

# ETAPA / STAGE 5

Viernes 21 de Diciembre 2012



Recorrido/course Synopsis **San José - Cañas**

Dedicado/ Dedicated **Policia de Transito**

Total Kilometros **162,94**

Modalidad / Meeting place **Ruta en Linea/Point to point race**

Reunion / Meeting place **Junta de Proteccion Social San José**

Firma de planillas / Book signing place **Podium JPS**

Hora inicio firma / Book signing start time **8:00 a.m.**

Hora cierre firmas / Book signing close time **8:50 a.m.**

Hora de salida / Start time **9:00 a.m.**

Lugar de llegada / Finish time **Coopenae Cañas**

Control antidoping **Municipalidad de Cañas**

Altitud min./ Min.altitude

altitud max./ Max. Altitude

km acumulado / Accumulated

Descalificacion / Time limit

Hospital

**46 msnn/m.a.s.i**

**1162 msnn/m.a.s.i**

**502,18 km**

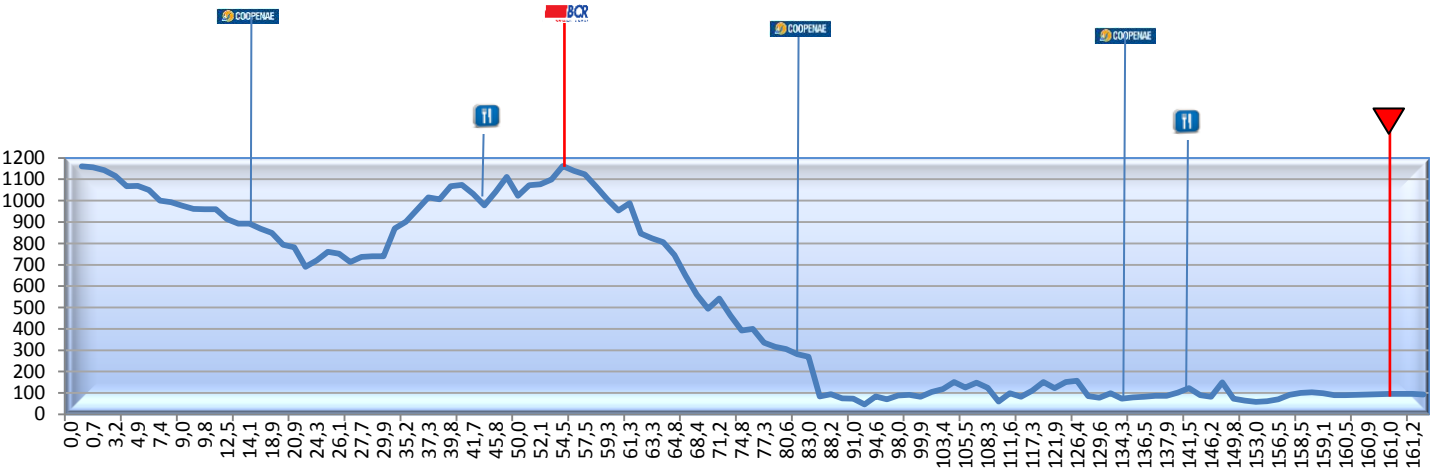
**25%**

**San Juan de Dios C. Cañas**

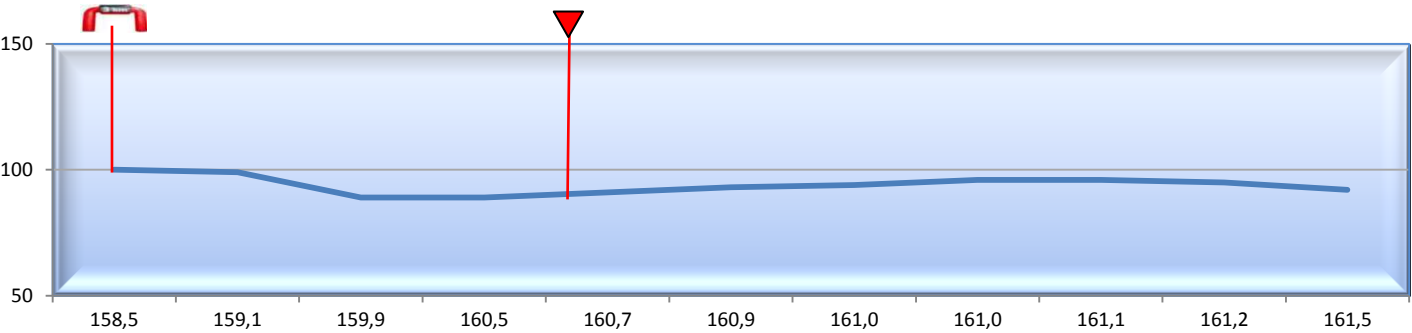
|    |                                          | km.   |                     |      |                    |          |          |          |
|----|------------------------------------------|-------|---------------------|------|--------------------|----------|----------|----------|
|    |                                          | KMS   | Restantes Remaining | ALT. | Descripción Detail | 35KPH    | 38 KPH   | 40 KPH   |
| 1  | Junta Protcción Social San José          | 0,00  | 9,96                | 1115 |                    | 09:00:00 | 09:00:00 | 09:00:00 |
| 2  | Paseo Colón                              | 0,10  | 9,86                | 1113 | ←                  | 09:00:10 | 09:00:09 | 09:00:09 |
| 3  | Estatua de León Cortés                   | 1,05  | 8,91                | 1121 | →                  | 09:01:48 | 09:01:39 | 09:01:34 |
| 4  | Agencia Datsun                           | 1,25  | 8,71                | 1117 |                    | 09:02:09 | 09:01:58 | 09:01:52 |
| 5  | Puente Juan Pablo Segundo                | 3,20  | 6,76                | 1080 | →                  | 09:05:29 | 09:05:03 | 09:04:48 |
| 6  | Fábrica Pozuelo                          | 3,86  | 6,10                | 1087 |                    | 09:06:37 | 09:06:06 | 09:05:47 |
| 7  | Puente Rio Virilla                       | 4,88  | 5,08                | 1038 |                    | 09:08:22 | 09:07:42 | 09:07:19 |
| 8  | Cruce Barreal de Heredia                 | 5,76  | 4,20                | 1078 |                    | 09:09:52 | 09:09:06 | 09:08:38 |
| 9  | Mabe                                     | 6,56  | 3,40                | 1080 |                    | 09:11:15 | 09:10:21 | 09:09:50 |
| 10 | Paseo de Las Flores                      | 7,93  | 2,03                | 1135 |                    | 09:13:36 | 09:12:31 | 09:11:54 |
| 11 | Edificio Rosabal                         | 8,35  | 1,61                | 1139 |                    | 09:14:19 | 09:13:11 | 09:12:31 |
| 12 | Cruce Linea Tren                         | 8,72  | 1,24                | 1141 |                    | 09:14:57 | 09:13:46 | 09:13:05 |
