

# PONTCHÂTEAU 2023

<b>ROAD-BOOK AMATEUR ELITE</b>
<b>PHASE A</b>
Echauffement 20 minutes
<b>PHASE B</b>
Départ B
OBS 1
PO 1
KM 1
OBS 2
PO 2
KM 2
OBS 3
PO 3
KM 3
OBS 4
OBS 5
KM 4
PO 4
PO 5
OBS 6
KM 5
KM 6
PO 6
OBS 7
KM 7
<b>ARRIVEE B = 7110 m</b>

<b>ROAD-BOOK AMATEUR</b>
<b>PHASE A</b>
Echauffement 20 minutes
<b>PHASE B</b>
Départ B
OBS 1
PO 1
KM 1
OBS 2
PO 2
KM 2
OBS 3
PO 3
OBS 4
KM 3
OBS 5
PO 4
KM 4
PO 5
OBS 6
KM 5
<b>ARRIVEE B = 5420 m</b>

<b>ROAD-BOOK CLUB ELITE</b>
<b>PHASE A</b>
Echauffement 20 minutes
<b>PHASE B</b>
Départ B
OBS 1
PO 1
KM 1
OBS 2
PO 2
KM 2
OBS 3
PO 3
OBS 4
KM 3
OBS 5
PO 4
<b>ARRIVEE B = 4000 m</b>