

									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 TOR100 START	D7	D8	D9 TOR30 START
TOR330 - Tor des Géants®																	
Timetable																	
Waypoint	Altitude (m)	POI tipology*	Distance from START (km)	Distance from previous point (km)	D+ from START (m)	D+ from previous point (m)	D- from START (m)	D- from previous point (m)	FIRST WAVE				SECOND WAVE				
									Fastest passage	Slowest passage	Cut off time		Fastest passage	Slowest passage	Cut off time		
											IN	OUT			IN	OUT	
Courmayeur START	1,224 m	START	0.0 Km	0.0 Km	0 m	0 m	0 m	0 m	D3 10.00				D3 12.00				
Col ARP	2,568 m	W	9.0 Km	9.0 Km	1,396 m	1,396 m	87 m	87 m									
Baite Youlaz	2,036 m	R	12.8 Km	3.8 Km	1,396 m	0 m	550 m	463 m	D3 11.42	D3 13.56			D3 13.57	D3 17.05			
La Thuile	1,468 m	R+A	19.0 Km	6.2 Km	1,495 m	99 m	1,187 m	637 m	D3 12.00	D3 15.10	D3 15.30		D3 14.00	D3 17.30		D3 17.30	
Rifugio Deffeyes	2,490 m	R	27.9 Km	8.9 Km	2,638 m	1,143 m	1,334 m	147 m	D3 13.40	D3 19.02			D3 16.00	D3 22.00			
Col Passo Alto	2,856 m	W	30.7 Km	2.8 Km	3,042 m	404 m	1,374 m	40 m									
Bivacco Zappelli	2,274 m	R+A	32.8 Km	2.1 Km	3,044 m	2 m	1,943 m	569 m	D3 14.34	D3 21.14			D3 17.19	D4 00.33			
Col de la Crosatie	2,823 m	A	36.0 Km	3.2 Km	3,748 m	704 m	2,092 m	149 m									
Lac Du Fond	2,441 m	W	37.6 Km	1.6 Km	3,766 m	18 m	2,484 m	392 m									
Planaval	1,562 m	R	42.8 Km	5.2 Km	3,814 m	48 m	3,353 m	869 m	D3 16.30	D4 01.28			D3 19.16	D4 05.53			
BaseVita-Valgrisenche	1,693 m	Base Vita	48.5 Km	5.8 Km	4,032 m	218 m	3,459 m	106 m	D3 17.01	D4 03.01	D4 5.00	D4 07.00	D3 19.59	D4 07.07	D4 7.00	D4 09.00	
Rifugio Chalet de L'epée	2,370 m	R	54.9 Km	6.3 Km	4,805 m	773 m	3,569 m	110 m	D3 18.17	D4 08.52			D3 21.58	D4 11.38			
Col Fenêtre	2,844 m	W	58.0 Km	3.1 Km	5,244 m	439 m	3,575 m	6 m									
Rhemes-Notre-Dame	1,732 m	R+A	62.9 Km	4.9 Km	5,296 m	52 m	4,756 m	1,181 m	D3 19.35	D4 10.46			D3 23.39	D4 16.42			
