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Tourenübersicht

Nr. Tour	Strecke	Art des Belages	Fahrzeit	Höhenmeter	max. Höhe	Kondition	Technik
1 Monte Limbara 1	31,2 km	39% 61% 0%	4:10 Std.	1079 Hm↑↓	1315 m	●●●○○	●●○○○
2 Monte Limbara 2	36,7 km	30% 70% 0%	5:00 Std.	1210 Hm↑↓	1315 m	●●●○○	●●●●○
3 Monte Pino	52,5 km	22% 78% 0%	6:00 Std.	1431 Hm↑↓	742 m	●●●○○	●●●○○
4 Monte Albo	21,7 km	56% 39% 5%	4:00 Std.	870 Hm↑↓	975 m	●●○○○	●●●●○
5 Monte Tuttavista	20,8 km	61% 36% 3%	3:00 Std.	852 Hm↑↓	785 m	●●○○○	●●○○○
6 Monte Tului 1	17,5 km	42% 52% 6%	2:30 Std.	707 Hm↑↓	881 m	●●○○○	●●●●○
7 Monte Tului 2	19,9 km	45% 19% 36%	3:00 Std.	687 Hm↑↓	776 m	●●○○○	●●●●○
8 Sopramonte	21,0 km	31% 64% 5%	3:30 Std.	951 Hm↑↓	1220 m	●●●○○	●●●●○
9 Gola su Gorroppu	30,5 km	39% 31% 30%	4:30 Std.	981 Hm↑↓	1010 m	●●○○○	●●●●●
10 Bruncu Spina	36,0 km	57% 43% 0%	4:10 Std.	1211 Hm↑↓	1820 m	●●●○○	●●●●○
11 Gennargentu-Marathon	96,8 km	70% 30% 0%	8:00 Std.	2257 Hm↑↓	1250 m	●●●●●	●●●●○
12 S'Arena	38,8 km	57% 34% 9%	4:40 Std.	1148 Hm↑↓	1680 m	●●●○○	●●●●●
13 San Pietro	47,9 km	51% 42% 7%	5:50 Std.	1363 Hm↑↓	785 m	●●●○○	●●●●●
14 Monte Olinie	29,2 km	39% 32% 29%	4:45 Std.	1286 Hm↑↓	1360 m	●●●○○	●●●●●
15 Monte Idolo	22,4 km	21% 76% 3%	3:45 Std.	793 Hm↑↓	1235 m	●●●○○	●●●○○
16 Perda Liana 1	64,4 km	81% 19% 0%	5:00 Std.	962 Hm↑↓	1070 m	●●●○○	●○○○○
17 Perda Liana 2	39,8 km	44% 50% 6%	5:00 Std.	893 Hm↑↓	1065 m	●●●○○	●●●●○
18 Passo Sarcerei	32,5 km	53% 47% 0%	3:30 Std.	892 Hm↑↓	1130 m	●●○○○	●●○○○

19 Santa Barbara	47,7 km	60%	40%	0%	5:00 Std.	1339 Hm↑↓	868 m	●●●●○	●●○○○
20 Via del Argentu	57,3 km	42%	50%	8%	6:00 Std.	1236 Hm↑↓	640 m	●●●●●	●●●●○
21 Monte Minimini	33,7 km	41%	52%	7%	3:30 Std.	832 Hm↑↓	705 m	●●●○○	●●●●○
22 Monte Arbu	41,5 km	43%	57%	0%	4:00 Std.	915 Hm↑↓	783 m	●●●○○	●●○○○
23 Monte Minimini u. Monte Arbu	54,9 km	30%	66%	4%	6:00 Std.	1367 Hm↑↓	795 m	●●●○○	●●●●○
24 Sette Fratelli	58,6 km	57%	43%	0%	6:30 Std.	1555 Hm↑↓	872 m	●●●○○	●●●●○
25 Monte Serpeddi	38,0 km	22%	78%	0%	4:30 Std.	1125 Hm↑↓	1060 m	●●●○○	●●○○○
26 Capoterra 1	41,0 km	32%	68%	0%	3:30 Std.	522 Hm↑↓	470 m	●●●○○	●●●○○
27 Capoterra 2	51,1 km	30%	70%	0%	4:30 Std.	915 Hm↑↓	496 m	●●●○○	●●○○○
28 Monte Maxia	58,0 km	24%	67%	9%	5:00 Std.	1350 Hm↑↓	945 m	●●●●●	●●●●○
29 Punta Sa Cresia	30,1 km	30%	70%	0%	3:30 Std.	855 Hm↑↓	794 m	●●●○○	●●●●○
30 Monte Sali	19,4 km	14%	86%	0%	2:45 Std.	669 Hm↑↓	494 m	●●●○○	●●○○○
31 Domus de Maria 1	24,2 km	39%	51%	10%	3:30 Std.	588 Hm↑↓	463 m	●●●○○	●●●●●
32 Domus de Maria 2	44,7 km	42%	57%	1%	4:45 Std.	1212 Hm↑↓	687 m	●●●○○	●●●●○
33 Malfatanano	29,7 km	24%	76%	0%	3:30 Std.	712 Hm↑↓	330 m	●●○○○	●●○○○
34 Punta Sebera	42,1 km	45%	53%	2%	4:30 Std.	1075 Hm↑↓	960 m	●●●○○	●●●○○
35 Pan di Zucchero	22,1 km	46%	44%	10%	3:30 Std.	632 Hm↑↓	505 m	●●○○○	●●●●●
36 Punta San Michele	19,2 km	10%	81%	9%	3:15 Std.	833 Hm↑↓	900 m	●●●○○	●●●●●
37 Arenas 1	41,9 km	40%	60%	0%	4:15 Std.	749 Hm↑↓	625 m	●●○○○	●●○○○
38 Arenas 2	40,1 km	6%	78%	16%	5:00 Std.	991 Hm↑↓	620 m	●●●○○	●●●●●

39	Cala Domestica	34,4 km	25%	70%	5%	4:30 Std.	1002 Hm↑↓	612 m	●●●●○	●●●●○
40	Valle di Coxinas	15,3 km	21%	67%	12%	2:00 Std.	458 Hm↑↓	740 m	●○○○○	●●●●●
41	Monte Linas 1	30,3 km	68%	23%	9%	4:20 Std.	815 Hm↑↓	685 m	●●●○○	●●●●●
42	Monte Linas 2	24,9 km	21%	74%	5%	3:45 Std.	1024 Hm↑↓	1020 m	●●○○○	●●●●○
43	Fiume Rosso	37,9 km	48%	52%	0%	4:00 Std.	634 Hm↑↓	380 m	●●○○○	●●●○○
44	Giara di Gesturi	38,4 km	41%	59%	0%	4:00 Std.	486 Hm↑↓	595 m	●●○○○	●○○○○
45	Monte Arci	53,0 km	33%	67%	0%	5:30 Std.	1021 Hm↑↓	795 m	●●●●○	●●●●○
46	Monte Ferru	38,4 km	51%	49%	0%	4:30 Std.	945 Hm↑↓	980 m	●●○○○	●●○○○

Asphalt
 Piste
 Singletrail