

Passage	Alt.	Cumul						Intermédiaire				Heure de passage du RELAIS le plus rapide 12h30				Heure de passage du SOLO le plus rapide 20 h00				Barrière horaire 4h00			Heure de passage du SOLO le plus lent										
		Dist.	D+	D-	Dist.	D+	D-	Heure de passage	Tps section	vitesse section	Vitesse asc	Heure de passage	Tps section	vitesse section	Vitesse asc	Heure de passage	Tps section	vitesse section	Heure de passage	Tps section	vitesse section												
		0	0	0	0	0	0	VEN	18:00:00	-	-	-	VEN	18:00:00	-	-	-	VEN	18:00:00	-	-	-	VEN	18:00:00	-	-	-						
Départ OYONNAX	531	0	0	0	0	0	0	VEN	18:00:00	-	-	-	VEN	18:00:00	-	-	-	VEN	18:00:00	-	-	-	VEN	18:00:00	-	-	-	VEN	18:00:00	-	-	-	
Belvédère du Haut Crêt	934	5.1	416	19	5.1	416	19	VEN	18:25:00	00:25:00	12.24	998	VEN	18:30:00	00:30:00	10.20	832	VEN	18:50:00	00:50:00	6.12	VEN	18:50:00	00:50:00	6.12	VEN	18:50:00	00:50:00	6.12	VEN	18:50:00	00:50:00	6.12
Apremont	989	7.9	552	100	2.8	136	81	VEN	18:37:00	00:12:00	14.00	680	VEN	18:44:37	00:14:37	11.50	558	VEN	19:14:49	00:24:49	6.77	VEN	19:14:49	00:24:49	6.77	VEN	19:14:49	00:24:49	6.77	VEN	19:14:49	00:24:49	6.77
Apremont Traversée	957	8.6	561	140	0.7	9	40	VEN	18:40:00	00:03:00	14.00	180	VEN	18:48:19	00:03:42	11.33	146	VEN	19:21:13	00:06:24	6.56	VEN	19:21:13	00:06:24	6.56	VEN	19:21:13	00:06:24	6.56	VEN	19:21:13	00:06:24	6.56
Les Cris - 500m sur D 74	928	10.6	590	194	2	29	54	VEN	18:51:00	00:11:00	14.73	207	VEN	19:02:06	00:13:47	8.70	126	VEN	19:45:27	00:24:14	4.95	VEN	19:45:27	00:24:14	4.95	VEN	19:45:27	00:24:14	4.95	VEN	19:45:27	00:24:14	4.95
La Tour - Traversée D 74	863	15.8	636	330	5.2	46	136	VEN	19:12:00	00:21:00	14.86	131	VEN	19:28:48	00:26:42	11.69	103	VEN	20:33:08	00:47:41	6.54	VEN	20:33:08	00:47:41	6.54	VEN	20:33:08	00:47:41	6.54	VEN	20:33:08	00:47:41	6.54
Les Fécées	861	17.9	729	401	2.1	93	71	VEN	19:21:00	00:09:00	14.00	620	VEN	19:40:24	00:11:36	10.86	481	VEN	20:54:11	00:21:03	5.99	VEN	20:54:11	00:21:03	5.99	VEN	20:54:11	00:21:03	5.99	VEN	20:54:11	00:21:03	5.99
Restaurant Belle Rive - Traversée D 1084	475	21.8	754	803	3.9	25	402	VEN	19:37:00	00:16:00	14.63	94	VEN	20:01:19	00:20:55	11.19	72	VEN	21:32:40	00:38:30	06.08	VEN	21:32:40	00:38:30	06.08	VEN	21:32:40	00:38:30	06.08	VEN	21:32:40	00:38:30	06.08
CP 1 Nantua	476	22.9	756	809	1.1	2	6	VEN	19:42:00	00:05:00	13.20	24	VEN	20:07:56	00:06:37	9.96	18	VEN	21:45:03	00:12:22	5.34	VEN	21:45:03	00:12:22	5.34	VEN	21:45:03	00:12:22	5.34	VEN	21:45:03	00:12:22	5.34
