

L'inferral trail des Vosges

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| Parcours | 150 Kms | | Horaires de passage | | Denivelée + | Denivelée - | Alt. Moyen : | | 72 Kms | | Horaires de passage | | Denivelée | Denivelée | Alt. moyen | | 30 Kms | | Horaires de passage | | Denivelée | Denivelée | Alt. moyen |
|-------------------------------------|-----------------------|-----------------------------|---------------------|----------|-------------|-------------|--------------|---------------------------------|-----------------------------|-----------|---------------------|-----------------------------|-------------|-------------|------------|---------------------------------|---------------|-----------|---------------------|----------|------------|------------|------------|
| | Minutes par Kilomètre | Ravitaillements Kms cumulés | 00:06:00 | 00:10:00 | | | | | Ravitaillements Kms cumulés | 00:06:00 | 00:12:00 | Ravitaillements Kms cumulés | | | | | 00:04:00 | 00:10:00 | | | | | |
| | | | 00:06:45 | 00:12:00 | | | | | | 00:07:00 | 00:15:00 | | | | | | 00:07:30 | 00:16:00 | 00:00:00 | | | | |
| Horaires de départ | | | | | | | | | | | | | | | | | | | | | | | |
| Départ-Dechetterie | 7,298 | 7,298 | 00:43:47 | 01:12:59 | 310 | 294 | 466 | Départ-Dechetterie | 7,910 | 7,910 | 03:47:28 | 04:34:55 | 327 | 310 | 463 | Départ-Dechetterie | 7,910 | 7,910 | 09:01:38 | 09:49:06 | 327 | 310 | 463 |
| Dechetterie-Tunnel | 1,600 | 8,898 | 00:53:23 | 01:28:59 | 81 | 13 | 451 | Dechetterie-Tunnel | 1,600 | 1,600 | 03:09:36 | 03:19:12 | 81 | 13 | 451 | Dechetterie-Tunnel | 1,600 | 9,510 | 09:08:02 | 10:05:06 | 81 | 13 | 451 |
| Liaison Tunnel-Training Club Canin | | | | | | | | Liaison Tunnel-Training Club Ca | 1,565 | 11,075 | | | | | | Liaison Tunnel-Training Club Ca | 1,565 | 11,075 | 09:14:18 | 10:20:45 | 66 | 10 | 518 |
| Tunnel-Fouchot | 3,036 | 11,934 | 01:11:36 | 01:59:20 | 145 | 173 | 560 | Tunnel-Fort du Parmont | 3,088 | 12,598 | 04:15:35 | 05:31:11 | 181 | 92 | 528 | Fort du Parmont-Bienfaisy | 4,200 | 16,798 | 04:40:47 | 06:21:35 | 182 | 258 | 563 |
| Fouchot-Croisette | 5,267 | 17,201 | 01:43:12 | 02:52:01 | 299 | 90 | 650 | Bienfaisy-Croisette | 8,163 | 24,961 | 05:29:46 | 07:59:32 | 426 | 256 | 587 | | | | | | | | |
| Croisette-Lépange | 4,555 | 21,756 | 02:10:32 | 04:21:04 | 93 | 356 | 636 | | | | | | | | | | | | | | | | |
| Lépange-Reherrey | 5,500 | 27,256 | 02:43:32 | 05:27:04 | 460 | 380 | 605 | | | | | | | | | | | | | | | | |
| Reherrey-Syndicat | 10,576 | 37,832 | 03:47:00 | 07:33:59 | 371 | 456 | 574 | | | | | | | | | | | | | | | | |
| Syndicat-Haut du tot | 9,392 | 47,224 | 04:43:21 | 09:26:41 | 641 | 210 | 704 | | | | | | | | | | | | | | | | |
| Haut du tot - Sapois | 3,949 | 51,173 | 05:07:02 | 10:14:05 | 70 | 436 | 748 | | | | | | | | | | | | | | | | |
| Sapois-Gerbamont | 5,704 | 56,877 | 05:41:16 | 11:22:31 | 274 | 294 | 521 | | | | | | | | | | | | | | | | |
| Gerbamont-Fouchure | 3,376 | 60,253 | 06:01:31 | 12:03:02 | 396 | 48 | 665 | | | | | | | | | | | | | | | | |
| Fouchure-Haut du roc | 7,710 | 67,963 | 07:38:45 | 13:35:33 | 512 | 305 | 882 | | | | | | | | | | | | | | | | |
| Haut du roc-Gite des Reces | 5,930 | 73,893 | 08:18:47 | 18:28:24 | 122 | 405 | 900 | | | | | | | | | | | | | | | | |
| Gite des Reces-Longènes | 5,798 | 79,691 | 08:57:55 | 19:55:22 | 238 | 489 | 694 | | | | | | | | | | | | | | | | |
| Longènes-Rhamn  | 6,625 | 86,316 | 09:42:38 | 21:34:44 | 542 | 157 | 612 | | | | | | | | | | | | | | | | |
| Rhamn -Croix du lait | 3,557 | 89,873 | 10:29:07 | 22:28:06 | 71 | 142 | 835 | | | | | | | | | | | | | | | | |
| Croix du lait-Rupt centre | 4,916 | 94,789 | 11:03:31 | 23:41:50 | 144 | 497 | 710 | | | | | | | | | | | | | | | | |
| Rupt centre-Les Mortes | 9,346 | 104,135 | 12:08:57 | 02:02:02 | 389 | 414 | 544 | | | | | | | | | | | | | | | | |
| Les Mortes-Croisette | 4,428 | 108,563 | 12:39:56 | 03:08:27 | 313 | 44 | 578 | | | | | | | | | | | | | | | | |
| Croisette-Girmont village | 12,203 | 120,766 | 15:05:45 | 06:11:29 | 526 | 574 | 572 | Croisette-Girmont village | 12,203 | 37,164 | 06:42:59 | 10:25:58 | 526 | 574 | 572 | | | | | | | | |
| Girmont village-Training Club Canin | 16,188 | 136,954 | 17:07:09 | 12:31:16 | 579 | 658 | 546 | Girmont village-Training Club C | 16,188 | 53,352 | 08:20:07 | 13:40:13 | 579 | 658 | 546 | | | | | | | | |
| Training Club Canin-Pusieux | 7,735 | 144,689 | 18:05:10 | 14:35:01 | 189 | 209 | 550 | Training Club Canin-Pusieux | 7,735 | 61,087 | 09:06:31 | 15:13:03 | 189 | 209 | 550 | Training Club Canin-Pusieux | 7,735 | 18,810 | 09:45:14 | 11:38:06 | 189 | 209 | 550 |
| Pusieux-Arriv e | 11,505 | 156,194 | 19:31:27 | 17:39:06 | 285 | 406 | 532 | Pusieux-Arriv e | 11,505 | 72,592 | 10:15:33 | 17:31:06 | 285 | 406 | 532 | Pusieux-Arriv e | 11,505 | 30,315 | 10:31:16 | 13:33:09 | 285 | 406 | 532 |
| Total | 156,194 | KM | | | 7050 | 7050 | 632 | | 72,592 | KM | | | 2776 | 2776 | 532 | | 30,315 | KM | | | 948 | 948 | 503 |

