

LA 6D MARATHON - 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	6H00	6H00	
DEPART (sommet) PISTE DE BOBSLEIGH	C1						1570	7,3	942	50	7,3	942	50	7h15	8h19	
BIFURCATION ROUTE DES MAIRIERS			S1				1657	9,3	1057	78	1,9	115	28			
PLAGNE CENTRE	C2	R1	S2				1981	14,8	1506	201	5,4	449	123	7h28	10H00	14,8
ARRIVEE TELESIEGES BLANCHETS	C3						2363	19,8	1920	236	4,9	414	35	7h53	10h58	
BELLE PLAGNE							2066									
PLAGNE BELLECOTE	C4	R2	S3		M	P/K	1922	23	1924	679	3,1	4	443	8h06	11H45	8,2
PRAZ SALVARD			S4	E1			1488	29,3	1983	1172	6,3	59	493			
MONTCHAVIN	C5	R3	S5				1204	32,6	2005	1478	3,3	22	306	8h44	13H30	9,6
SANGOT							805									
AIME	C	R	S	E	M	P/K	677	43,4	2106	2107	10,7	101	629	9H29	15h59	10,8
DURATION OF RACE IN 2021														4H03'11	9H57'40	
DURATION OF RACE IN 2022														3H29'26	9H59'08	