











LA 6D MARATHON - 2023 -ROADBOOK ACCOMPANYING PERSONS

SATURDAY 29 JULY 2023

Updated on the 16 of march 2023

STAGES	CHECK POINT	Food Station	First Aid / Rescue	Water point	Altitude	Cumulative distance			Intermediate distance			Fastest runners schedule 2022	Slowest runners schedule 2022	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	7h15	8h19			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						
PLAGNE CENTRE	C2	R1	S2		1981	14,8	1506	201	5,4	449	123	7h28	10H00	14,8		RD 221 - 25 min of ascent from Aime la Plagne upto Plagne Centre	
ARRIVEE TELESIEGE BLANCHETS	C3				2364	19,8	1920	236	4,9	414	35	7h53	10h58			Acces from Plagne Villages - la Fromagerie and rejoin the path of Grande Rochette	
BELLE PLAGNE					2066											RD 221 - 35 min of ascent from Aime la Plagne upto la Belle Plagne	
PLAGNE BELLECOTE	C4	R2	S3		1922	23	1924	679	3,1	4	443	8h06	11H45	8,2		RD 221 - 30 min of ascent from Aime la Plagne upto Plagne Bellecote	
PRAZ SALVARD			S4	E1	1488	29,3	1983	1172	6,3	59	493					RN 90 - Dir. Macot la Plagne then Direction Sangot, and direction Plan Bois	
MONTCHAVIN	C5	R3	S5		1204	32,6	2005	1478	3,3	22	306	8h44	13H30	9,6		RN 90 upto la bifurcation Montchavin-Les Côches RD 225 then 8 km of ascent	
SANGOT					805											RN 90 - Dir. Macot la Plagne then Direction Sangot, 5 minutes from Aime la Plagne	
AIME LA PLAGNE	C	R	S	E	677	43,4	2106	2107	10,7	101	629	09H29	15h57	10,8		RD 990, Avenue de Tarentaise à Aime la Plagne	
DURATION OF RACE 2021												4H03'11	9H57'40				
DURATION OF RACE 2022												4H03'11	9H57'40				

The development company of La Plagne informs you that the Belle Plagne to Glacier gondola lift will be closed this summer 2023 for work reasons. The gondola lift is open from Plagne Bellecote to Belle Plagne from 9:00 am to 11:30 pm, 7/7.

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