

					<b>D1</b> TOR450 START	<b>D2</b>	<b>D3</b> TOR330 START	<b>D4</b>	<b>D5</b> TOR130 START	<b>D6</b>	<b>D7</b>	<b>D8</b>	<b>D9</b> TOR30 START		
Sett./sept/sept. 2021					10	11	12	13	14	15	16	17	18		

# TOR330 - Tor des Géants® 2021

## Timetable

(ref. gpx TOR330 2021)

Location	Altitude	Km	Distance between waypoints	Distance between manned stations	POI typology*	D+ cumul. (m)	D+ (m)	D- (m)	FIRST WAVE				SECOND WAVE		
									Fastest passage	Slowest passage	Cut off time		Cut off time		
											IN	OUT	IN	OUT	
<b>Courmayeur</b>	<b>1,224</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>START</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>D3 10.00</b>						
Col Arp	2,571	9.2	9.2		W	1,510	1510	205							
<b>Baite Youlaz</b>	<b>2,051</b>	<b>12.4</b>	<b>3.2</b>	<b>12.4</b>	<b>R</b>	<b>1,534</b>	<b>24</b>	<b>500</b>							
<b>La Thuile</b>	<b>1,458</b>	<b>18.7</b>	<b>6.3</b>	<b>6.3</b>	<b>R+A</b>	<b>1,751</b>	<b>217</b>	<b>802</b>	<b>D3 12.00</b>	<b>D3 15.10</b>		<b>D3 15:30</b>		<b>D3 17:30</b>	
La Joux	1,613	21.8	3.1		W	1,855	104	24							
<b>Rif. Deffeyes</b>	<b>2,500</b>	<b>28.2</b>	<b>6.4</b>	<b>9.5</b>	<b>R</b>	<b>2,937</b>	<b>1082</b>	<b>205</b>	<b>D3 14.00</b>	<b>D3 20.00</b>					
Col Haut Pas	2,857	31.2	3		W	3,293	356	57							
<b>Promoud</b>	<b>2,017</b>	<b>37.8</b>	<b>6.6</b>	<b>9.6</b>	<b>R+A</b>	<b>3,364</b>	<b>71</b>	<b>828</b>	<b>D3 15.00</b>	<b>D3 23.30</b>					
Col Crosatie	2,829	40.9	3.1	3.1	A	4,187	823	24							
Lac du Fond	2,439	42.7	1.8		W	4,213	26	426							
<b>Planaval</b>	<b>1,517</b>	<b>48.2</b>	<b>5.5</b>	<b>10.4</b>	<b>R</b>	<b>4,307</b>	<b>94</b>	<b>965</b>	<b>D3 17.00</b>	<b>D4 03.30</b>					
<b>Valgrisenche</b>	<b>1,800</b>	<b>54</b>	<b>5.8</b>	<b>5.8</b>	<b>Base Vita</b>	<b>4,586</b>	<b>279</b>	<b>251</b>	<b>D3 17.30</b>	<b>D4 05.00</b>	<b>D4 5:00</b>	<b>D4 07:00</b>	<b>D4 7:00</b>	<b>D4 09:00</b>	
<b>Chalet Epee</b>	<b>2,366</b>	<b>60.5</b>	<b>6.5</b>	<b>6.5</b>	<b>R</b>	<b>5,410</b>	<b>824</b>	<b>135</b>							
Col Fenetre	2,840	63.7	3.2		W	5,889	479	6							
<b>Rhemes-Notre-Dame</b>	<b>1,738</b>	<b>68.6</b>	<b>4.9</b>	<b>8.1</b>	<b>R+A</b>	<b>5,982</b>	<b>93</b>	<b>1209</b>	<b>D3 19.35</b>	<b>D4 14.50</b>					
Col Entrelor	3,002	74.5	5.9	5.9	A	7,327	1345	55	D3 22.10						