Col Entrelor	3,004 m	A	68.3 Km	5.4 Km	6,583 m	1,287 m	4,791 m	35 m									
Eaux Rousses	1,679 m	R+A	78.3 Km	10.0 Km	6,663 m	80 m	6,126 m	1,335 m	D3 22.23	D4 18.12	D4 19.30		D4 03.11	D4 20.49		D4 21.30	
Col Loson	3,295 m	A	90.6 Km	12.3 Km	8,351 m	1,688 m	6,339 m	213 m									
Rifugio Vittorio Sella	2,585 m	R	95.2 Km	4.6 Km	8,390 m	39 m	6,950 m	611 m	D4 01.42	D5 02.24			D4 07.05	D5 06.31			
Valnontey	1,670 m	W	100.9 Km	5.7 Km	8,445 m	55 m	7,760 m	810 m									
BaseVita-Cogne	1,536 m	Base Vita	104.0 Km	3.1 Km	8,488 m	43 m	7,912 m	152 m	D4 02.54	D5 03.33	D5 04.00	D5 06.00	D4 08.17	D5 05.50	D5 06.00	D5 08.00	
Lillaz	1,637 m	W	107.7 Km	3.7 Km	8,661 m	173 m	8,016 m	104 m									
Goilles Dessous	1,836 m	R	109.8 Km	2.1 Km	8,851 m	190 m	8,069 m	53 m	D4 03.43	D5 07.16			D4 09.58	D5 10.05			
Finestra Di Champorcher	2,827 m	W	120.3 Km	10.6 Km	9,858 m	1,007 m	8,184 m	115 m									
Rifugio Del Misérin	2,583 m	W	122.4 Km	2.0 Km	9,862 m	4 m	8,352 m	168 m									
Rifugio Dondena	2,192 m	R	126.0 Km	3.6 Km	9,866 m	4 m	8,646 m	294 m	D4 06.27	D5 11.56			D4 13.15	D5 15.44			
Chardonney - Champorcher	1,442 m	R+A	131.6 Km	5.7 Km	9,921 m	55 m	9,262 m	616 m	D4 07.14	D5 13.22			D4 14.13	D5 17.50			
Pontboset	782 m	R	139.4 Km	7.7 Km	10,077 m	156 m	9,997 m	735 m	D4 08.19	D5 15.47			D4 15.56	D5 20.19			
Bard	377 m	W	146.8 Km	7.4 Km	10,594 m	517 m	10,873 m	876 m									
BaseVita-Donnas	323 m	Base Vita	149.8 Km	3.0 Km	10,671 m	77 m	11,007 m	134 m	D4 09.49	D5 18.52	D6 00.00	D6 02.00	D4 18.05	D5 23.21	D6 02.00	D6 04.00	
Perloz	649 m	R	155.6 Km	5.8 Km	11,240 m	569 m	11,257 m	250 m	D4 10.58	D5 01.17			D4 21.04	D6 05.43			
Tour d'Hereraz	559 m	W	156.4 Km	0.9 Km	11,342 m	102 m	11,425 m	168 m									
La Sassa	1,440 m	R	162.9 Km	6.4 Km	12,351 m	1,009 m	11,615 m	190 m	D4 12.34	D6 04.46			D4 23.01	D6 09.02			
Col Carisey	2,125 m	W	166.4 Km	3.5 Km	13,005 m	654 m	11,645 m	30 m									
