

	Venerdì Friday Vendredi	Sabato Saturday Samedi	Domenica Sunday Dimanche	Lunedì Monday Lundi	Martedì Tuesday Mardi	Mercoledì Wednesday Mercredi	Giovedì Thursday Jeudi	Venerdì Friday Vendredi	Sabato Saturday Samedi
	D1 TOR450 START	D2	D3 TOR330 START	D4	D5 TOR130 START	D6	D7	D8	D9 TOR30 START
Sett./sept/sept. 2022	9	10	11	12	13	14	15	16	17

TOR130 - Tot Dret

Gressoney St. Jean - September 13-15, 2022

(ref. gpx TOR130 2022)

Location	POI tipology	Altitude	Km	Distance between waypoints	Distance between aid stations (Km)	D+ cumul. (m)	D+ (m)	D- (m)	Fastest passage	Flowest passage	Cut off time
Gressoney-Saint-Jean	START	1,329	-	-	-	-	-	-	D5 21.00		
Rif. Alpenzu	R	1,788	3.6	3.6	3.6	526	526	155			
Col Pinter	W	2,776	8.2	4.6		1594	1068	43			
Cuneaz	W	2,095	11.8	3.6		1660	66	798			
Champoluc	R+A	1,556	15.7	3.9	12.1	1719	59	541	D5 23.15	D6 02.44	
Saint-Jacques (Ayas)	W	1,700	18.8	3.1		1970	251	111			
Rif. Grand Tourmalin	R	2,535	24	5.2	8.3	2872	902	54	D6 00.38	D6 08.07	
Col di Nana	W	2,770	25.6	1.6		3148	276	48			
Col des Fontaines	W	2,695	27	1.4		3197	49	145			
Cheneil	W	2,116	30	3.0		3206	9	571			
Cretaz (Valtourmenche)	R	1,526	33.1	3.1	9.1	3247	41	653	D6 1.55	D6 08.00	D6 08.00
Rif. Barmasse	R	2,175	37.7	4.6	4.6	4090	843	188	D6 02.54	D6 10.03	
Fenetre d'Ersa	W	2,293	41.6	3.9		4493	403	280			
Gordza	R	1,954	48.9	7.3	11.2	4658	165	489	D6 04.23	D6 13.43	
Col Fenetre	W	2175	50.2	1.3		4866	208	9			
Rif. Lo Magià	R	2,007	55.8	5.6	6.9	5100	234	411	D6 05.29	D6 14.40	
Rif. Cuney	R+A	2,656	58.9	3.1	3.1	5762	662	5	D6 06.11	D6 16.24	
Col Chaleby	W	2,693	61.3	2.4		5961	199	179			
Biv. R. Clermont	R	2,705	63.6	2.3	4.7	6242	281	245	D6 07.10	D6 18.31	
Col Vessona	W	2,788	64.1	0.5		6333	91	28			
Oyace	Base vita	1,360	74.3	10.2	10.7	6598	265	1,698	D6 8.30	D6 19.30	D6 19.30
Bruson l'Arp	R	2,091	79.4	5.1	 	7617	1019	191	D6 09.10	D6 22.54	
Col Bruson	A	2,508	81.1	1.7	 	8027	410	62			
Berio Damon	R	1,942	83.7	2.6	 	8089	62	628	D6 10.19	D6 19.40	
Ollomont	R	1,396	87.7	4.0	13.4	8162	73	636	D6 11.06	D6 23.52	D7 00.00
Rif. Champillon	R	2,433	92.7	5.0	5	9241	1079	34	D6 12.30	D7 02.54	
Col Champillon	W	2,707	93.9	1.2		9528	287	5			
Ponteille Desot	R	1,830	98.1	4.2	4.2	9605	77	980	D6 13.30	D7 05.10	
Saint-Rhemy	W	1,611	108	9.9		10151	546	738			
Bosses	R+A	1,525	109.8	1.8	11.7	10210	59	153	D6 14.35	D7 06.57	D7 7.00
Merdeux	W	2,250	117.4	7.6		11140	930	175			
Rif. Frassati	R	2,537	118.9	1.5	9.1	11422	282	20	D6 16.31	D7 11.02	
Col Malatra	A	2,936	121	2.1	2.1	11853	431	43			
Pas Entre Deux Sauts	R+A	2,524	124.8	3.8	3.8	12046	193	595	D6 17.50	D7 13.26	
Arminaz	W	2,009	128.4	3.6		12049	3	526			
Leuchey	W	1,902	131.8	3.4		12234	185	243			
Mont de la Saxe	R	1,975	133.7	1.9	8.9	12388	154	74	D6 19.23	D7 16.05	
Courmayeur (FINISH)	A+R	1,224	138.5	4.8	4.8	12439	51	857	D6 20.01	D7 17.00	D7 17.00

*POI Tipology A = Aid station
R = Refreshment point
W = Simple waypoint
Base vita = all services are available