

SPCITY MARATHON

RUNCITIES

Utilize o QR Code para baixar o mapa do percurso no seu smartphone

PERCURSO 21K

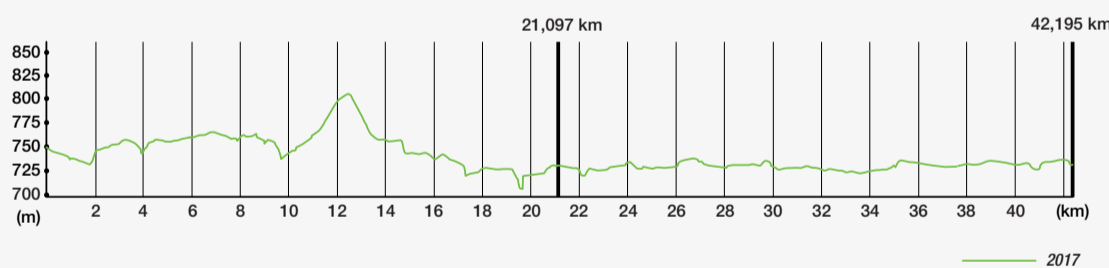


PERCURSO 42K



Altimetria

Distância: 42,195 km
 Ganho de elevação (subida): 276 m
 Perda de elevação (descida): -321 m
 Maior aclave (subida): 11,2%
 Maior declive (descida): -10,2%



Distância	Itens	LINDOYA	GATORADE	PROBIOTICA gel carboidrato	BANANA	SALGADO	REFRI	BALA GOMA	APOIO MÉDICO	W.C.	Hidratação especial ELITE	
											21K	42K
3,3 Km	Aid station - AS 1	✓	✓						✓	✓		
6,2 Km	Aid station - AS 2	✓	✓						✓	✓		
9,1 Km	Aid station - AS 3	✓	✓						✓	✓		
10 Km	PONTO DE CONTROLE 1											
12,9 Km	Aid station - AS 4	✓	✓						✓	✓	✓	✓
15,2 Km	Aid station - AS 5	✓	✓	✓					✓	✓		
17,8 Km	Aid station - AS 6	✓	✓	✓					✓	✓	✓	✓
20,3 Km	Aid station - AS 7	✓	✓	✓					✓	✓		
20,5 Km	BANANA				✓							
21,1 Km	PONTO DE CONTROLE 2											
22,4 Km	Aid station - AS 8	✓	✓						✓	✓		✓
24,6 Km	Aid station - AS 9	✓	✓						✓	✓		
25 Km	PONTO DE CONTROLE 3											
26,2 Km	BANANA				✓							
27,3 Km	Aid station - AS 10	✓	✓						✓	✓		
29,4 Km	ESPONJA											
29,5 Km	POSTO MÉDICO							✓				
29,8 Km	Aid station - AS 11	✓	✓	✓					✓	✓		✓
31,7 Km	BANANA				✓							
32,7 Km	Aid station - AS 12	✓	✓						✓	✓		✓
35 Km	PONTO DE CONTROLE 4											
35 Km	Aid station - AS 13	✓	✓						✓	✓		✓
35,8 Km	SALGADO / REFRI					✓	✓					
37,8 Km	Aid station - AS 14	✓	✓						✓	✓		✓
38,2 Km	ESPONJA											
39,3 Km	BALA GOMA							✓				
40,5 Km	Aid station - AS 15	✓	✓						✓	✓		

Distância (km)	Referência	Ritmo (PACE) min / km				
		00:03:50	00:03:10	00:04:45	00:05:30	00:06:30
LARGADA	Av. Pacaembu X Praça Charles Miller	05:50:00	06:00:00	06:00:00	06:10:00	06:20:00
1,80	Av. Pacaembu X Rua Margarida	05:56:54	06:05:42	06:08:33	06:19:54	06:31:42
3,78	Elevado Costa e Silva X Rua Helvetia	06:04:29	06:11:58	06:17:57	06:30:47	06:44:34
4,75	Av. Duque de Caxias X Av. Rio Branco	06:08:12	06:15:02	06:22:34	06:36:07	06:50:53
5,00	Av. Rio Branco X Av. Ipiranga	06:09:10	06:15:50	06:23:45	06:37:30	06:52:30
5,60	Praça da República	06:11:28	06:17:44	06:26:36	06:40:48	06:56:24
7,50	Viaduto do Chá	06:18:45	06:23:45	06:35:37	06:51:15	07:08:45
8,30	Praça da Sé	06:21:49	06:26:17	06:39:25	06:55:39	07:13:57
9,00	Acesso Av. 23 de Maio	06:24:30	06:28:30	06:42:45	06:59:30	07:18:30
10,00	10 Km	06:28:20	06:31:40	06:47:30	07:05:00	07:25:00
11,50	Av. 23 de Maio X R. Vergueiro	06:34:05	06:36:25	06:54:37	07:13:15	07:34:45
13,00	Av. 23 de Maio X Rua Joinville (saída para Obelisco)	06:39:50	06:41:10	07:01:45	07:21:30	07:44:30
15,00	Av. Pedro Álvares Cabral X Av. República do Líbano	06:47:30	06:47:30	07:11:15	07:32:30	07:57:30
15,50	Av. Rep. do Líbano X Av. Antônio Joaquim de Moura Andrade	06:49:25	06:49:05	07:13:37	07:35:15	08:00:45
16,50	Av. Pres. Juscelino Kubitschek X Av. São Gabriel	06:53:15	06:52:15	07:18:22	07:40:45	08:07:15
17,80	Av. Pres. Juscelino Kubitschek X Av. Brig. Faria Lima	06:58:14	06:56:22	07:24:33	07:47:54	08:15:42
18,20	Av. Pres. Juscelino Kubitschek X Acesso ao Túnel	06:59:46	06:57:38	07:26:27	07:50:06	08:18:18
19,00	Túnel Janio Quadros (Bifurcação)	07:02:50	07:00:10	07:30:15	07:54:30	08:23:30
19,80	Av. Lineu de Paula Machado X Pista Sentido Usp	07:05:54	07:02:42	07:34:03	07:58:54	08:28:42
21,10	Meia-maratona	07:10:52	07:06:48	07:40:13	08:06:02	08:37:08
22,30	Av. Afrânio Peixoto X Rua Alvarenga	07:15:29	07:10:37	07:45:55	08:12:39	08:44:57
23,80	Praça Panamericana X Av. Prof. Fonseca Rodrigues	07:21:14	07:15:22	07:53:03	08:20:54	08:54:42
29,20	Rua Alvarenga X Rua Eng. Teixeira Soares (acesso USP)	07:41:56	07:32:28	08:18:42	08:50:36	09:29:48
32,00	Av. Prof. Mello Moraes X Av. Escola Politécnica	07:52:40	07:41:20	08:32:00	09:06:00	09:48:00
36,00	Av. Escola Politécnica X Av. Prof. Mello Moraes	08:08:00	07:54:00	08:51:00	09:28:00	10:14:00
38,20	Rua Alvarenga X Av. Afrânio Peixoto (saída pelo P1 USP)	08:16:26	08:00:58	09:01:27	09:40:06	10:28:18
41,20	Av. Lineu de Paula Machado X Dr. José Augusto Queiroz	08:27:56	08:10:28	09:15:42	09:56:36	10:47:48
42,20	Rua Dr. José Augusto de Queiroz X P12 do Jockey	08:31:45	08:13:37	09:20:26	10:02:04	10:54:16

