

Japon 2023

		Dist	Temps	Asc	Desc
Asuka		12.8	03:50	220	220
Takijiri	Takahara	5.4	02:15	475	300
Takahara	Chikatsuyu	14	04:20	640	630
Kobiro	Hongu Taisha	20.5	06:50	1000	1320
Yunomine Onsen	Hongu Taisha	5.6	02:15	330	360
Watarase Onsen	Yunomine Onsen	4.5	01:15	160	120
Ukegawa	Koguchi	14	05:00	745	765
Koguchi	Nachi-san	16	06:15	1260	930
<i>Kumano Kodo</i>		<i>92.8</i>	<i>32:00</i>	<i>4830</i>	<i>4645</i>
Naruto Nishi	Itano	9	02:30	70	120
Itano	Jūrakuji	17.5	04:30	200	160
Juraku-ji	Yoshino Gawa	23	05:40	190	250
Fujiidera	Nabeiwa	17	06:10	1130	930
Nabeiwa	Ko	27	06:45	460	640
<i>Shikoku 1</i>		<i>93.5</i>	<i>25:35</i>	<i>2050</i>	<i>2100</i>
Imabari	Iyo Tomita	22	04:45	300	300
Iyo Tomita	Saijo-city	31	06:30	150	150
Saijo-city	Kōonji - 60 AR	27	07:00	950	950
Saijo-city	Niihama City	25	05:30	70	70
Niihama City	Iyo-Mishima	27	06:00	190	190
Iyo-Mishima	Miyoshi	24.5	05:40	630	390
Miyoshi	Kanonji	27	06:15	730	910
Kanonji	Zentsūji	28	06:00	420	410
Zentsūji	Utazu	24	05:15	150	150
Utazu	Negoroji	26.5	06:15	700	380
Negoroji	Takamatsu	26.5	06:30	100	500
Takamatsu	Sanuki	30	06:50	500	500
Sanuki	Okubo-ji	16	03:10	520	120
<i>Shikoku 2</i>		<i>334.5</i>	<i>75:40</i>	<i>5410</i>	<i>5020</i>
		<i>520.8</i>	<i>133:15</i>	<i>12290</i>	<i>11765</i>