

Temps prévu :	Heure	30	Minute	0	Seconde	0
Heure de départ :	Heure	00	Minute	00		
Vitesse finale / vitesse initiale :	0.68					
Heure de lever du soleil :	Heure	5	Minute	40		
Heure de coucher du soleil :	Heure	18	Minute	24		
Qualités de descendeur :	<input type="radio"/> Mauvais	<input checked="" type="radio"/> Normal	<input type="radio"/> Bon			
Qualités de grimpeur :	<input type="radio"/> Mauvais	<input checked="" type="radio"/> Normal	<input type="radio"/> Bon			
Vitesses montée / descente	<input checked="" type="radio"/> Mètres/heure	<input type="radio"/> Mètres/minute				

Calcul

Enregistrer les prévisions

Charger les prévisions

Effacer les prévisions de la base (attention : non récupérable!)

Accueil

Saisir les temps de pause

Profil

Aide

Site de la course

Points	No	Rav.	Pente	Type de sol	D+ (m.)	D- (m.)	V D+ (m/h)	V D- (m/h)	Alt. (m.)	km	vit. equiv. (km/h)	Pause	Durée entre pauses	Heure arrivée	Heure départ	Temps	Barr. hor.	Av. ou ret.	Jour / nuit
Cap Mechant	1		▣		0	0	0	0	17	0	0	-	-	0s	0s	0s	-		☾
RN 2- Chemin Ceinture	2	🌀	➡	🟢	19	0	73	-	36	2.9	11.4	5mn0s	15mn33s	15mn33s	20mn33s	15mn33s	-		☾
Fin chemin ceinture	3		➡	🟢	62	0	333	-	98	4.8	11.4	-	-	31mn44s	31mn44s	31mn44s	-		☾
RF Mare Longue	4	🌀	↗	🟢	711	124	568	-	685	15.9	11.3	10mn0s	1h26mn14s	1h46mn47s	1h56mn47s	1h46mn47s	3h0mn0s		☾
GR2 Puy Ramond Sentier Tremble	5		↗	⬛	1405	6	788	-	2084	21	11	-	-	3h43mn48s	3h43mn48s	3h43mn48s	-		☾
Foc-foc Crete de l enclos	6	🌀	↗	⬛	297	31	619	-	2350	23.7	10.9	5mn0s	2h15mn46s	4h12mn34s	4h17mn34s	4h12mn34s	8h30mn0s		☾
Route du Volcan	7	🌀	➡	🟢	96	126	128	169	2320	30.9	10.8	5mn0s	44mn51s	5h2mn26s	5h7mn26s	5h2mn26s	9h30mn0s		☀
Pied du rempart des Balsaltes	8		➡	🟢	0	53	-	101	2267	36.1	10.7	5mn0s	31mn31s	5h38mn57s	5h43mn57s	5h38mn57s	-		☀
Oratoire Ste Therese	9		↗	🟢	239	106	681	-	2400	37	10.6	-	-	6h5mn0s	6h5mn0s	6h5mn0s	-		☀
Piton Textor	10	🌀	↗	🟢	156	391	370	927	2165	40.1	10.6	5mn0s	46mn20s	6h30mn17s	6h35mn17s	6h30mn17s	11h15mn0s		☀
Chalet des Patres	11		↗	🟢	87	568	160	1046	1684	45.4	10.5	-	-	7h7mn51s	7h7mn51s	7h7mn51s	-		☀
Mare a Boue	12	🌀	➡	🟢	0	90	-	197	1594	50.4	10.5	15mn0s	1h0mn1s	7h35mn19s	7h50mn19s	7h35mn19s	13h30mn0s		☀
Refuge du Kerveguen	13		↗	⬛	849	237	497	-	2206	59.5	10.3	10mn0s	1h42mn33s	9h32mn53s	9h42mn53s	9h32mn53s	-		☀
Bifurc. Gite Piton	14	🌀	↗	⬛	300	22	587	-	2484	62	10.1	5mn0s	30mn38s	10h13mn32s	10h18mn32s	10h13mn32s	19h0mn0s		☀
Le Bloc	15	🌀	↗	🟢	0	1097	-	1453	1387	66.2	10.1	5mn0s	45mn17s	11h3mn49s	11h8mn49s	11h3mn49s	21h0mn0s		☀
Cilaos	16	🌀	↗	🟢	10	173	33	562	1224	69.5	10	1h0mn0s	18mn27s	11h27mn16s	12h27mn16s	11h27mn16s	1h0mn0s		☀
GR ancien Therme Bras Rouge	17		↗	🟢	30	334	50	559	920	74.9	9.9	-	-	13h3mn7s	13h3mn7s	13h3mn7s	-		☀
Debut sentier du Taibit	18	🌀	↗	🟢	352	12	712	-	1260	76.6	9.8	5mn0s	1h5mn29s	13h32mn46s	13h37mn46s	13h32mn46s	5h0mn0s		☀
Col du Taibit	19		↗	⬛	950	130	629	-	2080	80.6	9.7	-	-	15h8mn20s	15h8mn20s	15h8mn20s	-		☀
Marla	20	🌀	↗	⬛	0	500	-	1222	1580	82.8	9.6	15mn0s	1h55mn7s	15h32mn54s	15h47mn54s	15h32mn54s	9h0mn0s		☀
varianteGR1 par passerelle ETH	21		↗	🟢	4	144	23	825	1440	84.3	9.5	-	-	15h58mn22s	15h58mn22s	15h58mn22s	-		☀
Bifurcation GRR1	22		↗	🟢	65	36	314	174	1541	85.7	9.5	-	-	16h10mn48s	16h10mn48s	16h10mn48s	-		☀
Bif. Gite Gravina Plaine des S	23		↗	🟢	62	103	372	619	1500	86.2	9.5	-	-	16h20mn48s	16h20mn48s	16h20mn48s	-		☀
Bif. Trois Roches/Plaine aux S	24		↗	🟢	10	60	92	554	1450	87.1	9.5	-	-	16h27mn17s	16h27mn17s	16h27mn17s	-		☀
Bif. Marla/ Trois Roches	25		↗	⬛	60	250	177	739	1260	89.2	9.4	-	-	16h47mn35s	16h47mn35s	16h47mn35s	-		☀
Trois Roches	26	🌀	↗	⬛	1	41	16	661	1220	89.7	9.4	5mn0s	1h3mn24s	16h51mn18s	16h56mn18s	16h51mn18s	10h45mn0s		☀
Bif. Roche Plate/Mafat	27		↗	⬛	382	482	361	456	1120	94.8	9.3	-	-	17h59mn46s	17h59mn46s	17h59mn46s	-		☀
Roche Plate	28	🌀	↗	🟢	0	10	-	428	1110	95	9.2	15mn0s	1h4mn51s	18h1mn10s	18h16mn10s	18h1mn10s	13h30mn0s		☀
Bif. Cimetiere/ Grand Place le	29		↗	⬛	90	10	570	-	1190	95.6	9.2	-	-	18h25mn38s	18h25mn38s	18h25mn38s	-		☀
Bif. Cayenne/ grand Place les	30		↗	⬛	70	510	129	939	750	98	9.2	-	-	18h58mn14s	18h58mn14s	18h58mn14s	-		☀

