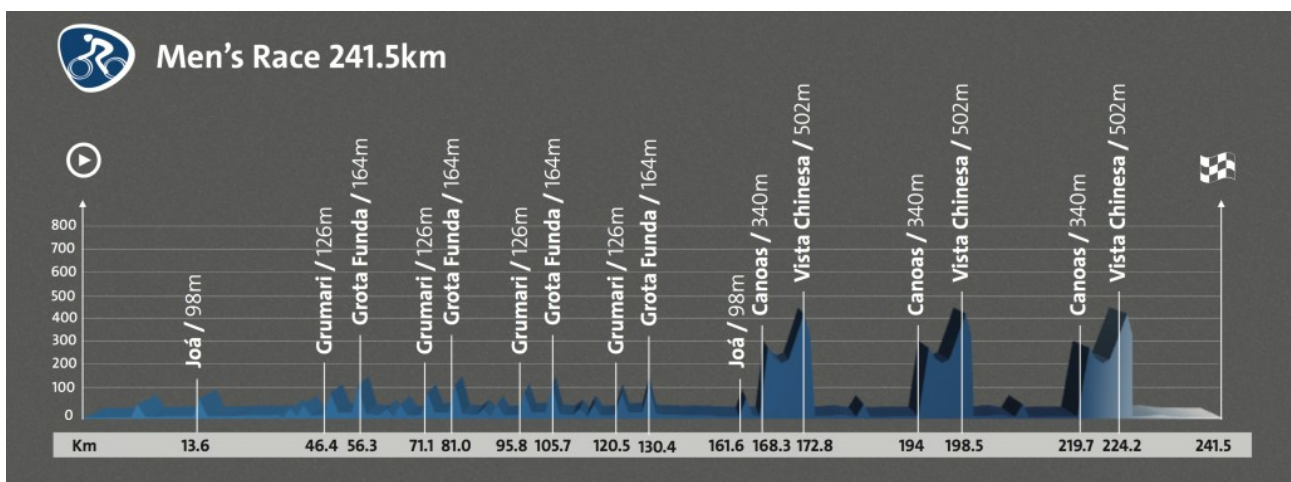




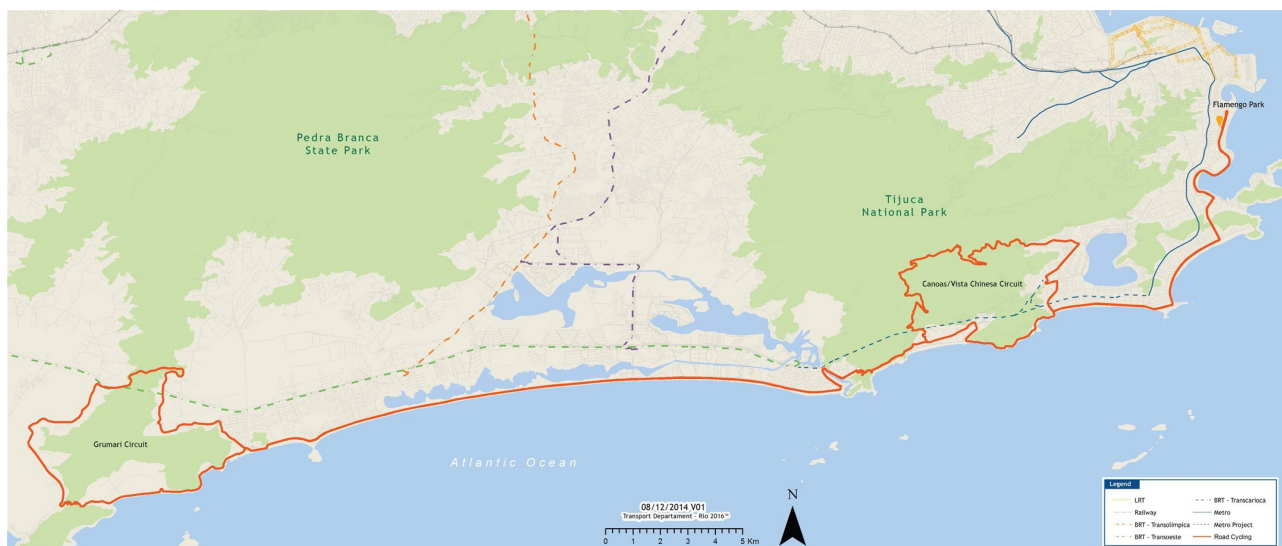
Grumari (126m)
Grota Funda (164m)
Canoas-Vista Chinesa (502m)

(Olympic race Rio 2016)





Before touching the Holympic Grail on the mythical Copacabana beach, the medallists will have to overcome 13 obstacles : 2x Joá, 4x Grumari and Grota Funda on the ITT circuit (called Grumari circuit) and 3x Canoas-Vista Chinesa. Grumari circuit also includes a 2 km cobbled section (4 times as well). In 2015, Thibaut Pinot won the Pre-Olympic race. The name of the winner gives you an idea about the profile of the future golden boy, on a route that looks like San Sebastian.



