

ITINERARY TIMETABLE

KM		STAGE 14		TIMETABLE			
To be run	Run			Caravan	38kph	36kph	34kph
HAUTE-SAVOIE (74)							
		D1205	ANNEMASSE (D1205-D905A-VC-D15-VC-D1206)	11:05	13:05	13:05	13:05
		D1206	VÉTRAZ-MONTHOUX (VC-D185-D1205)				
		D1205	ARTHAZ-PONT-NOTRE-DAME				
151.8	0		ANNEMASSE	11:20	13:20	13:20	13:20
151.3	0.5		NANGY	11:21	13:21	13:21	13:21
149.3	2.5		Findroi (CONTAMINE-SUR-ARVE) (D1205-D903 B)	11:24	13:23	13:23	13:24
148.8	3	D903 B	Crossroad D903 B-D9	11:25	13:24	13:24	13:24
147.1	4.7	D9	FILLINGES (near)	11:28	13:26	13:26	13:27
146.8	5		Crossroad D9-D20	11:29	13:27	13:27	13:27
145.8	6	D20	Pont de Fillings (D20-D907-D20)	11:31	13:28	13:28	13:29
143.5	8.3		Mijouet	11:35	13:31	13:31	13:32
141.2	10.6		La Corbière (SAINT-ANDRÉ-DE-BOËGE)	11:39	13:34	13:35	13:35
140.5	11.3		Curseilles (SAINT-ANDRÉ-DE-BOËGE)	11:40	13:35	13:36	13:36
138.7	13.1		BOËGE	11:43	13:37	13:38	13:39
133.7	18.1		SAXEL	11:52	13:45	13:46	13:48
133.1	18.7		Col de Saxel	11:53	13:46	13:47	13:49
128.2	23.6		Marclay (BONS-EN-CHABLAIS)	12:02	13:54	13:55	13:57
126.5	25.3		Crossroad D20-VC	12:05	13:56	13:58	14:00
126.1	25.7	VC	Gros Perrier (BRETHONNE)	12:05	13:57	13:59	14:01
125.5	26.3		Crossroad VC-D35	12:06	13:58	14:00	14:02
125.4	26.4	D35	Morzier (BRETHONNE)	12:07	13:58	14:00	14:02
124	27.8		FESSY (D35-D235)	12:09	14:00	14:02	14:05
121.4	30.4	D235	Les Ruppes	12:14	14:06	14:09	14:12
117.4	34.4		Crossroad D235-D12	12:21	14:16	14:20	14:24
116.5	35.3	D12	Col de Cou (1,116m)	12:22	14:19	14:22	14:27
115.3	36.5		Ramble (HABÈRE-POCHE) (D12-D246)	12:24	14:20	14:24	14:28
114.3	37.5	D246	Col des Moises (DRAILLANT)	12:26	14:21	14:24	14:29
112.3	39.5		Sur le Mont-La Grange Neuve (DRAILLANT)	12:30	14:23	14:27	14:31
108.3	43.5		Crossroad D246-D12	12:37	14:27	14:31	14:35
106.9	44.9	D12	Crossroad D12-D35	12:39	14:28	14:32	14:36
106.3	45.5	D35	Maugny (DRAILLANT)	12:40	14:28	14:33	14:37
105.7	46.1		ORCIER (D35-D36)	12:41	14:30	14:34	14:38
103.2	48.6	D36	Fillient	12:46	14:35	14:40	14:45
102.4	49.4		Propellet	12:47	14:37	14:42	14:47
101.9	49.9		Les Mouilles	12:48	14:38	14:43	14:49
101.7	50.1		Les Favrats	12:48	14:39	14:44	14:49
101.4	50.4		La Basse	12:49	14:40	14:44	14:50
99.1	52.7		Col du Feu (1,117m)	12:53	14:45	14:51	14:57
98.8	53		Le Col	12:53	14:46	14:51	14:58
96.3	55.5		LULLIN	12:58	14:49	14:55	15:01
95.1	56.7		Chez Jacquin	13:00	14:51	14:57	15:03
94.1	57.7		Crossroad D36-D26	13:02	14:52	14:58	15:05
93.7	58.1	D26	Le Lavouet (VAILLY)	13:03	14:53	14:59	15:06
90.9	60.9		Chez Clavel	13:07	14:57	15:03	15:10
89.4	62.4		BELLEVAUX	13:10	14:59	15:05	15:12
87.5	64.3		Sur le Saix	13:13	15:01	15:07	15:14
86.4	65.4		Col de Jambaz	13:15	15:02	15:09	15:16
86.3	65.5		COL DE JAMBAZ	13:15	15:03	15:09	15:16

