

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

TOR330 - Tor des Géants® 2022

Timetable

(ref. gpx TOR330 2022)

Location	Altitude	Km	Distance between waypoints	Distance between manned stations	POI tipology*	D+ cumul. (m)	D+ (m)	D- (m)	FIRST WAVE				SECOND WAVE					
									Fastest passage	Slowest passage	Cut off time		Fastest passage	Slowest passage	Cut off time			
									IN	OUT	IN	OUT	IN	OUT				
Courmayeur	1,224	0	0	0	START	0	0	0	D3 10.00					D3 12.00				
Col Arp	2,571	9.2	9.2		W	1,510	1510	205										
Baïte Youlaz	2,051	12.4	3.2	12.4	R	1,534	24	500	D3 11.42	D3 13.15				D3 13.57	D3 17.05			
La Thuile	1,458	18.7	6.3	6.3	R+A	1,751	217	802	D3 12.00	D3 15.10			D3 15.30	D3 14.00	D3 17.30			D3 17.30
La Joux	1,613	21.8	3.1		W	1,855	104	24										
Rif. Defeyes	2,500	28.2	6.4	9.5	R	2,837	1082	205	D3 13.40	D3 18.34				D3 16.00	D3 22.00			
Col Haut Pas	2,857	31.2	3		W	3,293	356	57										
Promoud	2,017	37.8	6.6	9.6	R+A	3,384	71	828	D3 14.34	D3 19.37				D3 17.19	D4 00.33			
Col Crosatle	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										
Planaval	1,517	48.2	5.5	10.4	R	4,307	94	965	D3 16.38	D4 01.28				D3 19.16	D4 05.53			
Valgrisenche	1,800	54	5.8	5.8	Base Vita	4,586	279	251	D3 17.01	D4 03.01	D4 5.00	D4 07.00		D3 19.59	D4 07.07	D4 7.00	D4 09.00	
Chalet Epee	2,966	60.5	6.5	6.5	R	5,410	824	135	D3 18.17	D4 08.52				D3 21.58	D4 11.38			
Col Fenetre	2,840	63.7	3.2		W	5,889	479	6										
Rhemes-Notre-Dame	1,738	68.6	4.9	8.1	R+A	5,882	93	1209	D3 19.35	D4 10.17				D3 23.39	D4 16.42			
Col Entrérol	3,002	74.5	5.9	5.9	A	7,327	1345	55	D3 22.10					D4 00.10				
Eaux Rousses	1,683	84.5	10	10	R+A	7,537	210	1547	D3 22.23	D4 16.10			D4 19.30	D4 03.11	D4 20.49			D4 21.30
Col Loson	3,299	97.2	12.7	12.7	A	9,408	1871	270	D4 01.30					D4 03.30				
Rif. Vittorio Sella	2,585	101.9	4.7	4.7	R	9,486	78	497	D4 01.42	D5 02.24				D4 07.05	D5 06.31			
Valnontey	1,667	107.3	5.4		W	9,569	83	978										
Cogne	1,531	110.5	3.2	8.6	Base Vita	9,616	47	200	D4 02.54	D5 02.45	D5 04.00	D5 05.00		D4 08.17	D5 05.50	D5 06.00	D5 08.00	
Lillaz	1,651	114.2	3.7		W	9,837	221	127										
Golles	1,830	116.3	2.1	5.8	R	10,074	237	16	D4 03.43	D5 06.46				D4 09.58	D5 10.05			
Rif. Sogno	2,534	125.2	8.9	8.8	R	10,919	945	251	D4 05.17	D5 09.01				D4 11.48	D5 12.36			
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										
Rif. Dondena	2,151	132.9	3.6	7.7	R	11,303	31	408	D4 06.27	D5 11.42				D4 13.15	D5 15.44			
Chardonney	1,450	138.4	5.5	5.5	R+A	11,406	103	836	D4 07.14	D5 13.12				D4 14.13	D5 17.50			
Pontboset	791	146.7	8.3	8.3	R	11,837	231	948	D4 08.19	D5 15.47				D4 15.56	D5 20.19			
Bard	390	153.4	6.7		W	12,076	439	797										
Donnas	330	156.3	2.9	9.6	Base Vita	12,242	166	216	D4 09.54	D5 18.52	D5 00.00	D5 02.00		D4 18.05	D5 23.21	D5 02.00	D5 04.00	
Perloz	663	162.2	5.9	5.9	R	12,913	671	361	D4 10.58	D5 01.17				D4 21.04	D5 05.43			
Tour d'Hereraz	586	163.2	1		W	12,998	85	202										
Sassa	1,388	169.9	6.7	7.7	R	14,143	1145	247	D4 12.42	D5 04.46				D4 23.01	D5 09.02			
Rif. Code (mid-race)	2,224	174.5	4.6	4.6	R+A	15,024	881	67	D4 14.13	D6 07.40	MID-RACE			D5 00.42	D6 12.05	MID-RACE		
Rif. della Barma	2,040	183.2	8.7	8.7	R	15,876	652	857	D4 16.20	D6 11.41			D5 13.00	D5 03.38	D6 15.00			D6 15.00
