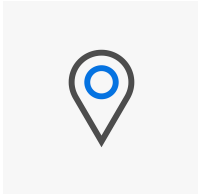


Ubicacións para o seguimento de corredores

MARATÓN e ULTRA

* Saída: 8:00

[* Aboal: 08:15 – 8:30](#)

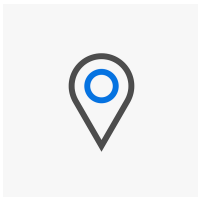


[* Avituallamento 1 Capela San Xoán Festín](#) 8:45-09:20

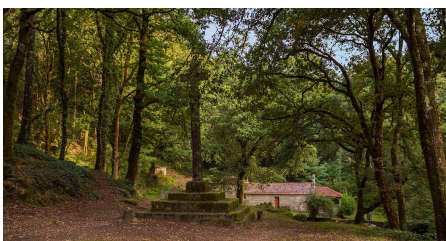


[* Carballeira da Rúa: 08:45-09:30](#)

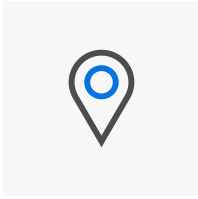
Paso de corredores por cruce de estrada



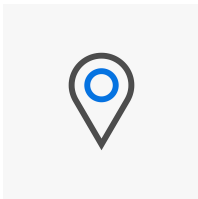
[* Caxil Mosteiro San Xoán "cruce de terra" \(aceso por pista de xabre\) recomendase camiñar pola pista e deixar os automóbiles na estrada : 10:50-17:30h](#)



[*Furafollas: 11:30- 19:00h](#)



[*Aituallamento Furafollas 11:30-19:00](#)



[*Ponte de Cernadela- Meta: 12:05- 19:20h](#)



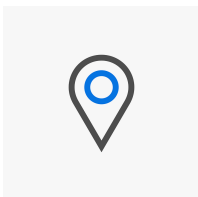
*Meta: 12:20-20:00h

TRAIL

Saída 9:45h

Aboal: 10:45 – 10:15

[* Aboal:](#)

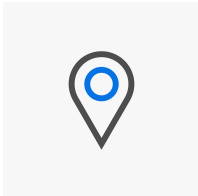


[* Avituallamento 1 Capela San Xoán Festín](#) 10:35-11:20h

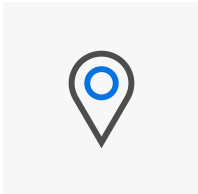


[* Carballeira da Rúa: 10:45-11:30h](#)

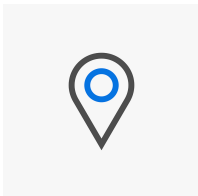
Paso de corredores por cruce de estrada



[*Furafollas: 11:40- 19:00h](#) (paso de corredores a 50m pola Senda do Dragón)



[*Avituallamento Furafollas 11:40-19:00](#)



[*Ponte de Cernadela- Meta: 12:05- 19:20h](#)



*Meta: 12:00-20:00h

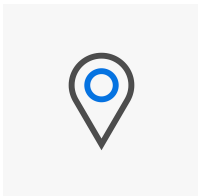
MINITRAIL

Saída : 11:00h

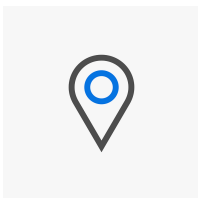
[*Ponte de Cernadela: 11:05- 19:20h](#)



[*Furafollas: 11:40- 19:00h](#) (paso de corredores a 50m pola Senda do Dragón)



[*Avituallamento Furafollas 11:40-19:00](#)



[*Ponte de Cernadela- Meta: 12:10- 19:20h](#)

