# XII TRAIL ADAPTADO LOS 10.000 DEL SOPLAO - JOLLETES | 18.4 km (+498 m / -490 m)

| PUNTO CONTROL | ICONOS | T. CORTE | CIERRE AVIT. | CARRETERA | OBSERVACIONES | KM | FALTAN | +D (m) | -D (m) | 3 km/h | 4 km/h | 5 km/h | 7 km/h | 8 km/h | 9 km/h | 10 km/h | 11 km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| CABEZÓN DE LA SAL | | | | | | 0.00 | 18.38 | 0 | 0 | 08:00 | 08:00 | 08:00 | 08:00 | 08:00 | 08:00 | 08:00 | 08:00 |
| CARREJO | | | | CA-180 | | 2.15 | 16.23 | 53 | 60 | 08:43 | 08:32 | 08:25 | 08:18 | 08:16 | 08:14 | 08:12 | 08:11 |
| COS | | | | CA-812 | | 4.50 | 13.88 | 71 | 78 | 09:30 | 09:07 | 08:54 | 08:38 | 08:33 | 08:30 | 08:27 | 08:24 |
| COS | | | | | | 4.60 | 13.78 | 71 | 80 | 09:32 | 09:09 | 08:55 | 08:39 | 08:34 | 08:30 | 08:27 | 08:25 |
| ALTO DE COS | | | 12:00 H | | | 8.70 | 9.68 | 441 | 254 | 10:54 | 10:10 | 09:44 | 09:14 | 09:05 | 08:58 | 08:52 | 08:47 |
| MAZCUERRAS | | | | | | 13.55 | 4.83 | 478 | 459 | 12:31 | 11:23 | 10:42 | 09:56 | 09:41 | 09:30 | 09:21 | 09:13 |
| MAZCUERRAS | | | | CA-812 | | 13.70 | 4.68 | 487 | 462 | 12:34 | 11:25 | 10:44 | 09:57 | 09:42 | 09:31 | 09:22 | 09:14 |
| MAZCUERRAS | | | | | | 14.00 | 4.38 | 490 | 483 | 12:40 | 11:30 | 10:48 | 10:00 | 09:45 | 09:33 | 09:24 | 09:16 |
| CABEZÓN DE LA SAL | | 22:00 H | | | | 18.38 | 0.00 | 498 | 490 | 14:07 | 12:35 | 11:40 | 10:37 | 10:17 | 10:02 | 09:50 | 09:40 |