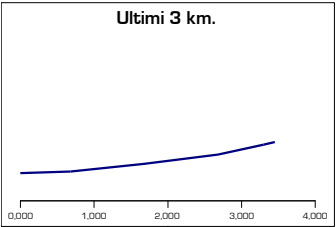


str.	alt.	località	distanza km.		ora teorica passaggio			note
			parz.	progr.	35 Km/h.	40 km/h.	45 km/h.	
	440	Ville-la-Grand			12.00	12.00	12.00	
D.27	433	Carrefour de l'Europe		0.000	12.15	12.15	12.15	
D.202	475	Arthaz	4.200	4.200	12.22	12.21	12.20	
D.19	474	Reigner	2.620	6.820	12.26	12.25	12.24	
1503	455	Rond Point - Sigaille	4.230	11.050	12.33	12.31	12.29	
1203	510	Rond Point - La Roche s/Foron	5.540	16.590	12.43	12.39	12.37	
1205	453	Bonneville	7.910	24.500	12.57	12.51	12.47	
1205	453	Contamine sur Arve	8.300	32.800	13.11	13.04	12.58	
D.9	483	Findrol	2.800	35.600	13.16	13.08	13.02	SPRINT CASH
D.9	548	Arpigny	2.390	37.990	13.20	13.11	13.05	
D.20	546	Pont de Fillinges	1.170	39.160	13.22	13.13	13.07	
D.22	742	Boège	7.700	46.860	13.35	13.25	13.17	
D.12	807	Villard	3.030	49.890	13.40	13.29	13.21	
D.12	836	Habère Lullin	2.130	52.020	13.44	13.33	13.24	
D.22	958	Habère Poche	2.710	54.730	13.48	13.37	13.27	
D.32	1135	Col de Cou	4.060	58.790	13.55	13.43	13.33	GPM - 2
D.32	621	Maugny	8.910	67.700	14.11	13.56	13.45	
D.26	656	Orcier	1.160	68.860	14.13	13.58	13.46	
D.26	641	Le Lyaud	3.600	72.460	14.19	14.03	13.51	
D.26	439	Thonon	7.340	79.800	14.31	14.14	14.01	
D.26	420	Pont de la Douceur	1.000	80.800	14.33	14.16	14.02	
D.12	807	Villard	3.030	83.830	14.38	14.20	14.06	
D.12	836	Habère Lullin	2.130	85.960	14.42	14.23	14.09	
D.21	787	Féternes	6.500	92.460	14.53	14.33	14.18	
D.21	832	Chez Portey	1.510	93.970	14.56	14.35	14.20	
D.32	918	Vinzier	3.960	97.930	15.02	14.41	14.25	GPM - 2
D.32	800	Chevenoz	6.960	104.890	15.14	14.52	14.34	
D.22	795	Vacheresse	1.940	106.830	15.18	14.55	14.37	
D.22	833	La Solitude	3.320	110.150	15.23	15.00	14.41	
D.22	934	Abondance	4.700	114.850	15.31	15.07	14.48	SPRINT CASH
D.22	1005	La Chapelle d'Abondance	6.310	121.160	15.42	15.16	14.56	
D.22	1034	Intersection (D.230/D.22)	2.000	123.160	15.46	15.19	14.59	
D.228	1186	Châtel	3.450	126.610	15.52	15.24	15.03	GPM - 2
D.228	1121	Route du Linga - Villa Peyron	2.060	128.670	15.55	15.28	15.06	
D.22	1042	Intersection (D.230/D.22)	4.400	133.070	16.03	15.34	15.12	
D.22	1186	Châtel	3.450	136.520	16.09	15.39	15.17	

ultimi 3 km

alt.	località	distanza km.		dislivello %
		parz.	progr.	
1034	Intersection (D.230/D.22)		0.000	
1042		0.680	0.680	1,2%
1080		1.000	1.680	3,8%
1125		1.000	2.680	4,5%
1173		0.620	3.300	7,7%
1186	Châtel	0.150	3.450	8,7%

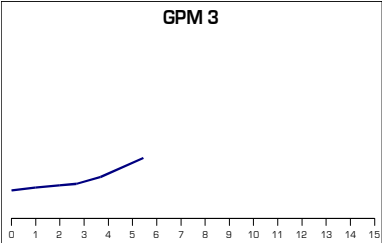
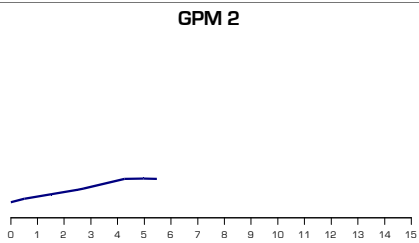
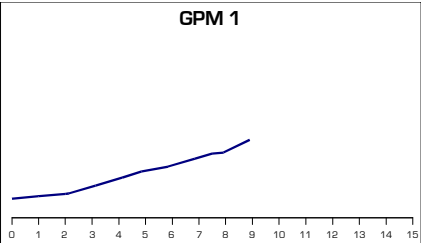
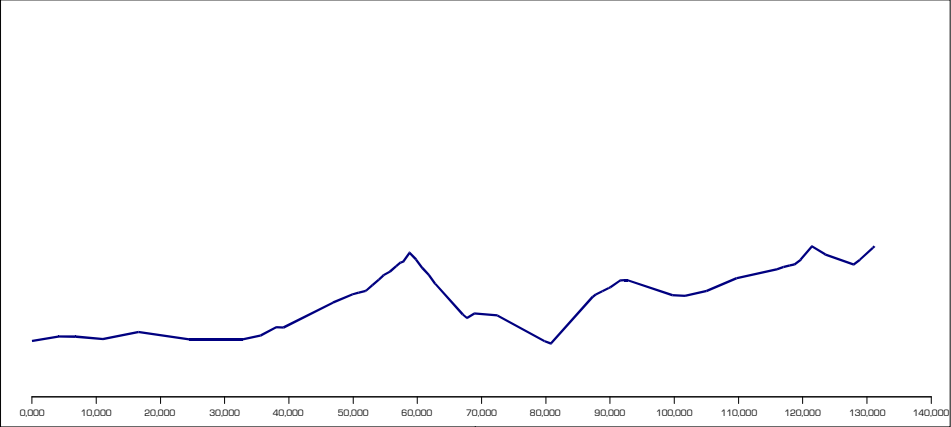


