

# I STAGE BENIDORM

## ZERRO ZYCLING

20 AL 24 DE FEBRERO 2019



- 4 noches en Hotel 4 estrellas Pensión Completa.
- Sauna, Gimnasio y Piscina cubierta.
- 4 etapas, más de 350 km y 7000 metros positivos.
- Dos niveles.
- Plazas limitadas.
- Rutas guiadas con Monitor.
- Fotografías y videos durante todo el Stage.
- Regalos y sorteos.
- Más información y Dossier en: Fermín 656 84 56 98 y [zerrozycling@gmail.com](mailto:zerrozycling@gmail.com)

Precio: 290e con un 10% descuento si reservas antes del 31/12/18

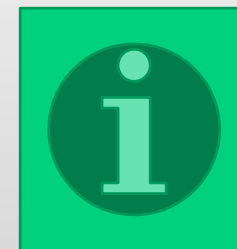




# LIBRO DE RUTA STAGE ZERRO ZYCLING



CARGAR RUTAS STRAVA  
EN GARMIN





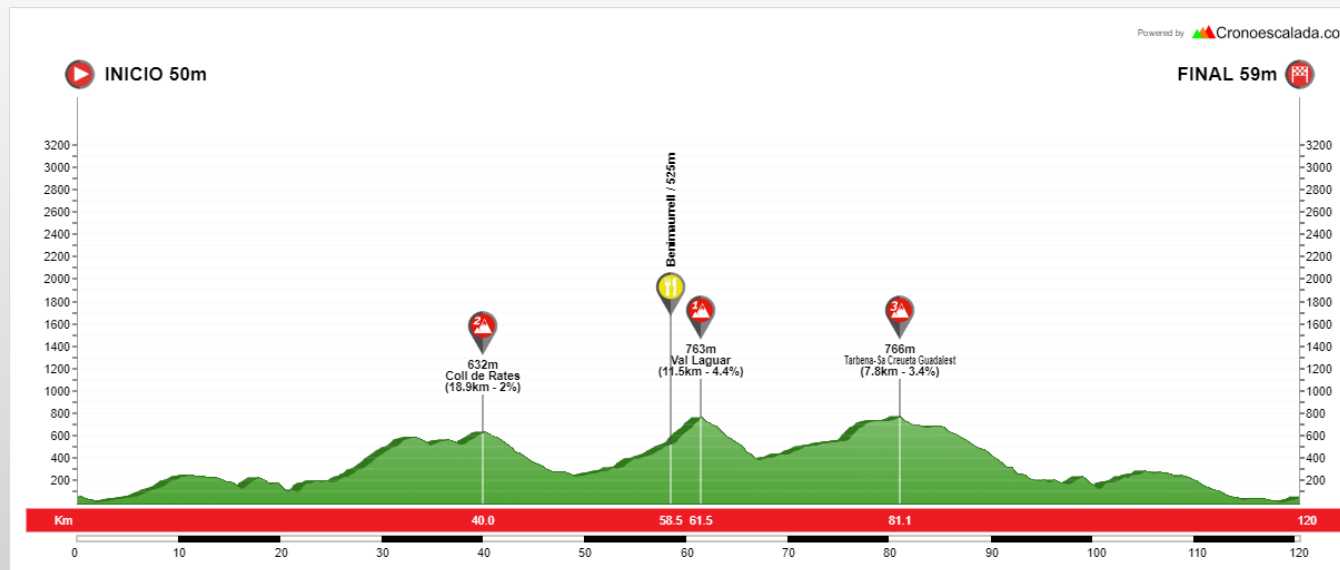
# ETAPA 1

## Descripción de la ruta:

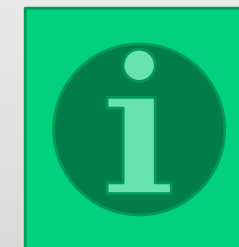
### Coll de Rates- Val de Laguar

Una etapa que nos llevara a recorrer parte de la Sierra del Herrero y del Carrascal y de la Sierra de Aitana, ascendiendo a puertos míticos como es el **Coll de Rates**, un puerto de **2ª Categoría**, y su tramo final el **Tossal dels Diners** (3km al 9% de media) junto con el **Port de Val de Laguar**, para posteriormente dirigirnos al **Port de Taberne Sa Creuta (Alto de Castel)** y retornar posteriormente a Benidorm.

120 km y 2650m positivos



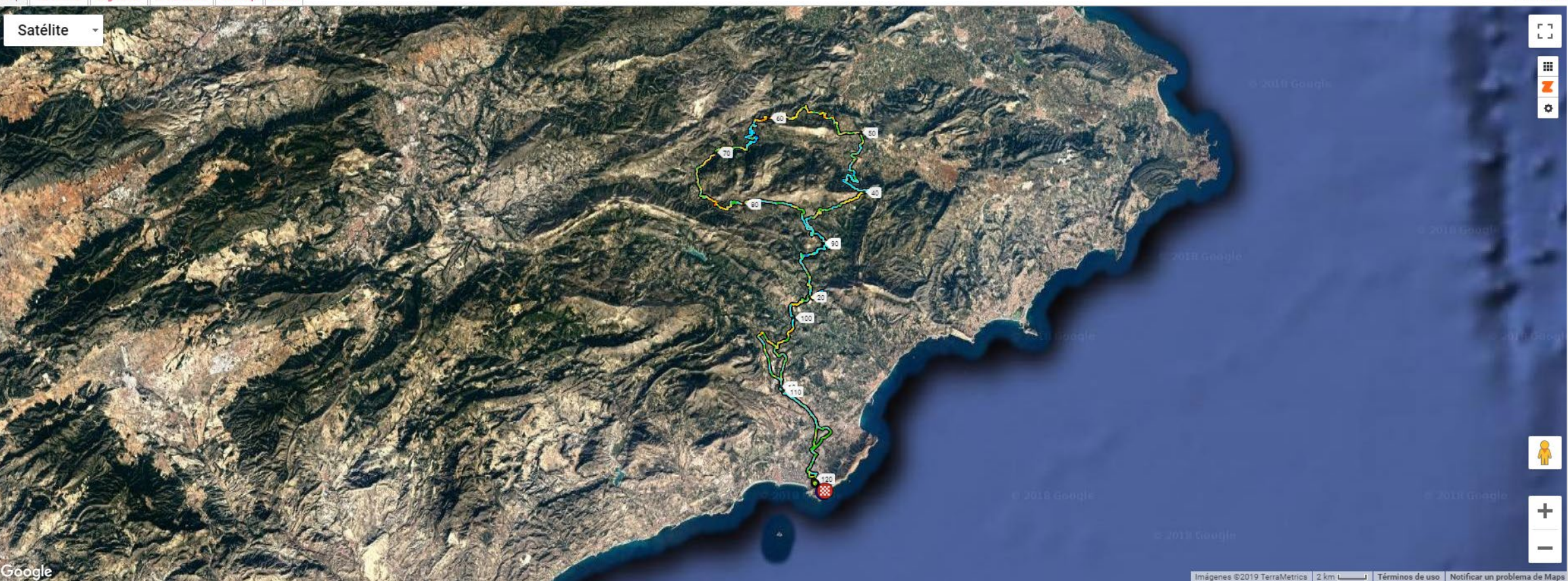
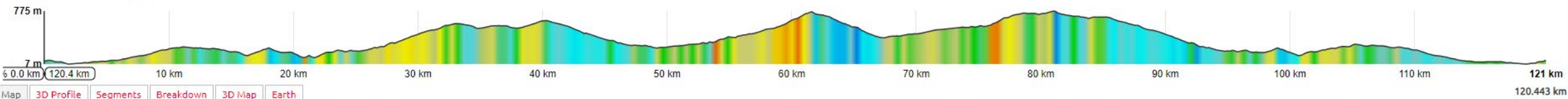
TRACK



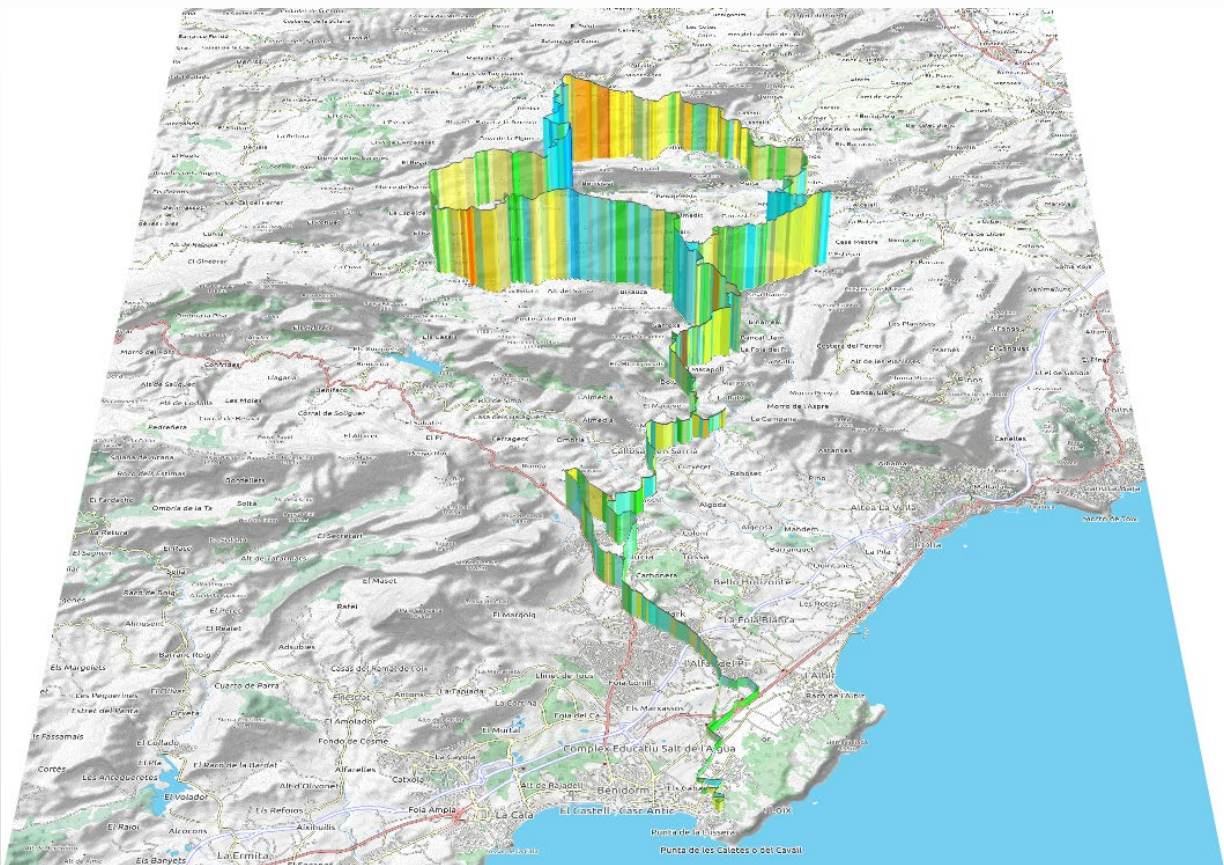




Etapa 1 Stage Benidorm







| PUNTO DE PASO       | KILÓMETRO |
|---------------------|-----------|
| Benidorm            | 0         |
| Alfaz del Pi        | 6         |
| La Nucia            | 12        |
| Callosa de Ensarriá | 18        |
| Bolulla             | 26        |
| Taberna             | 28        |
| Benimaurell         | 58,5      |
| Parcent             | 73        |
| Murla               | 52        |
| Castell de Castells | 73,5      |
| Taberna             | 86        |
| Alfaz del Pi        | 113       |
| Benidorm            | 120       |

