicovaro, Licenza, Orvinio, Licinese, Muro Pizzo, Turanense, Montorio		61,95	1344	918	<a href="https://www.openrunner.com/r/12491279">https://www.openrunner.com/r/12491279</a>	
												8.30		Lungo	Park Vicovaro, Licenza, Orvinio, Licinese, Muro Pizzo, Turanense, Vivaro, Vallinfreda, Orvinio, Licinese, Pozzaglia, Montorio		86,17	1769	918	<a href="https://www.openrunner.com/r/13152752">https://www.openrunner.com/r/13152752</a>	
														Ritorno	Montorio, Pozzaglia, Licinese, Orvinio, Licenza, Park Vicovaro	n/a	30,7	163	918	<a href="https://www.openrunner.com/r/12480495">https://www.openrunner.com/r/12480495</a>	
05/06/2021	T10	MONTEFLAVIO	5		*			Palombara (Parccheggio COTRAL)		8.20				Corto	Palombara, Moricone, Acquaviva di Nerola Salaria vecchia, Bivio Nerola, Nerola, Montorio, Monteflavio		28,06	762	805	<a href="https://www.openrunner.com/r/12491257">https://www.openrunner.com/r/12491257</a>	
											8.10			Medio	Palombara, Moricone, Montelibretti, Salaria km. 35-40, Salaria vecchia, Acquaviva di Nerola, Nerola, Montorio, Monteflavio		44,61	991	805	<a href="https://www.openrunner.com/r/12647667">https://www.openrunner.com/r/12647667</a>	
												8.00		Lungo	Palombara, Moricone, Montelibretti, Salaria km. 35-40, Salaria vecchia, Borgo Quinzio, Canneto Fara Sabina, Quattro Venti, Toffia Salaria vecchia, Nerola, Montorio, Monteflavio		72,47	1401	805	<a href="https://www.openrunner.com/r/12647649">https://www.openrunner.com/r/12647649</a>	
														Ritorno	Monteflavio Moricone Stazzano Palombara	n/a	15,6	99	805	<a href="https://www.openrunner.com/r/12472177">https://www.openrunner.com/r/12472177</a>	



11/09/2021	T17	SAN POLO	11	*		Passo Corese	8.50		Corto	Passo Corese Salaria Montelibretti Moricone Palombara Marcellina S.Polo.		38,9	862	637	<a href="https://www.openrunner.com/r/12647434">https://www.openrunner.com/r/12647434</a>		
								8.40	Medio	Passo Corese Farensse Talocci Coltodino Canneto Salaria vecchia Acquaviva Maremmana 313 Moricone Palombara Marcellina S.Polo.		49	983	637	<a href="https://www.openrunner.com/r/12491563">https://www.openrunner.com/r/12491563</a>		
									8.30	Lungo	Passo Corese Farensse Talocci Coltodino Quattro venti Toffia Salaria vecchia Acquaviva Maremmana 313 Moricone Palombara Marcellina S.Polo.		63	1194	637	<a href="https://www.openrunner.com/r/12491569">https://www.openrunner.com/r/12491569</a>	
										Ritorno	S.Polo Marcellina Maremmana ss313 Stazzano via della neve Salaria Passo Corese.	n/a	35	142	637	<a href="https://www.openrunner.com/r/12480601">https://www.openrunner.com/r/12480601</a>	
18/09/2021	T18	POGGIO NIBBIO	12			Monterosi (P.le Diaz)	8.50		Corto	Monterosi, SP1, Ronciglione, bv Poggio Cavaliere, SP39sx, Poggio Croce San Martino, Poggio Nibbio		33,06	805	866	<a href="https://www.openrunner.com/r/12491330">https://www.openrunner.com/r/12491330</a>		
								8.40	Medio	Monterosi, SP1, SP36, Caprarola, Muro San Rocco, SP1 sx, SP39, S. Martino al Cimino, Poggio Nibbio		49,05	1215	866	<a href="https://www.openrunner.com/r/13272262">https://www.openrunner.com/r/13272262</a>		
									8.30	Lungo	Monterosi, SP1, SP36, Caprarola, Muro San Rocco, SP1 sx, SP39, S. Martino al Cimino, SP80 dx, SP1 dx, SP25, Canepina, SP25a, SP65, Carbognano, SP San Rocco, SP1 dx, Poggio Nibbio		72,25	1640	866	<a href="https://www.openrunner.com/r/13706486">https://www.openrunner.com/r/13706486</a>	
										Ritorno	Poggio Nibbio, SP1, Carbognano, SP36, Monterosi	n/a	27,7	144	866	<a href="https://www.openrunner.com/r/12480526">https://www.openrunner.com/r/12480526</a>	