Rifugio Coda	2,252 m	R+A	167.3 Km	0.9 Km	13,142 m	137 m	11,662 m	17 m	D4 13.51	D6 07.40	MID-RACE		D5 00.42	D6 12.05	MID-RACE		
Crest	1,915 m	W	172.5 Km	5.2 Km	13,412 m	270 m	12,229 m	567 m									
Rifugio della Barma	2,049 m	R	175.6 Km	3.1 Km	13,714 m	302 m	12,407 m	178 m	D4 15.42	D6 11.41	D6 13.00		D5 03.38	D6 15.00		D6 15.00	
Col du Marmontana	2,347 m	W	179.8 Km	4.2 Km	14,166 m	452 m	12,589 m	182 m									
Lago Chiaro	2,091 m	R	180.9 Km	1.1 Km	14,174 m	8 m	12,838 m	249 m	D4 17.00	D6 14.04			D5 06.15	D6 17.39			
Crenna di Ley	2,312 m	W	182.6 Km	1.7 Km	14,524 m	350 m	12,960 m	122 m									
Colle Della Vecchia	2,196 m	R+A	184.9 Km	2.3 Km	14,683 m	159 m	13,233 m	273 m	D4 18.00	D6 16.25			D5 07.36	D6 20.23			
Niel - Dortoir La Gruba	1,557 m	R+A	190.5 Km	5.6 Km	15,002 m	319 m	14,166 m	933 m	D4 19.08	D6 19.00	D6 19.30		D5 09.13	D6 21.30		D6 21.30	
Colle Lazoney	2,395 m	W	193.9 Km	3.4 Km	15,800 m	798 m	14,173 m	7 m									
Bleckene - Lòò Superiore	2,061 m	R	196.7 Km	2.8 Km	15,800 m	0 m	14,452 m	279 m	D4 20.47	D6 23.26			D5 11.01	D7 00.39			
BaseVita-Gressoney	1,376 m	Base Vita	203.8 Km	7.1 Km	15,860 m	60 m	15,119 m	667 m	D4 21.42	D6 23.00	D6 23.00	D7 01.00	D5 12.27	D7 00.55	D7 01.00	D7 03.00	
Rifugio Alpenzu	1,776 m	R	208.9 Km	5.1 Km	16,296 m	436 m	15,199 m	80 m	D4 22.52	D7 03.01			D5 14.33	D7 04.32			
Col Pinter	2,782 m	W	213.4 Km	4.4 Km	17,221 m	925 m	15,218 m	19 m									
Cuneaz	2,051 m	W	217.1 Km	3.7 Km	17,281 m	60 m	15,949 m	731 m									
Champoluc	1,576 m	R+A	220.8 Km	3.7 Km	17,301 m	20 m	16,387 m	438 m	D5 01.49	D7 09.33	D7 13.00		D5 17.40	D7 11.37		D7 15.00	
Saint-Jaques	1,693 m	W	223.6 Km	2.8 Km	17,395 m	94 m	16,404 m	17 m									
Rifugio Grand Tournalin	2,552 m	R	228.6 Km	5.0 Km	18,123 m	728 m	16,416 m	12 m	D5 04.11	D7 13.59			D5 19.33	D7 15.24			
Col de Nannaz	2,775 m	W	230.2 Km	1.5 Km	18,358 m	235 m	16,441 m	25 m									