Col du Mamontana	2,350	187.8	4.6		W	16,215	539	237										
Lago Chiaro	2,096	189	1.2	5.8	R	16,226	11	276	D4 17.35	D6 14.04				D5 06.15	D6 17.39			
Crena du Ley	2,311	190.8	1.8		W	16,570	344	131										
Col della Vecchia	2,184	193.3	2.5	4.3	R+A	16,747	177	284	D4 18.47	D6 16.25				D5 07.36	D6 20.23			
Niel - Dortoïr La Gruba	1,573	199.7	6.4	6.4	R+A	17,166	419	1052	D4 20.08	D6 19.00			D5 19.30	D5 09.13	D6 21.30			D6 21.30
Col Lasoney	2,385	203.2	3.5		W	18,029	863	36										
Ober Löö	2,075	206	2.8	6.3	R	18,063	34	337	D4 21.59	D6 23.26				D5 11.01	D7 00.39			
Gressoney Palazzetto	1,329	213.4	7.4	7.4	Base Vita	18,300	237	940	D4 23.14	D6 23.00	D5 23.00	D7 01.00		D5 12.27	D7 00.55	D7 01.00	D7 03.00	
Rif. Alpenzu	1,788	218.7	5.3	5.3	R	18,828	526	155	D5 00.21	D7 03.01				D5 14.33	D7 04.32			
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										
Champoluc	1,556	230.8	3.9	12.1	R+A	20,019	59	541	D5 03.25	D7 08.34			D5 13.00	D5 17.40	D7 11.37			D7 15.00
Saint-Jacques (Ayas)	1,700	233.9	3.1		W	20,270	251	111										
Rif. Grand Tourmalin	2,535	239.1	5.2	8.3	R	21,172	902	54	D5 05.27	D7 13.06				D5 19.33	D7 15.24			
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										
Chaneil	2,116	245.1	3		W	21,506	9	571										
Cretaz (Valtournenche)	1,526	248.2	3.1	9.1	Base Vita	21,547	41	653	D5 07.12	D7 16.40	D7 19.00	D7 21.00		D5 21.33	D7 20.19	D7 21.00	D7 23.00	
Rif. Barmasse	2,175	252.8	4.6	4.6	R	22,390	843	188	D5 08.48	D7 22.07				D6 00.06	D8 00.23			
Fenetre d'Ersa	2,293	256.7	3.9		W	22,793	403	280										
Varetton (Torgnon)	2,288	257.9	1.2	5.1	R	22,911	118	106	D5 10.00	D8 00.38				D6 02.20	D8 02.48			
Fenetre de Tzan	2,738	263	5.1		W	23,529	618	186										
Rif. Lo Maglià	2,007	266.6	3.6	8.7	R	23,540	11	744	D5 11.47	D6 04.57				D6 04.35	D8 07.54			
Rif. Cuney	2,656	269.7	3.1	3.1	R+A	24,202	662	5	D5 12.58	D8 08.40				D6 06.37	D8 10.06			
Col Chaleby	2,693	272.1	2.4		W	24,401	199	179										
Biv. R. Clermont	2,705	274.4	2.3	4.7	R	24,682	281	245	D5 14.07	D8 09.45				D6 08.09	D8 11.35			
Col Vessona	2,788	274.9	0.5		W	24,773	91	28										
Oyace	1,360	285.1	10.2	10.7	R+A	25,038	265	1698	D5 15.48	D6 12.49			D5 13.30	D6 09.54	D8 15.04			D8 15.30
Bruson l'Arp	2,091	290.2	5.1	5.1	R	26,057	1019	191	D5 17.07	D8 15.25				D6 11.43	D8 17.33			
Col Bruson	2,508	291.9	1.7		A	26,467	410	62										
Berio Damon	1,942	294.5	2.6	4.3	R	26,529	62	628	D5 18.44	D8 17.27				D6 12.59	D8 20.20			
Rey (Ollomont)	1,396	298.5	4	4	Base Vita	26,602	73	636	D5 19.04	D8 17.00	D8 17.00	D8 19.00		D6 13.20	D6 19.00	D8 19.00	D8 21.00	
Rif. Champillon	2,433	303.5	5	5	R	27,681	1079	34	D5 20.49	D8 20.49				D6 15.30	D8 23.51			
Col Champillon	2,707	304.7	1.2		W	27,968	287	5										
Pontelle Desot	1,830	308.9	4.2	5.4	R	28,045	77	980	D5 21.59	D8 23.40				D6 17.10	D9 04.01			
Saint-Rhemy	1,611	318.8	9.9		W	28,591	546	738										
Bosses	1,525	320.6	1.8	11.7	R+A	28,650	59	153	D5 23.19	D9 02.45				D6 18.27	D9 06.44			
Merdeux	2,250	328.2	7.6		W	29,580	930	175		D9 08.00			D9 08.00	D9 10.00			D9 10.00	
Rif. Frassati	2,537	329.7	1.5	9.1	R	29,862	282	20	D6 01.19	D9 07.28				D6 20.50	D9 10.53			
Col Malatra	2,936																	