| 13 | Plaza Heredia                            | 9,16  | 0,80                | 1139 |                    | 09:15:42 | 09:14:28 | 09:13:44 |
| 14 | Universidad Nacional                     | 9,47  | 0,49                | 1159 |                    | 09:16:14 | 09:14:57 | 09:14:12 |
| 15 | Reductor de velocidad                    | 9,77  | 0,19                | 1163 |                    | 09:16:45 | 09:15:26 | 09:14:39 |
| 16 | Municipalidad de Heredia                 | 9,96  | 0,00                | 1162 |                    | 09:17:04 | 09:15:44 | 09:14:56 |
|    |                                          | KMS   | Restantes Remaining | ALT. | Descripción Detail | 35KPH    | 38 KPH   | 40 KPH   |
| 1  | Municipalidad de Heredia                 | 0,00  | 161,49              |      | ← <b>Km. Cero</b>  | 09:20:00 | 09:18:00 | 09:15:00 |
| 2  | Palacio de los deportes                  | 0,50  | 160,99              | 1161 |                    | 09:20:51 | 09:18:47 | 09:15:45 |
| 3  | Muebleria Los Angeles                    | 0,70  | 160,79              | 1156 | →                  | 09:21:12 | 09:19:06 | 09:16:03 |
| 4  | Walmart San Francisco                    | 1,45  | 160,04              | 1142 |                    | 09:22:29 | 09:20:17 | 09:17:11 |
| 5  | Distribuidora Alicia                     | 3,17  | 158,32              | 1115 |                    | 09:25:26 | 09:23:00 | 09:19:45 |
| 6  | Clinica Jorge Volio Jimenez              | 4,43  | 157,06              | 1068 |                    | 09:27:36 | 09:25:00 | 09:21:39 |
| 7  | BCR San Juanquin                         | 4,85  | 156,64              | 1069 |                    | 09:28:19 | 09:25:39 | 09:22:17 |
| 8  | La Casona de el cerdo                    | 6,03  | 155,46              | 1050 |                    | 09:30:20 | 09:27:31 | 09:24:03 |
| 9  | Puente Rio Segundo                       | 7,37  | 154,12              | 1000 |                    | 09:32:38 | 09:29:38 | 09:26:03 |
| 10 | Adobe Rent - Car                         | 8,25  | 153,24              | 993  |                    | 09:34:09 | 09:31:02 | 09:27:22 |
| 11 | Hotel Casa Antigua                       | 9,01  | 152,48              | 976  |                    | 09:35:27 | 09:32:14 | 09:28:31 |
| 12 | Cruce Aeropuerto Juan Santamaria         | 9,78  | 151,71              | 961  | ←                  | 09:36:46 | 09:33:27 | 09:29:40 |
| 13 | Entrada Ruta 1                           | 9,82  | 151,67              | 960  | →                  | 09:36:50 | 09:33:30 | 09:29:44 |
| 14 | Aeropuerto Internacional Juan Santamaria | 10,60 | 150,89              | 960  |                    | 09:38:10 | 09:34:44 | 09:30:54 |
| 15 | Puente elevado Villa Bonita              | 12,50 | 148,99              | 913  |                    | 09:41:26 | 09:37:44 | 09:33:45 |
| 16 | Parque Industrial Alajuela               | 14,02 | 147,47              | 893  |                    | 09:44:02 | 09:40:08 | 09:36:02 |

