

Datum: **24.09.2009**

Schrittzähler

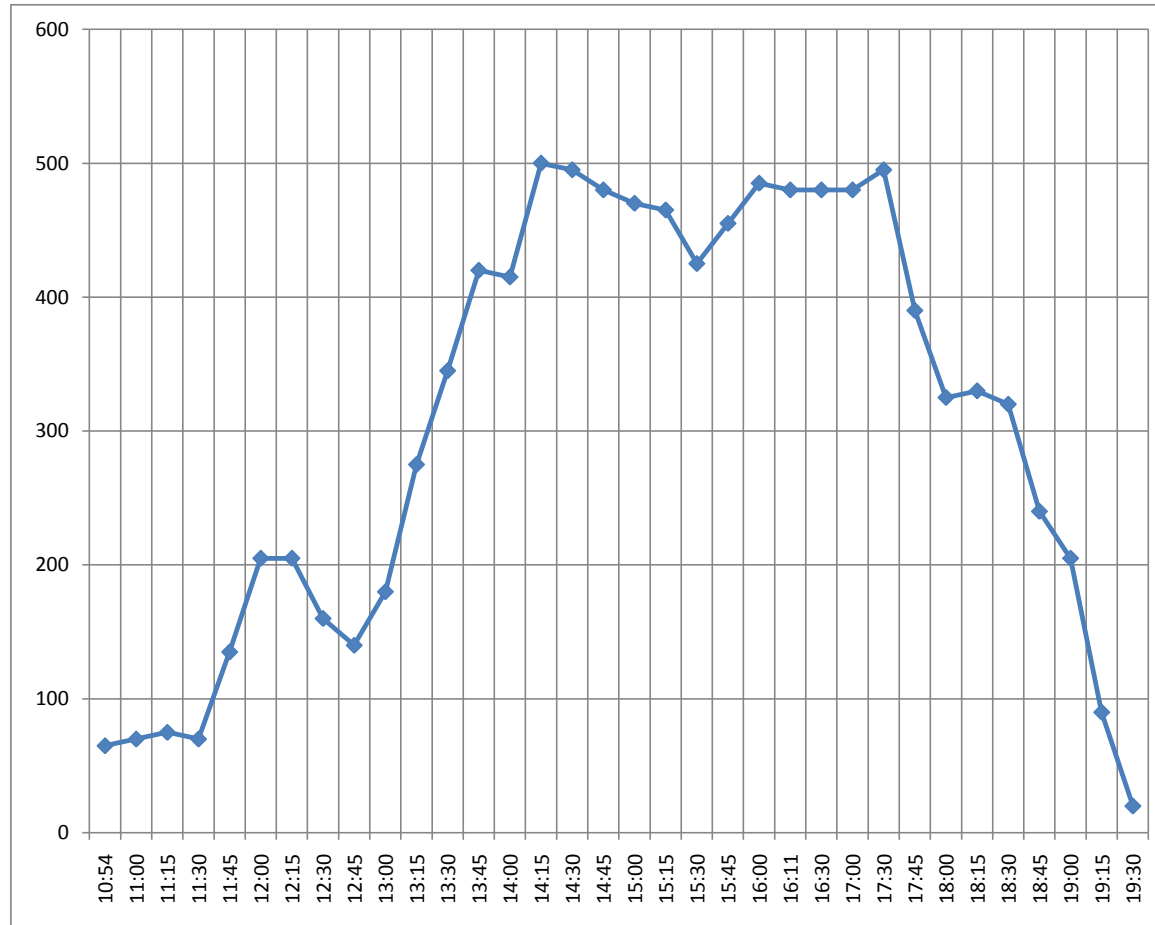
Route/ Ziel: **Santa Cruz nach Barranco de Nogales**

Kilometer: 27,04

Schritte 43623

kcal: 1410

Zeit	Höhe
10:54	65
11:00	70
11:15	75
11:30	70
11:45	135
12:00	205
12:15	205
12:30	160
12:45	140
13:00	180
13:15	275
13:30	345
13:45	420
14:00	415
14:15	500
14:30	495
14:45	480
15:00	470
15:15	465
15:30	425
15:45	455
16:00	485
16:11	480
16:30	480
17:00	480
17:30	495
17:45	390
18:00	325
18:15	330
18:30	320
18:45	240
19:00	205
19:15	90
19:30	20



Datum: 25.09.2009

Schrittzähler

Route/ Ziel: Barranco de Nogales nach La Laguna de La Barlovento

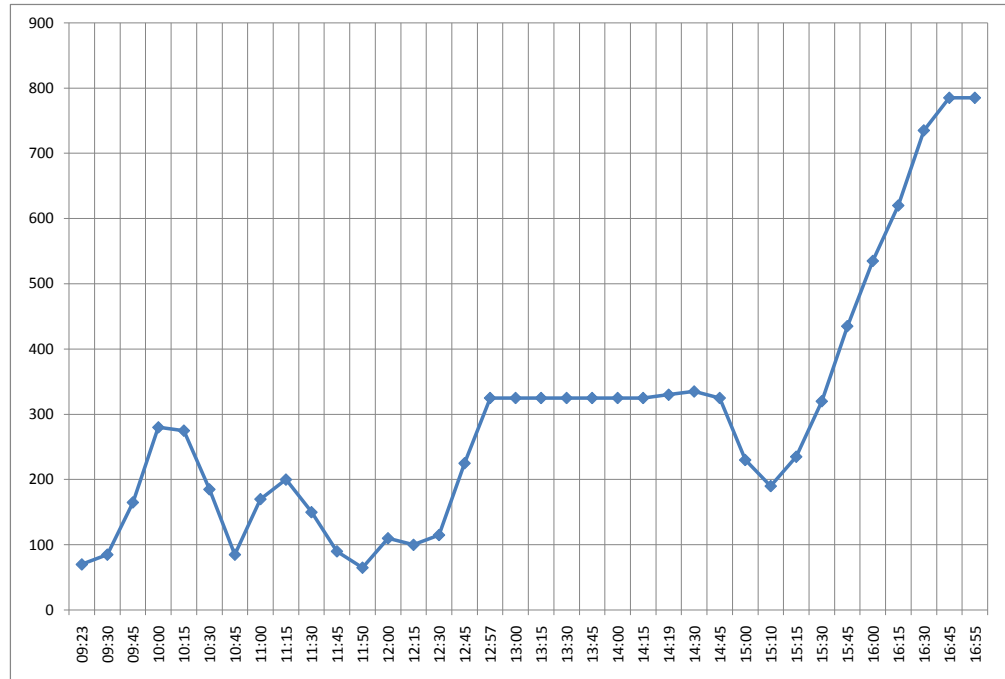
Kilometer: 20,79

Schritte 33604

Zeit Höhe

kcal: 1086

09:23	70
09:30	85
09:45	165
10:00	280
10:15	275
10:30	185
10:45	85
11:00	170
11:15	200
11:30	150
11:45	90
11:50	65
12:00	110
12:15	100
12:30	115
12:45	225
12:57	325
13:00	325
13:15	325
13:30	325
13:45	325
14:00	325
14:15	325
14:19	325
14:30	335
14:45	325
15:00	230
15:10	190
15:15	235
15:30	320
15:45	435
16:00	535
16:15	620
16:30	735
16:45	785
16:55	785



