

	Indicative topographical data							Time limits LG, LG Relay 2 & 4			Supplies
Location	Dist cumul	Dist inter	Altitude	D+ cumul	D- cumul	D+ inter	D- inter	hour limite	time limite	speed mini / section	
Lausanne	0							02:00	-	-	
Morges	10	10	375	29	30	29	30	-	-	-	Liquid
Signal de Bougy	27.4	17.3	719	647	304	618	274	07:00	05:00	5.5 km/h	complete
Longirod	43.8	16.3	1355	1570	590	923	286	-	-	-	complete
Oujon	54.1	10.3	1073	1870	1174	300	584	-	-		drink
Saint-Cergue	65.4	11.3	1039	2349	1686	479	512	15:00	13:00	4.9 km/h	complete
Châlet Ski Club Nyon	72.1	6.6	1557	2966	1785	617	99	-	-	-	drink
La Rippe	83.4	11.3	574	3201	3003	235	1218	19:00	17:00	4.5 km/h	complete
Vesancy (FR)	91.5	8.1	746	3591	3221	390	218	-		-	drink
Chavannes des Bois	101.1	9.5	472	3731	3634	140	413	23:00	21:00	4.4 km/h	complete
Collex-Bossy	109.1	8	425	3841	3792	110	158	-	-	-	drink
Chateau de Penthes	114.9	5.7	454	3939	3862	98	70	-	-		complete
Genève	118.1	3.1	372	3947	3950	8	88	02:00	24:00	5.6 km/h	complete

	Indicative topographical data							Time limits LG HALF			Supplies
Location	Dist cumul	Dist inter	Altitude	D+ cumul	D- cumul	D+ inter	D- inter	hour limite	time limite	speed mini / section	
Saint-Cergue	0	0	1039	0	0	0	0	08:30	-	-	
Châlet Ski Club Nyon	6.6	6.6	1557	617	99	617	99	-	-	-	drink
La Rippe	18	11.3	571	852	1320	235	1221	12:30	04:00	4.5 km/h	complete
Vesancy (FR)	26	8	747	1242	1532	390	212	-		-	drink
Chavannes des Bois	35.6	9.6	472	1382	1948	140	416	16:30	08:00	4.4 km/h	complete
Collex-Bossy	43.7	8	424	1492	2106	110	158	-	-	-	drink
Chateau de Penthes	49.4	5.7	454	1590	2176	98	70	-	-		complete
Genève	52.6	3.1	372	1598	2264	8	88	19:30	11:00	5.6 km/h	complete