G.P.M.

alt.	località	distanza km.		dislivello %
		parz.	progr.	
807	Villard		0.000	
821		1.000	1.000	1,4%
834		1.000	2.000	1,3%
836	Habère Lullin	0.130	2.130	1,5%
880		1.000	3.130	4,4%
924		1.000	4.130	4,4%
958	Habère Poche	0.710	4.840	4,8%
1020		1.000	5.840	6,2%
1083		1.000	6.840	6,3%
1100	Col de Terramont	0.780	7.620	2,2%

alt.	località	distanza km.		dislivello %
		parz.	progr.	
787	Féternes		0.000	
807	bv.	0.510	0.510	3,9%
832	Chez Portey	1.000	1.510	2,5%
857		1.000	2.510	2,5%
863	bv. - Vinzier	0.230	2.740	2,6%
915		0.520	3.260	10,0%
917		1.000	4.260	0,2%
918	Vinzier	1.210	5.470	0,1%

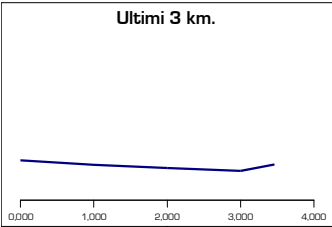
alt.	località	distanza km.		dislivello %
		parz.	progr.	
1005	La Chapelle d'Abondance		0.000	
1022		1.000	1.000	1,7%
1034	Intersection (D.230/D.22)	1.000	2.000	1,2%
1042		0.680	2.680	1,2%
1080		1.000	3.680	3,8%
1125		1.000	4.680	4,5%
1173		0.620	5.300	7,7%
1186	Châtel	0.150	5.450	8,7%



str.	alt.	località	distanza km.		ora teorica passaggio			note
			parz.	progr.	35 Km/h.	40 km/h.	45 km/h.	
	1186	Châtel			11.15	11.15	11.15	
D.230	1138	Villa Peyron		0,000	11.30	11.30	11.30	
D.22	1023	Intersection (D.22/D.230)	4,270	4,270	11.37	11.36	11.35	
D.22	1005	La Chapelle d'Abondance	1,680	5,950	11.40	11.38	11.37	
D.22	934	Abondance	6,310	12,260	11.51	11.48	11.46	
D.22	833	La Solitude	4,700	16,960	11.59	11.55	11.52	
D.22	795	Vacheresse	3,320	20,280	12.04	12.00	11.57	
D.22	820	Le Fontay	2,400	22,680	12.08	12.04	12.00	
D.22	545		4,450	27,130	12.16	12.10	12.06	Tunnel 100 m (non éclairé)
D.902	530	Pont de Bioge	0,870	28,000	12.18	12.12	12.07	
D.902	703	Le Jotty	4,590	32,590	12.25	12.18	12.13	
D.902	810		6,710	39,300	12.37	12.28	12.22	Tunnel 100 m (légère courbe)
D.902	812	Saint Jean d'Aulps	1,130	40,430	12.39	12.30	12.23	
D.902	918	Super Marché	5,020	45,450	12.47	12.38	12.30	SPRINT CASH
D.902	946	Pont des Plagnettes	1,050	46,500	12.49	12.39	12.32	
D.902	1164	Les Gets	7,170	53,670	13.02	12.50	12.41	GPM - 2
D.902	977	Pont des Gets	3,580	57,250	13.08	12.55	12.46	
D.907	646	Taninges	7,850	65,100	13.21	13.07	12.56	
D.907	632	Mieussy	6,900	72,000	13.33	13.18	13.06	
D.907	536	Pont de Risse	4,100	76,100	13.40	13.24	13.11	
D.907 a	589	Saint Jeoire	1,780	77,880	13.43	13.26	13.13	SPRINT CASH
D.26	730		3,470	81,350	13.49	13.32	13.18	Tunnel environ 50 m (non éclairé)
D.190 b	788	Onnion	1,420	82,770	13.51	13.34	13.20	
D.190 b	1253	Col Plaine Joux	6,140	88,910	14.02	13.43	13.28	GPM - 1
D.12	935	Bogève	6,150	95,060	14.12	13.52	13.36	
D.12	949	Le Perret	1,000	96,060	14.14	13.54	13.38	
D.12	807	Villard	2,710	98,770	14.19	13.58	13.41	
D.20	742	Boège	3,530	102,300	14.25	14.03	13.46	
D.20	941	Col de Saxel	4,540	106,840	14.33	14.10	13.52	GPM - 2
D.903	567	Bons en Chablais	8,490	115,330	14.47	14.23	14.03	
D.35	571	Brens	2,650	117,980	14.52	14.26	14.07	
D.101	562	Chez Coutty	0,920	118,900	14.53	14.28	14.08	
D.15	537	Machilly	1,550	120,450	14.56	14.30	14.10	
D.15	513	Moniaz	2,250	122,700	15.00	14.34	14.13	
D.15	495	Juvigny	4,240	126,940	15.07	14.40	14.19	
	444	Ville-la-Grand	2,260	129,200	15.11	14.43	14.22	
	475	Ville-la-Grand	1,200	130,400	15.13	14.45	14.23	Rue des Voirons

ultimi 3 km

alt.	località	distanza km.		dislivello %
		parz.	progr.	
495	Juvigny		0,000	
474		1,000	1,000	-2,1%
458		1,000	2,000	-1,6%
444		1,000	3,000	-1,4%
475	Ville-la-Grand	0,460	3,460	6,7%