|    |                                        |               |               |             |                                                                                     |                        |          |          |          |
|----|----------------------------------------|---------------|---------------|-------------|-------------------------------------------------------------------------------------|------------------------|----------|----------|----------|
| 17 | Desvio                                 | 14,14         | 147,35        | 893         |                                                                                     | Desvio                 | 09:44:14 | 09:40:20 | 09:36:13 |
| 18 | <b>Dos Pinos El Coyol</b>              | <b>16,92</b>  | <b>144,57</b> | <b>868</b>  |                                                                                     | <b>1ª M.V COOPENAE</b> | 09:49:00 | 09:44:43 | 09:40:23 |
| 19 | Bodegas de gollo                       | 18,86         | 142,63        | 849         |                                                                                     | Paso                   | 09:52:20 | 09:47:47 | 09:43:17 |
| 20 | Puente angosto                         | 20,09         | 141,40        | 794         |    | Precaución             | 09:54:26 | 09:49:43 | 09:45:08 |
| 21 | Cruce Manolos                          | 20,85         | 140,64        | 782         |                                                                                     | Paso                   | 09:55:45 | 09:50:55 | 09:46:17 |
| 23 | Puente Rio Colorado                    | 22,89         | 138,60        | 691         |                                                                                     | Paso                   | 09:59:14 | 09:54:09 | 09:49:20 |
| 24 | Puente Rosales                         | 26,76         | 134,73        | 712         |                                                                                     | Paso                   | 10:05:52 | 10:00:15 | 09:55:08 |
| 25 | FANAL                                  | 27,73         | 133,76        | 736         |                                                                                     | Paso                   | 10:07:32 | 10:01:47 | 09:56:36 |
| 26 | Cruce Grecia                           | 29,21         | 132,28        | 740         |                                                                                     | Paso                   | 10:10:04 | 10:04:07 | 09:58:49 |
| 27 | Puente Rafael Iglesias                 | 29,86         | 131,63        | 740         |                                                                                     | Paso                   | 10:11:11 | 10:05:09 | 09:59:47 |
| 28 | Estacion de peaje Naranjo              | 33,56         | 127,93        | 870         |                                                                                     | Paso                   | 10:17:32 | 10:10:59 | 10:05:20 |
| 29 | Hacienda Natura                        | 36,00         | 125,49        | 958         |                                                                                     | Paso                   | 10:21:43 | 10:14:51 | 10:09:00 |
| 30 | Altos de Naranjo                       | 37,33         | 124,16        | 1015        |                                                                                     | Paso                   | 10:24:00 | 10:16:57 | 10:11:00 |
| 31 | Cruce Naranjo                          | 37,72         | 123,77        | 1007        |                                                                                     | Paso                   | 10:24:40 | 10:17:33 | 10:11:35 |
| 32 | Estacion de servicio Panamericana      | 41,71         | 119,78        | 1031        |                                                                                     | Paso                   | 10:31:30 | 10:23:51 | 10:17:34 |
| 33 | Puente                                 | 43,15         | 118,34        | 978         |                                                                                     | Paso                   | 10:33:58 | 10:26:08 | 10:19:43 |
| 34 | Cruce Palmares                         | 45,82         | 115,67        | 1040        |                                                                                     | Paso                   | 10:38:33 | 10:30:21 | 10:23:44 |
| 35 | <b>The Hills</b>                       | <b>48,55</b>  | <b>112,94</b> | <b>1111</b> |    |                        | 10:43:14 | 10:34:39 | 10:27:49 |
| 36 | Puente                                 | 50,00         | 111,49        | 1022        |                                                                                     | <b>Km. 50</b>          | 10:45:43 | 10:36:57 | 10:30:00 |
| 37 | Plaza Occidente 1º entrada a San Ramon | 50,97         | 110,52        | 1072        |                                                                                     | Paso                   | 10:47:23 | 10:38:29 | 10:31:27 |
| 38 | 2ª entrada a San Ramon                 | 52,10         | 109,39        | 1076        |                                                                                     | Paso                   | 10:49:19 | 10:40:16 | 10:33:09 |
| 39 | Servicentro Alvarado y Molina          | 53,06         | 108,43        | 1099        |                                                                                     | Paso                   | 10:50:58 | 10:41:47 | 10:34:35 |
| 40 | <b>Alto de Santiago</b>                | <b>54,49</b>  | <b>107,00</b> | <b>1162</b> |                                                                                     | <b>P.M BCR 4ª Cat.</b> | 10:53:25 | 10:44:02 | 10:36:44 |
| 41 | Restaurante Las Tinajitas              | 55,52         | 105,97        | 1140        |                                                                                     | Paso                   | 10:55:11 | 10:45:40 | 10:38:17 |
| 42 | Hundimiento                            | 57,53         | 103,96        | 1123        |    | Precaución             | 10:58:37 | 10:48:50 | 10:41:18 |
| 43 | Entrada Jesus Maria                    | 60,65         | 100,84        | 954         |                                                                                     | Paso                   | 11:03:58 | 10:53:46 | 10:45:58 |
| 44 | Puente en reparacion                   | 61,32         | 100,17        | 989         |    | Precaución             | 11:05:07 | 10:54:49 | 10:46:59 |
| 45 | Fabrica de alimentos Megatropico       | 66,31         | 95,18         | 648         |                                                                                     | Paso                   | 11:13:40 | 11:02:42 | 10:54:28 |
| 46 | Angostura                              | 68,37         | 93,12         | 560         |                                                                                     | Paso                   | 11:17:12 | 11:05:57 | 10:57:33 |
