

LA 6D LACS - 2023 - ROADBOOK

FRIDAY 28 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
								Dist.	D+	D-	Dist.	D+	D-		
PLAGNE BELLECOTE							1923	0	0	0	0	0	0	9H00	9H00
PLAN LEITCHOUMS							2148	4,3	260	28	4,3	260	28		
ARRIVEE TELESIEGE QUILLIS							2363	7,4	513	72	3	253	44		
ROCHE DE MIO	C1		S1		M		2684	10,2	855	94	2,8	342	22	9h51	11h23
COL DE LA CHIAUPE		R1					2490	12,8	858	289	2,5	3	195	10h03	11h50
TELESIEGE CHALET DE BELLECOTE			S2				2283	13,8	858	498	1	0	209		
LE DEROCHOIR							2031	15	858	746	1,1	0	248	10h13	12h25
LES BAUCHES			S3				1770	17,3	858	1009	2,3	0	263		
PLAN BOIS	C2		S4	E1			1826	22,5	1048	1145	5,1	190	136	10h43	13H15
L'ARPETTE	C3		S5				2329	26,4	1559	1153	3,8	511	8	11h17	14h49
BELLE PLAGNE							2069	28,7	1572	1423	2,2	13	270	11h22	
PLAGNE BELLECOTE	C	R	S	E	M	P/K	1923	29,8	1572	1520	1	0	149	11h30	15h23
DURATION OF RACE IN 2019														2H22'45	6H55'33
DURATION OF RACE IN 2021														2H18'10	6H36'24
DURATION OF RACE IN 2022														2H30'21	6H23'35