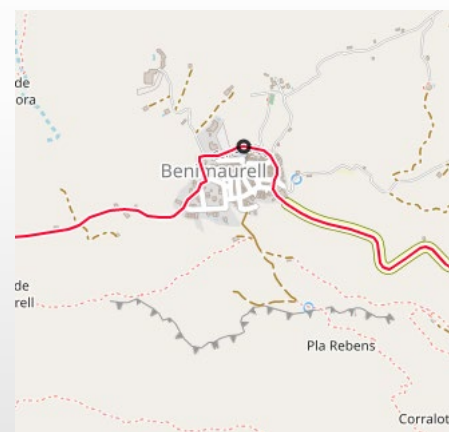
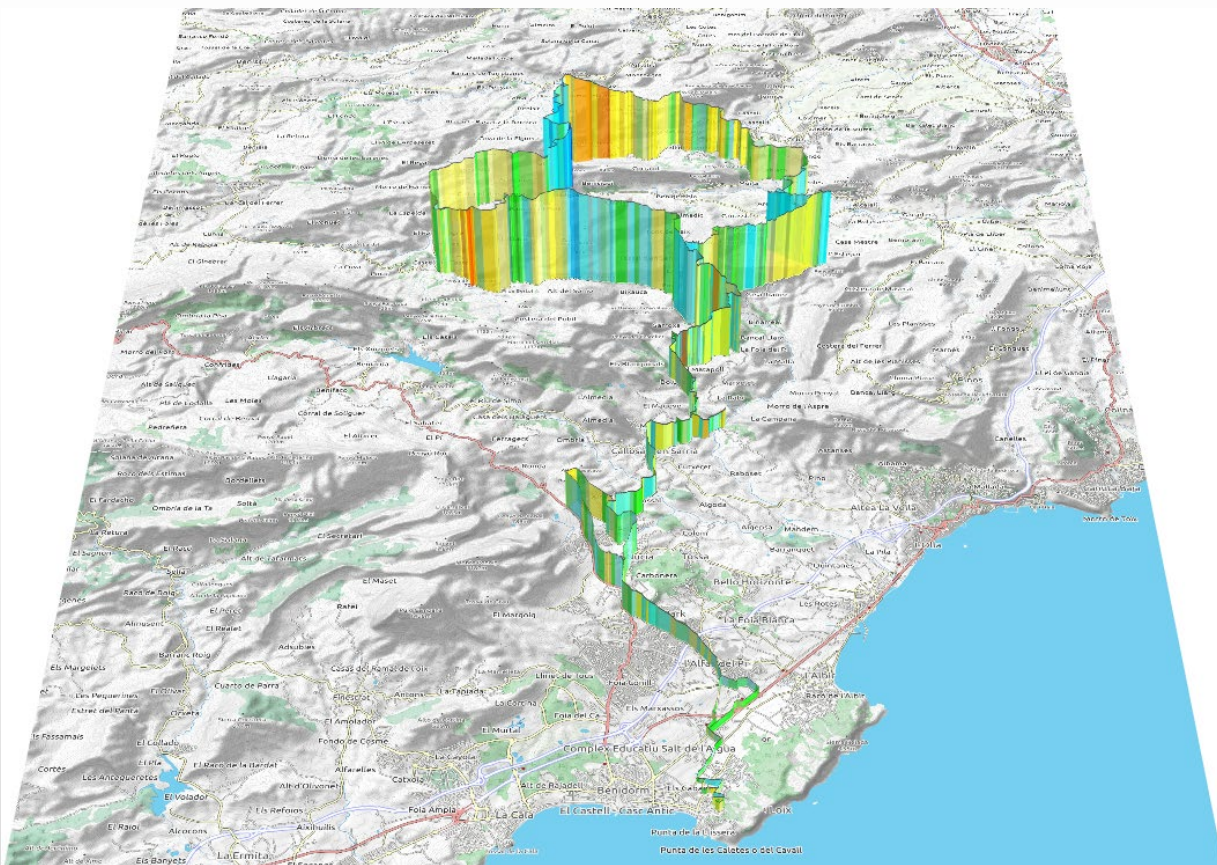




# AVITUALLAMIENTO

<http://barrestaurantejalisco.blogspot.com/>

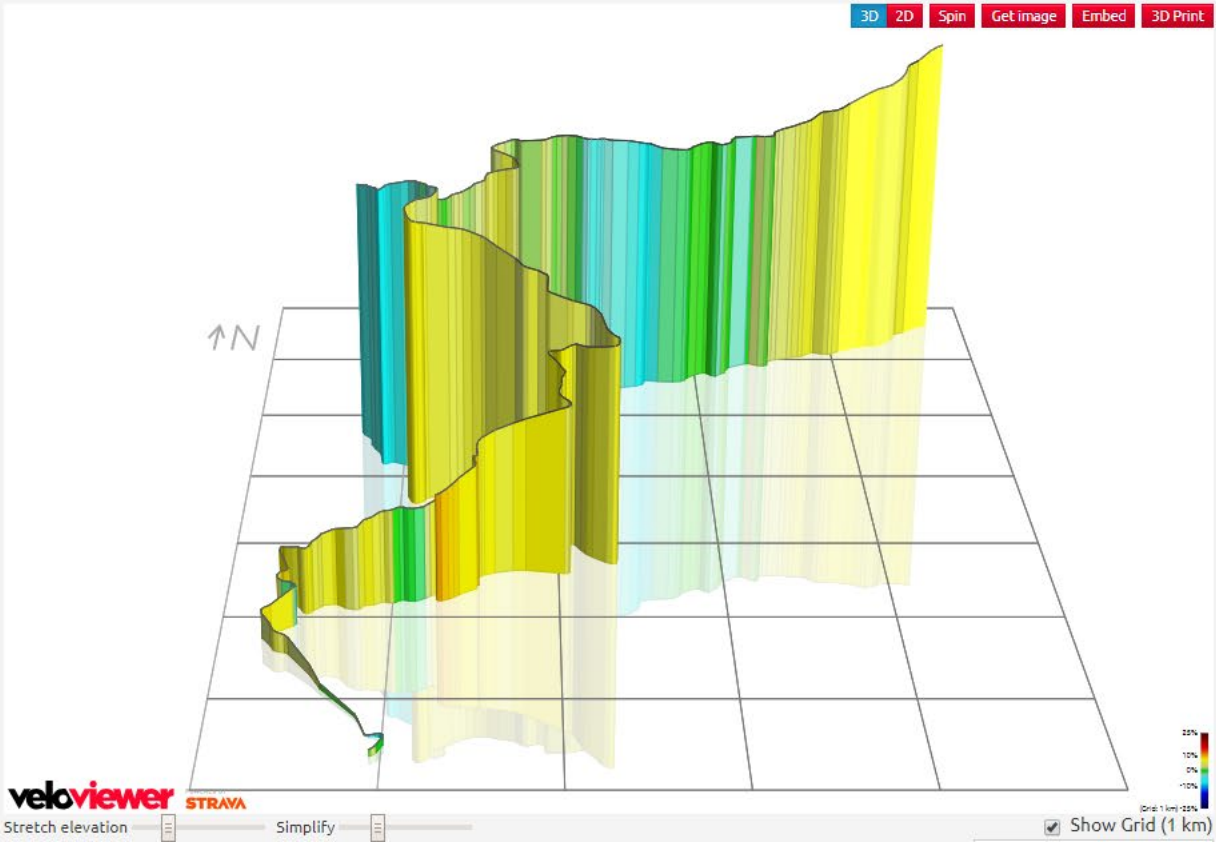
## Benimaurell: Bar Jalisco





coll de rattes ☆

- Details
- History (0)
- Leaderboard
- 0 Comments
- Breakdown
- 3D Map
- Earth
- Street View
- Compare

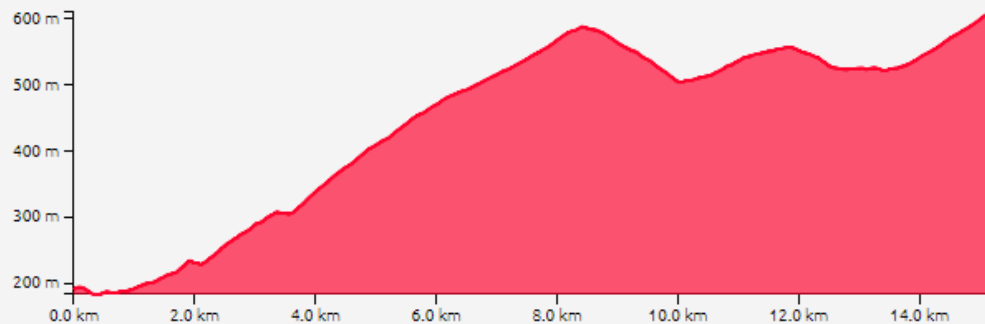




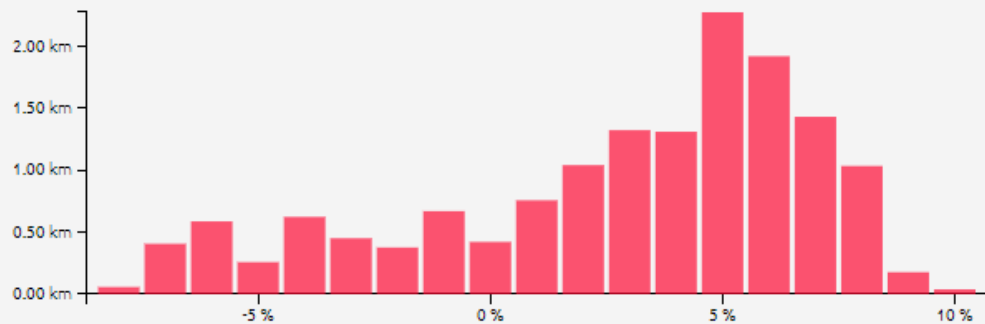
## Segment Stats

Type: Ride  
Distance: 15.2 km  
Elev Gain: 565 m  
Elev Change: 427 m  
Avg Grade: 2.8 %  
Max Grade: 9.8 %  
Climb cat: 2  
VVOM:  
Min Elevation: 183 m  
Max Elevation: 609 m  
KOM tries: Not known  
KOM athletes: 10342  
KOM elapsed time: 27:22  
KOM moving time: 27:22  
KOM speed: 33.2 km/h  
KOM VAM: 824  
KOM RP: 3.62 W/kg  
QOM athletes: 866  
QOM elapsed time: 35:50  
QOM moving time: 35:50  
QOM speed: 25.4 km/h  
QOM VAM: 594  
QOM RP: 2.61 W/kg

