

ITINERARY TIMETABLE

KM		STAGE 17		TIMETABLE				
To be run	Run			Caravan	47kph	45kph	43kph	
SAVOIE (73)								
		VC	CHAMBÉRY	NEUTRALISED START	10:55	13:20	13:20	13:20
			Les Hauts-de-Chambéry (VC-D991)					
		D991	SONNAZ (near)					
174.7	0		CHAMBÉRY	OFFICIAL START	11:10	13:35	13:35	13:35
173.5	1.2		VIVIERS-DU-LAC (D991-D17-D17 B)		11:12	13:36	13:36	13:36
171.4	3.3	D17 B	Crossroads D17 B-D1201		11:15	13:39	13:39	13:39
167.5	7.2	D1201	TRESSERVE		11:22	13:44	13:44	13:44
166.5	8.2		AIX-LES-BAINS		11:23	13:45	13:45	13:46
162.8	11.9		GRÉSY-SUR-AIX (D1201-D911)		11:29	13:49	13:50	13:50
158.6	16.1	D911	La Verdasse (ENTRELACS)		11:36	13:54	13:55	13:56
156.8	17.9		Les Chenevriers (SAINT-OFFENGE)		11:39	13:57	13:57	13:58
155.7	19		Bassa (SAINT-OURS)		11:41	13:59	14:00	14:01
155.5	19.2		Côte de Bassa		11:41	13:59	14:00	14:01
HAUTE-SAVOIE (74)								
154	20.7		Lachat		11:43	14:01	14:02	14:03
152.3	22.4		CUSY		11:46	14:03	14:04	14:06
145.5	29.2		Pont de Banges		11:57	14:12	14:13	14:15
144.9	29.8		Martinod (ALLÈVES)		11:58	14:13	14:14	14:16
SAVOIE (73)								
142.6	32.1		La Charniaz (BELLECOMBE-EN-BAUGES)		12:02	14:16	14:17	14:19
141.7	33		Le Pont (D911-D912)		12:03	14:17	14:18	14:21
140.1	34.6	D912	LESCHERAINES (D912-D59)		12:06	14:19	14:21	14:23
139.2	35.5	D59	Rossillon		12:08	14:21	14:23	14:25
139.2	35.5		Côte de Rossillon		12:08	14:21	14:23	14:25
134.9	39.8		Le Cimeterêt (AILLON-LE-VIEUX)		12:14	14:25	14:28	14:30
133	41.7		Blanchin (AILLON-LE-VIEUX)		12:18	14:27	14:30	14:32
130.2	44.5		Sur la Vy (AILLON-LE-VIEUX)		12:22	14:30	14:33	14:35
129.5	45.2		Rocquerand		12:23	14:31	14:33	14:36
129	45.7		AILLON-LE-JEUNE (D59-D206)		12:24	14:32	14:34	14:37
128.4	46.3	D206	Mas Dessous		12:25	14:32	14:35	14:38
125.1	49.6		Col des Prés		12:30	14:39	14:42	14:45
119.2	55.5		THOIRY		12:40	14:45	14:48	14:52
115.2	59.5		Côte de Saint-Jean d'Arvey		12:46	14:50	14:54	14:58
115	59.7		SAINT-JEAN D'ARVEY (D206-D912)		12:47	14:51	14:54	14:58
111	63.7	D912	Tunnel de Plamaz		12:53	14:56	15:00	15:04
109.9	64.8		SAINT-ALBAN-LEYSSE		12:55	14:57	15:01	15:05
109	65.7		LA RAVOIRE (D912-D11-D1006)		12:57	14:58	15:02	15:07
107.9	66.8	D1006	BARBERAZ		12:58	15:00	15:04	15:08
107	67.7		CHAMBÉRY (D1006-VC-D1006)		13:00	15:01	15:05	15:09
103.3	71.4		COGNIN		13:06	15:06	15:10	15:15
98.9	75.8		La Cascade (SAINT-CASSIN)		13:13	15:11	15:16	15:21
98.8	75.9		Cross level n° 34		13:13	15:11	15:16	15:21
97	77.7		La Prairie		13:16	15:14	15:18	15:23
95.2	79.5		SAINT-THIBAUD-DE-COUZ		13:19	15:16	15:21	15:26
92.9	81.8		Les Gros Louis		13:23	15:19	15:24	15:29
90.7	84		Col de Couz		13:26	15:22	15:27	15:32
90.4	84.3		SAINT-JEAN-DE-COUZ (near)		13:27	15:22	15:27	15:32

DISTANCE FROM NEUTRALISED START TO OFFICIAL START

8.8km

CATEGORISED CLIMBS AND SUMMIT FINISHES

km 19.2 - Côte de Bassa

Climb of 1.5km at 5.5%

km 35.5 - Côte de Rossillon

Climb of 1.7km at 5.3%

km 49.6 - Col des Prés

Climb of 3.5km at 6.8%

km 59.5 - Côte de Saint-Jean d'Arvey

Climb of 1.1km at 5.7%

RELAIS-ÉTAPE

725, route de la Chartreuse

38690 Le Grand-Lemps

Km 147.8

OFF-ROUTE ITINERARY

Exit from the off-route parking area (don't go onto the neutralised race route). Take Quai de Verdun, Boulevard Gambetta, Avenue de la Boisse, the N201 (junction 15) and then the A43 towards Lyon. After La Tour-du-Pin, leave the A43 and take the A48 towards Grenoble. Leave the A48 at exit 12 for Voreppe. Take the D3 towards Moirans. At Voreppe, take the D1075 towards Voiron via La Buisse.