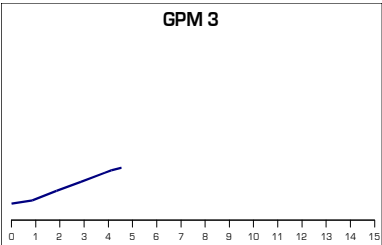
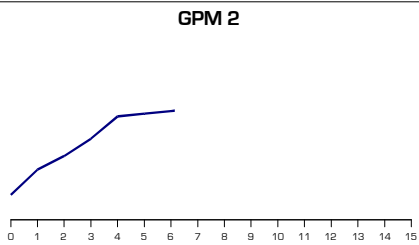
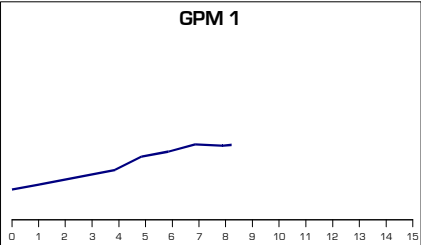
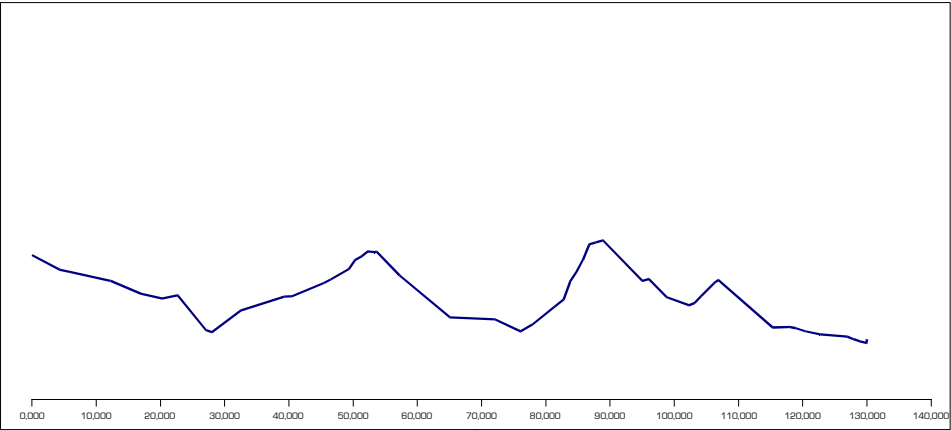


G.P.M.

alt.	località	distanza km.		dislivello %
		parz.	progr.	
918	Super Marché		0,000	
946	Pont des Plagnettes	1,050	1,050	2,7%
1026		2,810	3,860	2,8%
1100		1,000	4,860	7,4%
1127		1,000	5,860	2,7%
1167		1,000	6,860	4,0%
1160		1,000	7,860	-0,7%
1164	Les Gets	0,360	8,220	1,1%

alt.	località	distanza km.		dislivello %
		parz.	progr.	
788	Onnion		0,000	
927		1,000	1,000	13,9%
1003		1,000	2,000	7,6%
1098		1,000	3,000	9,5%
1221		1,000	4,000	12,3%
1236		1,000	5,000	1,5%
1251		1,000	6,000	1,5%
1253	Col Plaine Joux	0,140	6,140	1,4%

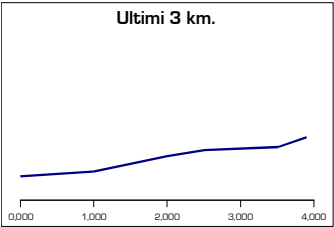
alt.	località	distanza km.		dislivello %
		parz.	progr.	
742	Boège		0,000	
760		0,860	0,860	2,1%
813		1,000	1,860	5,3%
863		1,000	2,860	5,0%
926		1,260	4,120	5,0%
941	Col de Saxel	0,420	4,540	3,6%