Datum: 26.09.2009

Schrittzähler

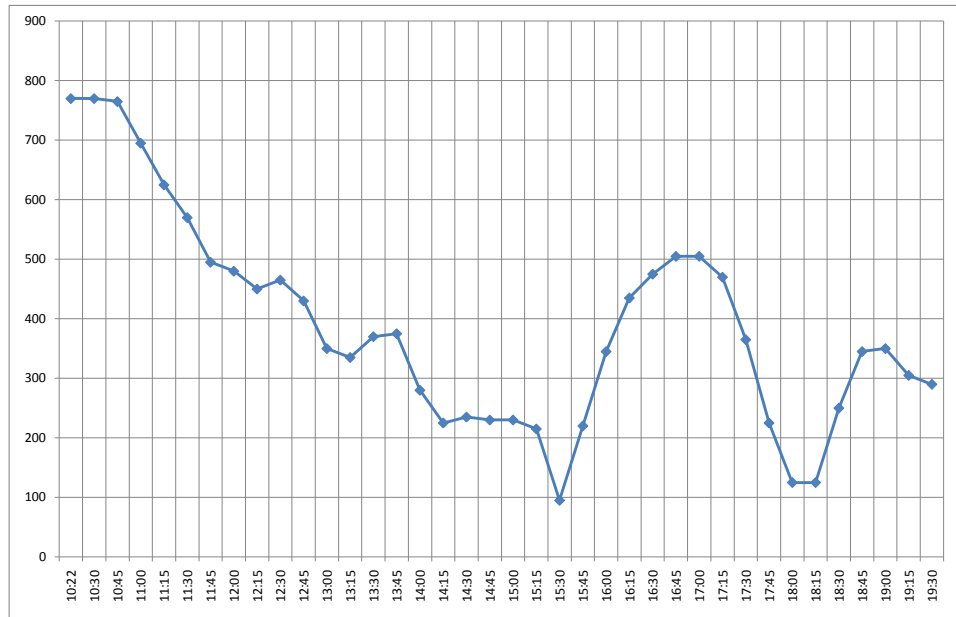
Route/Ziel: La Laguna de La Barlovento - El Tablado

Kilometer: 27,58

Schritte 44489

Zeit Höhe

10:22	770
10:30	770
10:45	765
11:00	695
11:15	625
11:30	570
11:45	495
12:00	480
12:15	450
12:30	465
12:45	430
13:00	350
13:15	335
13:30	370
13:45	375
14:00	280
14:15	225
14:30	235
14:45	230
15:00	230
15:15	215
15:30	95
15:45	220
16:00	345
16:15	435
16:30	475
16:45	505
17:00	505
17:15	470
17:30	365
17:45	225
18:00	125
18:15	125
18:30	250
18:45	345
19:00	350
19:15	305
19:30	290



Datum: 27.09.2009

Schrittzähler

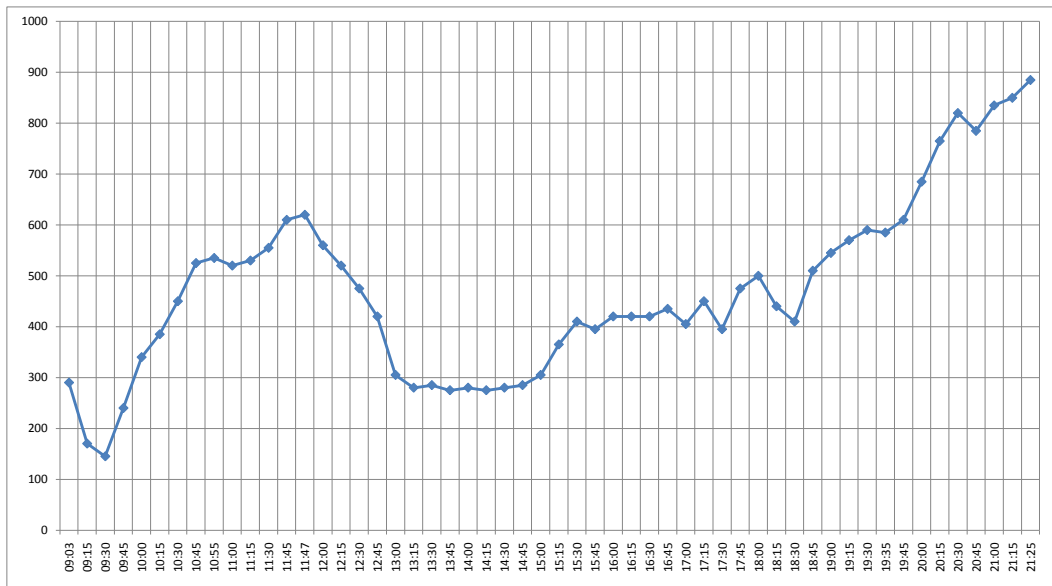
Route/Ziel: El Tablado - Puntogorda (La Rosa)

Kilometer: 37,38

Zeit Höhe

Schritte 60304
kcal:

09:03	290
09:15	170
09:30	145
09:45	240
10:00	340
10:15	385
10:30	450
10:45	525
10:55	535
11:00	520
11:15	530
11:30	555
11:45	610
11:47	610
12:00	610
12:15	560
12:30	520
12:45	475
13:00	420
13:15	305
13:30	280
13:45	285
14:00	275
14:15	280
14:30	285
14:45	305
15:00	365
15:30	410
15:45	395
16:00	420
16:15	420
16:30	420
16:45	435
17:00	405
17:15	450
17:30	395
17:45	475
18:00	500
18:15	440
18:30	410
18:45	510
19:00	545
19:15	570
19:30	590
19:35	585
19:45	610
20:00	685
20:15	765
20:30	820
20:45	785
21:00	835
21:15	850
21:25	885



