

Inscription		Identification				
Temps prévu :	Heure	39	Minute	59	Seconde	
Heure de départ :	Heure	18	Minute	30		
Vitesse finale / vitesse initiale :	0.5					
Heure de lever du soleil :	Heure	6	Minute	50		
Heure de coucher du soleil :	Heure	20	Minute	20		
Qualités de descendeur :	<input type="radio"/> Mauvais	<input checked="" type="radio"/> Normal	<input type="radio"/> Bon			
Qualités de grimpeur :	<input type="radio"/> Mauvais	<input checked="" type="radio"/> Normal	<input type="radio"/> Bon			
Vitesses montée / descente	<input checked="" type="radio"/> Mètres/heure	<input type="radio"/> Mètres/minute				












Calcul

Enregistrer les prévisions Charger les prévisions Effacer les prévisions de la base (attention : non récupérable!)

Accueil Saisir les temps de pause Profil Aide Site de la course

L'heure de départ et les heures de lever et de coucher du soleil ne sont pas enregistrables.

Points	No	Rav.	Pente	Type de sol	D+ (m.)	D- (m.)	V D+ (m/h)	V D- (m/h)	Alt. (m.)	km	vit. equiv. (km/h)	Pause	Durée entre pauses	Heure arrivée	Heure départ	Temps	Barr. hor.	Av. ou ret.	Jour / nuit
Chamonix	1				0	0	0	0	1035	0	0	-	-	18h30mn0s	18h30mn0s	0s	-		☀
Les Gaillands	2		→		0	16	-	61	1019	2.1	8.1	-	-	18h45mn45s	18h45mn45s	15mn45s	-		☀
Les Roches	3		↗		90	69	366	275	1040	5.6	8.1	-	-	19h15mn35s	19h15mn35s	45mn35s	-		☀
Les Houches	4	☞	→		33	61	363	273	1012	8	8	-	-	19h34mn26s	19h34mn26s	1h4mn26s	-		☀
La Charme	5		↗		808	21	554	202	1799	15.1	8	-	-	21h8mn7s	21h8mn7s	2h38mn7s	-		☀
Saint Gervais	6	☞	↘		6	998	195	1004	807	21.2	7.8	-	-	22h9mn36s	22h9mn36s	3h39mn36s	-		🌙
Les Contamines	7	☞	↘		516	163	385	444	1160	31.1	7.7	-	-	23h52mn3s	23h52mn3s	5h22mn3s	45mn0s		🌙
Notre-Dame-de-la-Gorge	8		→		60	10	131	119	1210	34.9	7.6	-	-	24mn38s	24mn38s	5h54mn38s	-		🌙
La Balme	9	☞	↘		496	0	509	-	1706	39.1	7.5	-	-	1h23mn7s	1h23mn7s	6h53mn7s	2h45mn0s		🌙
Col du Bonhomme	10		↗		643	20	533	-	2329	42.8	7.4	-	-	2h35mn26s	2h35mn26s	8h5mn26s	-		🌙
Refuge de la Croix du Bonhomme	11		↗		210	26	389	259	2433	44.7	7.3	-	-	3h7mn50s	3h7mn50s	8h37mn50s	-		🌙
Les Chapieux - CCAS	12	☞	↘		0	884	-	985	1549	50.1	7.2	-	-	4h1mn41s	4h1mn41s	9h31mn41s	6h15mn0s		🌙
Refuge des Mottets	13		↗		355	34	355	308	1870	56.3	7.1	-	-	5h8mn20s	5h8mn20s	10h38mn20s	-		🌙
Col de la Seigne	14		↗		646	0	532	-	2516	60.5	7	-	-	6h21mn8s	6h21mn8s	11h51mn8s	-		☀
Refuge Elisabetta	15		↗		0	366	-	771	2150	63.6	6.9	-	-	6h49mn38s	6h49mn38s	12h19mn38s	-		☀
Lac Combal	16	☞	↘		0	180	-	843	1970	65	6.9	-	-	7h2mn26s	7h2mn26s	12h32mn26s	10h0mn0s		☀
Arete Mont Favre	17		↗		465	0	431	-	2435	69	6.8	-	-	8h7mn11s	8h7mn11s	13h37mn11s	-		☀