<b>Eaux Rousses</b>	<b>1,683</b>	<b>84.5</b>	<b>10</b>	<b>10</b>	<b>R+A</b>	<b>7,537</b>	<b>210</b>	<b>1547</b>	<b>D3 23.20</b>	<b>D4 19.20</b>		<b>D4 19:30</b>		<b>D4 21:30</b>	
Col Loson	3,299	97.2	12.7	12.7	A	9,408	1871	270	D4 01.30						
<b>Rif. Vittorio Sella</b>	<b>2,585</b>	<b>101.9</b>	<b>4.7</b>	<b>4.7</b>	<b>R</b>	<b>9,486</b>	<b>78</b>	<b>497</b>	<b>D4 02.50</b>						
Valnontey	1,667	107.3	5.4		W	9,569	83	978							
<b>Cogne</b>	<b>1,531</b>	<b>110.5</b>	<b>3.2</b>	<b>8.6</b>	<b>Base Vita</b>	<b>9,616</b>	<b>47</b>	<b>200</b>	<b>D4 03.45</b>	<b>D5 03.00</b>	<b>D5 04:00</b>	<b>D5 06:00</b>	<b>D5 06:00</b>	<b>D5 08:00</b>	
Lillaz	1,651	114.2	3.7		W	9,837	221	127							
<b>Goilles</b>	<b>1,830</b>	<b>116.3</b>	<b>2.1</b>	<b>5.8</b>	<b>R</b>	<b>10,074</b>	<b>237</b>	<b>16</b>	<b>D4 04.50</b>						
<b>Rif. Sogno</b>	<b>2,534</b>	<b>125.2</b>	<b>8.9</b>	<b>8.8</b>	<b>R</b>	<b>10,919</b>	<b>845</b>	<b>251</b>							
Finestra Di Champorcher	2,827	127.2	2		W	11,241	322	27							
Rif. Miserin	2,581	129.3	2.1		W	11,272	31	282							
<b>Rif. Dondena</b>	<b>2,151</b>	<b>132.9</b>	<b>3.6</b>	<b>7.7</b>	<b>R</b>	<b>11,303</b>	<b>31</b>	<b>408</b>	<b>D4 07.35</b>						
<b>Chardonney</b>	<b>1,450</b>	<b>138.4</b>	<b>5.5</b>	<b>5.5</b>	<b>R+A</b>	<b>11,406</b>	<b>103</b>	<b>836</b>	<b>D4 08.00</b>	<b>D5 16.00</b>					
<b>Pontboset</b>	<b>791</b>	<b>146.7</b>	<b>8.3</b>	<b>8.3</b>	<b>R</b>	<b>11,637</b>	<b>231</b>	<b>948</b>							
Bard	390	153.4	6.7		W	12,076	439	797							
<b>Donnas</b>	<b>330</b>	<b>156.3</b>	<b>2.9</b>	<b>9.6</b>	<b>Base Vita</b>	<b>12,242</b>	<b>166</b>	<b>216</b>	<b>D4 10.00</b>	<b>D5 23.00</b>	<b>D6 00:00</b>	<b>D6 02:00</b>	<b>D6 02:00</b>	<b>D6 04:00</b>	
<b>Perloz</b>	<b>663</b>	<b>162.2</b>	<b>5.9</b>	<b>5.9</b>	<b>R</b>	<b>12,913</b>	<b>671</b>	<b>361</b>							
Tour d'Hereraz	586	163.2	1		W	12,998	85	202							
<b>Sassa</b>	<b>1,398</b>	<b>169.9</b>	<b>6.7</b>	<b>7.7</b>	<b>R</b>	<b>14,143</b>	<b>1145</b>	<b>247</b>	<b>D4 13.00</b>	<b>D6 07.00</b>					
<b>Rif. Coda (mid-race)</b>	<b>2,224</b>	<b>174.5</b>	<b>4.6</b>	<b>4.6</b>	<b>R+A</b>	<b>15,024</b>	<b>881</b>	<b>67</b>	<b>D4 14.30</b>	<b>D6 12.15</b>	<b>MID-RACE</b>		<b>MID-RACE</b>		
<b>Rif. della Barma</b>	<b>2,040</b>	<b>183.2</b>	<b>8.7</b>	<b>8.7</b>	<b>R</b>	<b>15,676</b>	<b>652</b>	<b>857</b>	<b>D4 17.00</b>	<b>D6 13.00</b>		<b>D6 13:00</b>		<b>D6 15:00</b>	