str.	alt.	località	distanza km.		ora teorica passaggio			note
			parz.	progr.	30 Km/h.	35 Km/h.	40 km/h.	
	1197	Courmayeur			12.15	12.15	12.15	
SS.26	1197	Courmayeur		0,000	12.30	12.30	12.30	
SS.26	925	Morgex	9,140	9,140	12.48	12.45	12.43	
SS.26	798	Avisè - loc. Runaz	9,670	18,810	13.07	13.02	12.58	
SS.26	754	Arvier	3,240	22,050	13.14	13.07	13.03	
SS.26	664	Villeneuve	3,270	25,320	13.20	13.13	13.07	
SS.26	678	St. Pierre	2,040	27,360	13.24	13.16	13.11	
SS.26	593	Aosta	8,550	35,910	13.41	13.31	13.23	CASH
SS.26	549	St. Christophe	3,240	39,150	13.48	13.37	13.28	
SS.26	532	Quart - loc. Villefranche	5,010	44,160	13.58	13.45	13.36	
SS.26	534	SS.26 bv. St. Marcel	1,620	45,780	14.01	13.48	13.38	
SR.37	541	Nus - centro paese	2,330	48,110	14.06	13.52	13.42	
SR.37	675	Nus - loc. Marsan	2,150	50,260	14.10	13.56	13.45	
	676	Nus - loc. Messigny	0,570	50,830	14.11	13.57	13.46	
	709	Nus - loc. Plaisant	1,360	52,190	14.14	13.59	13.48	
	706	Nus - loc. Mandolla	0,380	52,570	14.15	14.00	13.48	
SR.36	760	Verrayes - loc. Payé	0,840	53,410	14.16	14.01	13.50	
SR.36	661	Verrayes - loc. Grossaix	1,410	54,820	14.19	14.03	13.52	
SR.36	580	Verrayes - loc. Oley Dessus	0,990	55,810	14.21	14.05	13.53	
SS.26	519	Verrayes - loc. Champagne	0,660	56,470	14.22	14.06	13.54	
SS.26	477	Chambave	1,730	58,200	14.26	14.09	13.57	
SR.10	520	Pontey	0,500	58,700	14.27	14.10	13.58	
SR.10	449	Châtillon - loc. St. Clair	2,600	61,300	14.32	14.15	14.01	
SR.10	492	Chatillon	1,000	62,300	14.34	14.16	14.03	
SS.26	535	St. Vincent - circonvallazione	1,760	64,060	14.38	14.19	14.06	CASH
SS.26	529	St. Vincent - loc. Champerioux	2,840	66,900	14.43	14.24	14.10	
SS.26	389	Montjovet	3,790	70,690	14.51	14.31	14.16	
	361	Issogne - loc. Fleuran	5,810	76,500	15.03	14.41	14.24	
	359	Issogne	1,150	77,650	15.05	14.43	14.26	
	356	Arnad - loc. Echallod	3,020	80,670	15.11	14.48	14.31	
SS.26	359	Bard	4,620	85,290	15.20	14.56	14.37	
SS.26	315	Donnas	3,270	88,560	15.27	15.01	14.42	
SS.26	343	Pont St. Martin	1,780	90,340	15.30	15.04	14.45	
SR.1	527	Perloz - loc. Plan de Brun	2,110	92,450	15.34	15.08	14.48	
SR.1	729	Perloz	1,710	94,160	15.38	15.11	14.51	GPM - 2
SR.1	539	Perloz - loc. Nantey	1,940	96,100	15.42	15.14	14.54	
SR.44	635	Perloz - loc. Remondin	1,390	97,490	15.44	15.17	14.56	
SR.44	686	Lillianes	2,220	99,710	15.49	15.20	14.59	
SR.44	786	Fontainemore	2,100	101,810	15.53	15.24	15.02	
SR.44	961	Issime	4,590	106,400	16.02	15.32	15.09	
SR.44	1070	Gaby	4,190	110,590	16.11	15.39	15.15	
SR.44	1423	Gressoney St. Jean	8,830	119,420	16.28	15.54	15,29	
SR.44	1413		2,000	121,420	16.32	15.58	15.32	
SR.44	1640	Gressoney La Trinité	4,730	126,150	16.42	16.06	15.39	
SR.44	1716		1,000	127,150	16.44	16.07	15.40	
SR.44	1827	Gressoney La Trinité - loc. Staffal	2,900	130,050	16.50	16.12	15.45	GPM - 1

ultimi 3 km

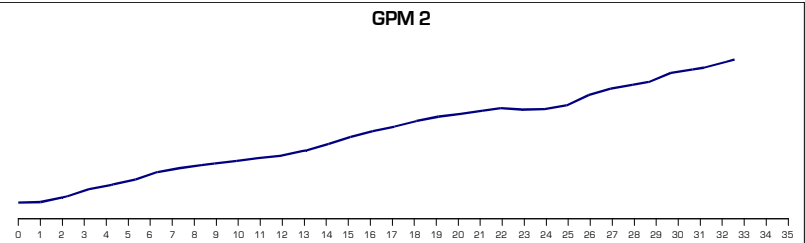
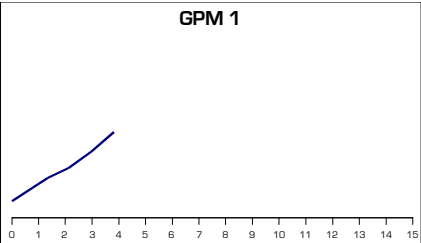
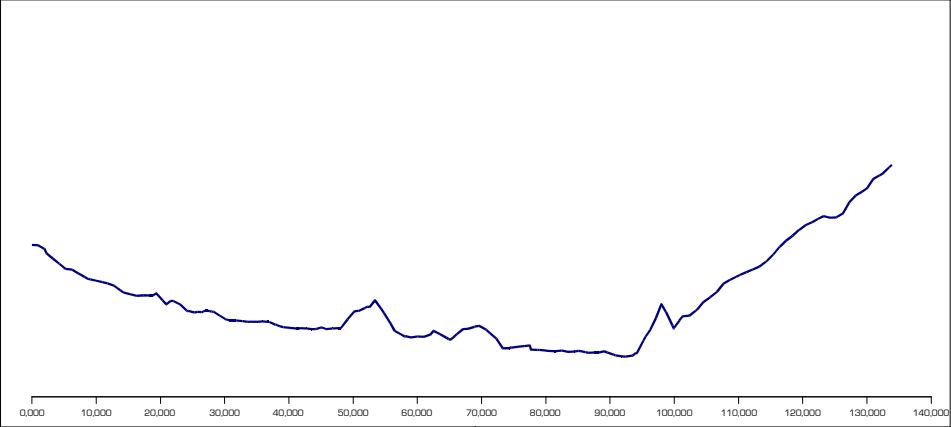
alt.	località	distanza km.		dislivello %
		parz.	progr.	
1640	Gressoney La Trinité		0,000	
1716		1,000	1,000	7.6%
1745		1,000	2,000	2.9%
1760	bv. - Gressoney La Trinité - loc. Staffal	0,510	2,510	2.9%
1808		1,000	3,510	4.8%
1827	Gressoney La Trinité - loc. Staffal	0,390	3,900	4.9%