Entry point onto race route: roundabout at the D1075-D121-1075 junction at La Buisse, 5.3km from the finish line

Total distance: 111km



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KM		STAGE 17		TIMETABLE			
Toberun	Run			Caravan	47kph	45kph	43kph
87.2	87.5		Tunnel des Échelles	13:32	15:26	15:31	15:37
86.2	88.5		SAINT-CHRISTOPHE-LA-GROTTE	13:33	15:27	15:33	15:38
83.5	91.2		LES ÉCHELLES	13:38	15:31	15:36	15:42
78	96.7		Chailles (SAINT-FRANC)	13:47	15:38	15:44	15:50
74	100.7		SAINT-BÉRON	13:53	15:43	15:49	15:55
70.1	104.6		Cross level n° 15	14:00	15:48	15:54	16:01
70	104.7		Le Bonnard (DOMESSIN)	14:00	15:48	15:54	16:01
69.5	105.2		LE PONT-DE-BEAUVOISIN (D1006-D82M)	14:01	15:49	15:55	16:02
ISÈRE (38)							
68	106.7	D82M	Les Éteppes-La Gare (LE PONT-DE-BEAUVOISIN) (D82M-D82)	14:03	15:51	15:57	16:04
67.8	106.9	D82	Cross level n° 77	14:03	15:51	15:57	16:04
67.6	107.1		SAINT-JEAN-D'AVELANNE	14:04	15:51	15:58	16:04
65	109.7		SAINT-ALBIN-DE-VAULSERRE	14:08	15:55	16:01	16:08
61.3	113.4		SAINT-BUEIL-La Roche	14:14	15:59	16:06	16:13
60.1	114.6		La Rosetta (SAINT-BUEIL)	14:16	16:01	16:07	16:15
58.1	116.6		Champet	14:19	16:03	16:10	16:18
57.1	117.6		SAINT-GEOIRE-EN-VALDAINE	14:21	16:05	16:11	16:19
54.5	120.2		La Côte-d'Ainan	14:25	16:08	16:15	16:23
52.9	121.8		MASSIEU (near)	14:28	16:10	16:17	16:25
50.3	124.4		L'Arsenal (D82-D1075)	14:32	16:13	16:20	16:28
48.1	126.6	D1075	CHIRENS (D1075-D50 A)	14:35	16:16	16:24	16:32
44.5	130.2	D50 A	Crossroads D50 A-D50	14:41	16:21	16:28	16:37
43.3	131.4	D50	Le Guillermet	14:43	16:22	16:30	16:38
41.5	133.2		CHARAVINES	14:46	16:25	16:32	16:41
37.9	136.8		Vers Ars (VILLAGES DU LAC DE PALADRU) (D50-D17)	14:52	16:29	16:37	16:46
33.4	141.3	D17	OYEU (near)	14:59	16:35	16:43	16:52
31.7	143		Crossroads D17-D520	15:02	16:37	16:45	16:54
29.8	144.9	D520	APPRIEU (near) (D520-D73 A)	15:05	16:39	16:48	16:57
29.5	145.2	D73 A	COLOMBE (entry)	15:05	16:40	16:48	16:58
27.2	147.5		COLOMBE	15:09	16:43	16:51	17:01
26.9	147.8		LE GRAND-LEMPES (D73 A-VC-D73 B)	15:10	16:43	16:52	17:01
21.8	152.9	D73 B	Mi-Plaine (IZEAUX) (D73 B-D1085)	15:18	16:50	16:59	17:08
17.4	157.3	D1085	BEAUCROISSANT (near)	15:25	16:55	17:04	17:14
15.1	159.6		RIVES (near)	15:29	16:58	17:07	17:18
13.8	160.9		CHARNÈCLES (near)	15:31	17:00	17:09	17:19
10.4	164.3		MOIRANS (near)	15:36	17:04	17:14	17:24
8.4	166.3		L'Archat (SAINT-JEAN-DE-MOIRANS) (D1085-D128 B-D120)	15:40	17:07	17:16	17:27
7.3	167.4	D120	Le Gay (SAINT-JEAN-DE-MOIRANS, LA BUISSE)	15:41	17:08	17:18	17:29
6.2	168.5		Crossroads D120-D121	15:43	17:10	17:19	17:30
5.3	169.4	D121	LA BUISSE (near) (D121-D1075)	15:45	17:11	17:21	17:31
3.5	171.2	D1075	La Commanderie (SAINT-JEAN-DE-MOIRANS)	15:48	17:13	17:23	17:34
2.8	171.9		COUBLEVIE	15:49	17:14	17:24	17:35
1.6	173.1		VOIRON (D1075-VC) (entry)	15:51	17:15	17:25	17:36
0	174.7	VC	VOIRON	15:53	17:18	17:28	17:39