

# ITINERARY TIMETABLE

| KM          |      | STAGE 19 |                                                                                                                  | TIMETABLE |       |       |       |
|-------------|------|----------|------------------------------------------------------------------------------------------------------------------|-----------|-------|-------|-------|
| To be run   | Run  |          |                                                                                                                  | Caravan   | 36kph | 34kph | 32kph |
| SAVOIE (73) |      |          |                                                                                                                  |           |       |       |       |
|             |      | VC       | ALBERTTOWN (VC-D1212)           | 11:30     | 13:30 | 13:30 | 13:30 |
|             |      |          | Cross level n°26                                                                                                 |           |       |       |       |
| 129.9       | 0    | D1212    | ALBERTTOWN  Km 0                | 11:40     | 13:40 | 13:40 | 13:40 |
| 128.6       | 1.3  |          | Sous Pallud (PALLUD) (near)                                                                                      | 11:42     | 13:42 | 13:42 | 13:42 |
| 127.6       | 2.3  |          | La Plaine (THÉNÉSOL) (near)                                                                                      | 11:43     | 13:43 | 13:43 | 13:43 |
| 125.1       | 4.8  |          | La Filatière (MARTHOD) (near)                                                                                    | 11:47     | 13:46 | 13:47 | 13:47 |
| 124.2       | 5.7  |          | Cross level                                                                                                      | 11:48     | 13:48 | 13:48 | 13:48 |
| 124         | 5.9  |          | UGINE (D1212-D1508-D109) (entry)                                                                                 | 11:48     | 13:48 | 13:48 | 13:48 |
| 121.9       | 8    | D109     | UGINE                           | 11:53     | 13:52 | 13:52 | 13:53 |
| 118.4       | 11.5 |          | Le Château                                                                                                       | 12:02     | 13:59 | 14:01 | 14:02 |
| 112.9       | 17   |          | Héry-sur-Ugine                                                                                                   | 12:16     | 14:11 | 14:14 | 14:16 |
| 111.6       | 18.3 |          | Les Rafforts                                                                                                     | 12:19     | 14:14 | 14:17 | 14:19 |
| 111.6       | 18.3 |          | Côte d'Héry-sur-Ugine (1,004m)  | 12:19     | 14:14 | 14:17 | 14:19 |
| 108.9       | 21   |          | Pont de Flon (D109-D1212)                                                                                        | 12:23     | 14:17 | 14:20 | 14:23 |
| 108.5       | 21.4 | D1212    | Gorges de l'Arly (D1212-D71 A)                                                                                   | 12:23     | 14:18 | 14:20 | 14:23 |
| 103.3       | 26.6 | D71 A    | Le Biollet                                                                                                       | 12:36     | 14:29 | 14:33 | 14:36 |
| 102.9       | 27   |          | CREST-VOLAND                                                                                                     | 12:37     | 14:30 | 14:34 | 14:37 |
| 101         | 28.9 |          | Les Reys                                                                                                         | 12:43     | 14:34 | 14:38 | 14:43 |
| 99.9        | 30   |          | Le Passage                                                                                                       | 12:45     | 14:37 | 14:41 | 14:45 |
| 99.6        | 30.3 |          | Les Molliettes                                                                                                   | 12:46     | 14:37 | 14:41 | 14:46 |
| 95.5        | 34.4 |          | Crossroads of D71 A-D218 B                                                                                       | 12:57     | 14:46 | 14:51 | 14:57 |
| 94.8        | 35.1 | D218 B   | LES SAISIES                                                                                                      | 12:59     | 14:48 | 14:53 | 14:59 |
| 94.8        | 35.1 |          | Col des Saisies (1,650m)      | 12:59     | 14:48 | 14:53 | 14:59 |
| 87.7        | 42.2 |          | HAUTELUCE (near)                                                                                                 | 13:07     | 14:56 | 15:01 | 15:07 |
| 83.3        | 46.6 |          | Champtardy (VILLARD-SUR-DORON)                                                                                   | 13:12     | 15:00 | 15:06 | 15:12 |
| 80.2        | 49.7 |          | La Pierre                                                                                                        | 13:15     | 15:03 | 15:09 | 15:15 |
| 79.3        | 50.6 |          | Crossroads of 218 B-D925                                                                                         | 13:16     | 15:04 | 15:10 | 15:16 |
| 77.5        | 52.4 | D925     | BEAUFORT (D925-D218 A)                                                                                           | 13:19     | 15:07 | 15:12 | 15:19 |
| 75.1        | 54.8 | D218 A   | Coutaillat                                                                                                       | 13:24     | 15:11 | 15:17 | 15:24 |
| 74.1        | 55.8 |          | La Chavonnerie                                                                                                   | 13:27     | 15:14 | 15:20 | 15:27 |
| 73.1        | 56.8 |          | Le Praz                                                                                                          | 13:29     | 15:16 | 15:22 | 15:29 |
| 72.3        | 57.6 |          | Arêches (D218 A-D218 D)                                                                                          | 13:31     | 15:18 | 15:24 | 15:31 |
| 70.3        | 59.6 | D218 D   | Crossroads of D218 D-VC                                                                                          | 13:36     | 15:22 | 15:29 | 15:36 |
| 69.7        | 60.2 | VC       | Le Pontet                                                                                                        | 13:38     | 15:24 | 15:31 | 15:38 |
| 68.7        | 61.2 |          | Boudin                                                                                                           | 13:41     | 15:26 | 15:33 | 15:41 |
| 64.6        | 65.3 |          | Col du Pré 1,703m                                                                                                | 13:51     | 15:36 | 15:44 | 15:51 |
| 63.9        | 66   |          | Col du Pré (1,748m)           | 13:53     | 15:37 | 15:45 | 15:53 |
| 61.3        | 68.6 |          | Barrage de Roselend                                                                                              | 13:56     | 15:40 | 15:48 | 15:56 |
| 59.4        | 70.5 |          | Col du Méraillat (VC-D925)                                                                                       | 13:59     | 15:43 | 15:51 | 15:59 |
| 54.1        | 75.8 | D925     | Plan de la Lai                                                                                                   | 14:10     | 15:52 | 16:01 | 16:10 |