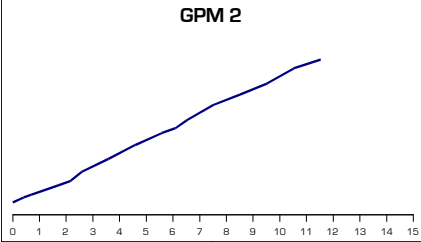
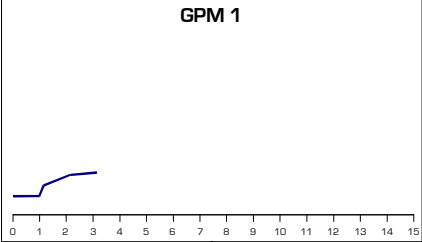
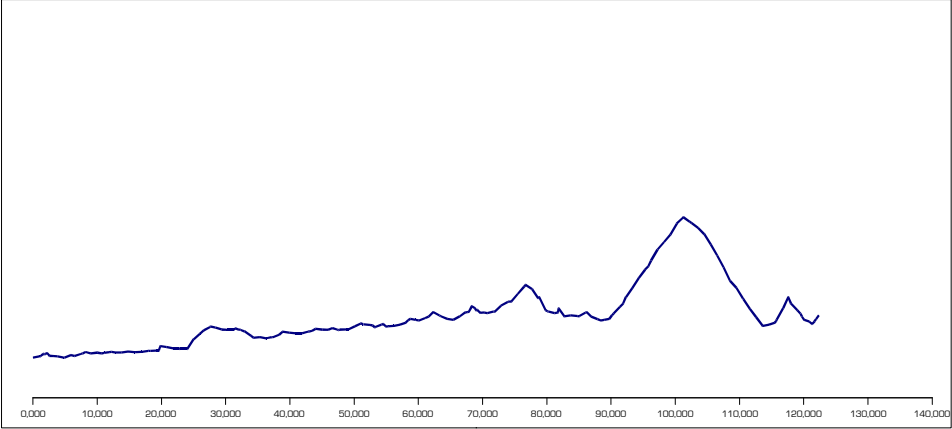
G.P.M.

alt.	località	distanza km.		dislivello %
		parz.	progr.	
343	Pont St. Martin		0,000	
440		1,000	1,000	9.7%
472		0,330	1,330	9.7%
527	Perloz - loc. Plan de Brun	0,780	2,110	7.1%
619		0,860	2,970	10.7%
729	Perloz	0,850	3,820	12.9%

alt.	località	distanza km.		dislivello %
		parz.	progr.	
635	Perloz - loc. Remondin		0,000	
686	Lillianes	2,220	2,220	2.3%
786	Fontainemore	2,100	4,320	4.8%
889		2,000	6,320	5.2%
961	Issime	2,590	8,910	2.8%
1004		2,000	10,910	2.2%
1070	Gaby	2,190	13,100	3.0%
1182		2,000	15,100	5.6%
1268		2,000	17,100	4.3%
1351		2,000	19,100	4.2%
1423	Gressoney St. Jean	2,830	21,930	2.5%
1413		2,000	23,930	-0.5%
1532		2,000	25,930	6.0%
1640	Gressoney La Trinité	2,730	28,660	4.0%
1716		1,000	29,660	7.6%
1745		1,000	30,660	2.9%
1760	bv. - Gressoney La Trinité - loc. Staffal	0,510	31,170	2.9%
1808		1,000	32,170	4.8%
1827	Gressoney La Trinité - loc. Staffal	0,390	32,560	4.9%

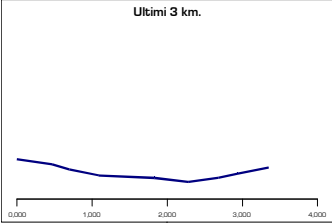


str.	alt.	località	distanza km.		ora teorica passaggio			note
			parz.	progr.	30 Km/h.	35 Km/h.	40 km/h.	
	315	Donnas			12.00	12.00	12.00	
SS.26	315	Donnas		0.000	12.15	12.15	12.15	
	344	Pont St. Martin	2.000	2.000	12.19	12.18	12.18	
SS.26	328	Pont St. Martin - circonvallazione	1.120	3.120	12.21	12.20	12.19	
SS.26	315	Donnas	1.800	4.920	12.24	12.23	12.22	
SS.26	359	Bard	3.270	8.190	12.31	12.29	12.27	
	356	Arnad - loc. Echallod	4.620	12.810	12.40	12.36	12.34	
	359	Issogne	3.020	15.830	12.46	12.42	12.38	
	361	Issogne - loc. Fleuran	1.150	16.980	12.48	12.44	12.40	
SS.26	389	Montjovet	5.810	22.790	13.00	12.54	12.49	
SS.26	529	St. Vincent - loc. Champerioux	3.790	26.580	13.08	13.00	12.54	
SS.26	535	St. Vincent - circonvallazione	2.840	29.420	13.13	13.05	12.59	CASH
SS.26	545	Chatillon - circonvallazione	2.140	31.560	13.18	13.09	13.02	serie di gallerie illuminate
SS.26	519	Verrayes - loc. Champagne	7.330	38.890	13.32	13.21	13.13	
SS.26	530	Nus - circonvallazione	4.560	43.450	13.41	13.29	13.20	
SS.26	534	SS.26 bv. St. Marcel	2.500	45.950	13.46	13.33	13.23	
SR.35	535	Quart - loc. Villefranche	1.830	47.780	13.50	13.36	13.26	
SR.35	577	Pollein - loc. Grand Pollein	3.700	51.480	13.57	13.43	13.32	
SR.35	555	Pollein	1.790	53.270	14.01	13.46	13.34	
SR.20	565	Charvensod - loc. Pont Suaz	2.890	56.160	14.07	13.51	13.39	
SR.20	619	Gressan	2.620	58.780	14.12	13.55	13.43	CASH
SR.20	606	Jovençan	1.270	60.050	14.15	13.57	13.45	
SR.20	673	Jovençan - loc. Pomiód	2.250	62.300	14.19	14.01	13.48	
SR.20	640	Aymavilles	1.180	63.480	14.21	14.03	13.50	
SS.26	612	bv. SS.26 / SR.47	1.970	65.450	14.25	14.07	13.53	
	674	St. Pierre	2.410	67.860	14.30	14.11	13.56	
	719	St. Pierre - loc. Tache	0.480	68.340	14.31	14.12	13.57	
	704	St. Pierre - loc. Pommier	0.470	68.810	14.32	14.12	13.58	
SS.26	667	bv. SS.26 / Chavonne / St. Pierre	0.820	69.630	14.34	14.14	13.59	
SS.26	664	Villeneuve	1.100	70.730	14.36	14.16	14.01	
SS.26	754	Arvier	3.270	74.000	14.43	14.21	14.06	
	886	Col d'Introd	2.690	76.690	14.48	14.26	14.10	GPM - 2
SR.23	853	Introd - loc. Ville Dessus	1.050	77.740	14.50	14.28	14.11	
SR.23	669	Villeneuve	3.980	81.720	14.58	14.35	14.17	
	639	Villeneuve - loc. Chavonne	1.010	82.730	15.00	14.36	14.19	
SR.47	640	Aymavilles	2.300	85.030	15.05	14.40	14.22	
SR.20	673	Jovençan - loc. Pomiód	1.180	86.210	15.07	14.42	14.24	
SR.20	606	Jovençan	2.250	88.460	15.11	14.46	14.27	
SR.20	647	Gressan	1.680	90.140	15.15	14.49	14.30	
SR.40	1417	Gressan - loc. Les Fleurs	11.130	101.270	15.37	15.08	14.46	GPM - 1
SR.18	1372	Charvensod - loc. Peroulaz	1.260	102.530	15.40	15.10	14.48	
SR.18	775	Charvensod	8.080	110.610	15.56	15.24	15.00	
SR.18	565	Charvensod - loc. Pont Suaz	3.010	113.620	16.02	15.29	15.05	
SR.20	589	Gressan - loc. Chevrot	1.870	115.490	16.05	15.32	15.08	
	613	Gressan - loc. Fontaine	0.320	115.810	16.06	15.33	15.08	
	789		1.780	117.590	16.10	15.36	15.11	
	639	Gressan - loc. Villevoire	2.120	119.710	16.14	15.40	15.14	
	580	Gressan - loc. Bel Air	1.580	121.290	16.17	15.42	15.16	
SR.40	647	Gressan	1.070	122.360	16.19	15.44	15.18	