TOR330 - Tor des Géants® Timetable																
Waypoint	Altitude (m)	POI tipology*	Distance from START (km)	Distance from previous point (km)	D+ from START (m)	D+ from previous point (m)	D- from START (m)	D- from previous point (m)	FIRST WAVE				SECOND WAVE			
									Fastest passage	Slowest passage	Cut off time		Fastest passage	Slowest passage	Cut off time	
											IN	OUT			IN	OUT
Col Des Fontaines	2,694 m	W	231.5 Km	1.4 Km	18,401 m	43 m	16,561 m	120 m								
Cheneil	2,110 m	W	234.5 Km	2.9 Km	18,405 m	4 m	17,100 m	539 m								
BaseVita-Valtournenche	1,504 m	Base Vita	237.5 Km	3.0 Km	18,420 m	15 m	17,680 m	580 m	D5 05.54	D7 17.09	D7 19.00	D7 21.00	D5 21.33	D7 20.19	D7 21.00	D7 23.00
Rifugio Barmasse	2,173 m	R	242.3 Km	4.9 Km	19,212 m	792 m	17,830 m	150 m	D5 07.33	D7 22.07			D6 00.06	D8 00.23		
Fenetre D'ersaz	2,290 m	W	246.3 Km	4.0 Km	19,511 m	299 m	17,989 m	159 m								
Bivacco Vareton	2,272 m	R	247.3 Km	1.0 Km	19,583 m	72 m	18,086 m	97 m	D5 08.40	D8 00.38			D6 02.20	D8 02.48		
Fenetre Du Tsan	2,739 m	W	252.1 Km	4.8 Km	20,144 m	561 m	18,208 m	122 m								
Rifugio Lo Magià	1,996 m	R	255.8 Km	3.7 Km	20,154 m	10 m	18,920 m	712 m	D5 10.38	D8 04.57			D6 04.35	D8 07.54		
Rifugio Cuney	2,655 m	R+A	259.3 Km	3.5 Km	20,802 m	648 m	18,934 m	14 m	D5 11.49	D8 08.40			D6 06.37	D8 10.06		
Col de Chaleby	2,684 m	W	261.6 Km	2.4 Km	20,951 m	149 m	19,075 m	141 m								
Bivacco R. Clermont	2,705 m	R	263.8 Km	2.2 Km	21,135 m	184 m	19,255 m	180 m	D5 13.06	D8 09.45			D6 08.09	D8 11.35		
Col de Vessonaz	2,788 m	W	264.2 Km	0.4 Km	21,219 m	84 m	19,258 m	3 m								
Oyace	1,351 m	R+A	274.7 Km	10.4 Km	21,370 m	151 m	20,804 m	1,546 m	D5 14.55	D8 12.50	D8 12.00		D6 09.54	D8 14.03	D8 14.00	
Bruson Arp	2,188 m	R	278.7 Km	4.0 Km	22,253 m	883 m	20,851 m	47 m	D5 16.27	D8 15.02			D6 11.43	D8 16.37		
Col Brison	2,519 m	A	280.3 Km	1.6 Km	22,615 m	362 m	20,888 m	37 m	D5 17.01							
Berrio Damon	1,936 m	R	282.7 Km	2.4 Km	22,680 m	65 m	21,530 m	642 m	D5 17.39	D8 16.02			D6 12.59	D8 17.50		
BaseVita-Ollomont	1,384 m	Base Vita	286.5 Km	3.8 Km	22,735 m	55 m	22,151 m	621 m	D5 17.57	D8 16.49	D8 17.00	D8 19.00	D6 13.20	D8 18.50	D8 19.00	D8 21.00
Rifugio Champillon	2,422 m	R	291.2 Km	4.6 Km	23,765 m	1,030 m	22,167 m	16 m	D5 19.36	D8 21.45			D6 15.30	D8 23.51		
Col de Champillon	2,711 m	W	292.3 Km	1.1 Km	24,049 m	284 m	22,167 m	0 m								
Ponteille	1,880 m	R	297.7 Km	5.5 Km	24,143 m	94 m	23,092 m	925 m	D5 21.04	D9 02.41			D6 17.10	D9 04.01		
Saint Rhemy	1,618 m	W	306.1 Km	8.4 Km	24,372 m	229 m	23,560 m	468 m								
Bosses - Time Barrier	1,525 m	R+A	307.8 Km	1.8 Km	24,391 m	19 m	23,643 m	83 m	D5 22.30	D9 05.55	D9 06.00		D6 18.27	D9 06.44	D9 08.00	
Merdeux	2,272 m	W	315.5 Km	7.7 Km	25,151 m	760 m	23,725 m	82 m	D9 08.00				D9 10.00			
Rifugio Frassati	2,548 m	R	316.9 Km	1.4 Km	25,422 m	271 m	23,732 m	7 m	D6 00.45	D9 09.06			D6 20.50	D9 10.53		
Col Malatrà	2,921 m	A	319.0 Km	2.1 Km	25,793 m	371 m	23,752 m	20 m								
Rifugio Bonatti	2,025 m	R+A	324.6 Km	5.6 Km	25,798 m	5 m	24,575 m	823 m	D6 02.23	D9 12.15			D6 22.40	D9 14.00		
Rifugio Bertone	1,991 m	R	332.1 Km	7.5 Km	26,149 m	351 m	24,958 m	383 m	D6 03.52	D9 14.57			D7 00.19	D9 17.02		
Courmayeur FINISH	1,224 m	A+R	336.5 Km	4.4 Km	26,182 m	33 m	25,727 m	769 m	D6 04.39	D9 15.50	D9 16.00		D7 01.13	D9 18.00	D9 18.00	

*POI Tipology

A = Aid station

R = Refreshment point

W = Simple waypoint

Base vita = all services are available