



Il Gruppo di Lavoro:

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C.T.R. ELEMENTO N°311.112

TAV.21

BASTIA UMBRA

Scala 1:5000

Data: Settembre 2007

LEGENDA

● ● ● ● ● ● *Confine Comunale*

 Bene sparso ex Art. 33 L.R. 11/2005

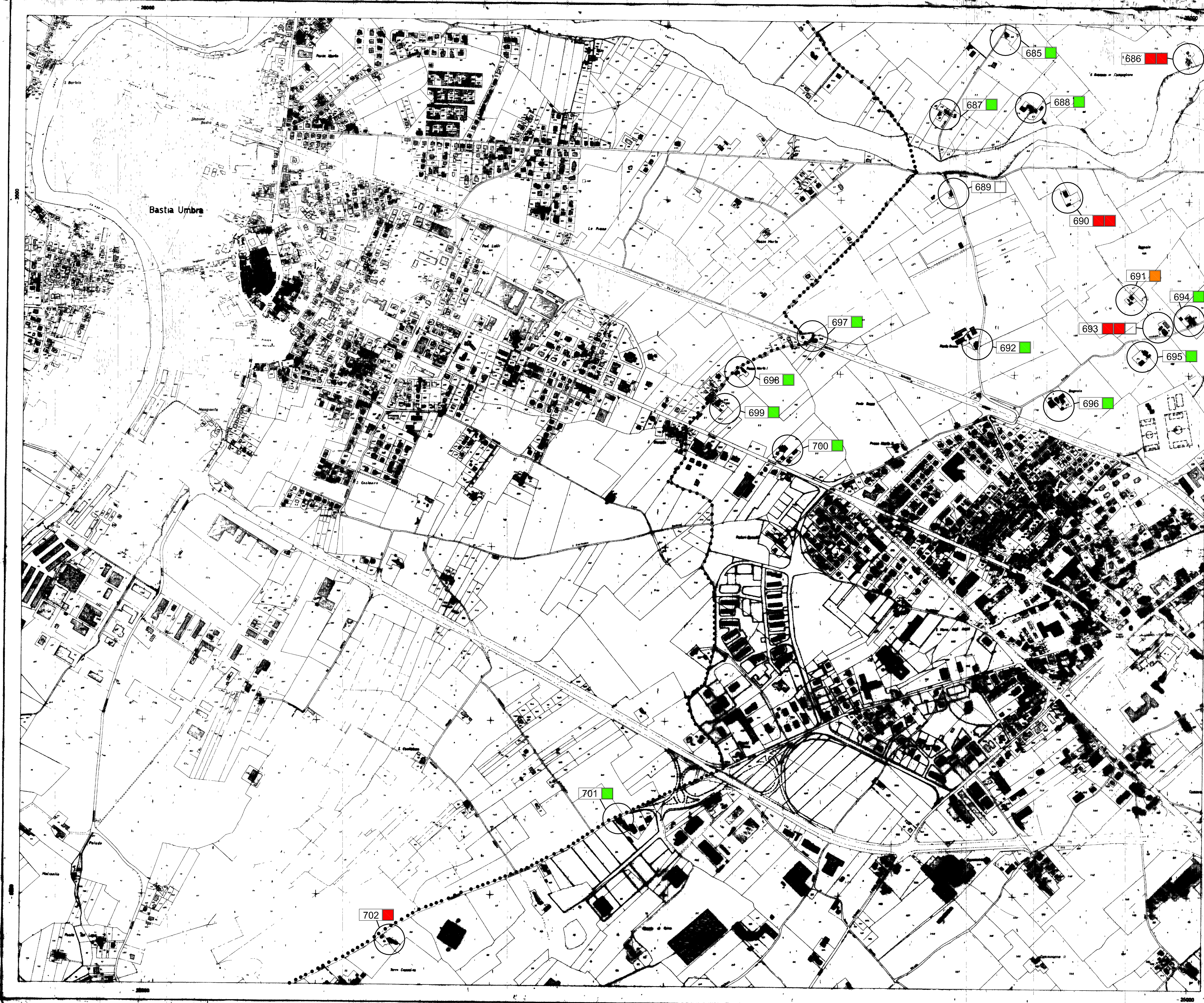
000  Edilizia Tradizionale Prevalentemente Integra - ETPI

