

Lieu	Distance	7 km/h	6,5 km/h	6 km/h	5,5 km/h	5 km/h	4,5 km/h	4 km/h	3,5 km/h
<b>Urbès</b>	0,0 km	10:00	10:00	10:00	10:00	10:00	10:00	10:00	10:00
	0,5 km	10:04	10:04	10:05	10:05	10:06	10:06	10:07	10:08
	1,0 km	10:08	10:09	10:10	10:10	10:12	10:13	10:15	10:17
	1,5 km	10:12	10:13	10:15	10:16	10:18	10:20	10:22	10:25
	2,0 km	10:17	10:18	10:20	10:21	10:24	10:26	10:30	10:34
	2,5 km	10:21	10:23	10:25	10:27	10:30	10:33	10:37	10:42
<b>Eichwald</b>	3,0 km	10:25	10:27	10:30	10:32	10:36	10:40	10:45	10:51
	3,5 km	10:30	10:32	10:35	10:38	10:42	10:46	10:52	11:00
	4,0 km	10:34	10:36	10:40	10:43	10:48	10:53	11:00	11:08
	4,5 km	10:38	10:41	10:45	10:49	10:54	11:00	11:07	11:17
	5,0 km	10:42	10:46	10:50	10:54	11:00	11:06	11:15	11:25
<b>Gustiberg</b>	5,5 km	10:47	10:50	10:55	11:00	11:06	11:13	11:22	11:34
	6,0 km	10:51	10:55	11:00	11:05	11:12	11:20	11:30	11:42
	6,5 km	10:55	11:00	11:05	11:10	11:18	11:26	11:37	11:51
<b>Drumont</b>	7,0 km	11:00	11:04	11:10	11:16	11:24	11:33	11:45	12:00
	7,5 km	11:04	11:09	11:15	11:21	11:30	11:40	11:52	12:08
<b>Tête de Felling</b>	8,0 km	11:08	11:13	11:20	11:27	11:36	11:46	12:00	12:17
	8,5 km	11:12	11:18	11:25	11:32	11:42	11:53	12:07	12:25
	9,0 km	11:17	11:23	11:30	11:38	11:48	12:00	12:15	12:34
	9,5 km	11:21	11:27	11:35	11:43	11:54	12:06	12:22	12:42
	10,0 km	11:25	11:32	11:40	11:49	12:00	12:13	12:30	12:51
<b>Col d'Oderen</b>	10,5 km	11:30	11:36	11:45	11:54	12:06	12:20	12:37	13:00
	11,0 km	11:34	11:41	11:50	12:00	12:12	12:26	12:45	13:08
	11,5 km	11:38	11:46	11:55	12:05	12:18	12:33	12:52	13:17
	12,0 km	11:42	11:50	12:00	12:10	12:24	12:40	13:00	13:25
	12,5 km	11:47	11:55	12:05	12:16	12:30	12:46	13:07	13:34
<b>Langenbach</b>	13,0 km	11:51	12:00	12:10	12:21	12:36	12:53	13:15	13:42
	13,5 km	11:55	12:04	12:15	12:27	12:42	13:00	13:22	13:51
	14,0 km	12:00	12:09	12:20	12:32	12:48	13:06	13:30	14:00
	14,5 km	12:04	12:13	12:25	12:38	12:54	13:13	13:37	14:08
<b>Sutterly</b>	15,0 km	12:08	12:18	12:30	12:43	13:00	13:20	13:45	14:17
	15,5 km	12:12	12:23	12:35	12:49	13:06	13:26	13:52	14:25
	16,0 km	12:17	12:27	12:40	12:54	13:12	13:33	14:00	14:34
	16,5 km	12:21	12:32	12:45	13:00	13:18	13:40	14:07	14:42
<b>Oderen ( gare)</b>	17,0 km	12:25	12:36	12:50	13:05	13:24	13:46	14:15	14:51
<b>Baerenberg</b>	17,5 km	12:30	12:41	12:55	13:10	13:30	13:53	14:22	15:00
	18,0 km	12:34	12:46	13:00	13:16	13:36	14:00	14:30	15:08
	18,5 km	12:38	12:50	13:05	13:21	13:42	14:06	14:37	15:17
		12:42	12:55	13:10	13:27	13:48	14:13	14:45	15:25
	19,5 km	12:47	13:00	13:15	13:32	13:54	14:20	14:52	15:34
	20,0 km	12:51	13:04	13:20	13:38	14:00	14:26	15:00	15:42
<b>Oderen (école)</b>	20,5 km	12:55	13:09	13:25	13:43	14:06	14:33	15:07	15:51
<b>Pause 15 min</b>	20,5 km	11:05	11:05	11:05	11:05	11:05	11:05	11:05	11:05
	21,0 km	13:20	13:33	13:50	14:09	14:32	15:00	15:35	16:20
	21,5 km	13:24	13:38	13:55	14:14	14:38	15:06	15:42	16:28
<b>Maerelberg</b>	22,0 km	13:28	13:43	14:00	14:20	14:44	15:13	15:50	16:37
	22,5 km	13:32	13:47	14:05	14:25	14:50	15:20	15:57	16:45
	23,0 km	13:37	13:52	14:10	14:30	14:56	15:26	16:05	16:54
	23,5 km	13:41	13:56	14:15	14:36	15:02	15:33	16:12	17:02
	24,0 km	13:45	14:01	14:20	14:41	15:08	15:40	16:20	17:11
	24,5 km	13:50	14:06	14:25	14:47	15:14	15:46	16:27	17:20