Datum: 28.09.2009

Schrittzähler

Route/ Ziel: Stadtrundgang Puntagorda

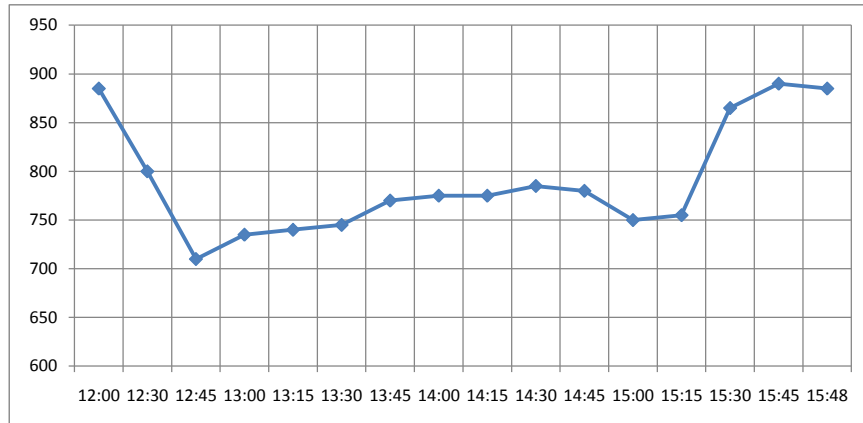
Kilometer:

Zeit Höhe

Schritte

kcal:

12:00	885
12:30	800
12:45	710
13:00	735
13:15	740
13:30	745
13:45	770
14:00	775
14:15	775
14:30	785
14:45	780
15:00	750
15:15	755
15:30	865
15:45	890
15:48	885



Datum: 29.09.2009

Schrittzähler

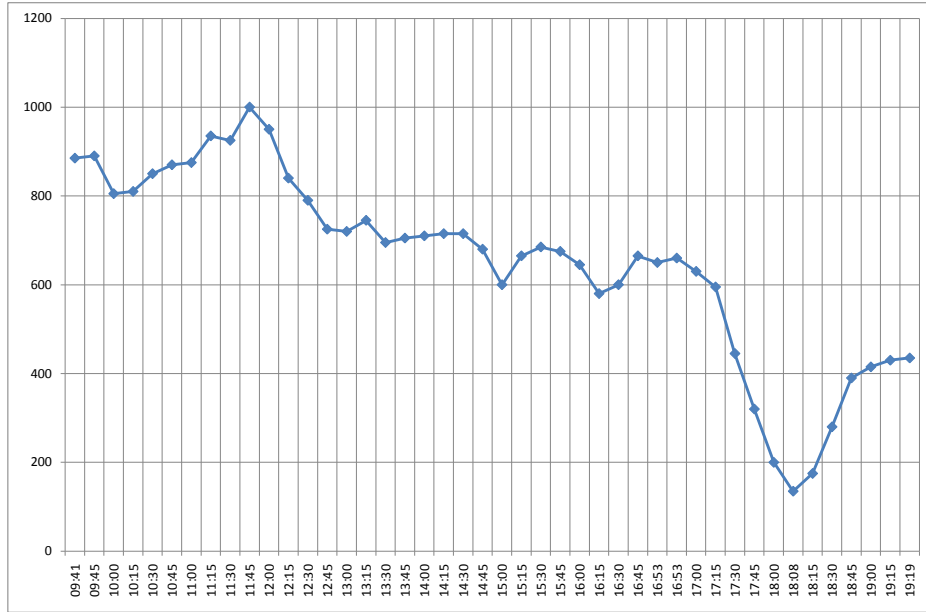
Route/Ziel: Puntagorda - Los Llanos de Aridane

Kilometer: 34,84

Schritte: 56207

Zeit Höhe

09:41	885
09:45	890
10:00	805
10:15	810
10:30	850
10:45	870
11:00	875
11:15	935
11:30	925
11:45	1000
12:00	950
12:15	840
12:30	790
12:45	725
13:00	720
13:15	745
13:30	695
13:45	705
14:00	710
14:15	715
14:30	715
14:45	680
15:00	600
15:15	665
15:30	685
15:45	675
16:00	645
16:15	580
16:30	600
16:45	665
16:53	650
16:53	660
17:00	630
17:15	595
17:30	445
17:45	320
18:00	200
18:08	135
18:15	175
18:30	280
18:45	390
19:00	415
19:15	430
19:19	435



Datum: 30.09.2009

Schrittzähler

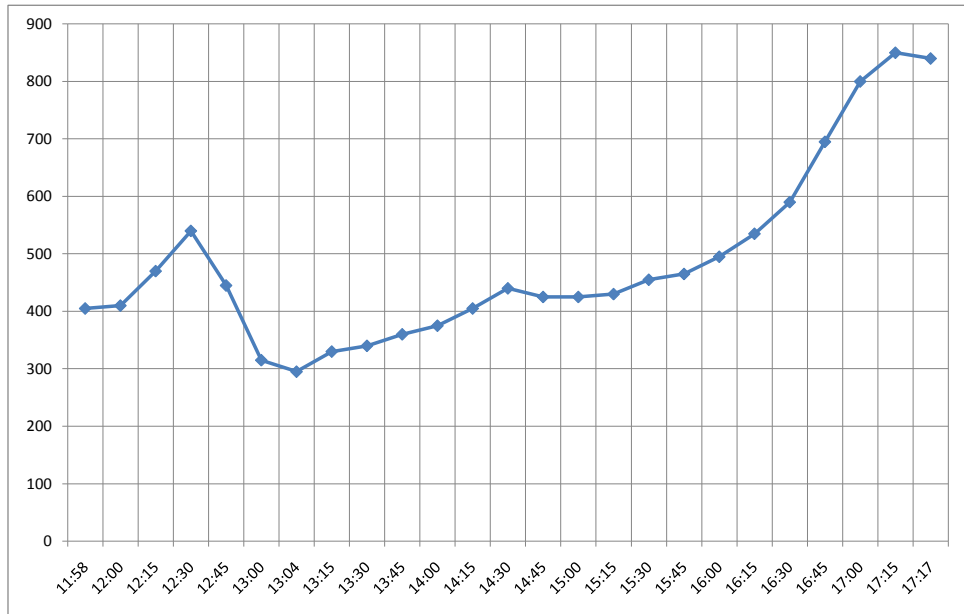
Route/ Ziel: Los Llanos de Aridane nach Playa de Taburiente

Kilometer: 20,58

Schritte 33196

Zeit Höhe

11:58	405
12:00	410
12:15	470
12:30	540
12:45	445
13:00	315
13:04	295
13:15	330
13:30	340
13:45	360
14:00	375
14:15	405
14:30	440
14:45	425
15:00	425
15:15	430
15:30	455
15:45	465
16:00	495
16:15	535
16:30	590
16:45	695
17:00	800
17:15	850
17:17	840