| 47 | <i>Restaurante El Higuero</i>          | 69,64         | 91,85         | 494         |                                                                                     | Paso                   | 11:19:23 | 11:07:57 | 10:59:28 |
| 48 | Restaurante El Gran Mirador            | 71,24         | 90,25         | 542         |                                                                                     | Paso                   | 11:22:08 | 11:10:29 | 11:01:52 |
| 49 | Paraíso                                | 75,84         | 85,65         | 400         |                                                                                     | Paso                   | 11:30:01 | 11:17:45 | 11:08:46 |
| 50 | Cabinas Las Palmas                     | 77,32         | 84,17         | 335         |                                                                                     | <b>Paso</b>            | 11:32:33 | 11:20:05 | 11:10:59 |
| 51 | Estacion de Pesaje                     | 80,60         | 80,89         | 305         |                                                                                     | Paso                   | 11:38:10 | 11:25:16 | 11:15:54 |
| 52 | Policia de Transito Esparza            | 81,97         | 79,52         | 281         |                                                                                     | Paso                   | 11:40:31 | 11:27:26 | 11:17:57 |
| 53 | <b>Materiales Ferre Esparza</b>        | <b>82,98</b>  | <b>78,51</b>  | <b>270</b>  |                                                                                     | <b>2ª M.V COOPENAE</b> | 11:42:15 | 11:29:01 | 11:19:28 |
| 54 | Puente Rio Barranca                    | 87,01         | 74,48         | 84          |                                                                                     | Paso                   | 11:49:10 | 11:35:23 | 11:25:31 |
| 55 | Cruce Barranca                         | 88,20         | 73,29         | 94          |  | Derecha - Right        | 11:51:12 | 11:37:16 | 11:27:18 |
| 56 | Cruce Puntarenas                       | 89,45         | 72,04         | 75          |                                                                                     | Paso                   | 11:53:21 | 11:39:14 | 11:29:11 |
| 57 | RECOPE                                 | 91,02         | 70,47         | 74          |                                                                                     | Paso                   | 11:56:02 | 11:41:43 | 11:31:32 |
| 58 | Puente                                 | 92,35         | 69,14         | 46          |                                                                                     | Paso                   | 11:58:19 | 11:43:49 | 11:33:32 |
| 59 | Entrada a Miramar de Puntarenas        | 94,63         | 66,86         | 84          |                                                                                     | Paso                   | 12:02:13 | 11:47:25 | 11:36:57 |
| 60 | Restaurante El Gran Parqueo            | 97,95         | 63,54         | 88          |                                                                                     | Paso                   | 12:07:55 | 11:52:39 | 11:41:56 |
| 61 | Puente Rio Ciruelas                    | 98,13         | 63,36         | 91          |                                                                                     | Paso                   | 12:08:13 | 11:52:57 | 11:42:12 |
| 62 | Puente Rio Seco                        | 99,91         | 61,58         | 83          |                                                                                     | Paso                   | 12:11:16 | 11:55:45 | 11:44:52 |
| 63 | Cebadilla                              | 103,41        | 58,08         | 118         |                                                                                     | Paso                   | 12:17:16 | 12:01:17 | 11:50:07 |
| 64 | Restaurante Caballo Blanco             | 104,06        | 57,43         | 151         |                                                                                     | Paso                   | 12:18:23 | 12:02:18 | 11:51:05 |
| 65 | Puente Rio Aranjuez                    | 105,54        | 55,95         | 125         |                                                                                     | Paso                   | 12:20:56 | 12:04:39 | 11:53:19 |
| 66 | Entrada Sardinal de Puntarenas         | 106,82        | 54,67         | 148         |                                                                                     | Paso                   | 12:23:07 | 12:06:40 | 11:55:14 |
| 67 | Puente Rio Sardinal                    | 109,82        | 51,67         | 60          |                                                                                     | Paso                   | 12:28:16 | 12:11:24 | 11:59:44 |
| 68 | Restaurante Monte Verde                | 111,62        | 49,87         | 98          |                                                                                     | Paso                   | 12:31:21 | 12:14:15 | 12:02:26 |
| 69 | Puente Rio Guacimal                    | 113,46        | 48,03         | 83          |                                                                                     | Paso                   | 12:34:30 | 12:17:09 | 12:05:11 |
| 70 | Cruce Chomes                           | 117,29        | 44,20         | 110         |                                                                                     | Paso                   | 12:41:04 | 12:23:12 | 12:10:56 |
| 71 | Puente Rio Lagarto                     | 121,92        | 39,57         | 123         |                                                                                     | Paso                   | 12:49:00 | 12:30:30 | 12:17:53 |
| 72 | Puente Rio Cañamazo                    | 129,62        | 31,87         | 78          |                                                                                     | Paso                   | 13:02:12 | 12:42:40 | 12:29:26 |
| 73 | Puente Rio Congo                       | 134,26        | 27,23         | 74          |                                                                                     | Paso                   | 13:10:10 | 12:49:59 | 12:36:23 |
| 74 | <b>Entrada Las Juntas de Abangares</b> | <b>134,78</b> | <b>26,71</b>  | <b>79</b>   |                                                                                     | <b>3ª M.V COOPENAE</b> | 13:11:03 | 12:50:49 | 12:37:10 |
| 75 | Paso                                   | 136,49        | 25,00         | 82          |                                                                                     | <b>25 Km a Meta</b>    | 13:13:59 | 12:53:31 | 12:39:44 |
| 76 | Puente Rio Abangares                   | 137,32        | 24,17         | 86          |                                                                                     | Paso                   | 13:15:24 | 12:54:49 | 12:40:59 |