## Raw Elevation



## Gradient Distances

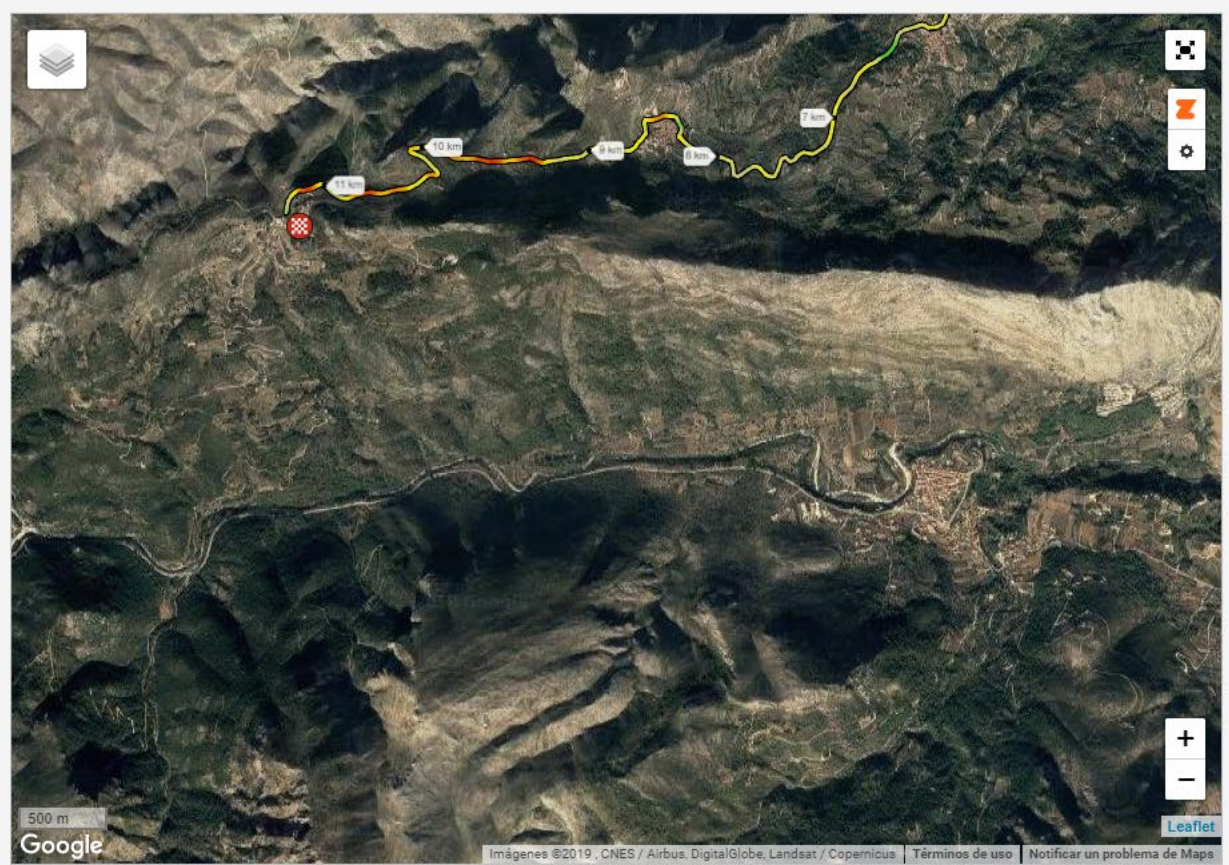
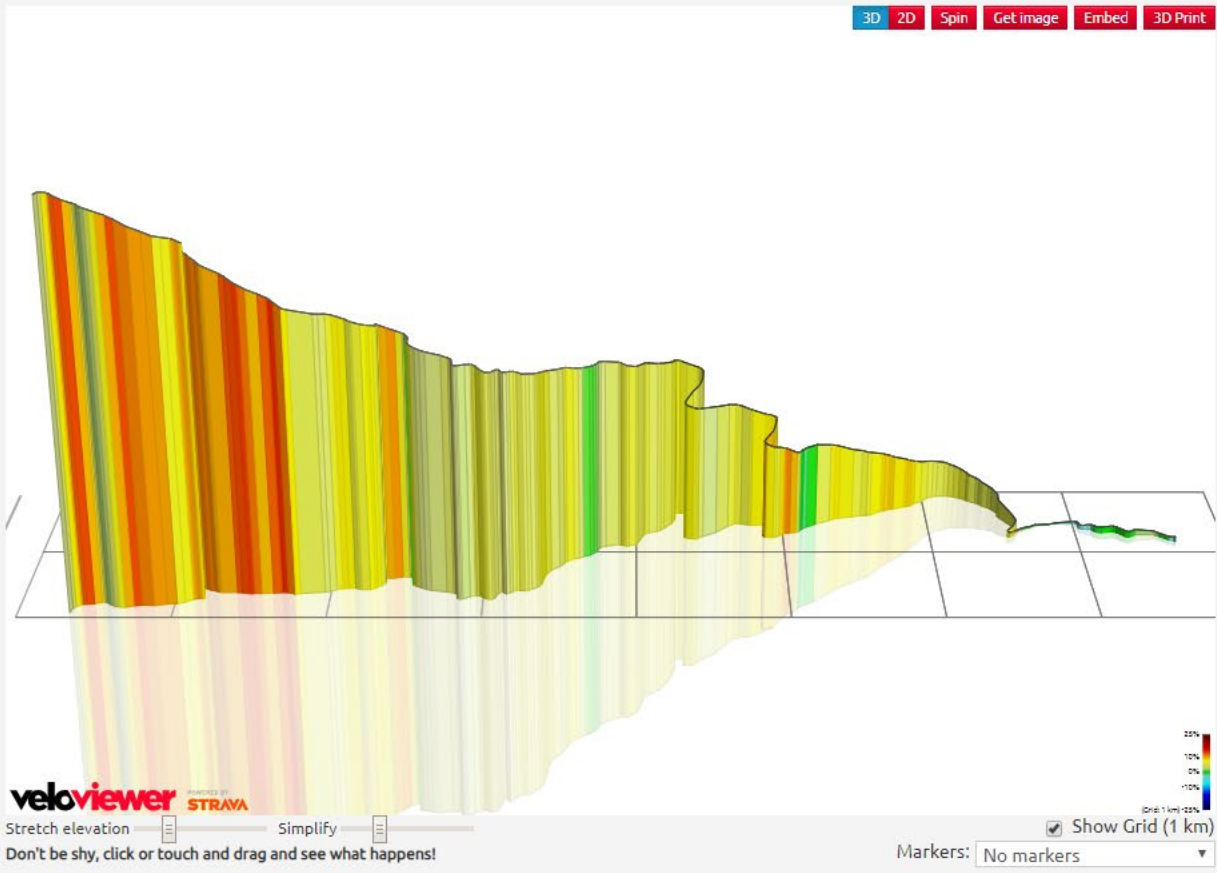




vall de laguar climb to top ☆

- Details
- History (0)
- Leaderboard
- 0 Comments
- Breakdown
- 3D Map
- Earth
- Street View
- Compare

- 3D
- 2D
- Spin
- Get image
- Embed
- 3D Print



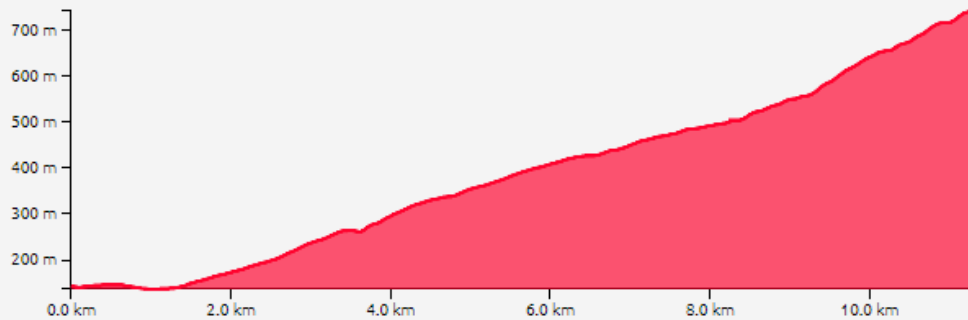




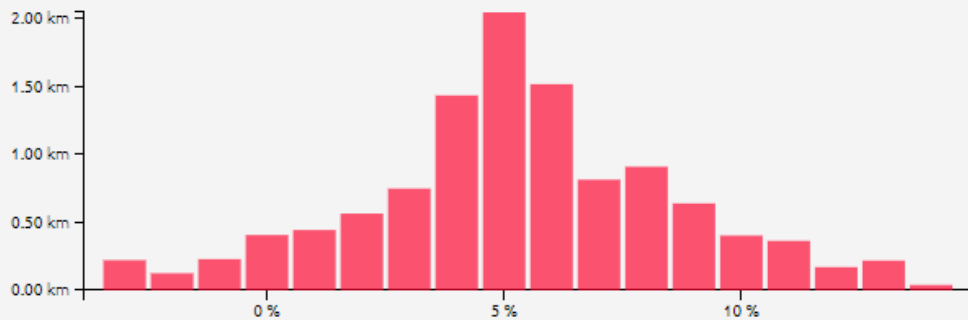
## Segment Stats

Type: Ride  
Distance: 11.3 km  
Elev Gain: 614 m  
Elev Change: 607 m  
Avg Grade: 5.3 %  
Max Grade: 13.9 %  
Climb cat: 2  
VVOM:  
Min Elevation: 136 m  
Max Elevation: 743 m  
KOM tries: Not known  
KOM athletes: 111  
KOM elapsed time: 28:56  
KOM moving time: 28:56  
KOM speed: 23.4 km/h  
KOM VAM: 1080  
KOM RP: 4.27 W/kg

## Raw Elevation

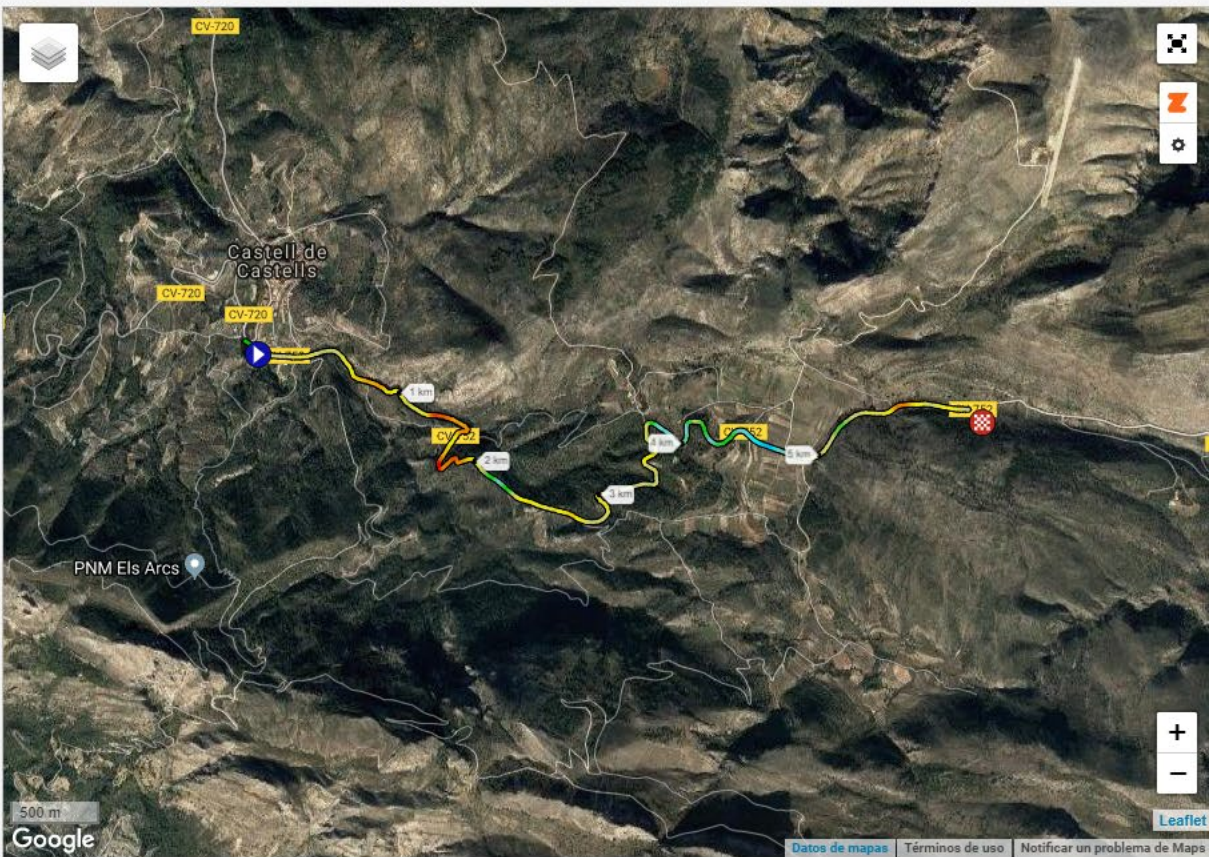
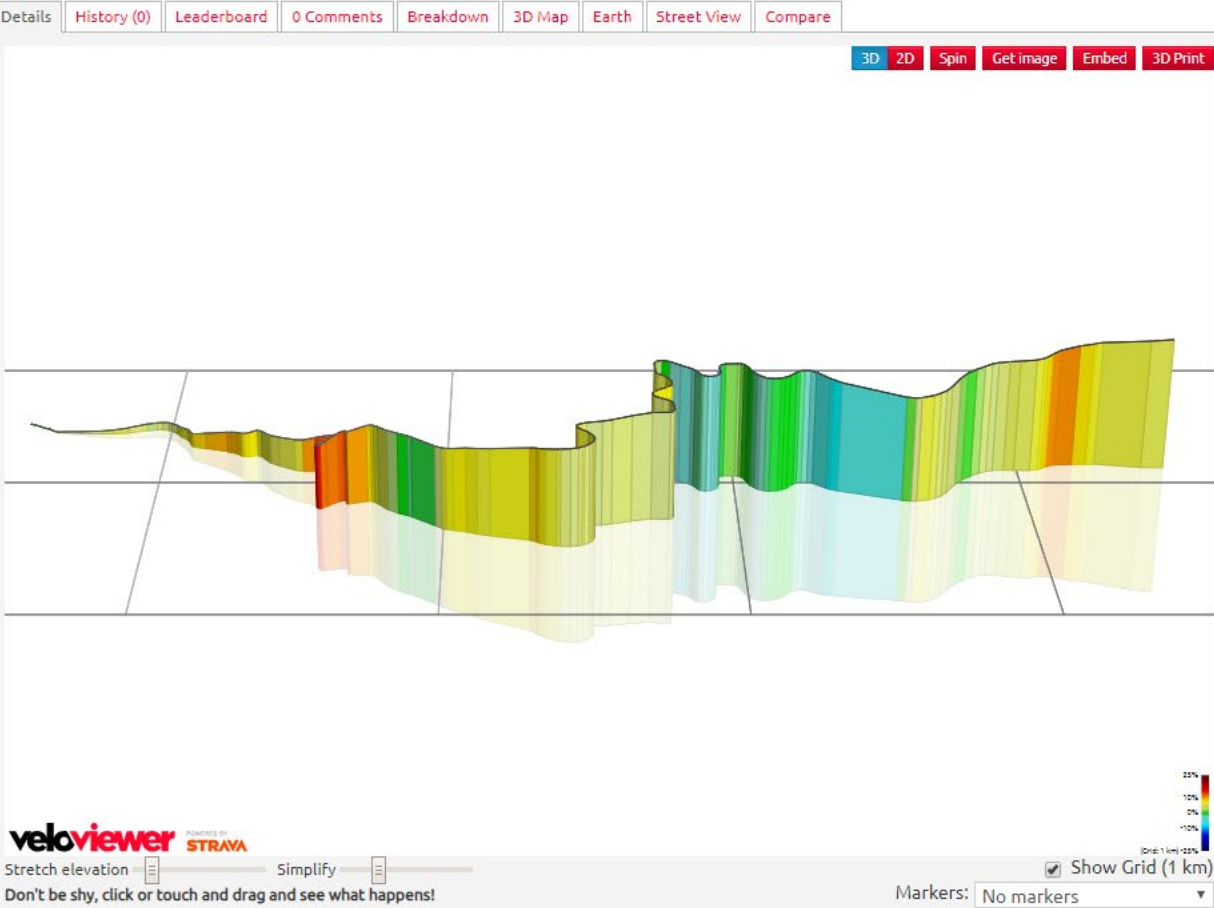