Datum: 01.10.2009

Schrittzähler

Route/ Ziel: Caldera de Taburiente - Barranco de Los Cantos

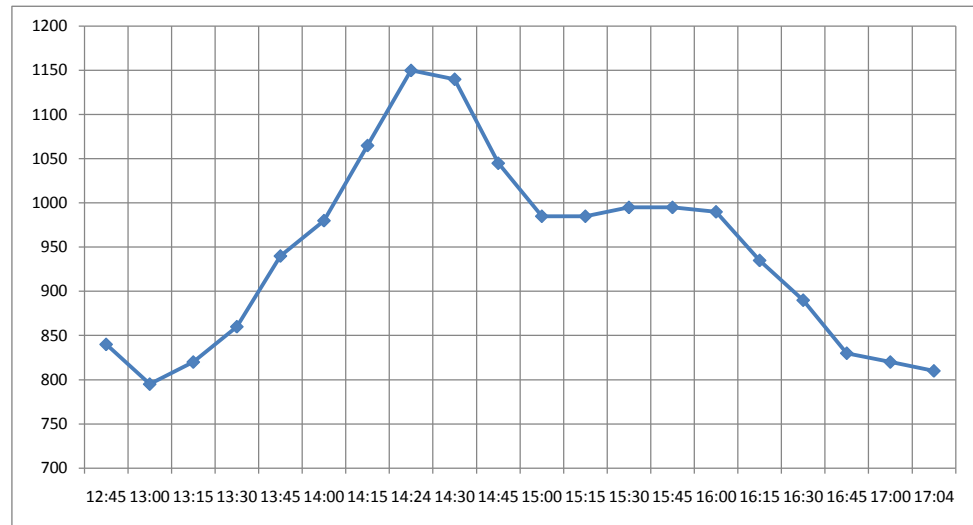
Kilometer: 10,03

Schritte 16187

Zeit Höhe

kcal:

12:45	840
13:00	795
13:15	820
13:30	860
13:45	940
14:00	980
14:15	1065
14:24	1150
14:30	1140
14:45	1045
15:00	985
15:15	985
15:30	995
15:45	995
16:00	990
16:15	935
16:30	890
16:45	830
17:00	820
17:04	810



Datum: **02.10.2009**

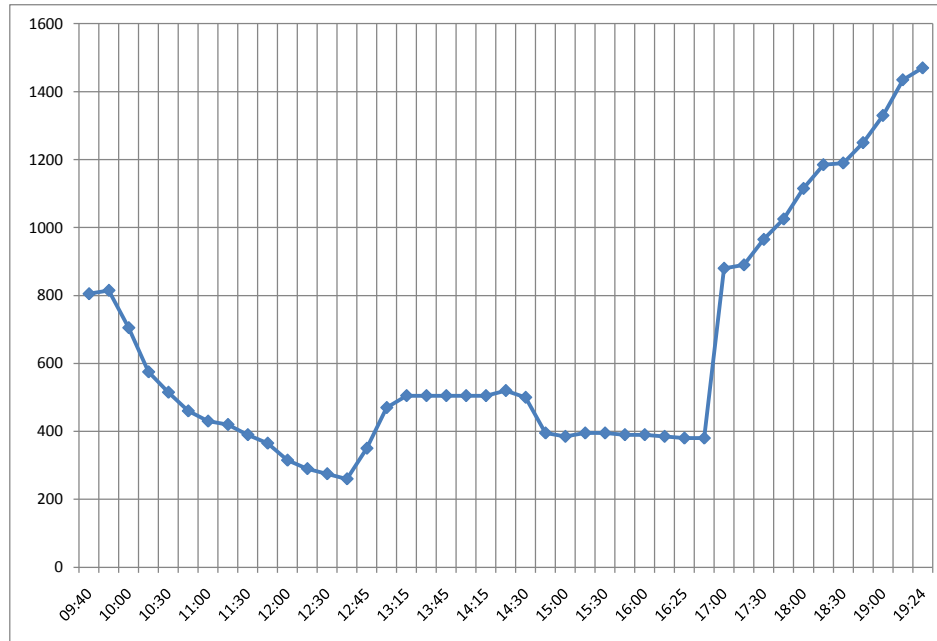
Schrittzähler

Route/ Ziel: **Playa de Taburiente nach Los Llanos de Aridane**
 El Paso nach Refugio del Pilar (neue LP 14)

Kilometer: 28,82
 Schritte 46489
 kcal:

Zeit Höhe

09:40	805
09:45	815
10:00	705
10:15	575
10:30	515
10:45	460
11:00	430
11:15	420
11:30	390
11:45	365
12:00	315
12:15	290
12:30	275
12:32	260
12:45	350
13:00	470
13:15	505
13:30	505
13:45	505
14:00	505
14:15	505
14:26	520
14:30	500
14:45	395
15:00	385
15:15	395
15:30	395
15:45	390
16:00	390
16:15	385
16:25	380
16:30	380
17:00	880
17:15	890
17:30	965
17:45	1025
18:00	1115
18:15	1185
18:30	1190
18:45	1250
19:00	1330
19:15	1435
19:24	1470



Datum: **03.10.2009**

Schrittzähler

Route/ Ziel: **Refugio de Pilar - Jedey - Fuencaliente**

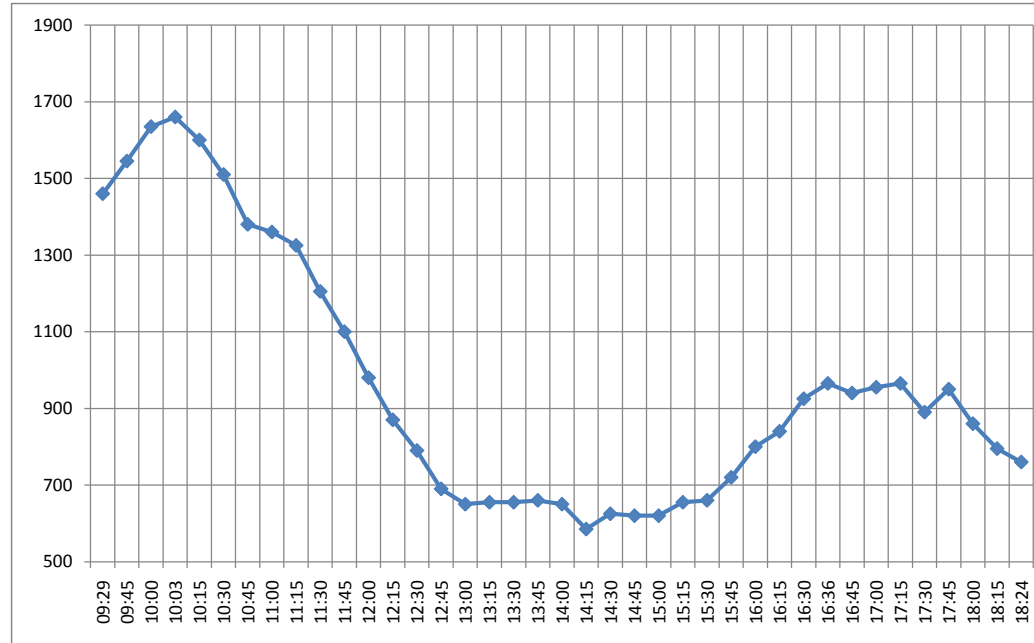
Kilometer: 31,97

Schritte 51567

Zeit Höhe

kcal:

