



Time fences 2019 & key points

| Km | Place | Dept | Info | Details | First athlete | Last athlete | Time Fence |
|-----------|-------------------------------------|-----------|-------------------|---|---------------|--------------|--------------|
| 0 | Espace Sport et Nature, Motz | 73 | | Start | 7:30 | 7:40 | |
| 1,5 | Châteaufort, Village | 73 | | Top of hill | 7:32 | 7:45 | |
| 7,5 | Serrières-en-chautagne, Village | 73 | | | 7:41 | 8:05 | |
| 11 | Ruffieux, Rond-point de Saumont | 73 | | | 7:46 | 8:16 | |
| 13 | Praz, Intersection | 73 | | | 7:49 | 8:23 | |
| 15 | Chindrieux, Vars | 73 | BH-S | Critical Time Fence - Stop compulsory | 7:51 | 8:28 | 8:30 |
| 16 | Chindrieux, Chaudieu, Rond-Point | 73 | | | 7:54 | 8:34 | |
| 19 | Portout, Intersection | 73 | | | 7:58 | 8:46 | |
| 22 | Chanaz, Village | 73 | BH-R, R | Time Fence - Grouping, Drink & Food | 8:03 | 8:58 | 8:55 |
| 24 | Côte Chanaz | 73 | G | Top of Hill Challenge - 1 | 8:06 | 9:06 | |
| 29 | Lucey, Village | 73 | | | 8:13 | 9:26 | |
| 32 | Jongieux, Etain, Village | 73 | | | 8:18 | 9:38 | |
| 35 | Yenne, Marchebelle | 73 | S | Sprint 1 | 8:22 | 9:50 | |
| 36 | Yenne, Rond-point | 73 | BH-S, A, R | Critical Time Fence - Stop compulsory, Finish line, Drink & Food | 8:24 | 9:54 | 9:40 |
| 43 | Carottes, Jonction Via Rhôna | 73 | R | Drink & Food | 8:34 | 10:02 | |
| 51 | Barrage de Champagneux | 73 | | Barrage CNR | 8:46 | 10:30 | |
| 52 | Murs-et-Gelignieux Plage | 01 | BH-R, R | Time Fence - Grouping, Drink & Food | 8:48 | 10:33 | 10:30 |
| 60 | Peyrieu, Village, Intersection | 01 | | | 9:00 | 11:00 | |
| 65 | Brens, Village | 01 | R, S, A | Finish, Sprint 2, Drink & Food | 9:08 | 11:16 | |
| 66 | Virignin, Vélo Route | 01 | | | 9:10 | 11:10 | |
| 69 | Belley (Les Ecassaz) | 01 | | Pont fermé à la circulation | 9:14 | 11:22 | |
| 72 | Magnieu (Belley Via Rhona) | 01 | R | Drink & Food | 9:19 | 11:34 | |
| 75 | Sortie Via Rhona Lac de Bart | 01 | BH-S+R | Critical Time Fence - Stop compulsory, Drink & Food | 9:24 | 11:46 | 11:50 |
| 82 | Lavours | 01 | R | Drink & Food | 9:35 | 12:14 | |
| 88 | Ronds Points Culoz | 01 | | | 9:44 | 12:36 | |
| 94 | Anglefort | 01 | R | Drink & Food | 9:54 | 13:03 | |
| 98 | Corbonod Rhémoz | 01 | G | Top of Hill Challenge - 2 | 10:00 | 13:18 | |
| 100 | Seyssel 01 | 01 | | | 10:03 | 13:26 | |
| 101 | Arrivée Seyssel 74 | 74 | A | Finish | 10:05 | 13:30 | |