## Gradient Distances





Alto de Castell de Castells. ☆



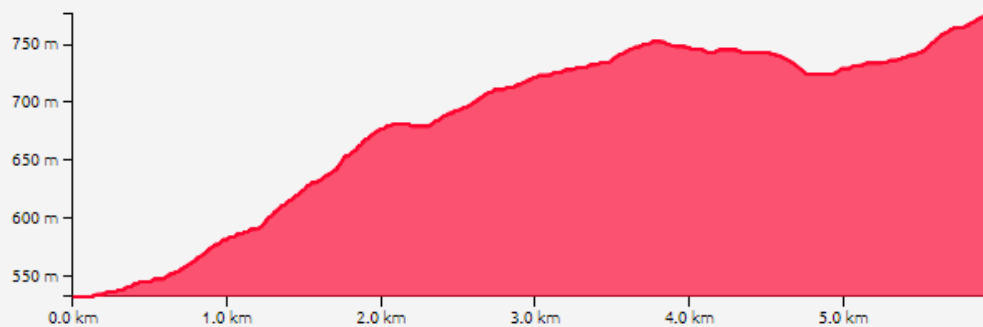




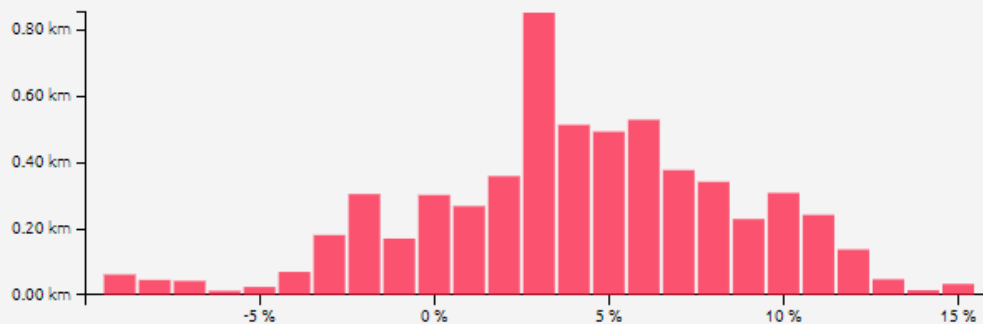
## Segment Stats

Type: Ride  
Distance: 6 km  
Elev Gain: 277 m  
Elev Change: 244 m  
Avg Grade: 4.1 %  
Max Grade: 15.2 %  
Climb cat: 3  
VVOM:  
Min Elevation: 532 m  
Max Elevation: 776 m  
KOM tries: Not known  
KOM athletes: 7621  
KOM elapsed time: 12:11  
KOM moving time: 12:11  
KOM speed: 29.3 km/h  
KOM VAM: 1203  
KOM RP: 4.99 W/kg  
QOM athletes: 526  
QOM elapsed time: 16:37  
QOM moving time: 16:37  
QOM speed: 21.5 km/h  
QOM VAM: 808  
QOM RP: 3.35 W/kg

## Raw Elevation



## Gradient Distances







## ETAPA 2

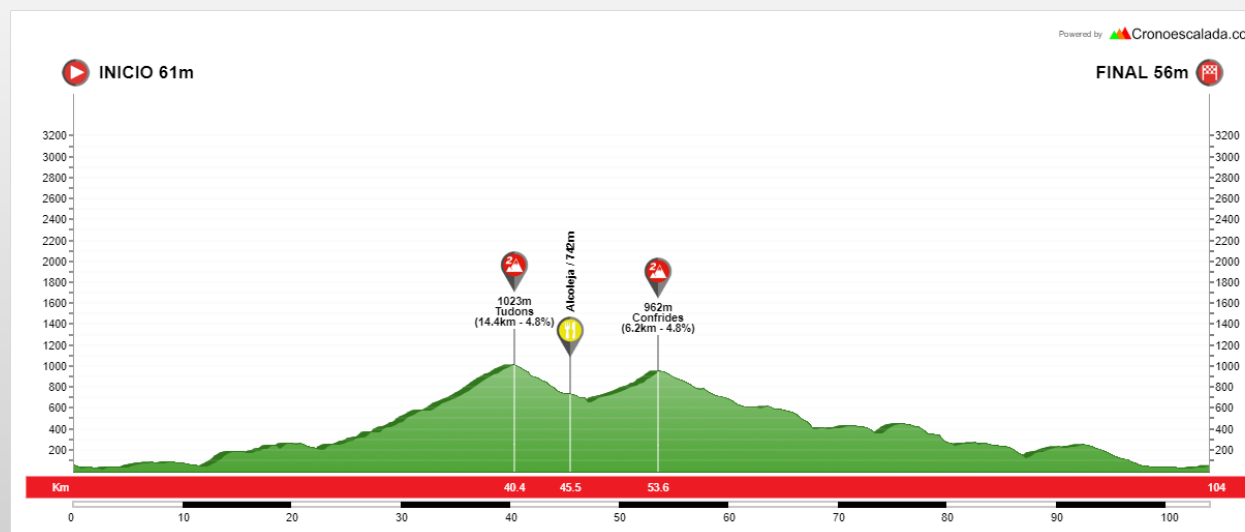
### Descripción de la ruta:

#### **Puerto Tudons- Confrides-Guadalest:**

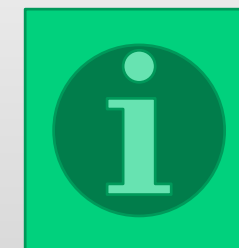
Saliendo desde Benidorm comenzaremos a subir, pasando por el municipio de Sella , rodeando la mítica **Sierra de Aitana**.

El primero de los puertos a afrontar será el mítico ***Puerto de Tudons, de 2ª Categoría***. Continuaremos nuestro camino hacia el ***Puerto de Confrides***, pasando por el fantástico embalse de Guadalest e increíbles vistas, para continuar hacia Benidorm de vuelta al hotel.