ultimi 3 km

alt.	località	distanza km.		dislivello %
		parz.	progr.	
687			0,000	
662	bv. Gressan -	0,470	0,470	-5,3%
639	Gressan - loc. Villevoire	0,230	0,700	-10,0%
611	bv. SR.20	0,390	1,090	-7,2%
599	bv.	0,740	1,830	-1,6%
580	Gressan - loc. Bel Air	0,450	2,280	-4,2%
600	bv.	0,400	2,680	5,0%
619	Gressan	0,260	2,940	7,3%
647	Gressan - loc. Chez les Jean	0,410	3,350	6,8%



G.P.M.

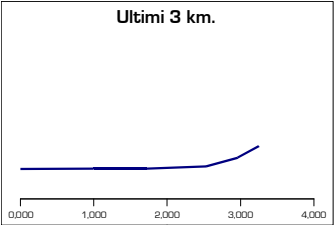
alt.	località	distanza km.		dislivello %
		parz.	progr.	
754	Arvier		0,000	
755		0,470	0,470	0,2%
814		1,000	1,470	5,9%
873		1,000	2,470	5,9%
886	Col d'Introd	0,220	2,690	5,9%

alt.	località	distanza km.		dislivello %
		parz.	progr.	
619	Gressan		0,000	
647	Gressan - loc. Chez les Jean	0,410	0,410	6,8%
714		1,280	1,690	5,2%
739	Gressan - loc. Plan David	0,470	2,160	5,3%
939		2,420	4,580	8,3%
1033	Gressan - loc. Leysetta	1,510	6,090	6,2%
1077	Gressan - loc. Champlan	0,420	6,510	10,5%
1282	Gressan - loc. Tivet	3,010	9,520	6,8%
1367		1,000	10,520	8,5%
1416		1,000	11,520	4,9%
1417	Gressan - loc. Les Fleurs	0,020	11,540	5,0%

str.	alt.	località	distanza km.		ora teorica passaggio			note
			parz.	progr.	30 Km/h.	35 Km/h.	40 km/h.	
	670	St. Pierre			12.00	12.00	12.00	
SS.26	670	St. Pierre		0.000	12.15	12.15	12.15	
SS.26	754	Arvier	4,580	4,580	12.24	12.22	12.21	
SS.26	798	Avisè - loc. Runaz	3,240	7,820	12.30	12.28	12.26	
	964	La Salle	6,840	14,660	12.44	12.40	12.36	GPM - 2
SS.26	798	Avisè - loc. Runaz	8,110	22,770	13.00	12.54	12.49	
SS.26	754	Arvier	3,240	26,010	13.07	12.59	12.54	
SS.26	667	St. Pierre	5,380	31,390	13.17	13.08	13.02	CASH
SR.47	640	Aymavilles	4,460	35,850	13.26	13.16	13.08	
SR.20	606	Jovençan	3,430	39,280	13.33	13.22	13.13	
SR.35	565	Charvensod - loc. Pont Suaz	3,890	43,170	13.41	13.29	13.19	
SR.15	555	Pollein	2,890	46,060	13.47	13.33	13.24	
SR.14	535	Brissogne / bv. St. Marcel	5,490	51,550	13.58	13.43	13.32	
SR.13	538	St. Marcel - loc. Lillaz	2,400	53,950	14.02	13.47	13.35	
SS.26	515	Fenis - loc. Tillier	2,950	56,900	14.08	13.52	13.40	
SS.26	515	Fenis - bv. Nus	0,740	57,640	14.10	13.53	13.41	
SS.26	519	Verrayes - loc. Champagne	5,090	62,730	14.20	14.02	13.49	CASH
SR.42	661	Verrayes - loc. Grossaix	1,650	64,380	14.23	14.05	13.51	
SR.42	760	Verrayes - loc. Payé	1,410	65,790	14.26	14.07	13.53	
SR.42	1015	Verrayes	3,630	69,420	14.33	14.14	13.59	
SR.42	1054	Verrayes - loc. Gros Ollian	1,520	70,940	14.36	14.16	14.01	
SR.42	1130	Verrayes - loc. Tesselaz	1,070	72,010	14.39	14.18	14.03	
SR.42	1338	Verrayes - loc. Charriere	3,260	75,270	14.45	14.24	14.07	
SR.42	1424	Verrayes - loc. Grand villa	0,940	76,210	14.47	14.25	14.09	
SR.42	1545		2,000	78,210	14.51	14.29	14.12	
SR.42	1519	Verrayes - loc. Loson	1,470	79,680	14.54	14.31	14.14	
SR.42	1484	Verrayes - loc. Cerisoulaz	0,640	80,320	14.55	14.32	14.15	
SR.42	1685	Col St. Pantaléon	2,420	82,740	15.00	14.36	14.19	GPM - 1
SR.9	1520	Torgnon	2,750	85,490	15.05	14.41	14.23	
SR.46	1034	Antey St. André - loc. Grand Moulin	6,940	92,430	15.19	14.53	14.33	
SR.46	758	Châtillon - loc. Covalou	3,990	96,420	15.27	15.00	14.39	
SS.26	545	Chatillon - circonvallazione	3,510	99,930	15.34	15.06	14.44	serie di gallerie illuminate
SS.26	535	St. Vincent - circonvallazione	2,140	102,070	15.39	15.09	14.48	
SS.26	529	St. Vincent - loc. Champerioux	2,840	104,910	15.44	15.14	14.52	
SS.26	383	Montjovet	3,660	108,570	15.52	15.21	14.57	
	1036	Col d'Arlaz	7,360	115,930	16.06	15.33	15.08	GPM - 1
SR.45	818	Challand St. Victor - loc. Chataignere	2,470	118,400	16.11	15.37	15.12	
SR.45	742	Challand St. Victor	1,320	119,720	16.14	15.40	15.14	
SS.26	409	Verres	4,530	124,250	16.23	15.48	15.21	
SS.26	354	Arnad	4,120	128,370	16.31	15.55	15.27	
SS.26	359	Bard	4,640	133,010	16.41	16.03	15.34	
	458	Forte di Bard	0,720	133,730	16.42	16.04	15.35	

