












LA 6D MARATHON - 2022 -ROADBOOK ACCOMPANYING PERSONS

SATURDAY 30 JULY 2022

Updated on 22 february 2022

| STAGES | CHECK POINT | Food Station | First Aid / Rescue | Altitude | Cumulative distance | | | Intermediate distance | | | Fastest runners schedule 2021 | Slowest runners schedule 2021 | Intermediate distance between time barriers | Acces | Informations | |
|-------------------------------------|-------------|--------------|--------------------|----------|---------------------|------|------|-----------------------|-----|-----|-------------------------------|-------------------------------|---|---|--------------|--|
| | | | | | Dist. | D+ | D- | Dist. | D+ | D- | | | | | | |
| AIME LA PLAGNE | | | | 677 | 0 | 0 | 0 | 0 | 0 | 0 | 6H00 | 6H00 | |  RD 990, Avenue de Tarentaise à Aime la Plagne | | |
| DEPART (sommets) PISTE DE BOBSLEIGH | C1 | | | 1570 | 7,3 | 942 | 50 | 7,3 | 942 | 50 | 7h02 | 8h23 | |  RN 90 - Dir. Macot la Plagne from Direction la Plagne, 20 minutes from Aime la Plagne | | |
| BIFURCATION ROUTE DES MAIRIERS | | | S1 | 1657 | 9,3 | 1057 | 78 | 1,9 | 115 | 28 | 7h10 | | | | | |
| PLAGNE AIME 2000 | | | | 2108 | | | | | | | 7h37 | |  RD 221 - 30 min of ascent from Aime la Plagne upto Plagne Aime 2000 | | | |
| PLAGNE CENTRE | C2 | R1 | S2 | 1981 | 14,8 | 1506 | 201 | 5,4 | 449 | 123 | 7h41 | 9h52 | 14,8 |  RD 221 - 25 min of ascent from Aime la Plagne upto Plagne Centre | | |
| ARRIVEE TELESIEGE BLANCHETS | C3 | | | 2364 | 18,6 | 1888 | 201 | 3,7 | 382 | 0 | 8h11 | 11h01 | |  Acces from Plagne Villages - la Fromagerie and rejoin the path of Grande Rochette | | |
| BELLE PLAGNE | | | | 2066 | | | | | | | 8h24 | |  RD 221 - 35 min of ascent from Aime la Plagne upto la Belle Plagne | | | |
| PLAGNE BELLECOTE | C4 | R2 | S3 | 1922 | 21,9 | 1895 | 650 | 3,3 | 7 | 449 | 8h26 | 11h39 | 7,1 |  RD 221 - 30 min of ascent from Aime la Plagne upto Plagne Bellecote | | |
| PRAZ SALVARD | | | S4 | 1519 | 28,3 | 1954 | 1143 | 6,3 | 59 | 493 | 8h56 | | |  RN 90 - Dir. Macot la Plagne then Direction Sangot, and direction Plan Bois | | |
| MONTCHAVIN | C5 | R3 | S5 | 1204 | 31,6 | 1976 | 1449 | 3,3 | 22 | 306 | 9h11 | 13h24 | 9,7 |  RN 90 upto la bifurcation Montchavin-Les Côches RD 225 then 8 km of ascent | | |
| SANGOT | | | | 805 | | | | | | | 9h50 | | |  RN 90 - Dir. Macot la Plagne then Direction Sangot, 5 minutes from Aime la Plagne | | |
| AIME LA PLAGNE | C | R | S | 677 | 42,3 | 2080 | 2080 | 10,6 | 104 | 631 | 10H03 | 15h57 | 10,7 |  RD 990, Avenue de Tarentaise à Aime la Plagne | | |
| DURATION OF RACE 2021 | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | 4H03'11 | 9H57'40 | | | | |

La société d'aménagement de la Plagne is offering you the chance to cheer on the 6000D and 6000D relay runners in pairs on Saturday 30 July 2022 at a preferential rate for the Bellecôte / Roche de Mio cable car and for the 6D Lacs on Friday 29 July 2022 (Bikes not allowed). Tickets will be on sale at the lift ticket offices at 5€. Due to works on the Roche de Mio to Glacier gondola line, it will be closed all summer. Allow 20 minutes for the Roche de Mio gondola.

Free inter-station shuttles between the mountain resorts - For other shuttles, consult the 6000D brochure or ask at the information point in each resort