*104 km con 2240m positivos*



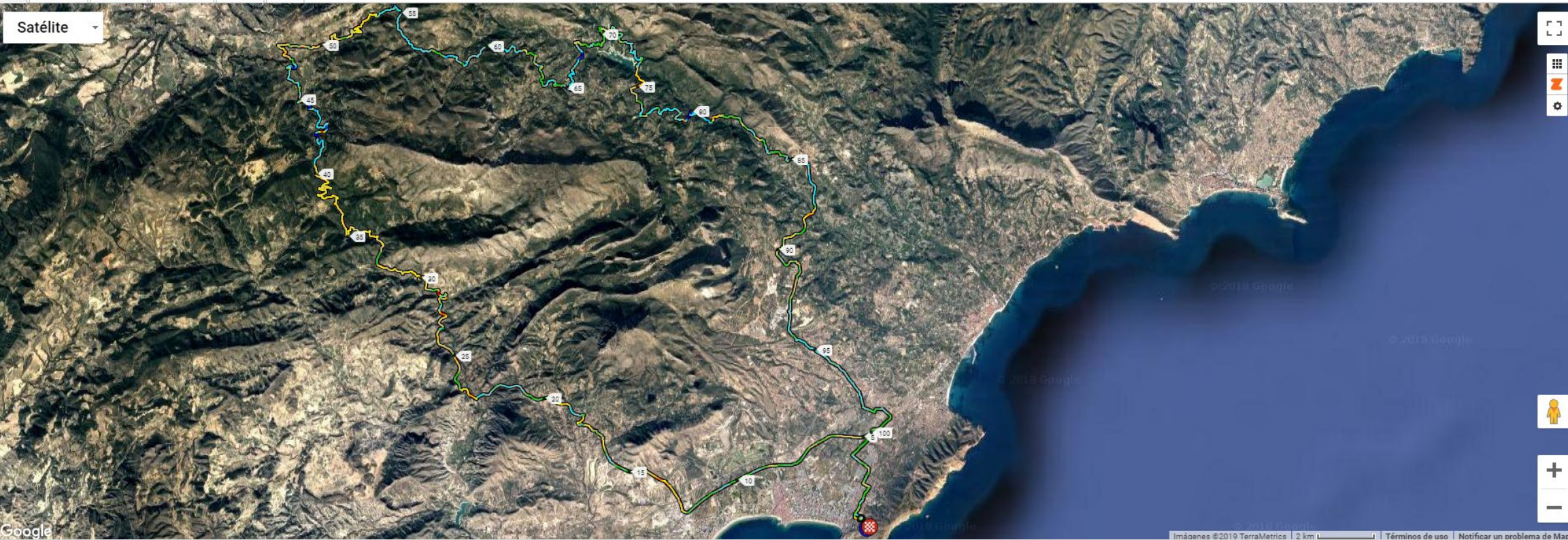
TRACK



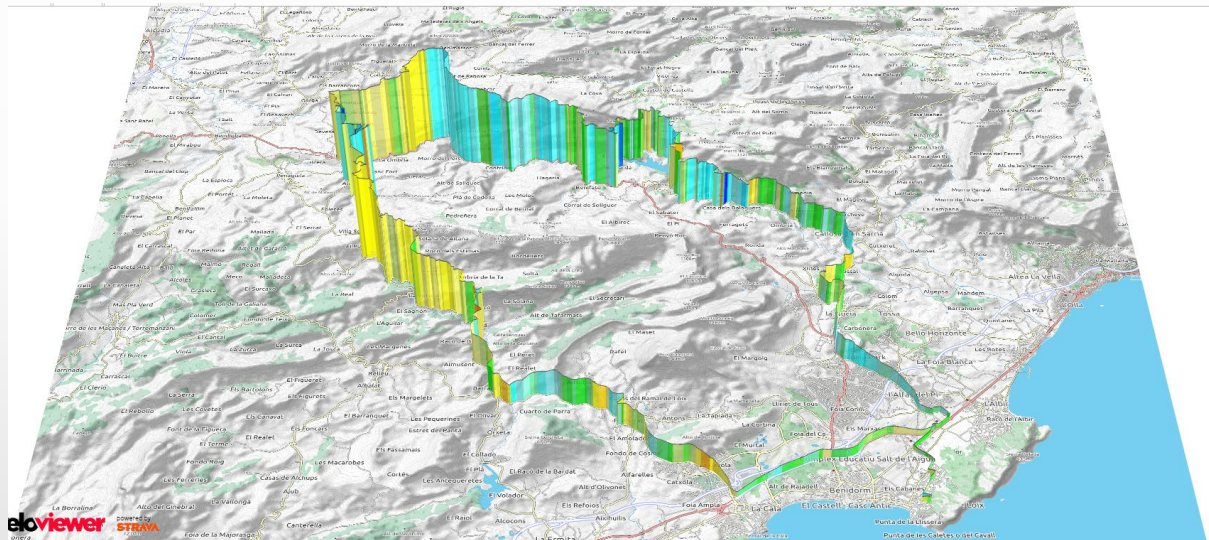




Etapla 2 Stage Benidorm







| PUNTO DE PASO       | KILÓMETRO |
|---------------------|-----------|
| Benidorm            | 0         |
| Finestrat           | 18        |
| Sella               | 28,5      |
| Alcoleja            | 45,5      |
| Confrides           | 58        |
| Beniardá            | 67        |
| Presa Guadalest     | 72        |
| Callosa d'en Sarrià | 84        |
| La Nucia            | 91        |
| Alfaz del Pi        | 97        |
| Benidorm            | 104       |

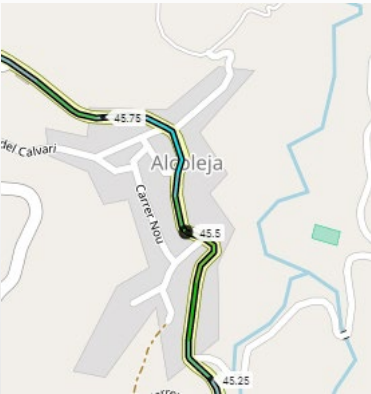
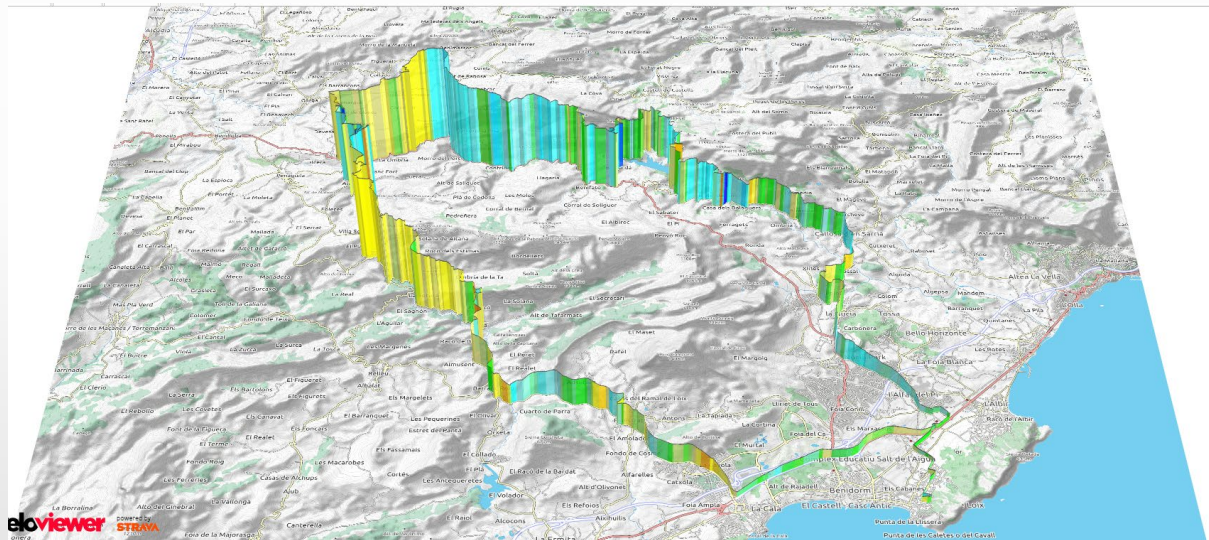




# AVITUALLAMIENTO

Restaurante STOP

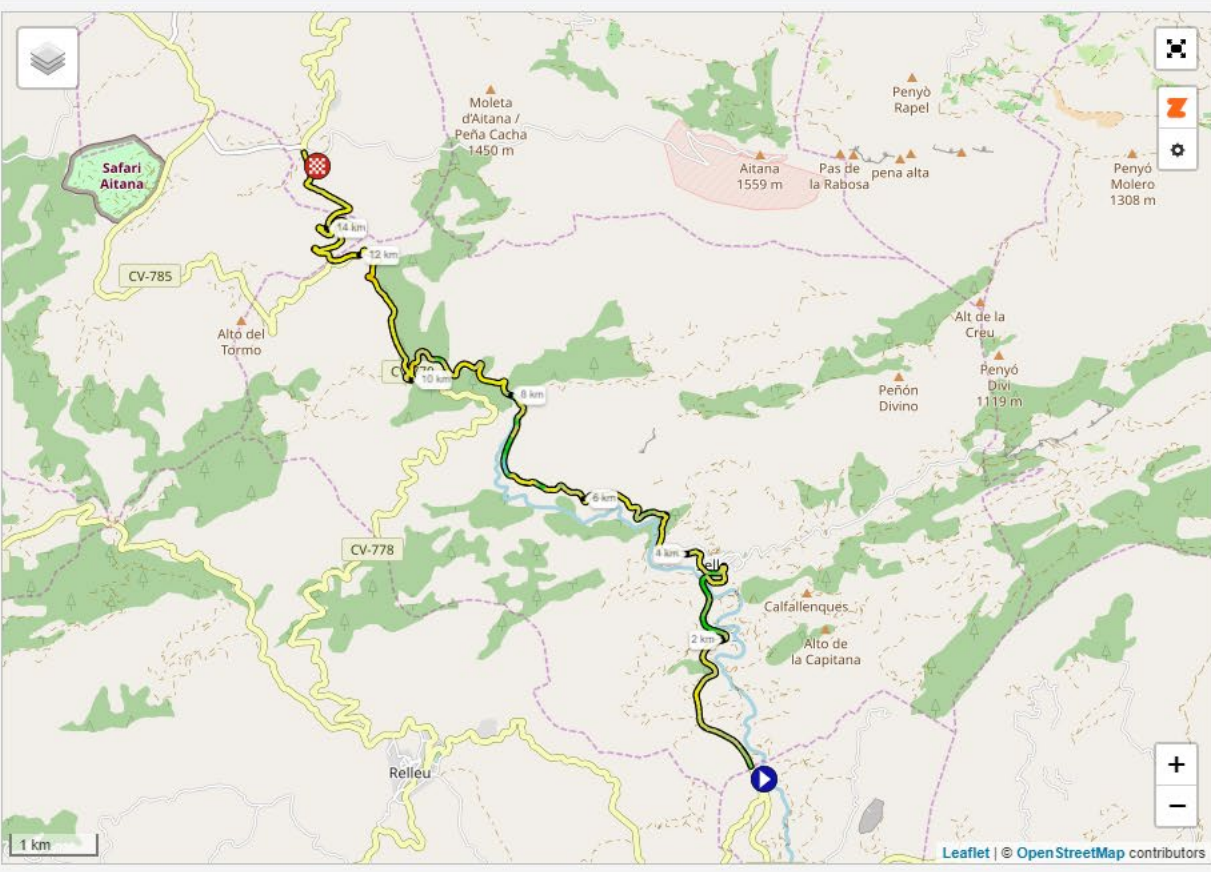
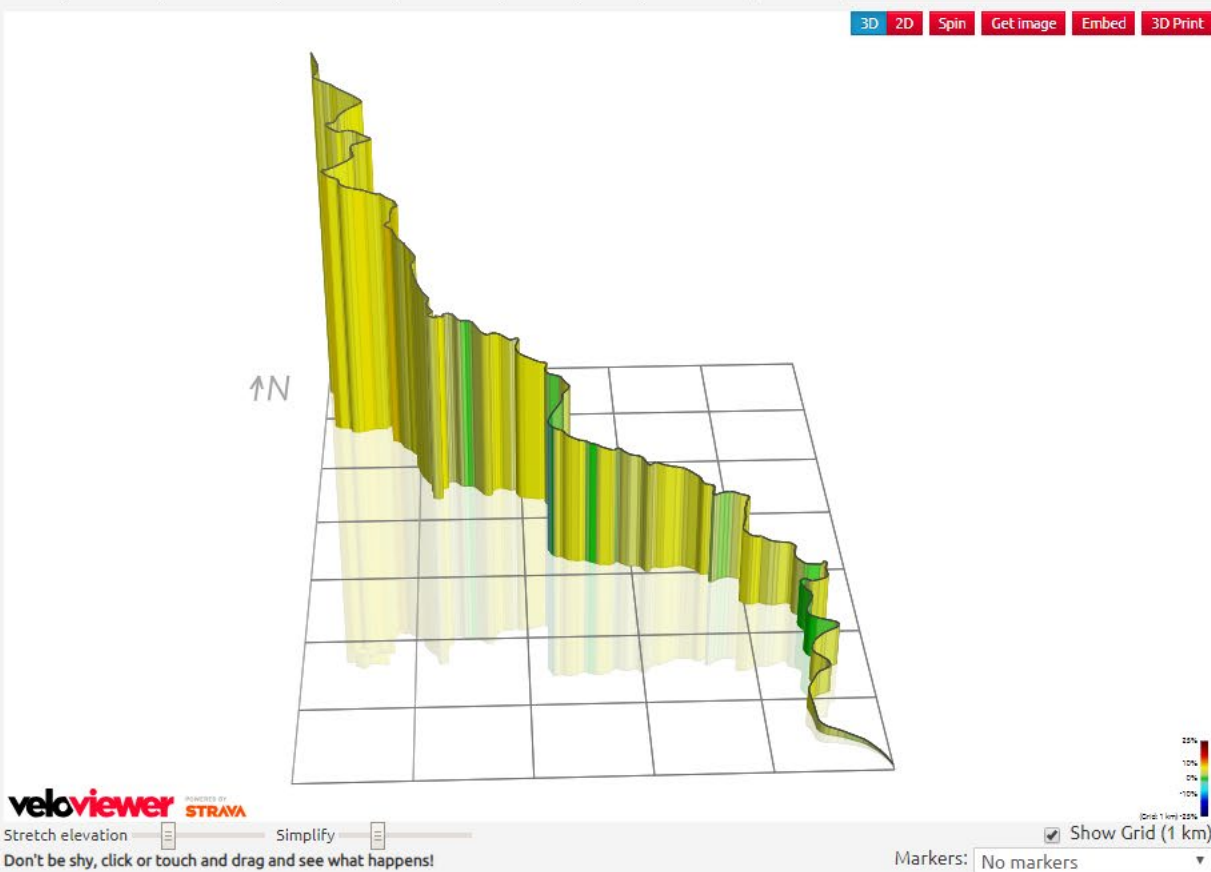
Alcoleja: Bar STOP