ultimi 3 km

alt.	località	distanza km.		dislivello %
		parz.	progr.	
347			0,000	
348		1,000	1,000	0,1%
348		0,720	1,720	0,0%
359	Bard	0,810	2,530	1,4%
402	Bard	0,430	2,960	10,0%
458	Forte di Bard	0,290	3,250	19,3%

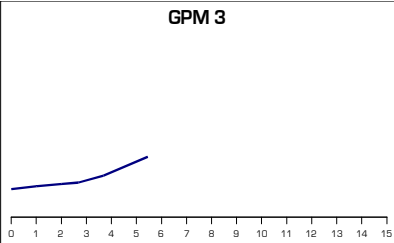
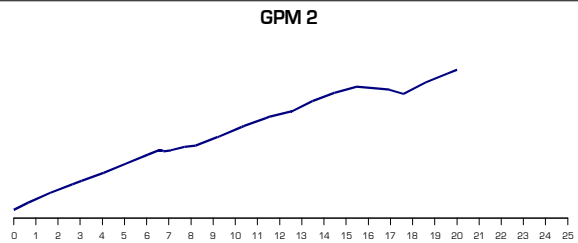
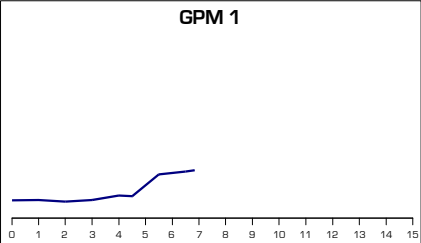
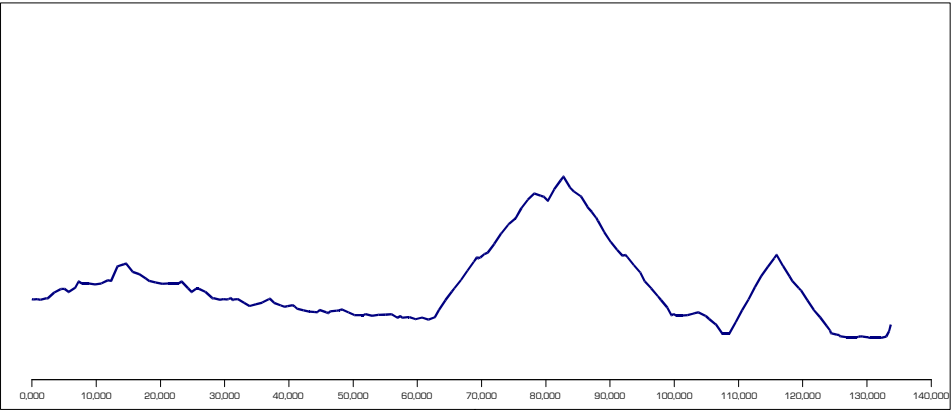


G.P.M.

alt.	località	distanza km.		dislivello %
		parz.	progr.	
798	Runaz		0,000	
791		2,000	2,000	-0,4%
825		2,000	4,000	1,7%
941		1,500	5,500	7,7%
964	La Salle	1,340	6,840	1,7%

alt.	località	distanza km.		dislivello %
		parz.	progr.	
519	Verrayes - loc. Champagne		0,000	
580	Verrayes - loc. Oley Dessus	0,660	0,660	9,2%
661	Verrayes - loc. Grossaix	0,990	1,650	8,2%
760	Verrayes - loc. Payé	1,410	3,060	7,0%
1015	Verrayes	3,630	6,690	7,0%
1015	Verrayes - loc. Plan de Verrayes	0,400	7,090	0,0%
1043	Verrayes - loc. Rapy	0,620	7,710	4,5%
1054	Verrayes - loc. Gros Ollian	0,500	8,210	2,2%
1130	Verrayes - loc. Tesselaz	1,070	9,280	7,1%
1293	Verrayes - loc. Dorinaz	2,250	11,530	7,2%
1338	Verrayes - loc. Charriere	1,010	12,540	4,5%
1424	Verrayes - loc. Grand villa	0,940	13,480	9,1%
1545		2,000	15,480	6,1%
1519	Verrayes - loc. Loson	1,470	16,950	-1,8%
1484	Verrayes - loc. Cerisoulaz	0,640	17,590	-5,5%
1685	Col St. Pantaléon	2,420	20,010	8,3%