09:29	1460
09:45	1545
10:00	1635
10:03	1660
10:15	1600
10:30	1510
10:45	1380
11:00	1360
11:15	1325
11:30	1205
11:45	1100
12:00	980
12:15	870
12:30	790
12:45	690
13:00	650
13:15	655
13:30	655
13:45	660
14:00	650
14:15	585
14:30	625
14:45	620
15:00	620
15:15	655
15:30	660
15:45	720
16:00	800
16:15	840
16:30	925
16:36	965
16:45	940
17:00	955
17:15	965
17:30	890
17:45	950
18:00	860
18:15	795
18:24	760



Datum: **04.10.2009**

Schrittzähler

Route/ Ziel: **Fuencalienta - La Sabina - Niquioma - Refugio del Pilar**

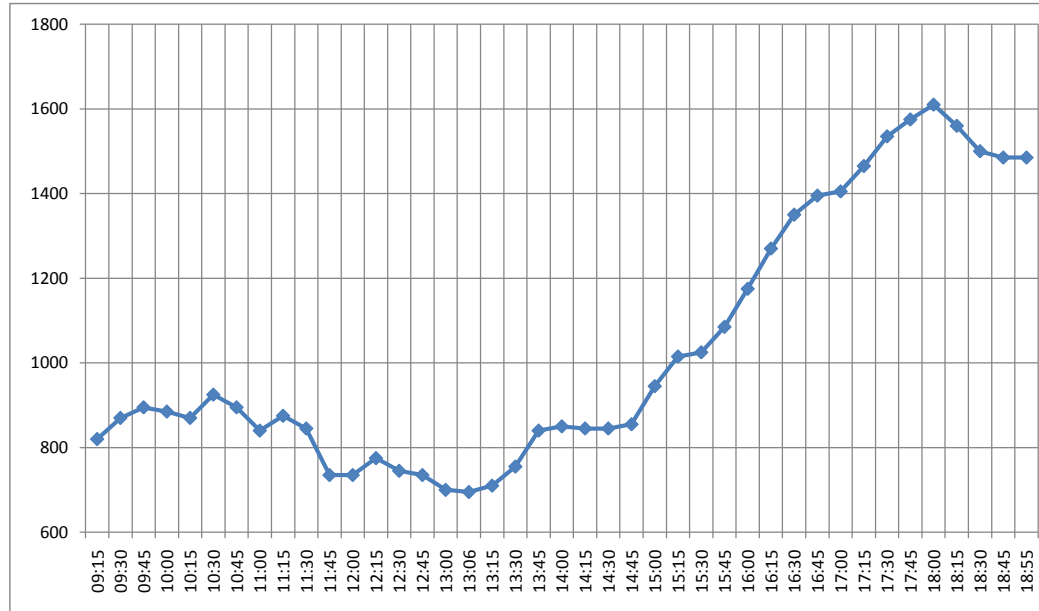
Kilometer: 32,34

Schritte 52163

Zeit Höhe

kcal:

09:15	820
09:30	870
09:45	895
10:00	885
10:15	870
10:30	925
10:45	895
11:00	840
11:15	875
11:30	845
11:45	735
12:00	735
12:15	775
12:30	745
12:45	735
13:00	700
13:06	695
13:15	710
13:30	755
13:45	840
14:00	850
14:15	845
14:30	845
14:45	855
15:00	945
15:15	1015
15:30	1025
15:45	1085
16:00	1175
16:15	1270
16:30	1350
16:45	1395
17:00	1405
17:15	1465
17:30	1535
17:45	1575
18:00	1610
18:15	1560
18:30	1500
18:45	1485
18:55	1485