Passage à niveau	474	24	758	810	1.1	2	1	VEN	19:46:00	00:04:00	16.50	30	VEN	20:13:18	00:05:22	12.29	22	VEN	21:55:12	00:10:10	6.49	VEN	21:55:12	00:10:10	6.49	VEN	21:55:12	00:10:10	6.49	VEN	21:55:12	00:10:10	6.49
Les Monts d'Ain	1124	29.9	1405	810	5.9	647	0	VEN	20:20:00	00:34:00	10.41	1145	VEN	20:59:33	00:46:15	7.65	839	VEN	23:23:55	01:28:42	3.99	VEN	23:23:55	01:28:42	3.99	VEN	23:23:55	01:28:42	3.99	VEN	23:23:55	01:28:42	3.99
Les Etangs Marron Traversée	889	38	1469	1108	8.1	64	298	VEN	20:54:00	00:34:00	14.29	113	VEN	21:46:25	00:46:51	10.37	82	SAM	00:54:55	01:31:00	5.34	SAM	00:54:55	01:31:00	5.34	SAM	00:54:55	01:31:00	5.34	SAM	00:54:55	01:31:00	5.34
Les Etangs Marrons	894	38.8	1479	1113	0.8	10	5	VEN	20:57:00	00:03:00	16.00	200	VEN	21:50:36	00:04:11	11.46	143	SAM	01:03:09	00:08:14	5.83	SAM	01:03:09	00:08:14	5.83	SAM	01:03:09	00:08:14	5.83	SAM	01:03:09	00:08:14	5.83
Col de Pisseloup - Traversée D 57	933	45.6	1666	1283	6.8	187	170	VEN	21:27:00	00:30:00	13.60	374	VEN	22:33:00	00:42:25	9.62	265	SAM	02:27:30	01:24:21	4.84	SAM	02:27:30	01:24:21	4.84	SAM	02:27:30	01:24:21	4.84	SAM	02:27:30	01:24:21	4.84
CP 2 Corcelles :	854	46.5	1666	1337	0.9	0	54	VEN	21:31:00	00:04:00	13.50	0	VEN	22:38:44	00:05:44	9.43	0	SAM	02:39:01	00:11:31	4.69	SAM	02:39:01	00:11:31	4.69	SAM	02:39:01	00:11:31	4.69	SAM	02:39:01	00:11:31	4.69
Fontaine de Givrais	829	51.6	1735	1426	5.1	69	89	VEN	21:52:00	00:21:00	14.57	197	VEN	23:09:10	00:30:26	10.05	136	SAM	03:40:55	01:01:54	4.94	SAM	03:40:55	01:01:54	4.94	SAM	03:40:55	01:01:54	4.94	SAM	03:40:55	01:01:54	4.94
Le Puisse - Traversée D8	836	53.8	1751	1434	2.2	16	8	VEN	22:01:00	00:09:00	14.67	107	VEN	23:22:22	00:13:12	10.00	73	SAM	04:08:03	00:27:06	4.86	SAM	04:08:03	00:27:06	4.86	SAM	04:08:03	00:27:06	4.86	SAM	04:08:03	00:27:06	4.86
Cascade de la Charabotte	719	60	1968	1775	6.2	217	341	VEN	22:31:00	00:30:00	12.40	434	SAM	00:06:55	00:44:33	8.35	292	SAM	05:40:32	01:32:29	04.02	SAM	05:40:32	01:32:29	04.02	SAM	05:40:32	01:32:29	04.02	SAM	05:40:32	01:32:29	04.02
Nantua - Traversée D 21	740	61.4	1994	1783	1.4	26	8	VEN	22:37:00	00:06:00	14.00	260	SAM	00:15:56	00:09:01	9.32	173	SAM	05:59:26	01:05:54	4.44	SAM	05:59:26	01:05:54	4.44	SAM	05:59:26	01:05:54	4.44	SAM	05:59:26	01:05:54	4.44
CP3 Hauteville H3S	775	70.2	2245	1994	8.8	251	211	VEN	23:16:00	00:39:00	13.54	386	SAM	01:15:14	00:59:18	8.90	254	SAM	08:04:56	02:05:30	4.21	SAM	08:04:56	02:05:30	4.21	SAM	08:04:56	02:05:30	4.21	SAM	08:04:56	02:05:30	4.21
Salles des Fêtes Traversée	821	71.8	2272	1994	1.6	27	0	VEN	23:23:00	00:07:00	13.71	231	SAM	01:26:00	00:10:46	8.92	150	SAM	08:27:55	00:23:00	4.17	SAM	08:27:55	00:23:00	4.17	SAM	08:27:55	00:23:00	4.17	SAM	08:27:55	00:23:00	4.17
