

4ème TROPHEE des ALPES

Mercredi 18 septembre 2019

Megève - Gap



Etape / Stage 3	Km Total	Km Partiel	Timing 1st car	Fermeture contrôles Closing	Temps impartis			
					Basse	Interm.	Haute	
Megève - Podium CH 18	0	0	8:30'	10:00'	0	0	0	
Flumet Ugine Mont Dessous - L'Arpettaz CH 19	28,84	28,84	9:09'	10:39'	0:39'	0:39'	0:39'	
<i>Départ ZR / Start RT</i> DZR 19 Ugine		0	9:11'	10:41'				
L'Isle - col de la Forclaz 870 m self-start	64	35,16	10:02'	11:32'	0:55'	0:53'	0:51'	
<i>Départ ZR / Start RT</i> DZR 20 Albertville "Carburant"	83	19						
Ste Hélène sur Isère (P.A.A.) CH 20	92,40	28,40	10:41'	12:11'	0:41'	0:40'	0:39'	
<i>Départ ZR / Start RT</i> DZR 21 Bonvillard		0	10:43'	12:13'				
Chamoux sur Gelon self-start	111,73	19,33	11:09'	12:39'	0:29'	0:27'	0:26'	
<i>Départ ZR / Start RT</i> DZR 22 Villard Sallet Pontcharra Domène		0						
Pinet (P.A.A.) CH 21	190,58	78,85	12:38'	14:08'	1:33'	1:31'	1:29'	
<i>Départ ZR / Start RT</i> DZR 23 Auberge des Seiglières		0	12:40'	14:10'				
Chamrousse "Carburant" CH 22	205,65	15,07	12:59'	14:29'	0:20'	0:19'	0:19'	
Déjeuner / Lunch : 46 mn								
Chamrousse CH 23	205,65	0	13:45'	15:15'	0	0	0	
Séchilienne St Barthélemy de Séchilienne self-start	226,51	20,86	14:13'	15:43'	0:28'	0:28'	0:28'	
<i>Départ ZR / Start RT</i> DZR 24 Valbonnais "Carburant"	266,91	40,40						
Les Angelas CH 24	269,33	42,82	15:05'	16:35'	0:56'	0:54'	0:52'	
<i>Départ ZR / Start RT</i> DZR 25 Corps Col de Parquetout 1382m		0	15:07'	16:37'				
Les Chaneaux self-start	298,19	28,86	15:45'	17:15'	0:40'	0:39'	0:38'	
<i>Départ ZR / Start RT</i> DZR 26 Saint Disdier		0						
Saint Etienne en Dévoluy (P.A.A.) CH 25	316,87	18,68	16:09'	17:39'	0:27'	0:25'	0:24'	
<i>Départ ZR / Start RT</i> DZR 27 Col du Noyer 1664m Poligny Gap "Carburant"	342	34	16:11	17:59				
Gap Podium (P.A.A.) CH 26	351,79	34,92	16:57'	18:27'	0:49'	0:47'	0:46'	
Fin Etape 3								

