

LA 6000D - 2023 - ROADBOOK

SATURDAY 29 JULY 2023

UPDATED, february 2023

| STEPS | Checkpoint | Food station | First aid | Water point | Doctor | Podo-Kiné | Altitude | Cumulative distance | | | Intermediate distance | | | Fastest runners schedule 2022 | Slowest runners schedule 2022 | Intermediate distance between time barriers |
|-------------------------------------|------------|--------------|-----------|-------------|--------|-----------|----------|---------------------|------|------|-----------------------|-----|---------|-------------------------------|-------------------------------|---|
| | | | | | | | | Dist. | D+ | D- | Dist. | D+ | D- | | | |
| AIME | | | | | | | 677 | 0 | 0 | 0 | 0 | 0 | 0 | 5H00 | 5H00 | |
| MONTALBERT | | | | | | | 1347 | | | | | | | 5h50 | 6h47 | |
| DEPART (sommets) PISTE DE BOBSLEIGH | C1 | | | | | | 1570 | 13,4 | 991 | 99 | 13,4 | 991 | 99 | 6h18 | 7h55 | |
| BIFURCATION ROUTE DES MAIRIERS | | | S1 | | | | 1657 | 15,4 | 1106 | 127 | 1,9 | 115 | 28 | 6h27 | 8h54 | |
| PLAGNE CENTRE | C2 | R1 | S2 | | | | 1981 | 20,8 | 1555 | 250 | 5,4 | 449 | 123 | 6h56 | 10H00 | 20,8 |
| ROCHE DE MIO | C3 | | S3 | | M | | 2693 | 28,7 | 2273 | 257 | 6,9 | 718 | 7 | 7h47 | 11h43 | |
| COL DE LA CHIAUPE (Montée) | | R2 | | | | | 2491 | 31,3 | 2315 | 501 | 2,6 | 4 | 205 | 8h00 | 11h10 | |
| GLACIER | C4 | | S4 | E1 | | | 2993 | 33,8 | 2816 | 501 | 2,4 | 501 | 0 | 8h30 | 13h04 | |
| COL DE LA CHIAUPE (Descente) | | R2 | | | | | 2491 | 38,3 | 2894 | 1078 | 4,5 | 78 | 577 | 8h55 | 13H00 | 17,5 |
| TELESIEGE CHALET DE BELLECOTE | | | S5 | | | | 2283 | 39,4 | 2894 | 1288 | 1 | 0 | 210 | 8h59 | 13h11 | |
| LE CHALET DU CARROLEY | C5 | | S6 | E2 | | | 2045 | 42,5 | 2950 | 1582 | 3,1 | 56 | 294 | 9h16 | 14h27 | |
| L'ARPETTE | C6 | | S7 | | | | 2333 | 44,3 | 3238 | 1582 | 1,7 | 288 | 0 | 9h35 | 14h45 | |
| BELLE PLAGNE | | | | | | | 2066 | | | | | | | | | |
| PLAGNE BELLECOTE | C7 | R3 | S8 | | M | P/K | 1922 | 47,7 | 3244 | 1999 | 3,4 | 6 | 417 | 9h49 | 15H00 | 9,4 |
| PRAZ SALVARD | | | S9 | E3 | | | 1519 | 53,7 | 3303 | 2461 | 9,4 | 65 | 879 | 10h17 | 16h15 | |
| MONTCHAVIN | C8 | R4 | S10 | | | | 1204 | 57,4 | 3325 | 2798 | 3,6 | 22 | 337 | 10h33 | 16H30 | 9,7 |
| SANGOT | | | | | | | 805 | | | | | | | | | |
| AIME | C | R | S | E | M | P/K | 677 | 68,2 | 3426 | 3427 | 10,7 | 101 | 629 | 11h20 | 19h25 | 10,8 |
| DURATION OF RACE IN 2019 | | | | | | | | | | | | | 6H25'27 | 14H10'26 | | |
| DURATION OF RACE IN 2021 | | | | | | | | | | | | | 6H12'26 | 14H06'28 | | |
| DURATION OF RACE IN 2022 | | | | | | | | | | | | | 6H20'58 | 14H25'19 | | |