

Town	Time of Day (hh:mm)	Time Walking (hh:mm)	Distance from start (km)	Distance from start (miles)
Palazzola	03:30	00:00	0.0	0.0
Rocca di Papa	04:25	00:55	3.1	1.9
Rocca Priora	06:22	02:52	11.3	7.0
Monte Compatri	07:18	03:48	15.7	9.7
Colonna	08:35	05:05	20.0	12.4
Monte Porzio	09:50	06:20	25.0	15.5
Frascati	11:20	07:50	30.0	18.6
Grottaferrata	12:35	09:05	33.3	20.7
Marino	14:20	10:50	36.8	22.9
Castelgandolfo	15:30	12:00	41.3	25.6
Albano	16:15	12:45	43.9	27.3
Ariccia	16:45	13:15	45.5	28.3
Genzano	17:25	13:55	48.4	30.1
Nemi	18:35	15:05	52.9	32.9
Palazzola	19:55	16:25	57.5	35.7

Average Speed (mph)	Leg Speed (mph)
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2.1	2.1
2.4	2.6
2.6	2.9
2.4	2.1
2.5	2.5
2.4	2.1
2.3	1.6
2.1	1.2
2.1	2.4
2.1	2.2
2.1	2.0
2.2	2.7
2.2	2.4
2.2	2.1