



Check Point	Distance in km	Cumulative Distance in km	Status of section	Stages	Previous Times	Cumulative time	Position	Times data	Time per stage	Checkpoint time schedule by next point	Comments and actions:	Comparison to Ville:	Track of Current Times:	Cumulative Time ahead or behind Previous event.	Cumulative Time ahead or behind Ville Previous event.	Stages	Previous Times	Cumulative time	Position	Times data	Time per stage
			Flat	Chamonix	V-18:00	-	-	18:00:00			Check if poles are required?		17:00:00			Chamonix	V-18:01	-	-	18:01:00	
			Climb	Le Delevret	V-19:35	01:35:04	170	19:35:00	01:35:00	01:35:00		00:10:00	01:38:46	00:03:42	00:06:37	Le Delevret	V-19:46	01:45:23	473	19:46:00	01:45:00
U2	21	21	Down hill	Saint-Gervais	V-20:18	02:17:41	170	20:18:00	01:43:00	01:43:00		00:00:00	02:23:52	00:05:11	00:10:18	Saint-Gervais	V-20:34	02:35:06	436	20:34:00	00:48:00
U3	10	31	Gradual climb	Les Contamines Montjoie	V-21:40	03:39:17	170	21:40:00	01:22:00	03:46	Need to get ready for night (headlamp, jacket ext) 31km into the race. 2 vert big climbs and two smaller climbs, with two long down hills, 47kms distance.	00:01:00	03:42:54	00:03:37	00:11:24	Les Contamines Montjoie	V-21:55	03:54:22	351	21:55:00	01:21:00
U4	8	39	Climb	La Balme	V-22:56	04:55:55	140	22:56:00	01:18:00			00:01:00	05:05:10	00:09:15	00:04:28	La Balme	V-23:10	05:09:29	231	23:10:00	01:15:00
U5	11	50	Down hill	Les Chapieux	S-00:50	06:49:39	141	00:50:00	00:39:00			00:02:00	07:05:11	00:12:12	00:03:28	Les Chapieux	S-01:07	07:05:41	214	01:07:00	00:37:00
U6	15	65	Gradual climb	Col de la Seigne	S-02:38	08:37:25	127	02:38:00	01:38:00			00:02:00	09:05:42	00:31:17	00:05:03	Col de la Seigne	S-03:07	09:05:43	152	03:07:00	02:00:00
U7	9	74	Down hill	Lac Combal	S-03:51	09:51:05	118	03:51:00	01:13:00			00:02:00	10:13:24	00:22:19	00:35:36	Lac Combal	S-03:39	09:37:48	183	03:39:00	00:32:00
U8	4	78	Down hill	Arête du Mont-Favre	S-04:46	10:46:02	109	04:46:00	00:35:00			00:00:00	11:12:42	00:26:40	00:40:02	Arête du Mont-Favre	S-04:34	10:37:40	169	04:34:00	00:55:00
U9			Down hill	Col Chevreuil Néron Vieille	S-05:20	11:19:38	109	05:20:00	00:34:00			00:01:00	11:47:11	00:19:38	00:19:38	Col Chevreuil Néron Vieille	S-05:17	11:17:42	145	05:17:00	00:31:00
			Down hill	Courmayeur - Mountain Sport Center	S-05:56	11:55:50		05:56:00	00:36:00	08:16:00	Things to remember: sunscreen, headlights off. Medium sized climb, with nice section of fat, steep climb with long downhill, into short climb to Champex. This is pure endurance running.	00:01:00	12:24:35	00:28:45	00:39:11	Courmayeur - Mountain Sport Center	S-05:46	11:45:24	165	05:46:00	00:37:00
			Down hill	Courmayeur - Mountain Sport Center	S-06:12	12:11:44	96	06:12:00	00:16:00		Spent only 16minutes here!! Previously, Switch to day pack!	00:06:00	12:41:42	00:29:58	00:34:11	Refuge de l'Ange - Courmayeur	S-06:08	12:07:24	131	06:08:00	00:22:00
U9	5	83	Climb	Refuge Bertone	S-07:22	13:21:53	82	07:22:00	01:10:00			00:02:00	13:50:28	00:28:37	00:35:26	Refuge Bertone	S-07:16	13:15:07	135	07:16:00	01:08:00
U10	12	95	Flat	Refuge Bonatti	S-08:23	14:22:57	87	08:23:00	01:01:00			00:05:00	15:00:00	00:17:31	00:16:26	Refuge Bonatti	S-08:26	14:24:48	137	08:26:00	01:10:00
U11	14	109	Down hill	Grand Col Ferret	S-09:10	15:10:02	84	09:10:00	00:47:00			00:01:00	15:27:33	00:21:12	00:18:50	Annivaz	S-09:12	15:11:07	134	09:12:00	00:46:00
U12	16	125	Gradual down hill	La Fouly	S-11:33	17:32:07	77	11:33:00	01:12:00		This is an important stop. Midday focus on mentally being ready/feet gets hard from this point. Must eat really well but not too much. Back end with 3 big climbs.	00:02:00	17:52:11	00:20:04	00:15:31	Grand Col Ferret	S-10:25	16:25:37	120	10:25:00	01:13:00
U13	17	142	Climb	Champex-Lac	S-13:41	19:40:32		13:41:00	02:08:00	07:45:00		00:00:00	19:41:48	00:01:16	00:03:27	Champex-Lac	S-13:46	19:45:15	103	13:46:00	02:08:00
U14	10	150	Down hill	La Griette	S-16:12	22:11:10	57	16:12:00	02:31:00			00:12:00	21:48:37	00:22:39	00:15:26	La Griette	S-16:05	22:03:57	93	16:05:00	02:19:00
U15	11	161	Down hill	Finet	S-17:03	23:10:49	61	17:03:00	00:49:00	03:20:00		00:10:00	22:27:31	00:33:18	00:15:00	Finet	S-16:44	22:42:37	87	16:44:00	00:39:00
U16	10	171	Climb	Les Teespes	S-18:00	24:39:36	73	18:00:00	01:39:00			00:05:00	23:38:10	01:29:28	00:16:58	Les Teespes	S-17:48	23:47:09	99	17:48:00	01:04:00
U17	10	181	Down hill	Vallorcine Estrie	S-19:54	25:53:41	77	19:54:00	00:54:00	02:53:00		00:07:00	24:47:40	01:18:25	00:12:23	Vallorcine	S-18:49	24:47:40	77	18:49:00	01:01:00
U18	11	192	Climb	Vallorcine Sortie	S-21:57	27:56:56	75	21:57:00	02:03:00			00:12:00	27:17:19	01:39:31	00:47:53	La Tête aux vents	S-19:30	25:29:36	74	19:30:00	00:41:00
U19	11	203	Down hill	La Flégère	S-22:44	28:43:55	73	22:44:00	00:47:00			00:06:00	27:58:24	01:45:31	00:08:18	La Flégère	S-21:03	27:01:39	73	21:03:00	01:33:00
Finish	8	171	Down hill	Chamonix	D-00:04	30:03:46	79	00:04:00	01:16:00			00:04:00	03:49:25	02:14:21	00:01:36	Chamonix	S-21:49	27:47:49	69	21:49:00	00:46:00