Port de Tudons (Completo de Sella) ☆

Details History (0) Leaderboard 0 Comments Breakdown 3D Map Earth Street View Compare



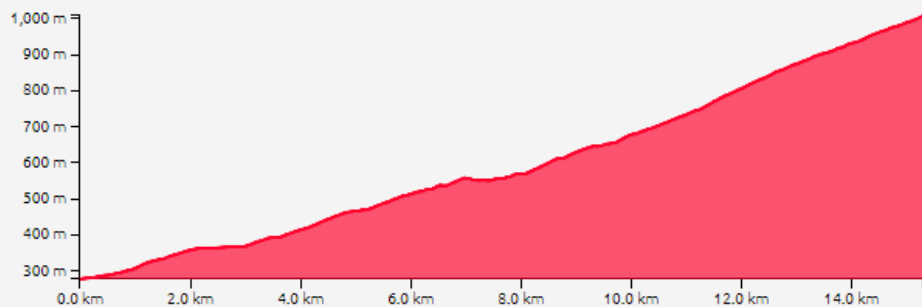




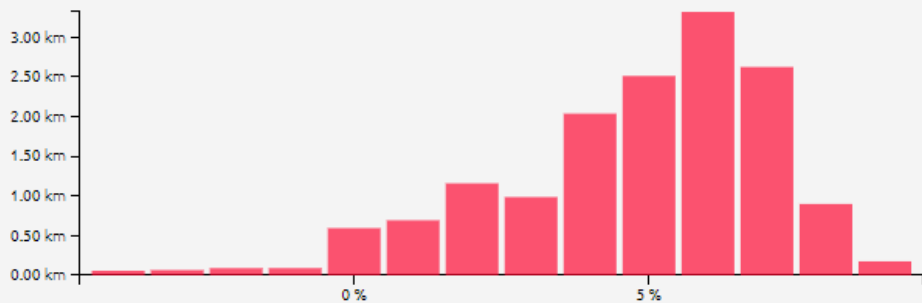
## Segment Stats

Type: Ride  
Distance: 15.3 km  
Elev Gain: 745 m  
Elev Change: 731 m  
Avg Grade: 4.8 %  
Max Grade: 9.2 %  
Climb cat: 1  
VVOM:  
Min Elevation: 276 m  
Max Elevation: 1008 m  
KOM tries: Not known  
KOM athletes: 14387  
KOM elapsed time: 33:03  
KOM moving time: 33:03  
KOM speed: 27.8 km/h  
KOM VAM: 1193  
KOM RP: 4.81 W/kg  
QOM athletes: 921  
QOM elapsed time: 43:45  
QOM moving time: 43:45  
QOM speed: 21 km/h  
QOM VAM: 913  
QOM RP: 3.69 W/kg

## Raw Elevation



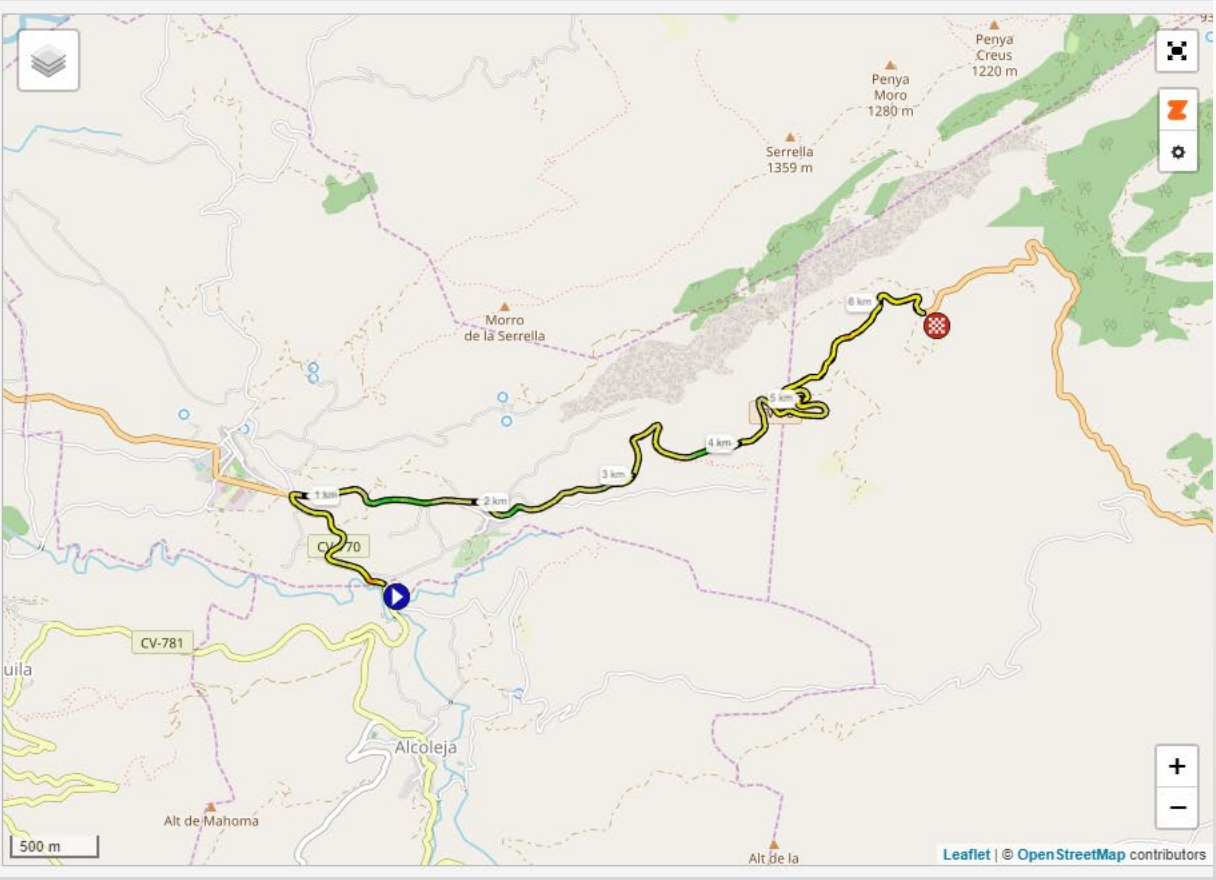
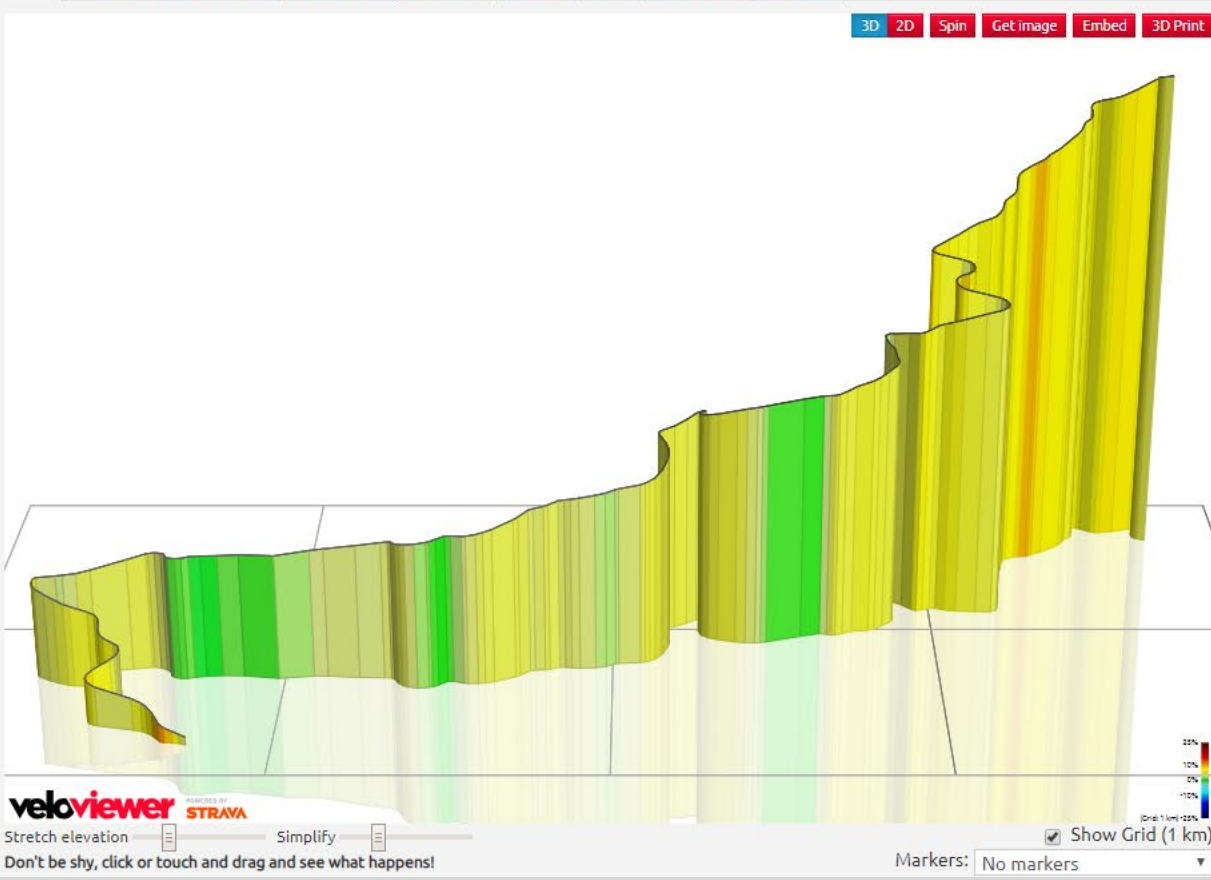
## Gradient Distances





# Puerto Confrides desde Alcoleja ☆

Details History (0) Leaderboard 0 Comments Breakdown 3D Map Earth Street View Compare

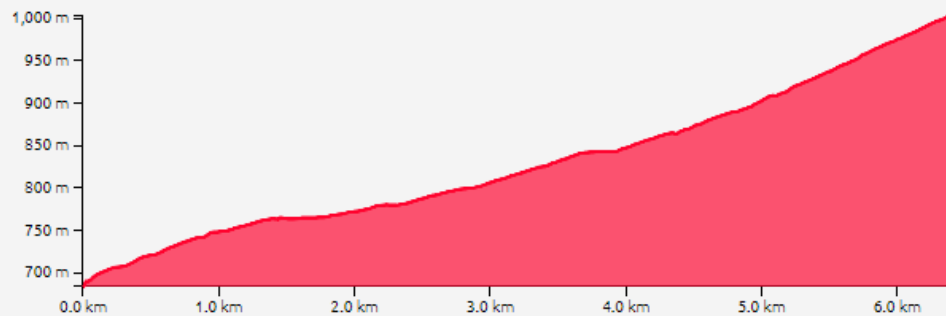




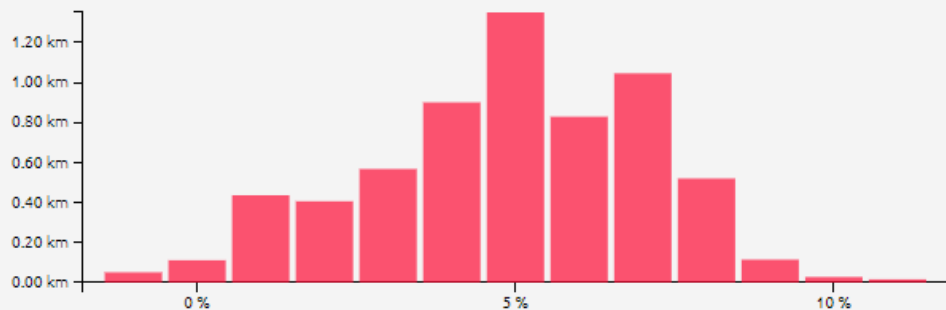
## Segment Stats

Type: Ride  
Distance: 6.4 km  
Elev Gain: 319 m  
Elev Change: 319 m  
Avg Grade: 5 %  
Max Grade: 10.6 %  
Climb cat: 3  
VVOM:  
Min Elevation: 683 m  
Max Elevation: 1002 m  
KOM tries: Not known  
KOM athletes: Not known