Bif. riviere des galets/ Cayen	31			600	230	637	-	1120	99.6	9.1	-	-	19h54mn46s	19h54mn46s	19h54mn46s	-	
Grand place les Bas Ecole	32			110	690	150	939	540	103.1	9	5mn0s	2h22mn42s	20h38mn52s	20h43mn52s	20h38mn52s	16h0mn0s	
Ilet a bourse	33			363	53	453	-	850	107.4	8.8	-	-	21h31mn57s	21h31mn57s	21h31mn57s	-	
La Plaque	34			35	0	92	-	885	110.3	8.8	-	-	21h54mn49s	21h54mn49s	21h54mn49s	-	
Aurere (ecole)	35			215	170	435	-	930	112.8	8.7	15mn0s	1h40mn36s	22h24mn29s	22h39mn29s	22h24mn29s	20h0mn0s	
La Porte/Riviere des Galets	36			0	0	0	-	930	119.1	8.6	-	-	23h28mn16s	23h28mn16s	23h28mn16s	-	
Riviere des Galets/Deux Bras	37			30	705	48	1126	255	121.2	8.5	40mn0s	1h26mn22s	5mn51s	45mn51s	24h5mn51s	3h0mn0s	
Eglise Dos D Ane	38			735	60	599	-	930	125.7	8.4	5mn0s	1h13mn33s	1h59mn24s	2h4mn24s	25h59mn24s	6h30mn0s	
Stade de Dos d'Ane	39			134	0	329	-	1064	128.2	8.3	5mn0s	24mn26s	2h28mn50s	2h33mn50s	26h28mn50s	10h30mn0s	
Piton Batard	40			561	112	573	-	1513	131.1	8.2	-	-	3h32mn36s	3h32mn36s	27h32mn36s	-	
La Fenere	41			70	803	57	658	780	139.8	8	-	-	4h45mn48s	4h45mn48s	28h45mn48s	-	
Colorado	42			24	124	59	306	680	142.8	7.9	5mn0s	2h36mn18s	5h10mn9s	5h15mn9s	29h10mn9s	14h30mn0s	
Stade de la Redoute	43			0	627	-	839	53	147.8	7.8	-	-	6h0mn0s	6h0mn0s	30h0mn0s	16h0mn0s	