LANGEL Kai
 Finisher : 30:03:46
 General ranking : 79
 Category ranking V1 H : 26
 Club / Team : C.E. TRAIL TARRACO
 Nationality : FI

MAKSIMAINEN Ville
 Finisher : 27:47:49
 General ranking : 69
 Category ranking V1 H : 21
 Club / Team : HOKA ONE ONE TEAM FINLAND
 Nationality : FI

Stages	Previous Times	Cumulative time	Position	Times data	Time per stage	Track of Current Times:
Chamonix	V-18:00	-	-	18:00:00		
Les Houches	V-18:39	00:38:01	172	18:39:00	00:38:00	
Saint-Gervais	V-20:11	02:11:00	162	20:11:00	01:33:00	
Les Contamines Montjoie	V-21:27	03:27:15	150	21:27:00	01:16:00	
La Balme	V-22:43	04:43:34	150	22:43:00	01:16:00	
Refuge de la Croix du Bonhomme	V-23:58	05:58:53	152	23:58:00	01:15:00	
Les Chapieux	S-00:33	06:33:00	140	00:33:00	00:35:00	
Col de la Seigne	S-02:25	08:25:19	151	02:25:00	01:52:00	
Lac Combal	S-03:51	09:51:06	156	03:51:00	01:26:00	
Arête du Mont-Favre	S-04:46	10:46:38	150	04:46:00	00:55:00	
Col Chevreuil Néron Vieille	S-05:17	11:17:42	145	05:17:00	00:31:00	
Courmayeur - Mountain Sport Center	S-05:51	11:51:52	143	05:51:00	00:34:00	
Courmayeur - Mountain Sport Center	S-06:04	12:04:23	124	06:04:00	00:13:00	
Refuge Bertone	S-07:27	13:27:57	134	07:27:00	01:23:00	
Refuge Bonatti	S-08:34	14:34:53	135	08:34:00	01:07:00	
Annivaz	S-09:20	15:20:15	132	09:20:00	00:46:00	
Grand Col Ferret	S-10:34	16:34:25	125	10:34:00	01:14:00	
La Fouly	S-11:39	17:39:11	113	11:39:00	01:05:00	
Champex-Lac	S-14:01	20:01:55	117	14:01:00	02:22:00	
La Griette	S-16:41	22:41:16	112	16:41:00	02:40:00	
Finet	S-17:27	23:27:32	109	17:27:00	00:46:00	
Les Teespes	S-18:39	24:39:27	109	18:39:00	01:12:00	
Vallorcine	S-19:49	25:49:02	107	19:49:00	01:10:00	
La Tête aux vents	S-21:01	28:01:37	109	21:01:00	02:12:00	
La Flégère	S-22:46	28:46:20	109	22:46:00	00:45:00	
Chamonix	D-00:03	30:03:37	111	00:03:00	00:17:00	

ORAVAMÄKI Maija
 Finisher : 30:03:37
 General ranking : 111
 Category ranking V1 F : 2
 Club / Team : SALONKUN-SUUNTO TRAIL TEAM FINLAND
 Nationality : FI