Col du Marmontana	2,350	187.8	4.6		W	16,215	539	237							
<b>Lago Chiaro</b>	<b>2,096</b>	<b>189</b>	<b>1.2</b>	<b>5.8</b>	<b>R</b>	<b>16,226</b>	<b>11</b>	<b>276</b>	<b>D4 18.30</b>	<b>D6 15.17</b>					
Crena du Ley	2,311	190.8	1.8		W	16,570	344	131							
<b>Col della Vecchia</b>	<b>2,184</b>	<b>193.3</b>	<b>2.5</b>	<b>4.3</b>	<b>R+A</b>	<b>16,747</b>	<b>177</b>	<b>284</b>	<b>D4 19.30</b>	<b>D6 17.36</b>					
<b>Niel - Dortoir La Gruba</b>	<b>1,573</b>	<b>199.7</b>	<b>6.4</b>	<b>6.4</b>	<b>R+A</b>	<b>17,166</b>	<b>419</b>	<b>1052</b>	<b>D4 20.45</b>	<b>D6 19.00</b>		<b>D6 19:30</b>		<b>D6 21:30</b>	
Col Lasoney	2,385	203.2	3.5		W	18,029	863	36							
<b>Ober Lòo</b>	<b>2,075</b>	<b>206</b>	<b>2.8</b>	<b>6.3</b>	<b>R</b>	<b>18,063</b>	<b>34</b>	<b>337</b>	<b>D4 22.50</b>						
<b>Gressoney Palazzetto</b>	<b>1,329</b>	<b>213.4</b>	<b>7.4</b>	<b>7.4</b>	<b>Base Vita</b>	<b>18,300</b>	<b>237</b>	<b>940</b>	<b>D4 23.30</b>	<b>D6 23.00</b>	<b>D6 23:00</b>	<b>D7 01:00</b>	<b>D7 01:00</b>	<b>D7 03:00</b>	
<b>Rif. Alpenzu</b>	<b>1,788</b>	<b>218.7</b>	<b>5.3</b>	<b>5.3</b>	<b>R</b>	<b>18,826</b>	<b>526</b>	<b>155</b>	<b>D5 01.00</b>	<b>D7 04.00</b>					
Col Pinter	2,776	223.3	4.6		W	19,894	1068	43							
Cuneaz	2,095	226.9	3.6		W	19,960	66	798							
<b>Champoluc</b>	<b>1,556</b>	<b>230.8</b>	<b>3.9</b>	<b>12.1</b>	<b>R+A</b>	<b>20,019</b>	<b>59</b>	<b>541</b>	<b>D5 04.15</b>	<b>D7 13.00</b>		<b>D7 13:00</b>		<b>D7 15:00</b>	
Saint-Jacques (Ayas)	1,700	233.9	3.1		W	20,270	251	111							
<b>Rif. Grand Tournalin</b>	<b>2,535</b>	<b>239.1</b>	<b>5.2</b>	<b>8.3</b>	<b>R</b>	<b>21,172</b>	<b>902</b>	<b>54</b>	<b>D5 06.00</b>	<b>D7 16.00</b>					
Col di Nana	2,770	240.7	1.6		W	21,448	276	48							
Col des Fontaines	2,695	242.1	1.4		W	21,497	49	145							
Cheneil	2,116	245.1	3		W	21,506	9	571							
<b>Cretaz (Valtournenche)</b>	<b>1,526</b>	<b>248.2</b>	<b>3.1</b>	<b>9.1</b>	<b>Base Vita</b>	<b>21,547</b>	<b>41</b>	<b>653</b>	<b>D5 07.30</b>	<b>D7 19.00</b>	<b>D7 19:00</b>	<b>D7 21:00</b>	<b>D7 21:00</b>	<b>D7 23:00</b>	
<b>Rif. Barmasse</b>	<b>2,175</b>	<b>252.8</b>	<b>4.6</b>	<b>4.6</b>	<b>R</b>	<b>22,390</b>	<b>843</b>	<b>188</b>	<b>D5 09.15</b>	<b>D7 22.30</b>					