19/09/2021	T19	SUPERPOLPACH		7		Lago di Vico (Bella Venere)											
25/09/2021	T20	TURBI SALTO-TURANO	8			Carsoli	n/a	8.30		Corto	Carsoli, Poggio Cinolfo, Collalto, Ricetto, Tonnica, Campolano, Ponte sul lago del Salto, Pace, Leofreni, Tufo, Pietrasecca, Carsoli	n/a	63,8	1203	1034	<a href="https://www.openrunner.com/r/12491954">https://www.openrunner.com/r/12491954</a>	
									8.30	Medio	Carsoli, Turanense, Posticciola, Rocca Sinibalda, Longone, Vallecupola, Varco Sabino, Lago del Salto, Campolano, Tonnica, Ricetto, Poggio Cinolfo, Carsoli	n/a	99,3	1637	1071	<a href="https://www.openrunner.com/r/12491960">https://www.openrunner.com/r/12491960</a>	
										8.30	Lungo	Carsoli, Riofreddo, Vallinfreda, Vivaro, Turanense sx, Posticciola, Rocca Sinibalda, Longone, Vallecupola, Varco Sabino, Lago del Salto, Campolano, Tonnica, Ricetto, Poggio Cinolfo, Carsoli	n/a	111,8	1935	1071	<a href="https://www.openrunner.com/r/12491966">https://www.openrunner.com/r/12491966</a>
26/09/2021		NOVECOLLI				Cesenatico											
02/10/2021	T21	COLLI DI MONTEBOVE	13	*	*	Carsoli		8.50		Corto	Carsoli, Tiburtina, Pietrasecca, bv Tagliacozzo, Tiburtina Vecchia, bv.Roccacero, Colli Monte Bove (valico)		35,27	863	1195	<a href="https://www.openrunner.com/r/13772523">https://www.openrunner.com/r/13772523</a>	
									8.40	Medio	Carsoli, Riofreddo, Vallinfreda, Vivaro, Turanense dx, Tiburtina sx, Pietrasecca, bv Tagliacozzo, Tiburtina Vecchia, bv.Roccacero, Colli Monte Bove (valico)		58,73	1283	1195	<a href="https://www.openrunner.com/r/13772529">https://www.openrunner.com/r/13772529</a>	
										8.30	Lungo	Carsoli, Poggio Cinolfo, Nespole, Tufo, Pietrasecca, Tagliacozzo, Piccola Svizzera, Petrella Liri, Castellafiume, Capistrello, Cese dei Marsi, Scurcola, Tagliacozzo, Tiburtina Vecchia, bv.Roccacero, Colli Monte Bove (valico)		94,19	1696	1195	<a href="https://www.openrunner.com/r/13772533">https://www.openrunner.com/r/13772533</a>
											Ritorno	Colli Monte Bove (valico), Tiburtina Vecchia, Carsoli	n/a	17,63	24	1195	<a href="https://www.openrunner.com/r/12479711">https://www.openrunner.com/r/12479711</a>
09/10/2021	T22	MURO PIZZO	14			Passo Corese		8.50		Corto	Passo Corese, Salaria Vecchia, Licinese dx, Poggio Moiano, Muro Pizzo		33,8	1022	901	<a href="https://www.openrunner.com/r/12480188">https://www.openrunner.com/r/12480188</a>	
									8.40	Medio	Passo Corese, Talocci, Coltodino, 4 venti, Toffia, Salaria vecchia sx, Torricella, Posticciola, Muro Pizzo		53,3	1340	901	<a href="https://www.openrunner.com/r/12480199">https://www.openrunner.com/r/12480199</a>	
										8.30	Lungo	Passo Corese, Salaria Vecchia, Licinese dx, Poggio Moiano, Pozzaglia, Turanense sx, Muro Pizzo		66	1529	901	<a href="https://www.openrunner.com/r/12480209">https://www.openrunner.com/r/12480209</a>
											Ritorno	Muro Pizzo, Poggio Moiano, Osteria Nuova, Salaria vecchia, Passo Corese	n/a	33,99	157	901	<a href="https://www.openrunner.com/r/12480227">https://www.openrunner.com/r/12480227</a>
16/10/2021	T23	JENNE	15			Sublacense		8.50		Corto	Subiaco Via dei Monasteri Jenne		26,59	682	918	<a href="https://www.openrunner.com/r/12480038">https://www.openrunner.com/r/12480038</a>	
									8.40	Medio	Subiaco Altipiani Arcinazzo Sp28 Trevi Jenne		49,05	998	868	<a href="https://www.openrunner.com/r/12480097">https://www.openrunner.com/r/12480097</a>	
										8.30	Lungo	Sublacense Arsoli Crossroads Cervara Sublacense (Madonna della Pace) Subiaco Piani di Arcinazzo Trevi Jenne		63,58	1636	922	<a href="https://www.openrunner.com/r/12480061">https://www.openrunner.com/r/12480061</a>