|    |                             |        |       |     |   |                  |          |          |          |
|----|-----------------------------|--------|-------|-----|---|------------------|----------|----------|----------|
| 77 | Bomba Total                 | 137,91 | 23,58 | 87  |   | Paso             | 13:16:25 | 12:55:45 | 12:41:52 |
| 78 | Cruce Limonal               | 138,79 | 22,70 | 101 |   | Paso             | 13:17:56 | 12:57:09 | 12:43:11 |
| 79 | Paso                        | 141,49 | 20,00 | 123 | 🚶 | 20 Km a Meta     | 13:22:33 | 13:01:24 | 12:47:14 |
| 80 | Puente Rio Desjarretado     | 143,64 | 17,85 | 90  |   | Paso             | 13:26:14 | 13:04:48 | 12:50:28 |
| 81 | Puente Rio Lajas            | 146,17 | 15,32 | 82  |   | Paso             | 13:30:35 | 13:08:48 | 12:54:15 |
| 82 | Puente Rio Higuerón         | 151,49 | 10,00 | 64  |   | 10 Km a Meta     | 13:39:42 | 13:17:12 | 13:02:14 |
| 83 | Puente Rio San Miguel       | 153,04 | 8,45  | 59  |   | Paso             | 13:42:21 | 13:19:39 | 13:04:34 |
| 84 | Puente Rio Salitral         | 154,96 | 6,53  | 62  |   | Paso             | 13:45:39 | 13:22:40 | 13:07:26 |
| 85 | RTV Cañas                   | 156,49 | 5,00  | 71  |   | 5 Km a Meta      | 13:48:16 | 13:25:05 | 13:09:44 |
| 86 | Puente Rio Javillo          | 157,15 | 4,34  | 91  |   | Paso             | 13:49:24 | 13:26:08 | 13:10:43 |
| 87 | Paso                        | 158,49 | 3,00  | 100 | 🚶 | 3 Km a Meta      | 13:51:42 | 13:28:15 | 13:12:44 |
| 88 | Servicentro el Gran Parqueo | 159,14 | 2,35  | 99  |   | Paso             | 13:52:49 | 13:29:16 | 13:13:43 |
| 89 | Puente Rio Cañas            | 159,85 | 1,64  | 89  |   | Paso             | 13:54:02 | 13:30:24 | 13:14:47 |
| 90 | Estación de servicio Cañas  | 160,49 | 1,00  | 89  | 🚶 | 1 Km a Meta      | 13:55:08 | 13:31:24 | 13:15:44 |
| 91 | BCR Cañas                   | 160,72 | 0,77  | 91  |   | Paso             | 13:55:31 | 13:31:46 | 13:16:05 |
| 92 | Panaderia Musmanni          | 160,90 | 0,59  | 93  |   | Paso             | 13:55:50 | 13:32:03 | 13:16:21 |
| 93 | Almacen Casa Blanca         | 160,97 | 0,52  | 94  |   | Paso             | 13:55:57 | 13:32:10 | 13:16:27 |
| 94 | Almacen Mundo Magico        | 161,04 | 0,45  | 96  |   | Paso             | 13:56:04 | 13:32:16 | 13:16:34 |
| 95 | Clinica Calderon            | 161,14 | 0,35  | 96  | 👉 | Izquierda - Left | 13:56:14 | 13:32:26 | 13:16:43 |
| 96 | Veterinaria Cañas           | 161,23 | 0,26  | 95  | 👉 | Izquierda - Left | 13:56:24 | 13:32:34 | 13:16:51 |
| 97 | Coopenae Cañas              | 161,49 | 0,00  | 92  | 🏁 | Meta/Finish      | 13:56:50 | 13:32:59 | 13:17:14 |