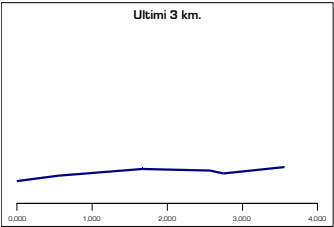
alt.	località	distanza km.		dislivello %
		parz.	progr.	
383	Montjovet		0,000	
577		2,000	2,000	9,7%
768		2,000	4,000	9,6%
935		2,000	6,000	8,4%
1009		1,000	7,000	7,4%
1036	Col d'Arlaz	0,360	7,360	7,5%



str.	alt.	località	distanza km.		ora teorica passaggio			note
			parz.	progr.	35 Km/h.	40 km/h.	45 km/h.	
	348	Hône			9.30	9.30	9.30	
SS.26	348	Hône		0.000	9.45	9.45	9.45	
SS.26	359	Bard	0.810	0.810	9.46	9.46	9.46	
SS.26	315	Donnas	3.270	4.080	9.52	9.51	9.50	
	344	Pont St. Martin - centro paese	2.000	6.080	9.55	9.54	9.53	
SS.26	328	Pont St. Martin - circonvallazione	1.120	7.200	9.57	9.55	9.54	
SS.26	315	Donnas	1.800	9.000	10.00	9.58	9.57	
SS.26	359	Bard	3.270	12.270	10.06	10.03	10.01	
	356	Arnad - loc. Echallod	4.620	16.890	10.13	10.10	10.07	
	359	Issogne	3.020	19.910	10.19	10.14	10.11	
	361	Issogne - loc. Fleuran	1.150	21.060	10.21	10.16	10.13	
SS.26	389	Montjovet	5.810	26.870	10.31	10.25	10.20	CASH
SS.26	529	St. Vincent - loc. Champerioux	3.790	30.660	10.37	10.30	10.25	
SS.26	535	St. Vincent - circonvallazione	2.840	33.500	10.42	10.35	10.29	
SS.26	545	Chatillon - circonvallazione	2.140	35.640	10.46	10.38	10.32	serie di gallerie illuminate
SS.26	472		2.770	38.410	10.50	10.42	10.36	
SR.10	520	Pontey	1.500	39.910	10.53	10.44	10.38	
SR.10	449	Châtillon - loc. St. Clair	2.600	42.510	10.57	10.48	10.41	
	492	Chatillon	1.000	43.510	10.59	10.50	10.43	
	560	St. Vincent	1.820	45.330	11.02	10.53	10.45	
SR.33	577	St. Vincent - bv. SR. 33	0.360	45.690	11.03	10.53	10.45	
SR.33	635	St. Vincent - loc. Fons Salutis	1.070	46.760	11.05	10.55	10.47	
SR.33	828	St. Vincent - loc. Moron	2.000	48.760	11.08	10.58	10.50	
SR.33	1085	St. Vincent - loc. Salirod	3.850	52.610	11.15	11.03	10.55	
SR.33	1465	St. Vincent - loc. Amay	5.750	58.360	11.25	11.12	11.02	
SR.33	1647	Col de Joux	2.630	60.990	11.29	11.16	11.06	GPM - 1
SR.33	1296		5.440	66.430	11.38	11.24	11.13	
SR.45	1318	Brusson	0.700	67.130	11.40	11.25	11.14	
SR.45	1134	Brusson - loc. Archesaz	3.260	70.390	11.45	11.30	11.18	
SR.45	1036	Challand St. Anselme	2.850	73.240	11.50	11.34	11.22	
SR.45	742	Challand St. Victor	5.050	78.290	11.59	11.42	11.29	
SR.45	409	Verres	4.530	82.820	12.06	11.49	11.35	
SS.26	389	Montjovet	5.040	87.860	12.15	11.56	11.42	
SS.26	529	St. Vincent - loc. Champerioux	3.790	91.650	12.22	12.02	11.47	
SS.26	559	St. Vincent - circonvallazione	1.120	92.770	12.24	12.04	11.48	
	539		1.720	94.490	12.26	12.06	11.50	
	568	St. Vincent	1.240	95.730	12.29	12.08	11.52	

ultimi 3 km

alt.	località	distanza km.		dislivello %
		parz.	progr.	
503	bv. - Montjovet - loc. Estaod		0,000	
529	St. Vincent - loc. Champerioux	0,550	0,550	4,7%
559		1,120	1,670	2,7%
552		0,900	2,570	-0,8%
539		0,180	2,750	-7,2%
568	St. Vincent	0,810	3,560	3,6%



G.P.M.

alt.	località	distanza km.		dislivello %
		parz.	progr.	
577	St. Vincent - bv. SR. 33		0,000	
635	St. Vincent - loc. Fons Salutis	1,070	1,070	5,4%
671	St. Vincent - loc. Bacon	0,450	1,520	8,0%
828	St. Vincent - loc. Moron	1,550	3,070	10,1%
981	St. Vincent - loc. Grun	2,490	5,560	6,1%
1085	St. Vincent - loc. Salirod	1,360	6,920	7,6%
1158		1,000	7,920	7,3%
1252		1,220	9,140	7,7%
1350	St. Vincent - loc. Grand Run	1,260	10,400	7,8%
1465	St. Vincent - loc. Amay	2,270	12,670	5,1%
1540		1,000	13,670	7,5%
1606		1,000	14,670	6,6%
1647	Col de Joux	0,630	15,300	6,5%