Col Checrouit - Maison Vieille	18	☞	↘		25	507	429	768	1953	73.4	6.7	-	-	8h50mn17s	8h50mn17s	14h20mn17s	-		☀
Courmayeur (Ctre Sports Dolonn)	19	☞	↘		0	763	-	887	1190	77.8	6.6	-	-	9h41mn54s	9h41mn54s	15h11mn54s	13h15mn0s		☀
Refuge Bertone	20	☞	↘		814	15	495	352	1989	82.6	6.5	-	-	11h23mn5s	11h23mn5s	16h53mn5s	-		☀
Point haut	21		↗		186	65	281	222	2082	85.6	6.4	-	-	12h2mn51s	12h2mn51s	17h32mn51s	-		☀
Refuge Bonatti	22	☞	↘		290	268	265	563	2020	90.1	6.3	-	-	13h8mn35s	13h8mn35s	18h38mn35s	-		☀
Arnuva	23	☞	↘		138	347	195	512	1769	94.4	6.2	-	-	14h8mn23s	14h8mn23s	19h38mn23s	18h30mn0s		☀
Refuge Elena	24		↗		293	0	401	-	2062	96.8	6.1	-	-	14h52mn13s	14h52mn13s	20h22mn13s	-		☀
Grand Col Ferret	25		↗		475	0	488	-	2537	98.9	6	-	-	15h50mn35s	15h50mn35s	21h20mn35s	-		☀
La Peule	26		↗		0	466	-	726	2071	102.4	5.9	-	-	16h29mn7s	16h29mn7s	21h59mn7s	-		☀
La Fouly	27	☞	↘		30	508	441	479	1593	108.3	5.8	-	-	17h36mn46s	17h36mn46s	23h6mn46s	23h0mn0s		☀
Traversee couloir Planereuse	28		↗		58	251	321	355	1400	113.2	5.7	-	-	18h30mn4s	18h30mn4s	24h0mn4s	-		☀
Praz de Fort	29		↗		9	258	58	523	1151	116.6	5.7	-	-	19h8mn58s	19h8mn58s	24h38mn58s	-		☀
Sortie Issert	30		↗		5	106	292	309	1050	118.7	5.6	-	-	19h30mn36s	19h30mn36s	25h0mn36s	-		☀
Champex-Lac	31	☞	↘		461	34	363	725	1477	123	5.5	-	-	20h49mn39s	20h49mn39s	26h19mn39s	3h0mn0s		☀
Champex d en Bas	32		↗		16	102	66	457	1391	125.4	5.4	-	-	21h17mn32s	21h17mn32s	26h47mn32s	-		☀
Plan de l Au	33		↗		31	92	310	311	1330	127.4	5.4	-	-	21h41mn19s	21h41mn19s	27h11mn19s	-		🌙
Debut montee raide	34		↗		330	0	353	-	1660	130	5.3	-	-	22h37mn26s	22h37mn26s	28h7mn26s	-		🌙
Bovine	35	☞	↘		327	0	333	-	1987	132.2	5.2	-	-	23h36mn25s	23h36mn25s	29h6mn25s	-		🌙
Col de la Forclaz	36		↗		74	535	308	650	1526	136.8	5.1	-	-	40mn12s	40mn12s	30h10mn12s	-		🌙
Trient	37	☞	↘		0	226	-	534	1300	138.3	5	-	-	1h5mn35s	1h5mn35s	30h35mn35s	8h0mn0s		🌙
Les Tseppes	38		↗		635	3	403	38	1932	141.3	4.9	-	-	2h44mn52s	2h44mn52s	32h14mn52s	-		🌙
Point haut	39		↗		143	15	320	250	2060	142.9	4.8	-	-	3h15mn19s	3h15mn19s	32h45mn19s	-		🌙
Frontiere Suisse - France	40		↗		10	331	384	620	1739	144.9	4.8	-	-	3h48mn54s	3h48mn54s	33h18mn54s	-		🌙
Vallorcine	41	☞	↘		0	479	-	600	1260	147.7	4.7	-	-	4h36mn47s	4h36mn47s	34h6mn47s	1h15mn0s		🌙

Les Montets	42			54	0	158	-	1314	149.1	4.7	-	-	4h57mn16s	4h57mn16s	34h27mn16s	-	
La Tete aux Vents	43			821	5	309	239	2130	155.2	4.5	-	-	7h37mn53s	7h37mn53s	37h7mn53s	-	
La Flegere	44			64	317	230	485	1877	158.6	4.3	-	-	8h33mn48s	8h33mn48s	38h3mn48s	15h15mn0s	
Chamonix	45			0	842	-	439	1035	165.6	4.2	-	-	10h29mn0s	10h29mn0s	39h59mn0s	16h30mn0s	