000 Edilizia Tradizionale Prevalentemente Alterata - ETPA

000 Edilizia Trasformata o Alterata - ET/A

000 *Ruderi* - R

000 ☐ Edifici scomparsi - ES



REGIONE LIGURIA

PLANIMETRIA CATASTALE
integrativa della
CARTA TECNICA REGIONALE

ELEMENTO N.º 311.112

BASTIA UMBRA

Scale 1 5 000



Reticolato catastale (Selinger, Cassin)

COORDINATE DEI VERTICI DELL'ELEMENTO				
CATASTALE di ogni M. interessato	NO 1	NO 2	NO 3	SE
X	- 2896	- 2888	- 5788	- 5770
V	- 28882	- 28848	- 28353	- 24888
NO 4	4771883	4771885	4788207	4788188
NO 5	2318792	2328185	2318711	2323105

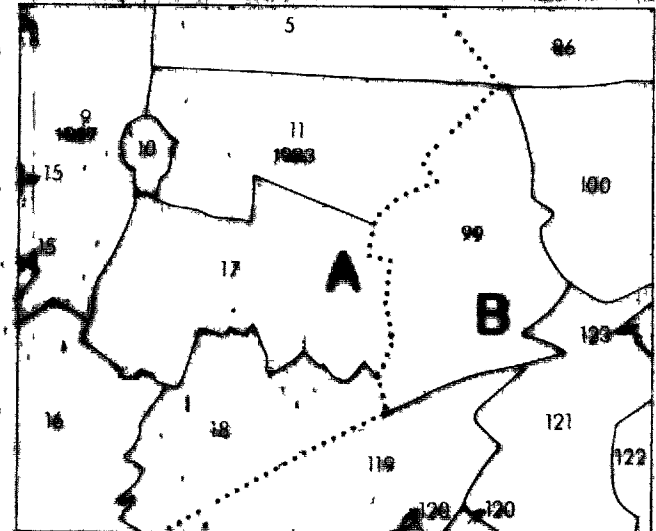
GLADI D'UNIONE

5004 44 70 000 100

300 Unbratish	306 Gubbio	301 Falmouth
302 St. John's Newfoundland	311 Stirling	312 Nelson Manitoba
322 St. John's Newfoundland	323 Nassau	304 Falmouth

ELEMENTI AL 5 000 CTR

MAPPE CATASTALI LINTI AMMINISTRATIVI E ANNO DI AGGIORNAMENTO



	Comune	Provincia	Laurea o anno di matricola
A	Spigno Umbro	Ravenna	1959
B	Assisi	—	1955
C			
D			
E			

1959 - Per le esatte apparenze in luogo di cui:
è stato registrato l'anno sul quadro d'anno

10. - Che le spese annunciate in legge decise
è stato ripartito l'anno sul quadro d'Unione

Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and energy expenditure (EE) of sedentary, middle-aged women. The subjects were 10 women, 40 to 50 years of age, who were sedentary and had no cardiovascular disease. They were randomly assigned to a 10-week training program or a control group. The training program consisted of three sessions per week of aerobic exercise at 60% of maximum HR. The control group did not exercise. The HR and EE were measured at rest and during exercise at 60% of maximum HR. The HR and EE were significantly higher in the training group than in the control group at rest and during exercise. The results of this study suggest that a 10-week training program can improve the HR and EE of sedentary, middle-aged women.

CONCLUSIONS

1. *Journal of the American Medical Association*, 1997; 277: 1033-1038.

Abstract

The following information is provided for the purpose of identifying the source of the information and is not to be used for any other purpose.

1^a Edizione 2004