DISTANCE FROM NEUTRALISED TO OFFICIAL START

8.3km

CATEGORISED CLIMBS AND SUMMIT FINISHES

km 18.7 - Col de Saxel
Climb of 4.2km at 4.6%

km 35.3 - Col de Cou
Climb of 7km at 7.4%

km 52.7 - Col du Feu
Climb of 5.8km at 7.8%

km 101.6 - Col de la Ramaz
Climb of 13.9km at 7.1%

km 139.8 - Col de Joux Plane
 Climb of 11.6km at 8.5%

RELAIS-ÉTAPE

Moliettes car park
74440 Praz de Lys-Sommand
Km 102.5

ROUTE FOR NON-RACE VEHICLES

Exit point after 2.7km on the neutralised route (roundabout of D1206, D159, D907, VC). Take the D1206 to Douvaine and then take the D1005. Leave the D1005 at junction 1 and then take the D902 to Montriond. Take the D229 and then the D228 towards the town hall (mairie).

Entry point onto the race route:

Crossroads of D228, route de la Manche, rue du Bourg, 500m from the finish line

Total distance: 64km



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To be run	Run			Caravan	38kph	36kph	34kph
83.6	68.2		Chaumety	13:20	15:06	15:13	15:20
81.8	70		MÉGEVETTE	13:23	15:08	15:15	15:22
81.1	70.7		La Culaz	13:25	15:09	15:16	15:23
78.9	72.9		Amoulin	13:29	15:12	15:19	15:26
78.1	73.7		ONNION	13:30	15:13	15:20	15:28
74.5	77.3		Pouilly	13:36	15:18	15:25	15:33
73.6	78.2		SAINT-JEOIRE (D26-D907 A)	13:38	15:19	15:26	15:34
71.6	80.2	D907 A	Entreverges (LA TOUR) (D907 A-D907)	13:41	15:21	15:28	15:37
65.3	86.5	D907	MIEUSSY (D907-D308)	13:53	15:29	15:37	15:45
61.4	90.4	D308	Messy	13:59	15:38	15:46	15:55
59.7	92.1		Chez Besson	14:02	15:42	15:50	16:00
59.1	92.7		La Léchère	14:03	15:43	15:52	16:02
57.4	94.4		Les Clos d'en Haut	14:07	15:48	15:57	16:07
54.5	97.3		Tunnel de Sommand	14:12	15:55	16:05	16:16
53.8	98		Sommand	14:13	15:57	16:07	16:18
50.2	101.6		Col de la Ramaz (1,619m) 	14:19	16:06	16:16	16:29
49.3	102.5		Le Praz de Lys	14:21	16:07	16:17	16:30
43.5	108.3		Crossroad D308-D328	14:31	16:12	16:23	16:35
42	109.8	D328	Fry (D328-D307)	14:34	16:13	16:24	16:37
40.9	110.9	D307	Le Pont des Gets (LES GETS) (D307-D902)	14:36	16:14	16:25	16:38
34.3	117.5	D902	TANINGES (D902-D907)	14:47	16:20	16:31	16:44
32.5	119.3	D907	La Pallud	14:50	16:23	16:34	16:47
32.1	119.7		Plonnex	14:51	16:23	16:34	16:47
28.3	123.5		VERCHAIX	14:58	16:28	16:40	16:53
24.7	127.1		SAMOËNS (D907-VC-D354)	15:04	16:33	16:45	16:58
18.7	133.1	D354	Le Tour	15:15	16:48	17:01	17:16
16.9	134.9		La Combe Emeru	15:18	16:53	17:06	17:22
12	139.8		Col de Joux Plane (1,691m)  	15:27	17:06	17:21	17:38
9.2	142.6		Col du Ranfolly (LES GETS)	15:32	17:09	17:24	17:41
2.4	149.4		MORZINE (D354-D338-D228-VC) (entry)	15:44	17:15	17:30	17:48
0	151.8	VC	MORZINE LES PORTES DU SOLEIL 	15:48	17:18	17:33	17:51

151.8KM

MORZINE LES PORTES DU SOLEIL

ANNEMASSE

SATURDAY 15 JULY

STAGE 14

140