## Raw Elevation



## Gradient Distances







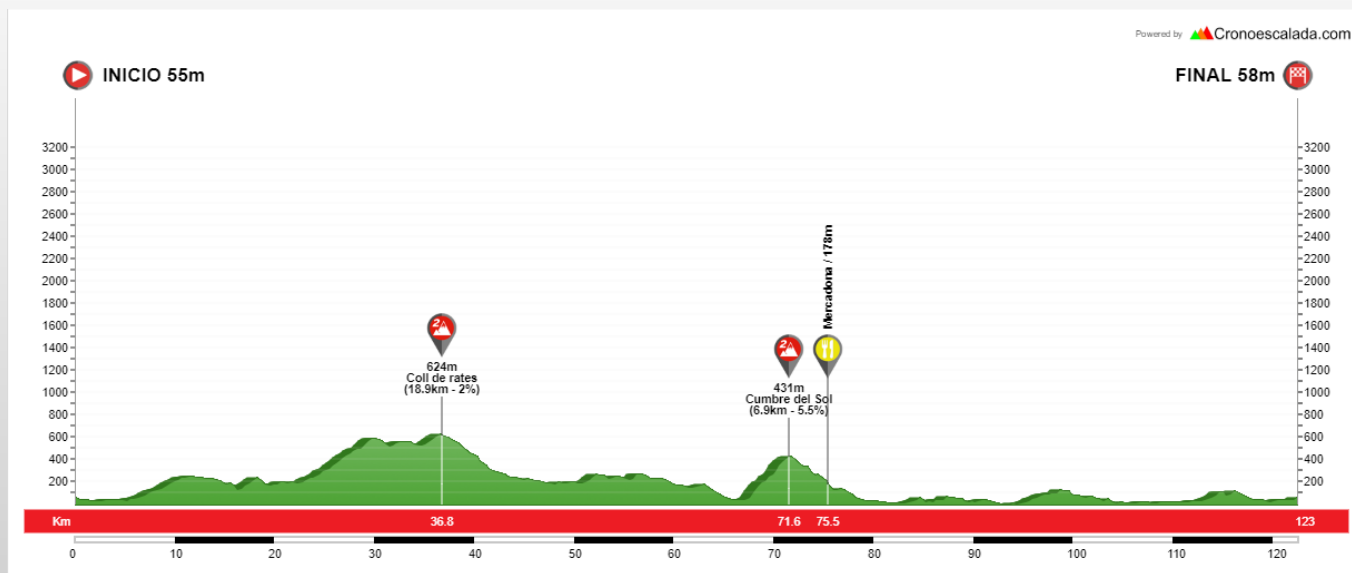
## ETAPA 3

### Descripción de la ruta:

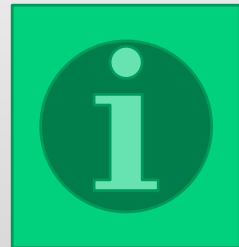
#### CUMBRE DEL SOL- SIERRA GELADA:

El tercer y último día largo de etapa nos llevara de nuevo de subida por el **Coll de Rates** hacia Parcent, donde nos desviaremos hacia la costa en busca de **La Cumbre del Sol (Puig Llorençá)**, con casi 4km de distancia y un 9,5 % de pendiente media. Un mirador espectacular desde el cual podremos contemplar la cala de Moraig, un verdadero paraíso. Para después descender por toda la costa en dirección al alto de Sierra Gelada.

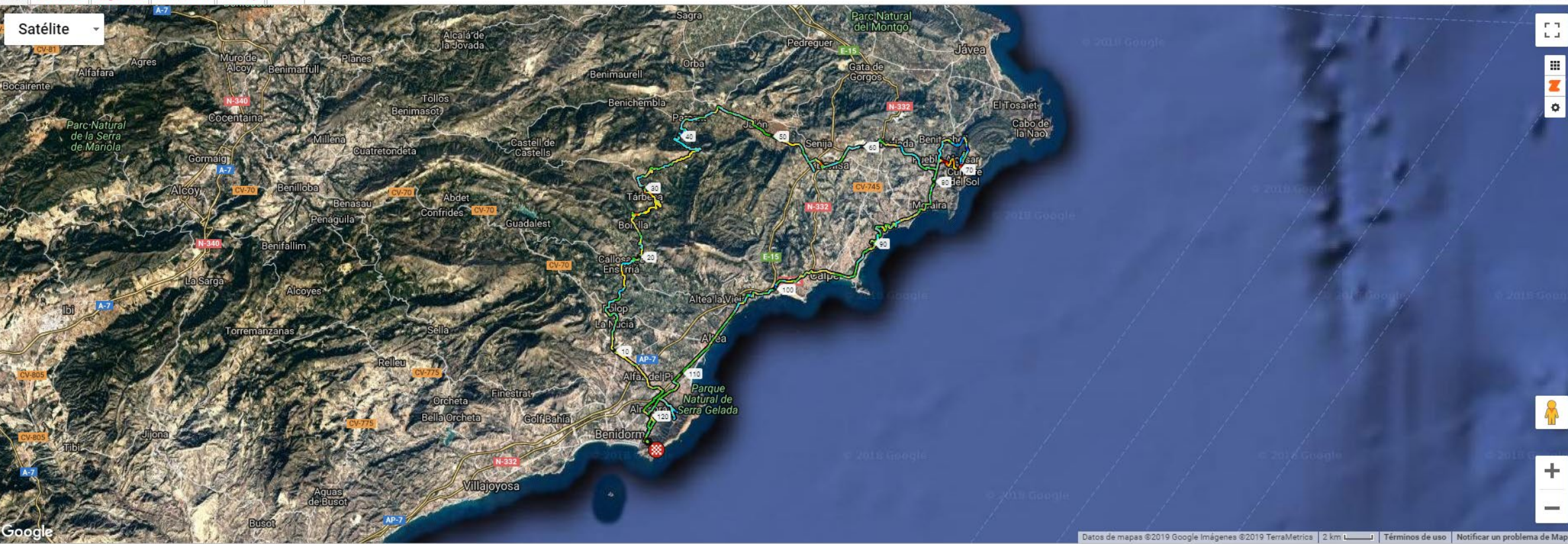
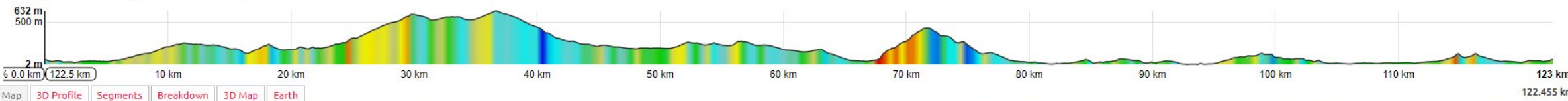
*122 km con 2425m positivos*



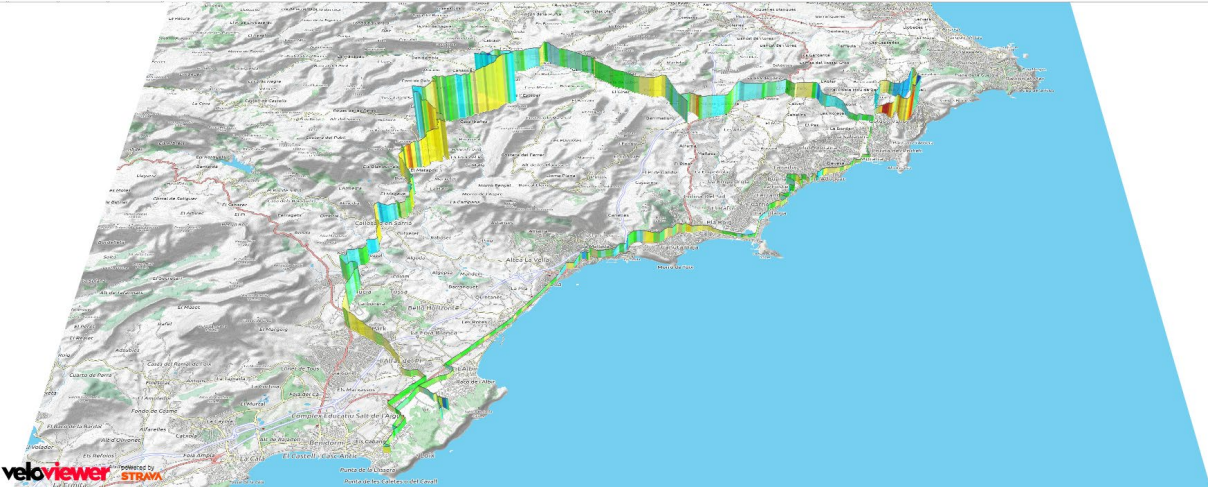
TRACK



Etapa 3 Stage Benidorm





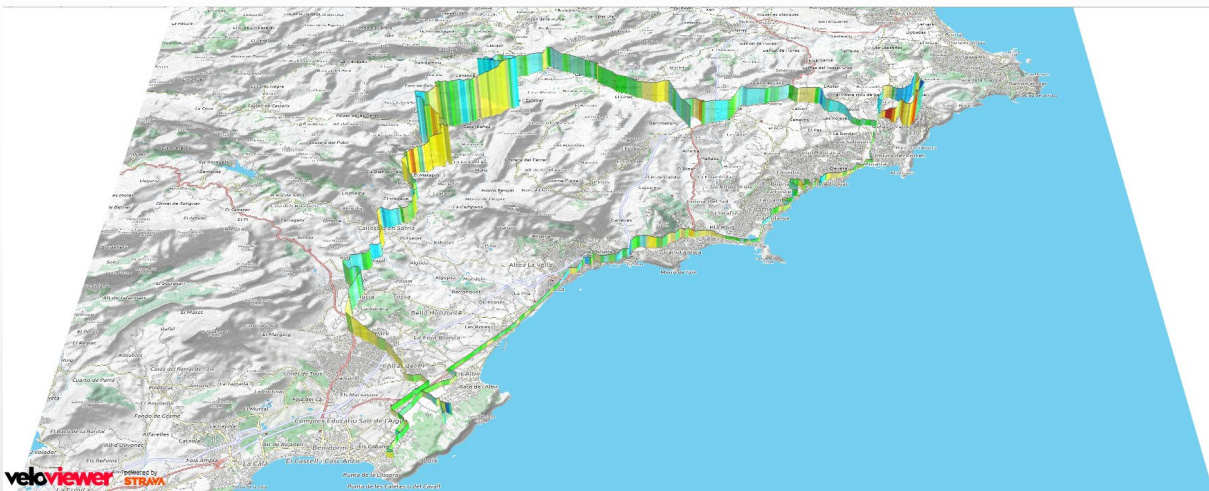


| PUNTO DE PASO       | KILÓMETRO |
|---------------------|-----------|
| Benidorm            | 0         |
| Alfaz del Pi        | 6         |
| La Nucia            | 12        |
| Callosa de Ensarriá | 18        |
| Bolulla             | 26        |
| Taberna             | 28        |
| Alcalalí            | 45,5      |
| Benisa              | 57        |
| Teulada             | 62,5      |
| Benitachell         | 76,5      |
| Moraira             | 82        |
| Calpe               | 95,5      |
| Altea               | 106,5     |
| Benidorm            | 122       |