## DISTANCE FROM NEUTRALISED START TO OFFICIAL START

4.6km

## CATEGORISED CLIMBS AND SUMMIT FINISHES

 km 18.3 - Côte d'Héry-sur-Ugine  
Climb of 11.3km at 5.1%

 km 35.1 - Col des Saisies  
Climb of 13.7km at 6.4%

 km 66 - Col du Pré  
Climb of 12.6km at 7.7%

 km 78.5 - Cornet de Roselend  
Climb of 5.9km at 6.3%

 km 129.9 - La Plagne  
Climb of 19.1km at 7.2%

## RELAIS-ÉTAPE

Aire de Chaînage les Provagnes  
73210 La Plagne-Tarentaise  
Km 110.9

## OFF-RACE ROUTE

Exit point after 0.3km on the neutralised route (roundabout of Avenue de Winnenden, Avenue Joseph Fontanet and Avenue des XVies Jeux Olympiques d'Hiver). Take Avenue des XVies Jeux Olympiques d'Hiver, keep straight on, join the N90 at junction 28. Take the N90 towards Tarentaise and then Moûtiers. At Moûtiers, stay on the N90 towards Bourg-Saint-Maurice. Leave the N90 at the "D990-Aime-Mâcot-La Plagne" junction. Go through Aime on the D990 (Avenue de la Tarentaise and then Route de Frébuge) towards La Plagne.

**Entry point onto the race route:** Crossroads of Route de Frébuge (D990) and Route de la Plagne (D220), 19.6km from the finish line.

**Total distance:** 63km

## RESTRICTION ON THE CARAVAN

**Km 128.4 - La Plagne**

Passage beneath low bridge  
Diversion for publicity floats vehicles,  
1.5 km from the finish line



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| KM      |       | STAGE 19 |                                                 | TIMETABLE |       |       |       |
|---------|-------|----------|-------------------------------------------------|-----------|-------|-------|-------|
| Toberun | Run   |          |                                                 | Caravan   | 36kph | 34kph | 32kph |
| 51.4    | 78.5  |          | Cornet de Roselend (1,968m) (D925-D902) 2       | 14:17     | 15:58 | 16:08 | 16:17 |
| 42.7    | 87.2  | D902     | Crêt Bettex                                     | 14:27     | 16:07 | 16:17 | 16:27 |
| 37.4    | 92.5  |          | Bonneval-les-Bains                              | 14:33     | 16:13 | 16:23 | 16:33 |
| 34.3    | 95.6  |          | Le Châtelard                                    | 14:36     | 16:16 | 16:26 | 16:36 |
| 32.7    | 97.2  |          | BOURG SAINT MAURICE - LES ARCS (D902-D1090-N90) | 14:38     | 16:18 | 16:28 | 16:38 |
| 27.2    | 102.7 | N90      | Bonconseil (LA PLAGNE TARENTAISE)               | 14:46     | 16:25 | 16:35 | 16:46 |
| 24.8    | 105.1 |          | Bellentre (LA PLAGNE TARENTAISE) (near)         | 14:49     | 16:28 | 16:38 | 16:49 |
| 23.4    | 106.5 |          | Le Gothard (LA PLAGNE TARENTAISE)               | 14:51     | 16:30 | 16:40 | 16:51 |
| 19.8    | 110.1 |          | Aime (AIME-LA-PLAGNE) (N90-D990-D220)           | 14:56     | 16:34 | 16:45 | 16:56 |
| 19      | 110.9 | D220     | Les Provagnes                                   | 14:57     | 16:35 | 16:46 | 16:57 |
| 17.9    | 112   |          | Mâcot (D220-D221)                               | 15:00     | 16:38 | 16:49 | 17:00 |
| 11.9    | 118   | D221     | Les Villards de Mâcot                           | 15:15     | 16:51 | 17:03 | 17:15 |
| 11.3    | 118.6 |          | Villard du Haut                                 | 15:17     | 16:52 | 17:05 | 17:17 |
| 10.1    | 119.8 |          | Prariond                                        | 15:20     | 16:55 | 17:08 | 17:20 |
| 9.8     | 120.1 |          | Les Charmettes                                  | 15:21     | 16:56 | 17:08 | 17:21 |
| 7.3     | 122.6 |          | La Roche                                        | 15:27     | 17:01 | 17:14 | 17:27 |
| 5.4     | 124.5 |          | Piste olympique de Bobsleigh                    | 15:32     | 17:05 | 17:19 | 17:32 |
| 4.9     | 125   |          | Crête Côte                                      | 15:34     | 17:07 | 17:20 | 17:34 |
| 3       | 126.9 |          | Plagne 1800                                     | 15:39     | 17:11 | 17:25 | 17:39 |
| 1.6     | 128.3 |          | Plagne Centre (D221-D223)                       | 15:42     | 17:14 | 17:28 | 17:42 |
| 0.3     | 129.6 | D223     | Plagne Villages                                 | 15:46     | 17:17 | 17:31 | 17:46 |
| 0       | 129.9 |          | LA PLAGNE (2,052m) HC                           | 15:46     | 17:18 | 17:32 | 17:46 |