<b>Steinacker</b>	25,0 km	13:54	14:10	14:30	14:52	15:20	15:53	16:35	17:28
	25,5 km	13:58	14:15	14:35	14:58	15:26	16:00	16:42	17:37
	26,0 km	14:02	14:20	14:40	15:03	15:32	16:06	16:50	17:45

Lieu	Distance	7 km/h	6,5 km/h	6 km/h	5,5 km/h	5 km/h	4,5 km/h	4 km/h	3,5 km/h
	26,5 km	14:07	14:24	14:45	15:09	15:38	16:13	16:57	17:54
<b>Parc de Wesserling</b>	27,0 km	14:11	14:29	14:50	15:14	15:44	16:20	17:05	18:02
	27,5 km	14:15	14:33	14:55	15:20	15:50	16:26	17:12	18:11
	28,0 km	14:20	14:38	15:00	15:25	15:56	16:33	17:20	18:20
	28,5 km	14:24	14:43	15:05	15:30	16:02	16:40	17:27	18:28
<b>Huselberg</b>	29,0 km	14:28	14:47	15:10	15:36	16:08	16:46	17:35	18:37
	29,5 km	14:32	14:52	15:15	15:41	16:14	16:53	17:42	18:45
	30,0 km	14:37	14:56	15:20	15:47	16:20	17:00	17:50	18:54
<b>Chauvelin</b>	30,5 km	14:41	15:01	15:25	15:52	16:26	17:06	17:57	19:02
	31,0 km	14:45	15:06	15:30	15:58	16:32	17:13	18:05	19:11
	31,5 km	14:50	15:10	15:35	16:03	16:38	17:20	18:12	19:20
	32,0 km	14:54	15:15	15:40	16:09	16:44	17:26	18:20	19:28
<b>Etang Erlenweiher</b>	32,5 km	14:58	15:20	15:45	16:14	16:50	17:33	18:27	19:37
<b>Pause 30'</b>	32,5 km	15:28	15:50	16:15	16:44	17:20	18:03	18:57	20:07
	33,0 km	15:32	15:54	16:20	16:50	17:26	18:10	19:05	20:15
	33,5 km	15:37	15:59	16:25	16:55	17:32	18:16	19:12	20:24
	34,0 km	15:41	16:03	16:30	17:00	17:38	18:23	19:20	20:32
	34,5 km	15:45	16:08	16:35	17:06	17:44	18:30	19:27	20:41
<b>Lehmat</b>	35,0 km	15:50	16:13	16:40	17:11	17:50	18:36	19:35	20:50
	35,5 km	15:54	16:17	16:45	17:17	17:56	18:43	19:42	20:58
	36,0 km	15:58	16:22	16:50	17:22	18:02	18:50	19:50	21:07
	36,5 km	16:02	16:26	16:55	17:28	18:08	18:56	19:57	21:15
<b>Col de Rimbach</b>	37,0 km	16:07	16:31	17:00	17:33	18:14	19:03	20:05	21:24
	37,5 km	16:11	16:36	17:05	17:39	18:20	19:10	20:12	21:32
	38,0 km	16:15	16:40	17:10	17:44	18:26	19:16	20:20	21:41
	38,5 km	16:20	16:45	17:15	17:50	18:32	19:23	20:27	21:50
<b>Mittelrainkopf</b>	39,0 km	16:24	16:50	17:20	17:55	18:38	19:30	20:35	21:58
	39,5 km	16:28	16:54	17:25	18:00	18:44	19:36	20:42	22:07
	40,0 km	16:32	16:59	17:30	18:06	18:50	19:43	20:50	22:15
	40,5 km	16:37	17:03	17:35	18:11	18:56	19:50	20:57	22:24
	41,0 km	16:41	17:08	17:40	18:17	19:02	19:56	21:05	22:32
	41,5 km	16:45	17:13	17:45	18:22	19:08	20:03	21:12	22:41
<b>Col des Perches</b>	42,0 km	16:50	17:17	17:50	18:28	19:14	20:10	21:20	22:50
	42,5 km	16:54	17:22	17:55	18:33	19:20	20:16	21:27	22:58
<b>Gite du Gazon Vert</b>	43,0 km	16:58	17:26	18:00	18:39	19:26	20:23	21:35	23:07
<b>Pause 20 min</b>	43,0 km	16:58	17:29	18:05	18:47	19:38	20:40	21:57	23:37
	43,5 km	17:17	17:46	18:20	18:59	19:47	20:45	21:57	23:30
	44,0 km	17:22	17:51	18:25	19:05	19:53	20:51	22:05	23:39
<b>Schagrikopf</b>	44,5 km	17:26	17:55	18:30	19:10	19:59	20:58	22:12	23:47
	45,0 km	17:30	18:00	18:35	19:15	20:05	21:05	22:20	23:56
	45,5 km	17:35	18:05	18:40	19:21	20:11	21:11	22:27	0:05
	46,0 km	17:39	18:09	18:45	19:26	20:17	21:18	22:35	0:13
<b>Kuttelmattwald</b>	46,5 km	17:43	18:14	18:50	19:32	20:23	21:25	22:42	0:22
	47,0 km	17:47	18:18	18:55	19:37	20:29	21:31	22:50	0:30
	47,5 km	17:52	18:23	19:00	19:43	20:35	21:38	22:57	0:39
	48,0 km	17:56	18:28	19:05	19:48	20:41	21:45	23:05	0:47
<b>Urbès</b>	48,5 km	18:00	18:32	19:10	19:54	20:47	21:51	23:12	0:56