La Praille (sommel)	1194	75.1	2681	2011	3.3	409	17	VEN	23:42:00	00:19:00	10.42	1292	SAM	01:55:34	00:29:34	6.70	830	SAM	09:31:38	01:03:43	3.11	SAM	09:31:38	01:03:43	3.11	SAM	09:31:38	01:03:43	3.11	SAM	09:31:38	01:03:43	3.11
La Praille (site nordique)	1083	76.5	2681	2128	1.4	0	117	VEN	23:48:00	00:06:00	14.00	0	SAM	02:05:01	00:09:27	8.90	0	SAM	09:52:10	00:26:32	04.09	SAM	09:52:10	00:26:32	04.09	SAM	09:52:10	00:26:32	04.09	SAM	09:52:10	00:26:32	04.09
Traversée Route de Cuvillat	964	83.5	2855	2432	7	174	304	SAM	00:21:00	00:33:00	12.73	316	SAM	02:57:32	00:52:32	8.00	199	SAM	11:47:17	01:55:07	3.65	SAM	11:47:17	01:55:07	3.65	SAM	11:47:17	01:55:07	3.65	SAM	11:47:17	01:55:07	3.65
PI Abergement - Traversée D31	757	84.8	2857	2618	1.3	2	186	SAM	00:27:00	00:06:00	13.00	20	SAM	03:07:12	00:09:39	08.08	12	SAM	12:08:37	00:21:20	3.66	SAM	12:08:37	00:21:20	3.66	SAM	12:08:37	00:21:20	3.66	SAM	12:08:37	00:21:20	3.66
Grd Abergement -	759	85.8	2859	2625	1	2	7	SAM	00:32:00	00:05:00	12.00	24	SAM	03:15:20	00:08:08	7.37	15	SAM	12:26:44	00:18:40	3.31	SAM	12:26:44	00:18:40	3.31	SAM	12:26:44	00:18:40	3.31	SAM	12:26:44	00:18:40	3.31
Croix La Ponaissie	1107	90.5	3259	2677	4.7	400	52	SAM	00:57:00	00:25:00	11.28	960	SAM	03:56:28	00:41:08	6.86	584	SAM	13:59:01	00:30:37	03.06	SAM	13:59:01	00:30:37	03.06	SAM	13:59:01	00:30:37	03.06	SAM	13:59:01	00:30:37	03.06
CP 4 Les Plans	1041	92.2	3263	2745	1.7	4	68	SAM	01:05:00	00:08:00	12.75	30	SAM	04:09:46	00:13:18	7.67	18	SAM	14:29:06	00:30:34	3.39	SAM	14:29:06	00:30:34	3.39	SAM	14:29:06	00:30:34	3.39	SAM	14:29:06	00:30:34	3.39
Crêt du Nô	1337	99.5	3594	2781	7.3	331	36	SAM	01:43:00	00:38:00	11.53	523	SAM	05:13:38	01:03:52	6.86	311	SAM	16:54:31	00:25:25	03.01	SAM	16:54:31	00:25:25	03.01	SAM	16:54:31	00:25:25	03.01	SAM	16:54:31	00:25:25	03.01
Col de Cuvéry	1175	107.4	3685	3034	7.9	91	253	SAM	02:18:00	00:35:00	13.54	156	SAM	06:13:05	00:59:27	7.97	92	SAM	19:10:49	02:16:18	3.48	SAM	19:10:49	02:16:18	3.48	SAM	19:10:49	02:16:18	3.48	SAM	19:10:49	02:16:18	3.48
Le Pozat	899	115.1	3841	3463	7.7	156	429	SAM	02:51:00	00:33:00	14.00	284	SAM	07:09:43	00:56:38	8.16	165	SAM	21:21:34	02:16:45	3.53	SAM	21:21:34	02:16:45	3.53	SAM	21:21:34	02:16:45	3.53	SAM	21:21:34	02:16:45	3.53
Route de Lalluyat Traversée	886	116.1	3841	3482	1	0	19	SAM	02:55:00	00:04:00	15.00	0	SAM	07:16:39	00:06:56	8.65	0	SAM	21:37:42	00:16:07	3.72	SAM	21:37:42	00:16:07	3.72	SAM	21:37:42	00:16:07	3.72	SAM	21:37:42	00:16:07	3.72
Aire du Pozat Traversée																																	