Grumari circuit

1- Grumari Hill-East

1,2km up to Mirante viewpoint from Grumari Beach (117-8m), on a very narrow and winding road with 3 deadly hm : 4 5 6 2 5 / 8 10 16 17 19 / 10 7.



Grumari Beach

On-board cam (opposite direction to the race) :

<https://www.youtube.com/watch?v=KiLlCLo5TZE>



17%



Grumari Top



Risky descent. Does it rain in August in Rio ?

2- Grota Funda-West

Longer, more irregular, but less steep climb and more comfortable descent than the former. 153m (162-9m) in 2,3km : 3 5 5 7 10 / 9 6 5 9 11 / 8 1 0 1 6 / 10 8 5 6 12 / 12 10 4

From 4.34 : <https://www.youtube.com/watch?v=efYL9PKHTc0>



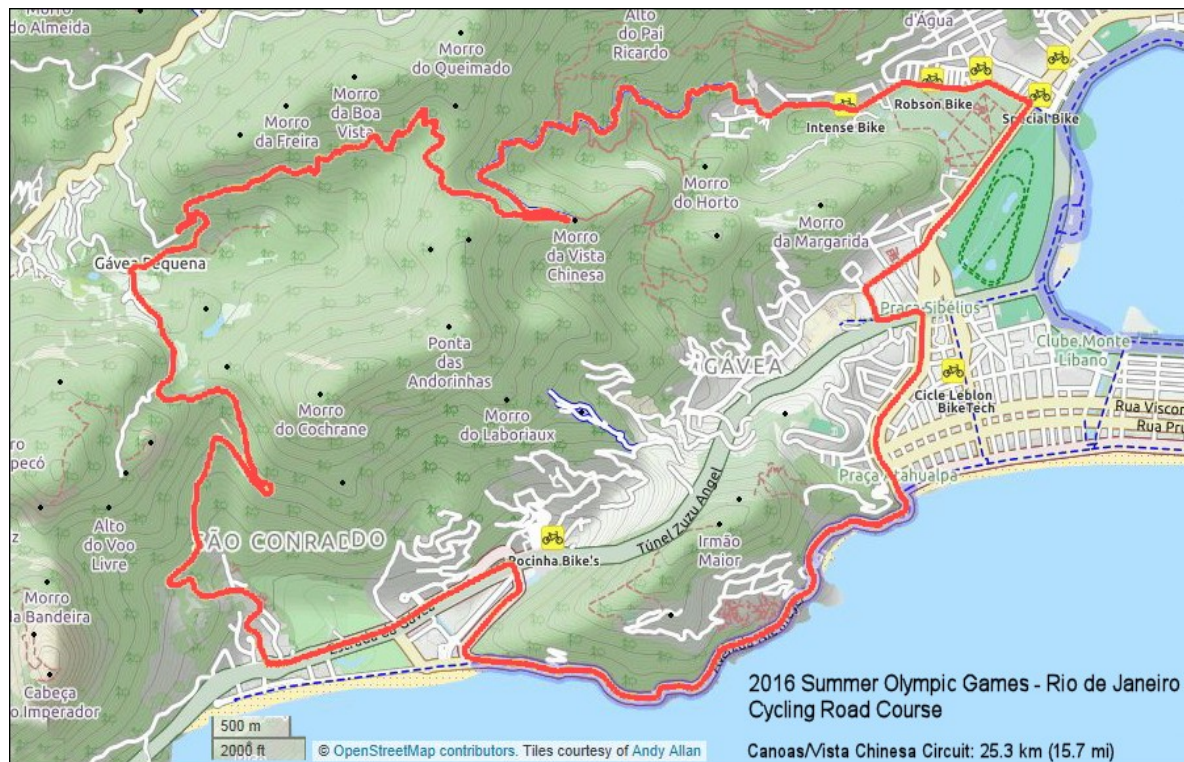
Straight line at the foot : Av. das Américas