											Ritorno	Jenne Via dei Monasteri Subiaco Sublacense Madonna della Pace Agosta Parking Sublacense	n/a	26,8	127	912	<a href="https://www.openrunner.com/r/12504186">https://www.openrunner.com/r/12504186</a>
23/10/2021	T24	SANT'ORESTE	16	*		Passo Corese		8.50		Corto	Passo Corese – zona industriale Fiano Romano (direzione Nazzano) – bivio a sinistra e vallonato - Sant'Oreste		29,3	548	407	<a href="https://www.openrunner.com/r/12480320">https://www.openrunner.com/r/12480320</a>	
									8.40	Medio	Passo Corese – Ponte Sfondato -Colonna - Poggio Mirteto scalo – Cantalupo in Sabina –Torri in Sabina – Stimigliano - Sant'Oreste		53,26	1059	407	<a href="https://www.openrunner.com/r/12480325">https://www.openrunner.com/r/12480325</a>	
										8.30	Lungo	Passo Corese – Talocci – Fara in Sabina – Bocchignano – Poggio Mirteto – Poggio Catino – Casperia – Cantalupo in Sabina – Poggio Mirteto scalo – Torrita Tiberina – Ponzano – Sant'Oreste		74,97	1499	407	<a href="https://www.openrunner.com/r/12480336">https://www.openrunner.com/r/12480336</a>
											Ritorno	Sant'Oreste – Fiano Romano – Bretella - Passo Corese	n/a	22,18	124	407	<a href="https://www.openrunner.com/r/12480341">https://www.openrunner.com/r/12480341</a>
30/10/2021	T25	ROCCA DI CAVE	17			Castel Madama		8:50		Corto	Castel Madama Empolitana Passo della Fortuna Pisoniano Capranica Rocca di Cave		27	898	894	<a href="https://www.openrunner.com/r/12491422">https://www.openrunner.com/r/12491422</a>	
									8:40	Medio	Castel Madama Empolitana Passo della Fortuna Pisoniano San Vito Genazzano sp 155 Prenestina Cave Rocca di Cave		38,71	1165	894	<a href="https://www.openrunner.com/r/12491428">https://www.openrunner.com/r/12491428</a>	
										8:30	Lungo	Castel Madama Empolitana Passo della Fortuna Pisoniano San Vito S.Francesco Bellegra Olevano sp155 Prenestina Genazzano Cave Rocca di Cave		52,3	1392	894	<a href="https://www.openrunner.com/r/12480547">https://www.openrunner.com/r/12480547</a>
											Ritorno	Rocca di Cave Capranica Empolitana Pisoniano Passo della Fortuna Castel Madama	n/a	27	233	894	<a href="https://www.openrunner.com/r/12508650">https://www.openrunner.com/r/12508650</a>
06/11/2021	T26	ALLUMIERE	18			Ladispoli (Stadio)		8.50		Corto	Ladispoli Aurelia S.Severa Tolfa Allumiere		39,86	741	550	<a href="https://www.openrunner.com/r/12516271">https://www.openrunner.com/r/12516271</a>	
									8.40	Medio	Ladispoli Due Casette - Sasso Manziana Rota Allumiere		50,68	1038	551	<a href="https://www.openrunner.com/r/12516299">https://www.openrunner.com/r/12516299</a>	
										8.30	Lungo	Ladispoli Due Casette Sasso Manziana Montevirginio Canale Rota B. Tolfa Allumiere		54,79	1110	551	<a href="https://www.openrunner.com/r/12516286">https://www.openrunner.com/r/12516286</a>
											Ritorno	Allumiere Tolfa S.Severa Aurelia Ladispoli	n/a	34,66	195	550	<a href="https://www.openrunner.com/r/12516309">https://www.openrunner.com/r/12516309</a>
13/11/2021	T27	TURBAKKI (CRONO COPPIE)	19			Castel Madama		8.30		Prologo	Park Castel Madama, Empolitana, bv Sambuci, Piana di Cerreto, Passo della Fortuna, Park Castel Madama	n/a	27,8	312	472	<a href="https://www.openrunner.com/r/12491533">https://www.openrunner.com/r/12491533</a>	
									9.30	Crono	Park Castel Madama, Empolitana, bv Sambuci, Piana di Cerreto, Passo della Fortuna	n/a	19,82	304	472	<a href="https://www.openrunner.com/r/12491527">https://www.openrunner.com/r/12491527</a>	
											Ritorno	Passo della Fortuna, Park Castel Madama	n/a	8,11	1	472	<a href="https://www.openrunner.com/r/12491538">https://www.openrunner.com/r/12491538</a>