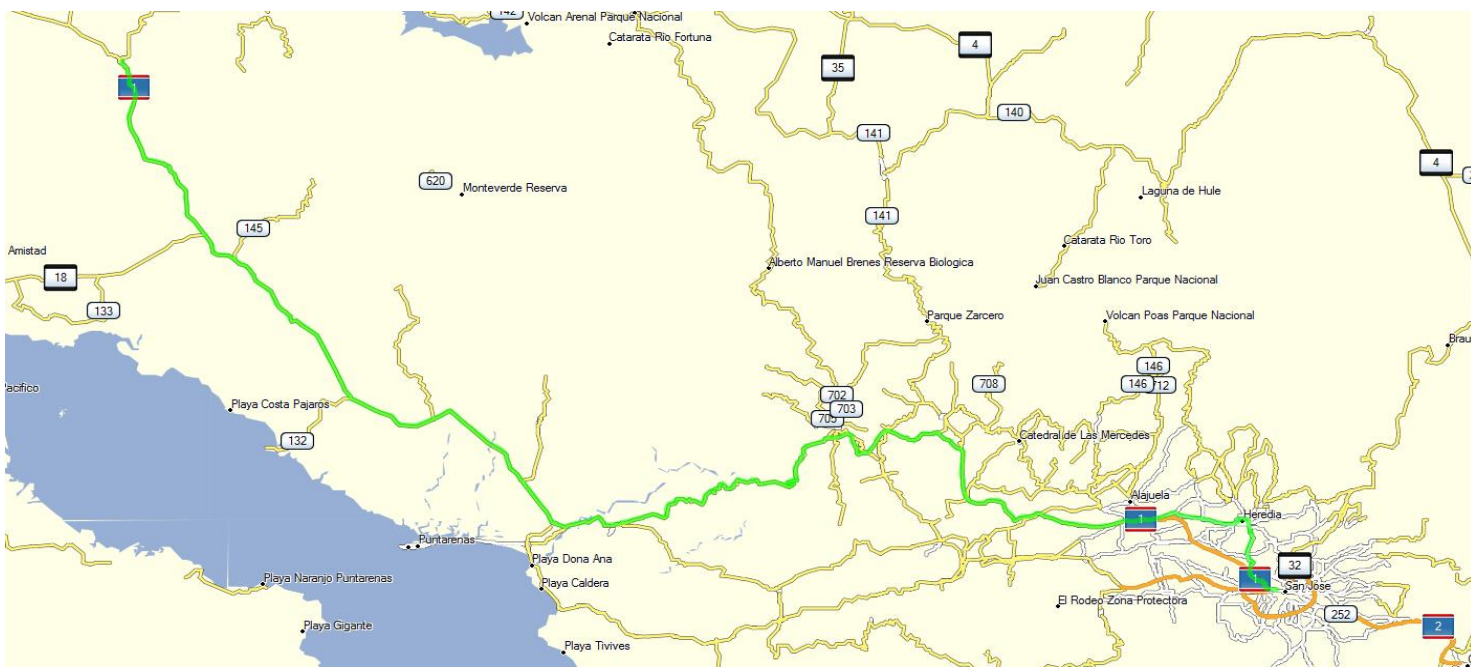


Últimos 3 KM a Meta

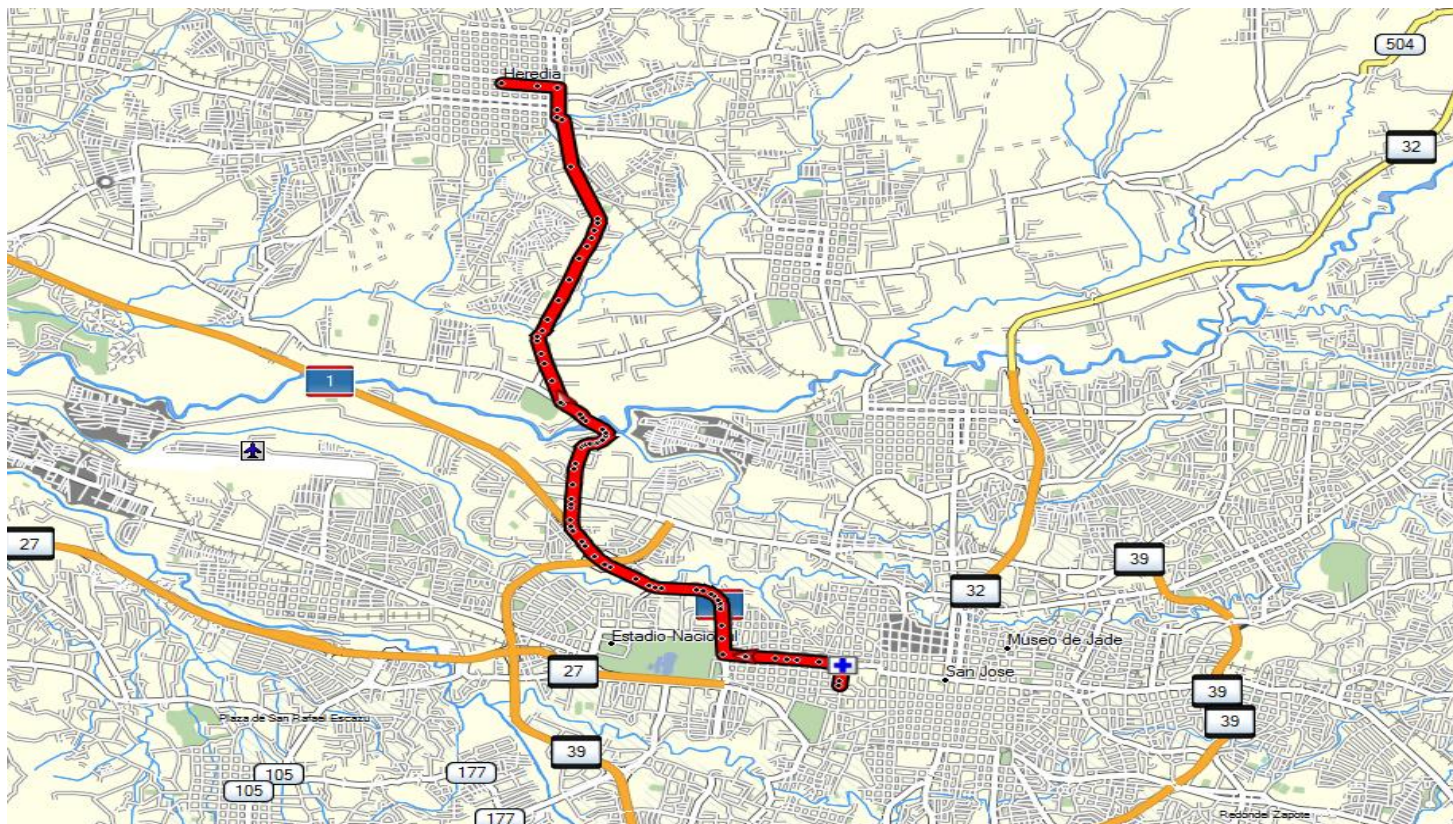




