

super - trophée											
	postes				données techniques						
	ravitaillement	médical	contrôle	temps passage	distance	distance totale	altitude	dénivellé	km effort	km effort cumulé	km effort total
Plans-sur-Bex						-	1'096.00				
Pont-de-Nant					1.95	1.95	1'253.00	157.00	1.57	1.57	3.52
Le Richard			x		2.00	3.95	1'535.00	282.00	2.82	4.39	8.34
Cabane Plan Névé	x	x	x	x	1.80	5.75	2'262.00	727.00	7.27	11.66	17.41
Bas Couloir Pacheu					1.00	6.75	2'520.00	258.00	2.58	14.24	20.99
Sommet Couloir Pacheu			x		0.30	7.05	2'740.00	220.00	2.20	16.44	23.49
Derborence	x	x	x	x	7.00	14.05	1'450.00	-1'290.00	4.30	20.74	34.79
Bas Filasses			x		1.95	16.00	1'840.00	390.00	3.90	24.64	40.64
Bas Couloir Pegnat			x		2.00	18.00	2'080.00	240.00	2.40	27.04	45.04
Col Pegnat					1.00	19.00	2'525.00	445.00	4.45	31.49	50.49
Brotset			x		0.75	19.75	2'526.00	1.00	0.01	31.50	51.25
Cabane Barraud	x	x	x	x	2.65	22.40	1'956.00	-570.00	1.90	33.40	55.80
Col des Essets					1.15	23.55	2'029.00	73.00	0.73	34.13	57.68
Point 1841					1.70	25.25	1'841.00	-188.00	0.63	34.76	60.01
La Vare		x	x	x	1.65	26.90	1'756.00	-85.00	0.28	35.04	61.94
Le Richard					1.10	28.00	1'535.00	-221.00	0.74	35.78	63.78
Pont-de-Nant					2.00	30.00	1'253.00	-282.00	0.94	36.72	66.72
Plans-sur-Bex	x	x	x	x	1.95	31.95	1'096.00	-157.00	0.52	37.24	69.19
										dén montée	2'793.00
										dén tot	5'586.00