

Course de 14.5 kilomètres



Point	Km	Horaires estimés	
		3'15"/km	8'00"/km
Départ	0	9:40:00	9:40:00
1	0.2	9:40:39	9:41:36
2	0.4	9:41:18	9:43:12
3	0.4	9:41:18	9:43:12
4	0.6	9:41:57	9:44:48
5	1.4	9:44:33	9:51:12
6	2.2	9:47:09	9:57:36
7	2.4	9:47:48	9:59:12
8	3.1	9:50:05	10:04:48
9	3.5	9:51:23	10:08:00
10	4	9:53:00	10:12:00
11	4.9	9:55:55	10:19:12
12	5.6	9:58:12	10:24:48
13	6.3	10:00:29	10:30:24
14	6.8	10:02:07	10:34:24
15	7	10:02:45	10:36:00
16	7.4	10:04:03	10:39:12
17	8.3	10:06:59	10:46:24
3	8.6	10:07:58	10:48:48
2	8.6	10:07:58	10:48:48
18	9.2	10:09:54	10:53:36
19	9.5	10:10:53	10:56:00
20	9.6	10:11:12	10:56:48
21	10.7	10:14:47	11:05:36
22	11.3	10:16:44	11:10:24
23	11.9	10:18:41	11:15:12
24	12.8	10:21:37	11:22:24
25	13.3	10:23:14	11:26:24
26	14.1	10:25:49	11:32:48
27	14.4	10:26:48	11:35:12
Arrivée	14.6	10:27:27	11:36:48

