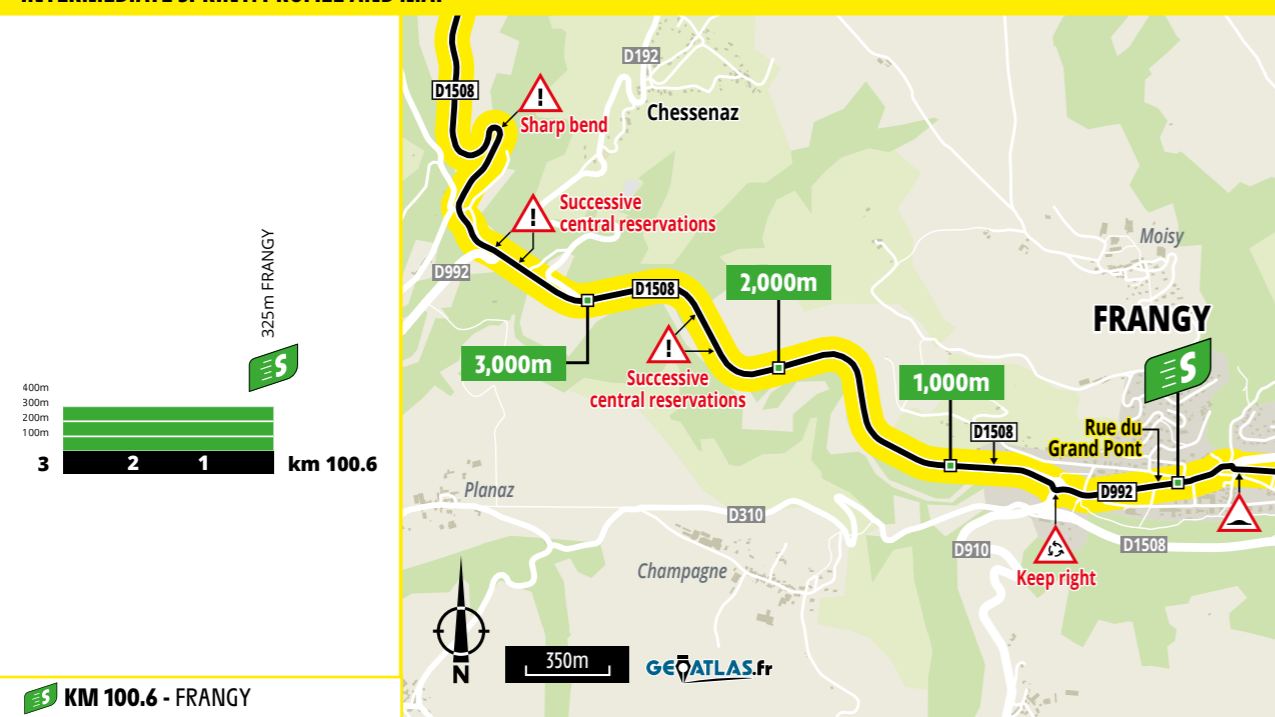


INTERMEDIATE SPRINT

INTERMEDIATE SPRINT: PROFILE AND MAP



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ITINERARY TIMETABLE

KM		STAGE 7		TIMETABLE			
Toberun	Run			Caravan	36kph	34kph	32kph
FRANCE							
JURA (39)							
		vc	CHAMPAGNOLE (VC-D127)	NEUTRALISED START	08:30	10:30	10:30
		D127	SYAM (D127-D279)				
166.4	0	D279	CHAMPAGNOLE	OFFICIAL START	08:50	10:50	10:50
165	1.4		Crossroad D279-N5		08:53	10:52	10:53
162.2	4.2	N5	Pont-De-La-Chaux (CHAUX-DES-CROTENAY)		08:59	10:57	10:58
161.2	5.2		Level Crossing n°17		09:01	10:59	11:00
152.6	13.8		SAINT-LAURENT-EN-GRANDVAUX (N5-D678-D437)		09:21	11:13	11:14
151.7	14.7	D437	Level Crossing n°27		09:22	11:14	11:17
134	32.4		LA RIXOUSE		10:02	11:44	11:51
124.7	41.7		SAINT-CLAUDE (D437-D436-D124)		10:23	11:59	12:04
123.6	42.8		Level Crossing n°56		10:25	12:01	12:05
120.6	45.8	D124	Waste Zone		10:32	12:06	12:11
108.6	57.8	D124	Col de la Croix de la Serra (1,055m)		10:58	12:26	12:32
AIN (01)							
104.4	62	D33	BELLEYDOUX		11:08	12:33	12:39
94.3	72.1		SAINT-GERMAIN-DE-JOUX		11:30	12:50	12:57
93.5	72.9		Crossroad D33-D1084		11:32	12:51	12:59
89.9	76.5	D1084	Level Crossing n°67		11:40	12:57	13:05
87.6	78.8		Châtillon-En-Michaille (VALSERHÔNE)		11:45	13:01	13:09
82.8	83.6		Bellegarde-Sur-Valsérine (VALSERHÔNE) (D1084-VC-D1508)		11:56	13:09	13:17
81.9	84.5		Crossroad D1084-D1508		11:58	13:11	13:28
HAUTE-SAVOIE (74)							
78.4	88	D1508	Côte de Bois d'Arlod		12:05	13:17	13:25
77.9	88.5		GRAND BUISSON		12:07	13:17	13:26
71.7	94.7		VANZY		12:20	13:28	13:47
69.6	96.8		Mons		12:25	13:31	13:41
66.4	100		FRANGY (D1508-D992-VC-D1508)		12:32	13:37	13:46
65.8	100.6		FRANGY		12:33	13:38	13:47
60.1	106.3		Bonlieu (SALLENÔVES) (D1508-D27-D2)		12:46	13:47	14:09
57	109.4	D2	Les Pratz (CERCIER)		12:53	13:52	14:03
55.4	111		Côte de Cercier		12:57	13:55	14:06
48.3	118.1		Col de Mallebranche - Alt. 702m		13:12	14:07	14:18
47.6	118.8		ALLONZIER-LA-CAILLE (D2-D1201)		13:14	14:08	14:20
42.4	124	D1201	SAINT MARTIN BELLEVUE		13:25	14:17	14:29
39.2	127.2		Pringy (ANNECY) (D1201-D173)		13:33	14:22	14:34