Top : 300m at 12, 12 and 10%

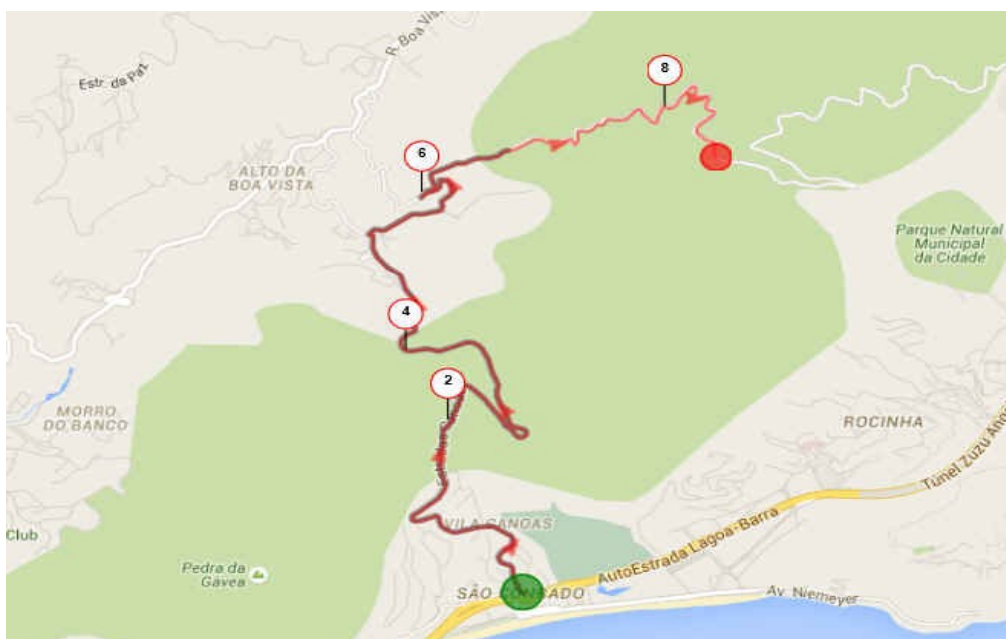
Canoas-Vista Chinaesa circuit

We change circuit and gears.



Certainly the deciding climb, to climb 3 times. The « Carioca Jaizkibel », from 9 to 499m and 9km. 10,3 9,0 8,2 10,6 -10,4 / 7,8 4,8 6,1 2,6%.

As shown in the profile, this climb is a « 2 in 1 ». First, Canoas, 4 hard km at 9,5% (395-14m, the first 500m at 14%). Then, a short and steep descent (1km at 10,4%) and finally Vista Chinaesa, in the strict sense : 213m in 4km. In the first part, we find 500m at 11,4%, but the last 3km are much easier (4,8 6,1 and 2,6%), before diving from the viewpoint into Rio and the finishing line.

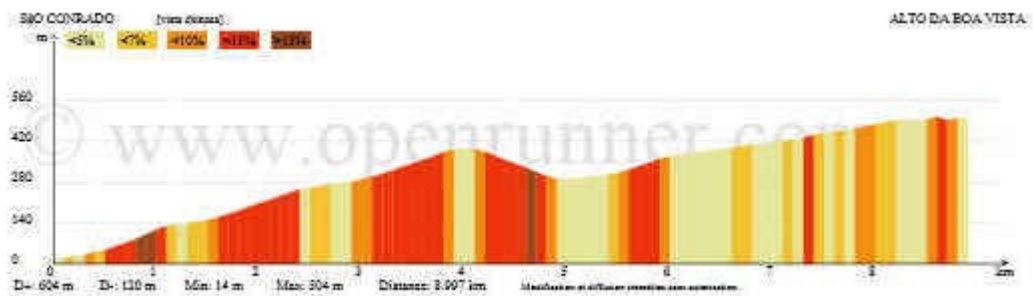




Foot at 14%



Mirante das Canoas hairpin (km2,8)



Openrunner Profile



Km 6,5 : 5%



View of the Bay and the Sugarloaf Mountain

1st part : Estrada das Canoas (in descent) : <https://www.youtube.com/watch?v=zLICUmLd7yA>

2nd part : Estrada da Vista Chinesa (in descent) :
<https://www.youtube.com/watch?v=FoPJewXMGPO>