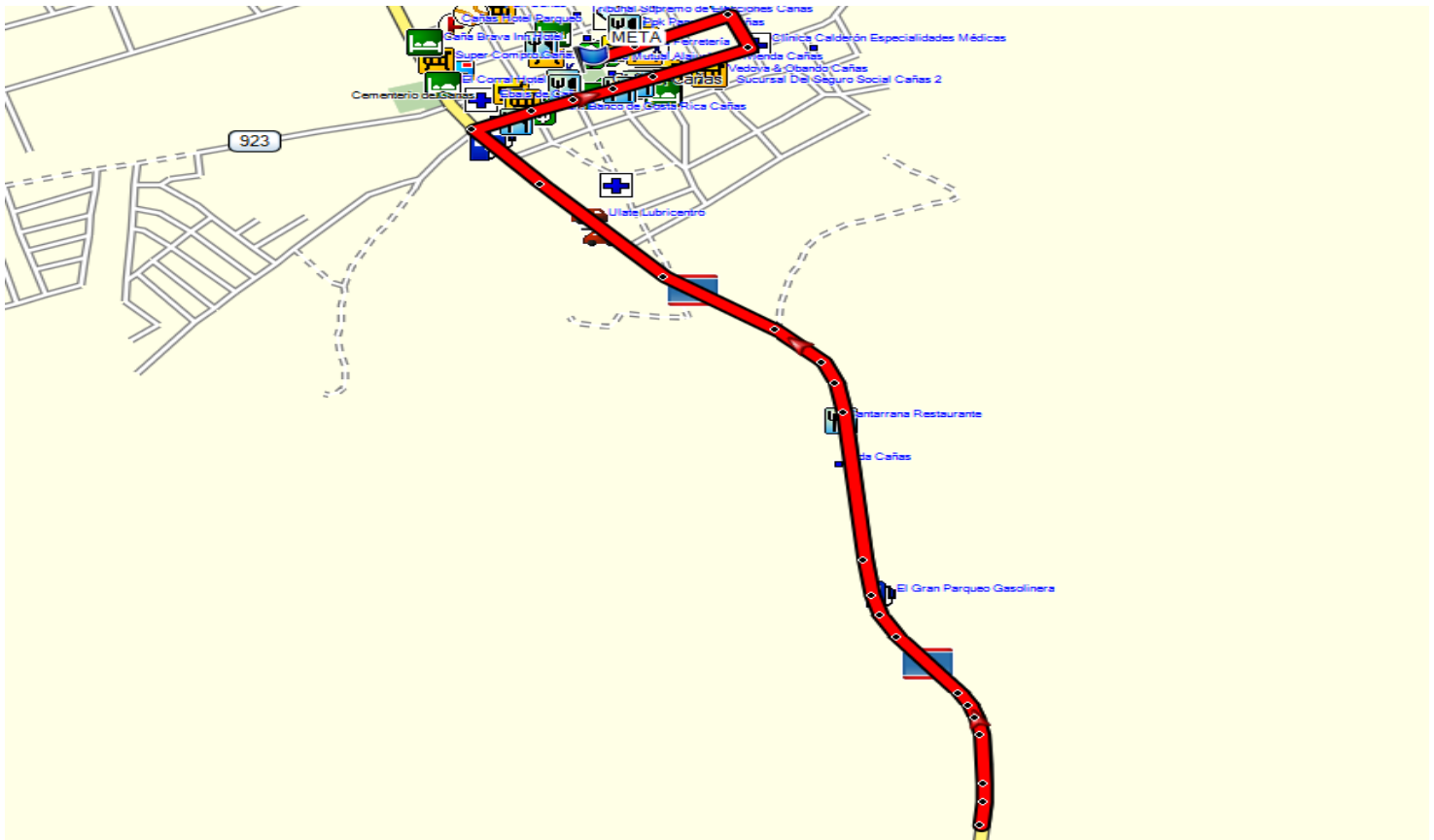
## ETAPA JPS SAN JOSÉ . CAÑAS



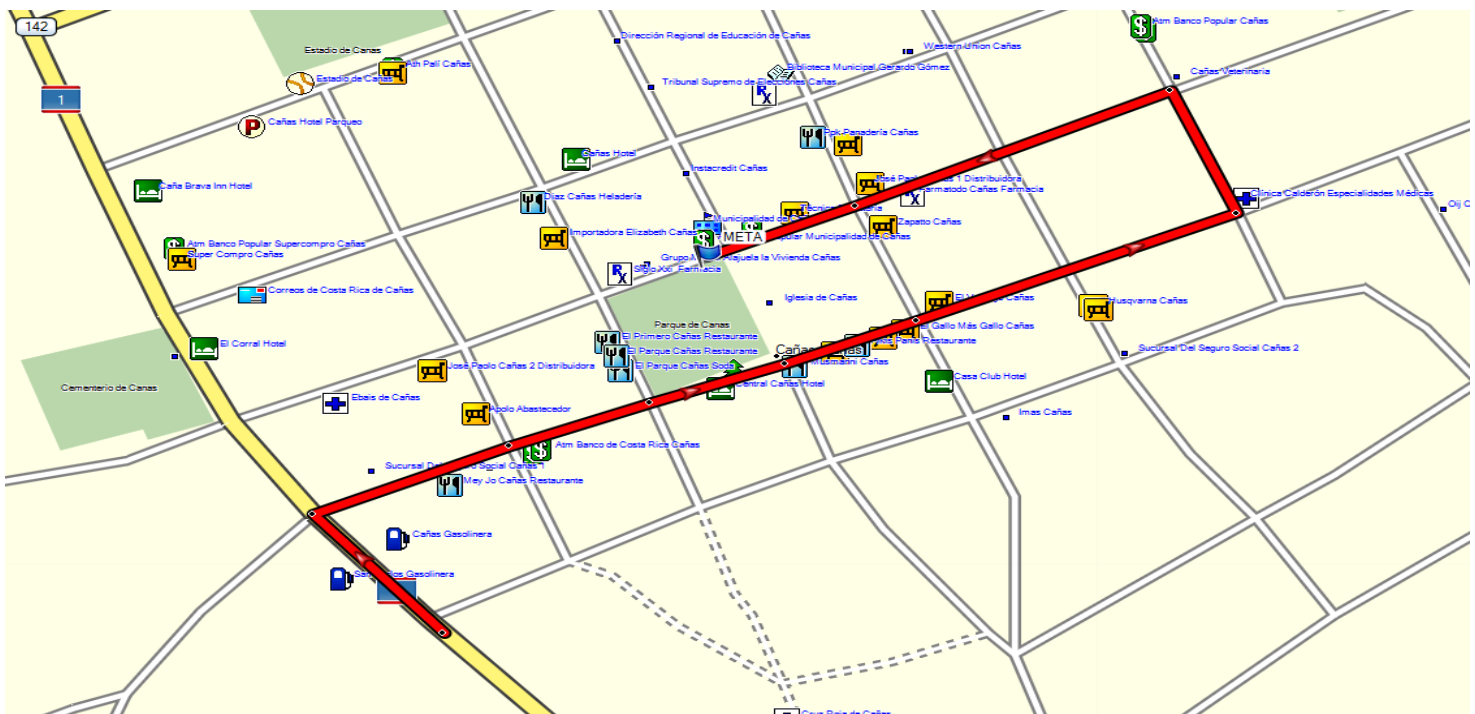
## CONTROLADO SAN JOSÉ - HEREDIA



### 3 KM A META



## 1 KM A META





## LUGARES ANTIDOPING