37.9	128.5	D173	ARGONAY (D173-VC-D916)		13:35	14:24	14:37
32.9	133.5	D916	Crossroad D916-D16		13:47	14:32	14:45
25	141.4	D16	Crossroad D16-D909		14:04	14:46	14:59
24.8	141.6	D909	Waste Zone		14:05	14:46	15:00
20.7	145.7	D909	THÔNES (D909-D12-VC-D909)		14:14	14:53	15:07
14.5	151.9		LES VILLARDS-SUR-THÔNES		14:27	15:03	15:18
10.8	155.6		SAINT-JEAN-DE-SIXT (D909-D4)		14:36	15:09	15:24
10.4	156		Col de Saint-Jean-de-Sixt (949m)		14:37	15:10	15:25
7.8	158.6	D4	LE GRAND-BORNAND		14:42	15:14	15:30
0	166.4		GRAND BORNAND - Montée du CHINAILLON (1,285m)		15:00	15:27	15:44

DISTANCE FROM NEUTRALISED START TO OFFICIAL START

9.5km

CATEGORISED CLIMBS AND SUMMIT FINISHES

- 1** km 57.8 - Col de la Croix de la Serra
Climb of 12km at 5.1%
- 4** km 88 - Côte de Bois d'Arlod
Climb of 2.4km at 4.6%
- 3** km 111 - Côte de Cercier
Climb of 4km at 4.9%
- 2** km 156 - Col de Saint-Jean-de-Sixt
Climb of 5.4km at 5.1%
- 2** km 166.4 - Grand-Bornand
Montée du Chinailon
Climb of 7km at 5.1%

ROUTE FOR NON-RACE VEHICLES

Exit from the parking areas, heading north in the opposite direction to that used to access the PPO. At the PPO roundabout, take the first exit towards the N5 "Dole - Genève - Dijon". Continue on the N5 towards "Dole - Dijon". At Poligny, stay on the N5 heading towards "A39". At the roundabout, take the third exit onto the N83 towards the A39, then at the next roundabout take the first exit onto the A391 towards "Lyon - Bourg-en-Bresse - Dijon - Dole". Join the A39 towards "Lyon - Bourg-en-Bresse". Continue on the A40, then exit at junction 13 to join the A41 heading towards "Anney". Exit at junction 17 towards "Anney - Thônes - Massif des Aravis" and then take the second exit at the roundabout onto the D908B heading in the same direction. Immediately after, take the third exit at the roundabout towards the D1203 "Thonon - Évian - Chamonix - Argonay". On the D1203, take the exit towards "Argonay - Anney le Vieux - Thônes" and then at the roundabout join the race route at the third exit heading towards Thônes.

Entry point onto the race route: Crossroads of the D1203 - D916 at Argonay, 36.7km from the finish.
Total distance: 239km