Touren-La-Palma-September-Oktober-2009.xls

Datum: **05.10.2009**

Schrittzähler

Route/ Ziel: **Refugio de Pilar - Roque n Refugio**

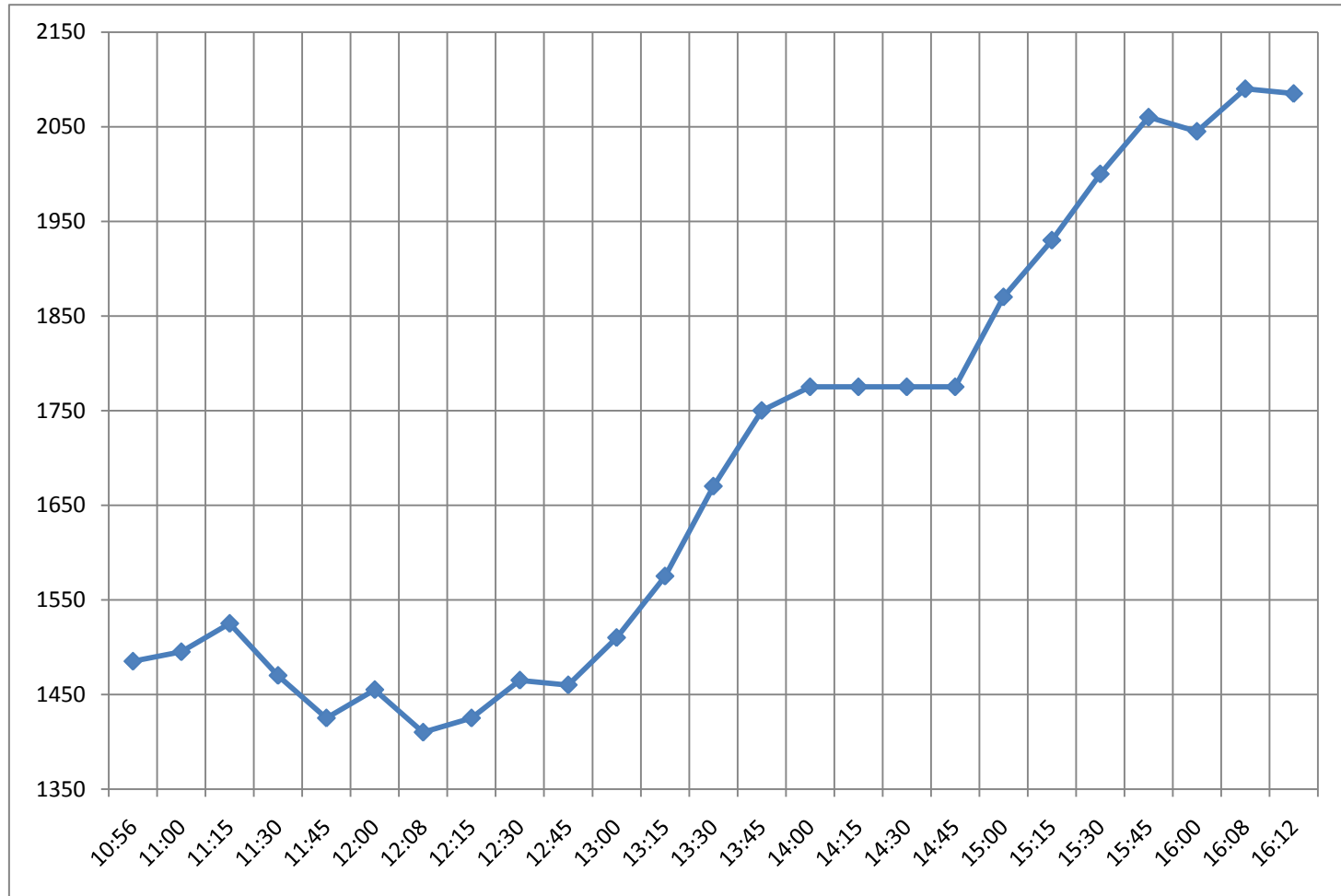
Kilometer: 9,78

Schritte 15789

Zeit Höhe

kcal:

10:56	1485
11:00	1495
11:15	1525
11:30	1470
11:45	1425
12:00	1455
12:08	1410
12:15	1425
12:30	1465
12:45	1460
13:00	1510
13:15	1575
13:30	1670
13:45	1750
14:00	1775
14:15	1775
14:30	1775
14:45	1775
15:00	1870
15:15	1930
15:30	2000
15:45	2060
16:00	2045
16:08	2090
16:12	2085



Datum: **06.10.2009**

Schrittzähler

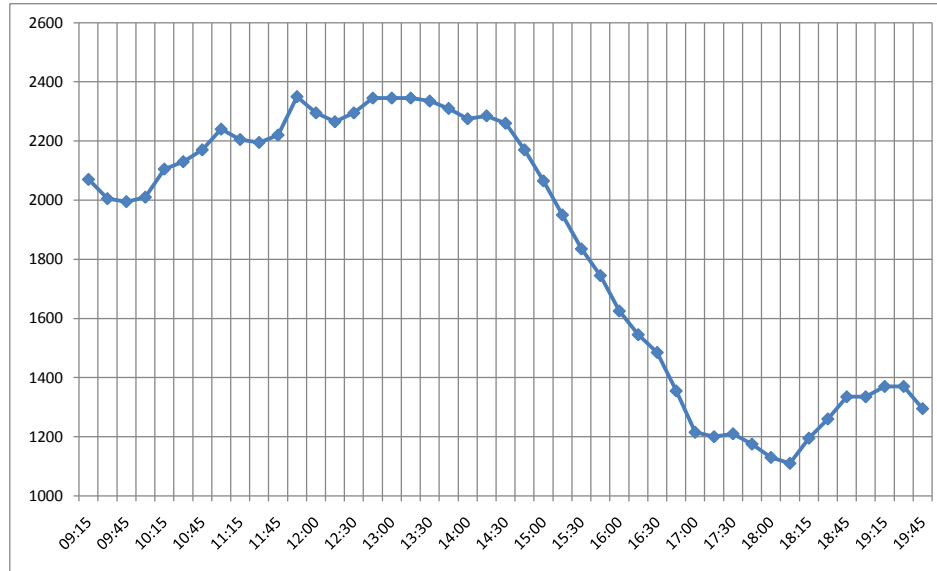
Route/ Ziel: **Roque n Refugion - LP 9 - LP20 bis Refugio de Galegos**

Kilometer: 37,28

Schritte 60136

Zeit Höhe

09:15	2070
09:30	2005
09:45	1995
10:00	2010
10:15	2105
10:30	2130
10:45	2170
11:00	2240
11:15	2205
11:30	2195
11:45	2220
11:56	2350
12:00	2295
12:15	2265
12:30	2295
12:45	2345
13:00	2345
13:15	2345
13:30	2335
13:45	2310
14:00	2275
14:15	2285
14:30	2260
14:45	2170
15:00	2065
15:15	1950
15:30	1835
15:45	1745
16:00	1625
16:15	1545
16:30	1485
16:45	1355
17:00	1215
17:15	1200
17:30	1210
17:45	1175
18:00	1130
18:02	1110
18:15	1195
18:30	1260
18:45	1335
19:00	1335
19:15	1370
19:30	1370
19:45	1295