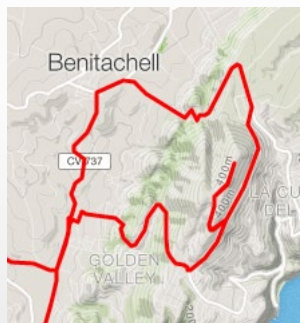


# AVITUALLAMIENTO

Mercadona Cumbre del Sol



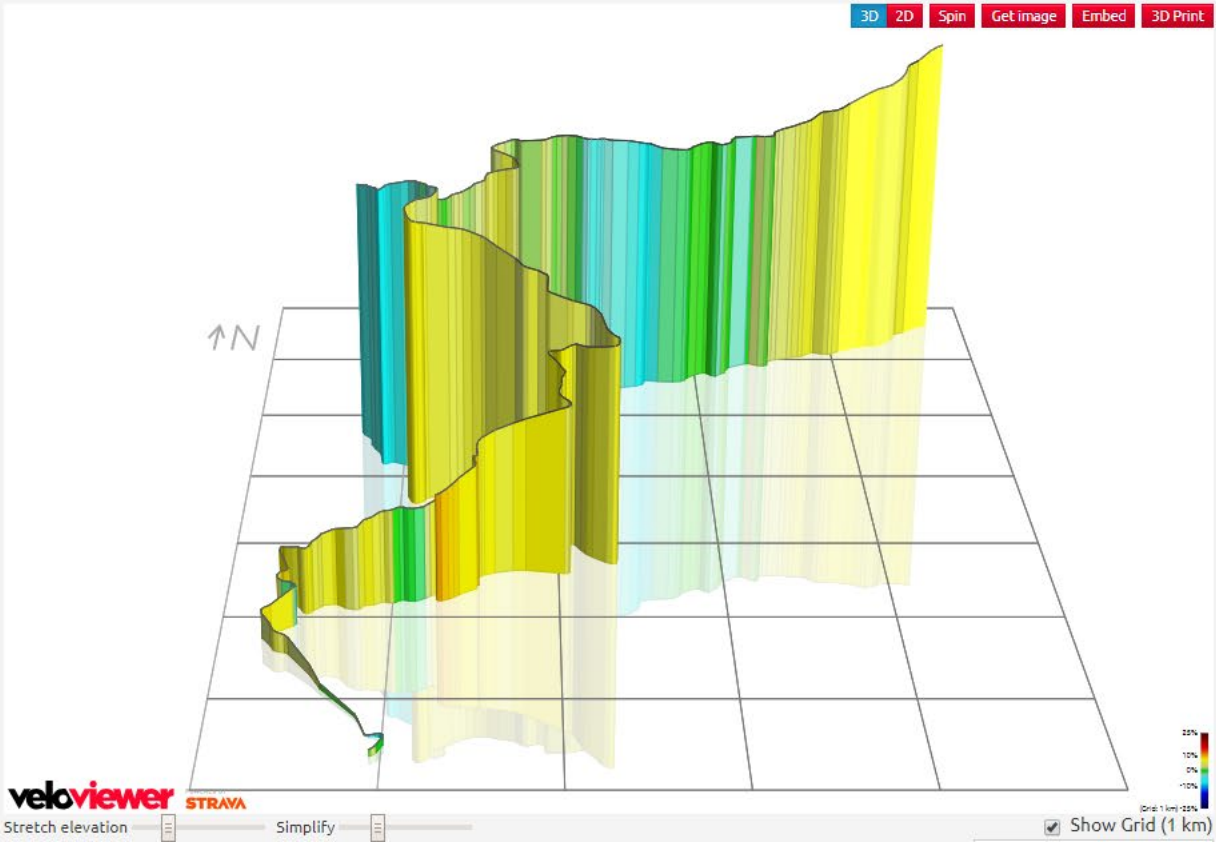
Mercadona





coll de rattes ☆

- Details
- History (0)
- Leaderboard
- 0 Comments
- Breakdown
- 3D Map
- Earth
- Street View
- Compare

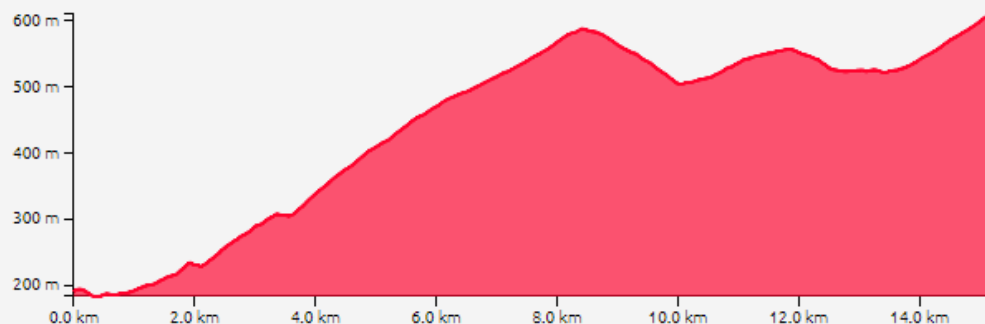




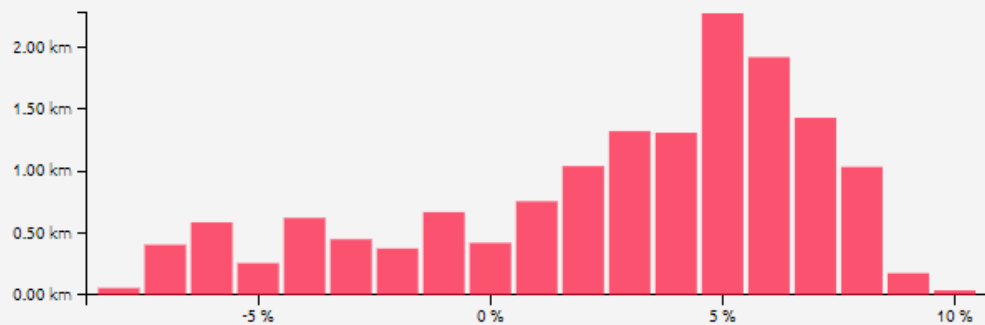
## Segment Stats

Type: Ride  
Distance: 15.2 km  
Elev Gain: 565 m  
Elev Change: 427 m  
Avg Grade: 2.8 %  
Max Grade: 9.8 %  
Climb cat: 2  
VVOM:  
Min Elevation: 183 m  
Max Elevation: 609 m  
KOM tries: Not known  
KOM athletes: 10342  
KOM elapsed time: 27:22  
KOM moving time: 27:22  
KOM speed: 33.2 km/h  
KOM VAM: 824  
KOM RP: 3.62 W/kg  
QOM athletes: 866  
QOM elapsed time: 35:50  
QOM moving time: 35:50  
QOM speed: 25.4 km/h  
QOM VAM: 594  
QOM RP: 2.61 W/kg

## Raw Elevation



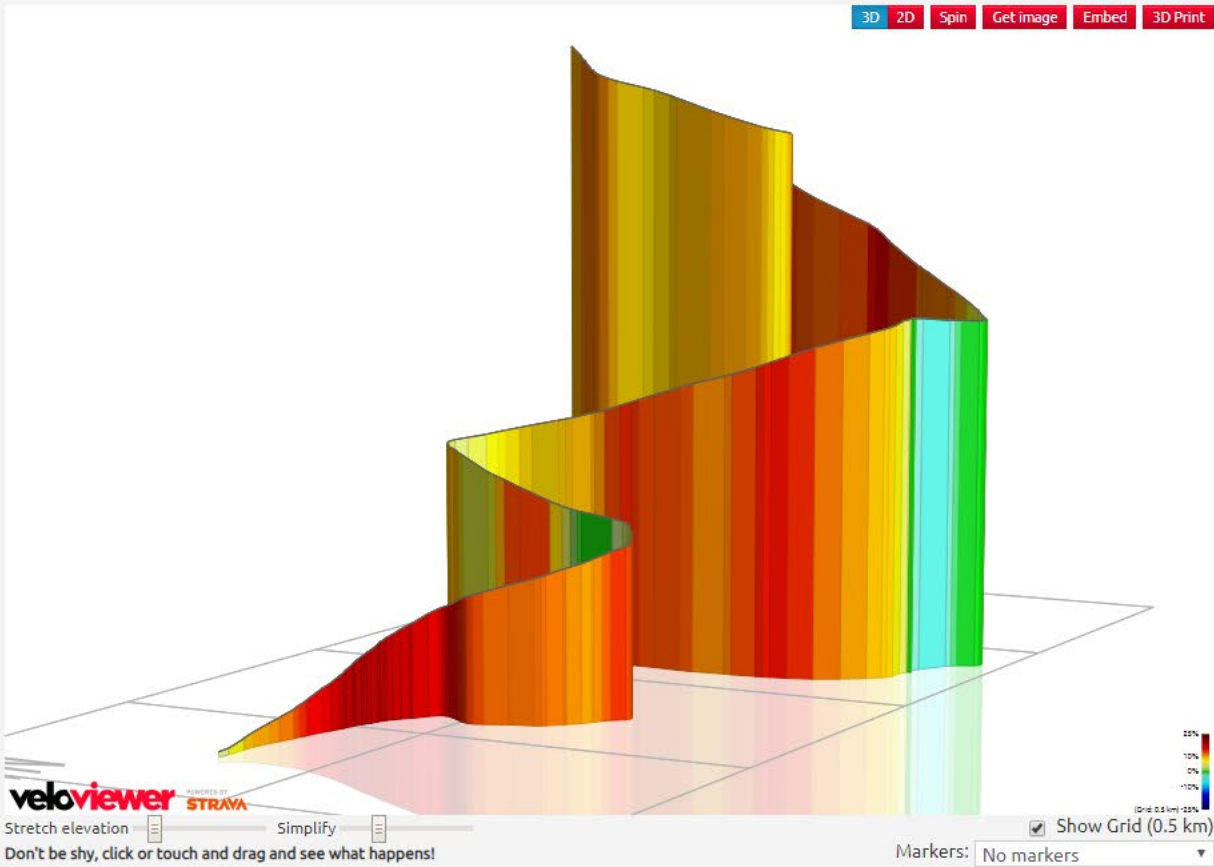
## Gradient Distances





# Alto de Puig Llorença ☆

Details History (0) Leaderboard 0 Comments Breakdown 3D Map Earth Street View Compare

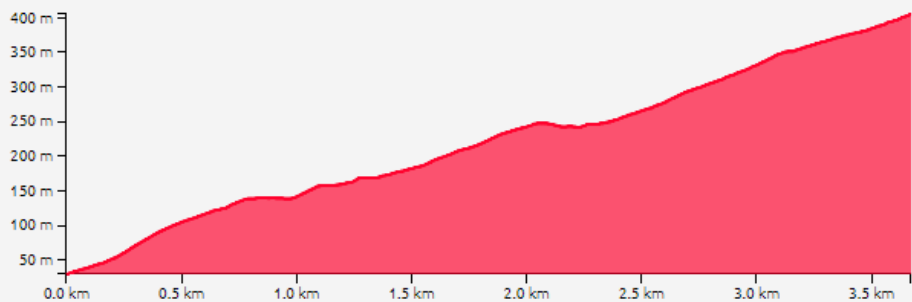




## Segment Stats

Type: Ride  
Distance: 3.7 km  
Elev Gain: 386 m  
Elev Change: 375 m  
Avg Grade: 10.2 %  
Max Grade: 20 %  
Climb cat: 2  
VVOM:  
Min Elevation: 30 m  
Max Elevation: 405 m  
KOM tries: Not known  
KOM athletes: 3474  
KOM elapsed time: 11:05  
KOM moving time: 11:05  
KOM speed: 19.9 km/h  
KOM VAM: 1484  
KOM RP: 5.01 W/kg  
QOM athletes: 167  
QOM elapsed time: 16:55  
QOM moving time: 16:55  
QOM speed: 13 km/h  
QOM VAM: n/a  
QOM RP: n/a

## Raw Elevation



## Gradient Distances

