

LA 6 DECOUVERTE - 2024 - ROADBOOK

THURSDAY 25 JULY 2024

UPDATED, 15 NOVEMBER 2023

STEPS	Checkpoint	Food station	First aid	Water point	Doctor	Altitude	Cumulative distance			Intermediate distance			Fastest runners schedule 2023	Slowest runners schedule 2023
							Dist.	D+	D-	Dist.	D+	D-		
PLAGNE CENTRE					M	1982	0	0	0	0	0	0	9:30	9:30
PLAGNE VILLAGES						2103	1	121	0	1	121	0		
CHALET LES DOLINES						2103	2,3	163	41	1,3	42	41	9:40	10:00
PLAGNE BELLECOTE	C1		S1	E	M	1929	3,1	163	216	1,8	0	175	9:44	10:20
DOU DU PRAZ						2131	5,5	365	216	2,4	202	0	9:54	
ENTREE PLAGNE CENTRE						1943	7,3	365	404	1,8	0	188	9:58	
LAC VERT	C2					1923	8	389	448	0,7	24	44	10:06	11:40
PLAGNE AIME 2000						2108	9,8	591	465	1,8	202	17	10:17	11:43
PLAGNE CENTRE	C	R	S	E	M	1982	11	591	591	1,2	0	126	10:22	12:49
DURATION OF RACE IN 2019												00:54'21	2:59'39	
DURATION OF RACE IN 2021												00:59'41	2:04'39	
DURATION OF RACE IN 2022												00:51'33	2:45'19	
DURATION OF RACE IN 2023												00:52'45	3:19'06	