Touren-La-Palma-September-Oktober-2009.xls

Datum: **07.10.2009**

Schrittzähler

Route/ Ziel: **Refugio de Gallegos - La Laguna de La Barlovento**

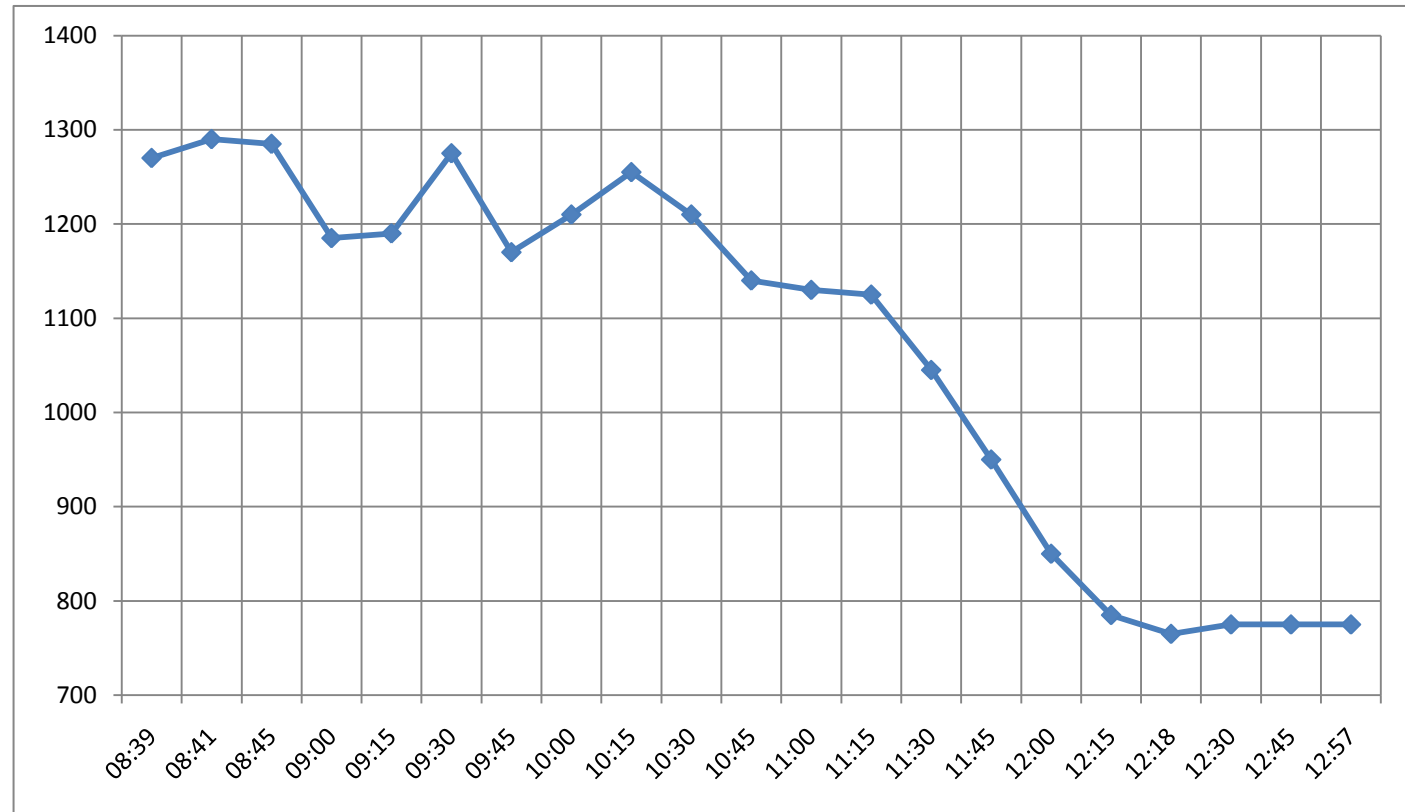
Kilometer: 10,5

Schritte 15994

Zeit Höhe

kcal:

08:39	1270
08:41	1290
08:45	1285
09:00	1185
09:15	1190
09:30	1275
09:45	1170
10:00	1210
10:15	1255
10:30	1210
10:45	1140
11:00	1130
11:15	1125
11:30	1045
11:45	950
12:00	850
12:15	785
12:18	765
12:30	775
12:45	775
12:57	775



Datum: **08.10.2009**

Schrittzähler

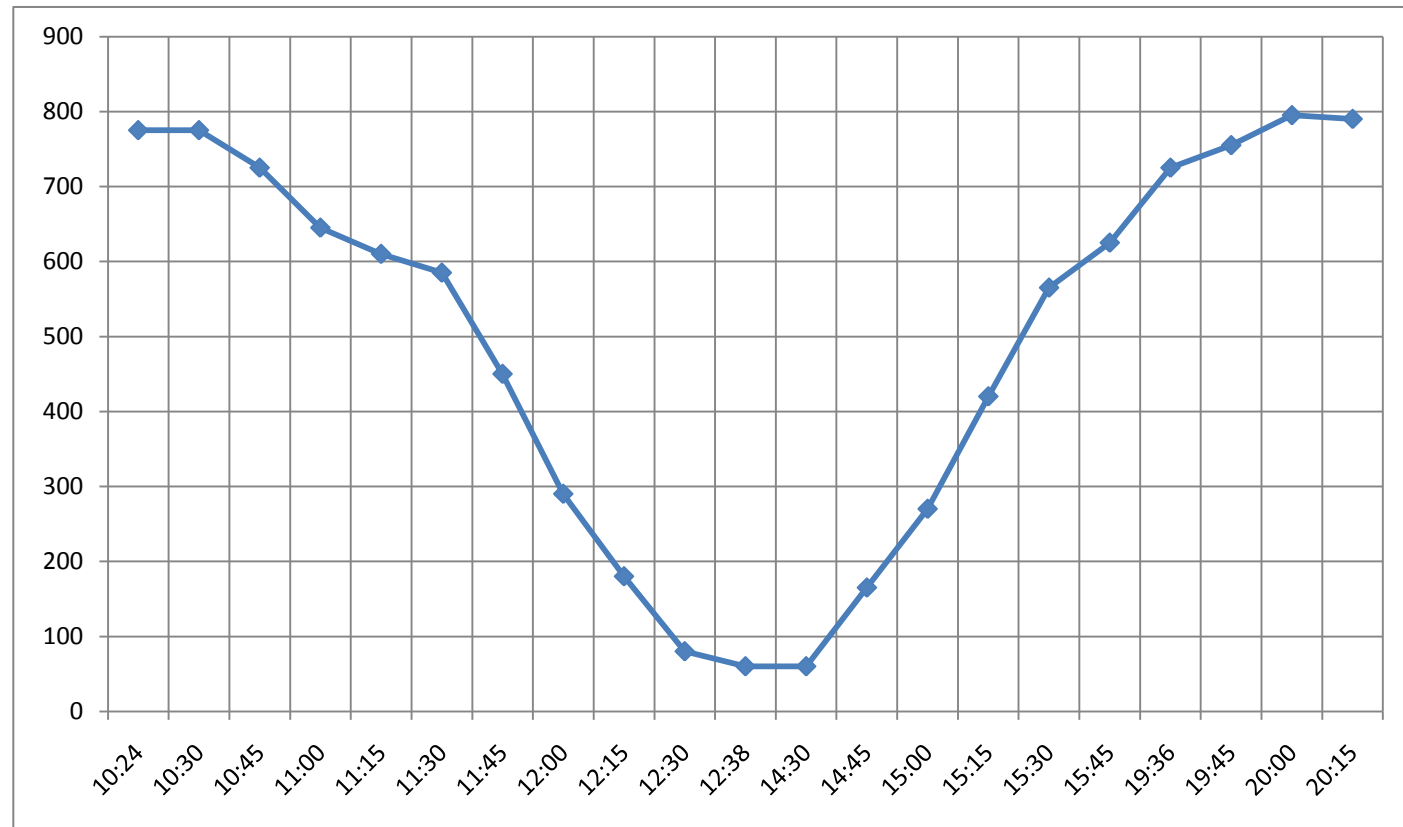
Route/ Ziel: **La Laguna de La Barlovento - La Fajana -
Hotel Romantica - La Laguna de La Barlovento**

Kilometer: 12

Zeit Höhe

Schritte
kcal:

10:24	775
10:30	775
10:45	725
11:00	645
11:15	610
11:30	585
11:45	450
12:00	290
12:15	180
12:30	80
12:38	60
14:30	60
14:45	165
15:00	270
15:15	420
15:30	565
15:45	625
19:36	725
19:45	755
20:00	795
20:15	790



Datum: **09.10.2009**

Schrittzähler

Route/ Ziel: **La Laguna de Barlovento - Barlovento**
 El Paso - Refugio del Pilar (alte LP 14)

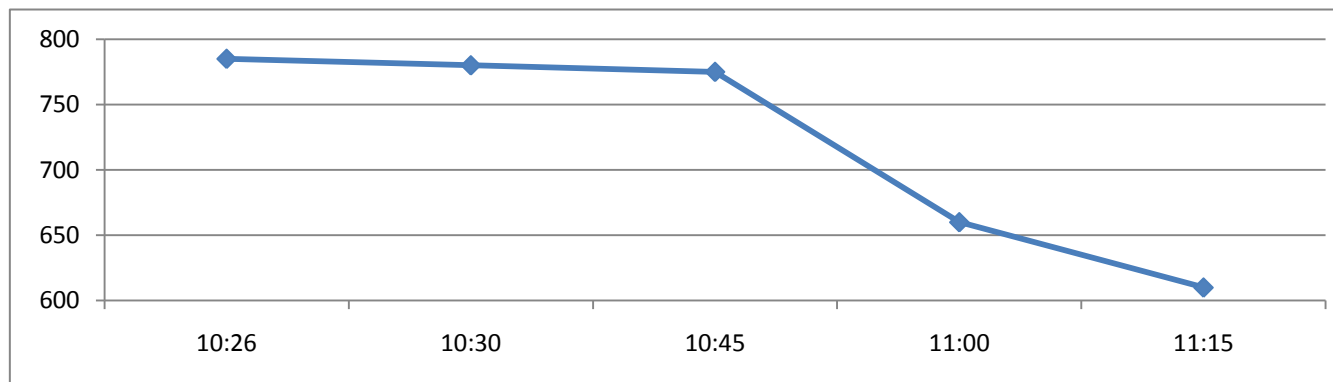
Kilometer: 2,5 + 4,5

Schritte

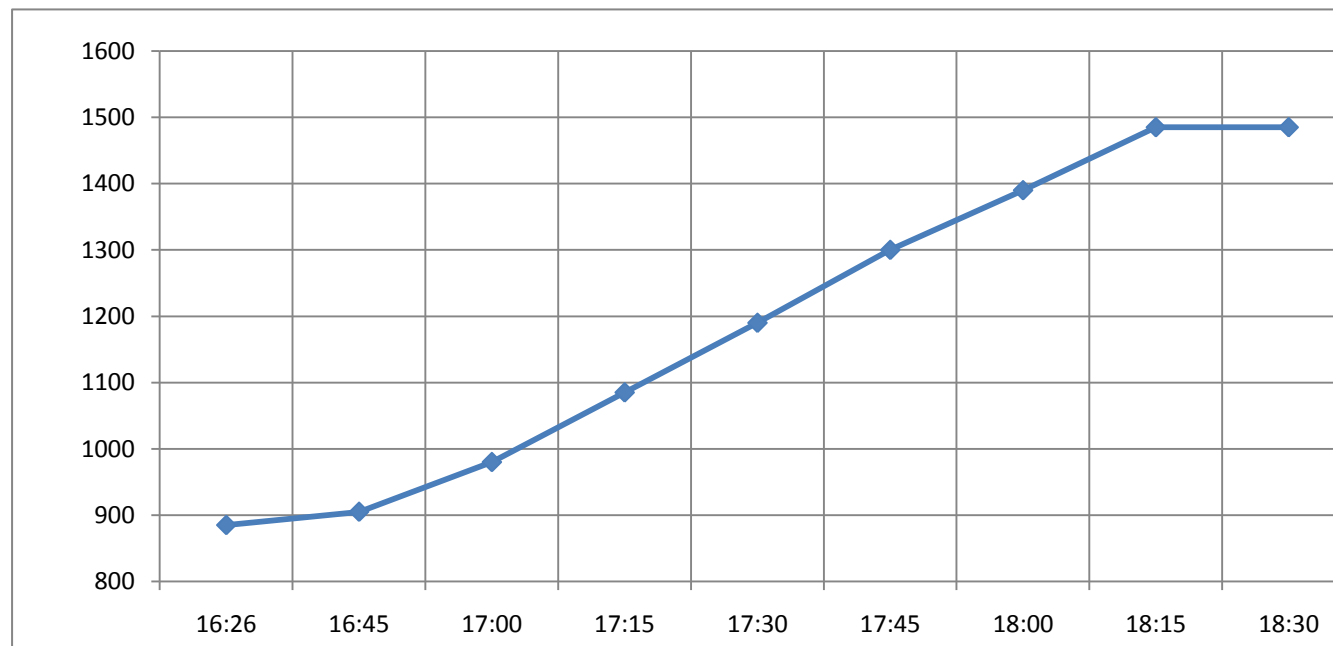
kcal:

Zeit Höhe

10:26	785
10:30	780
10:45	775
11:00	660
11:15	610



16:26	885
16:45	905
17:00	980
17:15	1085
17:30	1190
17:45	1300
18:00	1390
18:15	1485
18:30	1485



Datum: **10.10.2009**

Schrittzähler

Route/ Ziel: **Refugio del Pilar - Santa Cruz (über Virgen del Pino und Reventon Pass)**

Kilometer: 20

Schritte

Zeit Höhe

kcal:

09:20	1495
09:30	1430
09:45	1320
10:00	1205
10:15	1085
10:30	995
10:45	910
11:00	910
11:15	885
11:30	950
11:45	950
12:00	1045
12:15	1160
12:30	1280
12:45	1380
13:00	1450
13:15	1350
13:30	1230
13:45	1125
14:00	1010
14:15	885
14:30	850
14:45	850
15:00	820
15:15	690
15:30	655
15:45	600
16:00	500
16:15	410
16:30	285
16:45	170
17:00	115

