





		<b>PARIS - ALSACE CREDIT MUTUEL 2023</b> <b>PARIS - CHÂTEAU-THIERRY - COLMAR PLACE RAPP</b> <b>LA MYTHIQUE - 1 FLORIAN LETOURNEAU</b> Trame originale par Guy Destré le 01-03-2023 Remplissez la colonne D jaune et bleu ciel				 FÉDÉRATION FRANÇAISE D'ATHLÉTISME 		
PCS	Distance totale	Heure de Passage PCS	Temps Total	Moy générale km/h	Par section			Fermeture PCS
					Distance	Temps	Moy. km/h	
<b>PARIS</b>		<b>15:00:00</b>						<b>15:00:00</b>
Prologue de 20 km	20,000 km	17:00:25	<b>02:00:25</b>	<b>9,965</b>	<b>20,000 km</b>	<b>02:00:25</b>	<b>9,965</b>	<b>18:15:00</b>
<b>CHÂTEAU-THIERRY</b>	20,000 km	<b>15:34:00</b>						<b>15:45:00</b>
Charly-sur-Marne	39,900 km	17:51:00	02:17:00	8,715	19,900 km	02:17:00	8,715	18:45:00
<b>CHÂTEAU-THIERRY</b>	54,800 km	19:38:00	04:04:00	8,557	14,900 km	01:47:00	8,355	<b>21:15:00</b>
Dormans	78,800 km	22:31:00	06:57:00	8,460	24,000 km	02:53:00	8,324	01:00:00
Ay-Champagne	110,600 km	02:22:00	10:48:00	8,389	31,800 km	03:51:00	8,260	06:00:00
<b>CHÂLONS-EN-CHAMPAGNE</b>	142,100 km	06:42:00	15:08:00	8,068	31,500 km	04:20:00	7,269	11:00:00
Pogny	158,100 km	08:44:00	17:10:00	8,045	16,000 km	02:02:00	7,869	13:45:00
Lisse-en-Champagne	172,200 km	10:39:00	19:05:00	7,976	14,100 km	01:55:00	7,357	16:00:00
Outrepont	184,900 km	12:35:00	21:01:00	7,846	12,700 km	01:56:00	6,569	18:00:00
<b>VITRY-LE-FRANCOIS</b>	194,200 km	13:53:00	22:19:00	7,806	9,300 km	01:18:00	7,154	19:30:00
Faveresse	207,100 km	16:01:00	24:27:00	7,652	12,900 km	02:08:00	6,047	21:30:00
Pargny-sur-Saulx	218,100 km	17:33:00	25:59:00	7,624	11,000 km	01:32:00	7,174	23:15:00
<b>MOGNEVILLE</b>	232,800 km	<b>19:48:17</b>	<b>28:14:17</b>	<b>7,536</b>	14,700 km	02:15:17	6,520	<b>01:30:00</b>
<b>NEUFCHÂTEAU</b>	232,800 km	<b>08:19:00</b>			<b>212,800</b>	<b>28:14:17</b>	<b>7,536</b>	<b>08:30:00</b>
Removille	258,400 km	11:15:00	02:56:00	8,727	25,600 km	02:56:00	8,727	12:45:00
Gironcourt-sur-Vraine	286,700 km	14:52:00	06:33:00	8,229	28,300 km	03:37:00	7,825	17:00:00
Mirecourt	308,900 km	17:37:00	09:18:00	8,183	22,200 km	02:45:00	8,073	20:30:00
Madonne-et-Lamerey	326,000 km	19:56:00	11:37:00	8,023	17,100 km	02:19:00	7,381	23:30:00
<b>EPINAL</b>	345,300 km	<b>22:42:22</b>	<b>14:23:22</b>	<b>7,818</b>	19,300 km	02:46:22	6,961	<b>02:30:00</b>
<b>PLAINFAING</b>	345,300 km	<b>09:34:00</b>			<b>112,500</b>	<b>14:23:22</b>	<b>7,818</b>	<b>09:45:00</b>
Col du Calvaire	363,400 km	12:08:49	02:34:49	7,015	18,100 km	02:34:49	7,015	12:30:00
Orbey	374,400 km	13:42:00	04:08:00	7,040	11,000 km	01:33:11	7,083	14:15:00
Kaysersberg-Vignoble	386,500 km	15:19:00	05:45:00	7,165	12,100 km	01:37:00	7,485	16:15:00
<b>COLMAR PLACE RAPP</b>	<b>400,600 km</b>	<b>17:25:27</b>	<b>07:51:27</b>	<b>7,038</b>	14,100 km	02:06:27	6,690	<b>18:30:00</b>
	<b>400,600 km</b>		<b>52:29:31</b>	<b>7,632</b>	<b>55,300 km</b>	<b>7:51:27</b>	<b>7,038</b>	

Ajouter 24h à l'heure de passage pour passage à chaque PCS après minuit du mercredi 31 mai

MAJ 11-06-2023





Exemple passage au PCS de Ay-Champagne écrivez 27:30:00, ce qui donnera heure de passage s'écrivant sur la feuille 03:30:00, etc ...

 		<b>PARIS - ALSACE CREDIT MUTUEL 2023</b> <b>PARIS - CHÂTEAU-THIERRY - COLMAR PLACE RAPP</b> <b>LA MYTHIQUE - 2 CHRISTOPHE ERARD</b> Trame originale par Guy Destré le 01-03-2023 Remplissez la colonne D jaune et bleu ciel				 FÉDÉRATION FRANÇAISE D'ATHLÉTISME 		
PCS	Distance totale	Heure de Passage PCS	Temps Total	Moy générale km/h	Par section			Fermeture PCS
					Distance	Temps	Moy. km/h	
<b>PARIS</b>		<b>15:00:00</b>						<b>15:00:00</b>
Prologue de 20 km	20,000 km	17:08:50	<b>02:08:50</b>	<b>9,314</b>	<b>20,000 km</b>	<b>02:08:50</b>	<b>9,314</b>	<b>18:15:00</b>
<b>CHÂTEAU-THIERRY</b>	20,000 km	<b>15:32:00</b>						<b>15:45:00</b>
Charly-sur-Marne	39,900 km	17:49:00	02:17:00	8,715	19,900 km	02:17:00	8,715	18:45:00
<b>CHÂTEAU-THIERRY</b>	54,800 km	19:37:00	04:05:00	8,522	14,900 km	01:48:00	8,278	<b>21:15:00</b>
Dormans	78,800 km	22:32:00	07:00:00	8,400	24,000 km	02:55:00	8,229	01:00:00
Ay-Champagne	110,600 km	03:28:00	11:56:00	7,592	31,800 km	04:56:00	6,446	06:00:00
<b>CHÂLONS-EN-CHAMPAGNE</b>	142,100 km	08:15:00	16:43:00	7,304	31,500 km	04:47:00	6,585	11:00:00
Pogny	158,100 km	10:36:00	19:04:00	7,243	16,000 km	02:21:00	6,809	13:45:00
Lisse-en-Champagne	172,200 km	12:48:00	21:16:00	7,157	14,100 km	02:12:00	6,409	16:00:00
Outrepoint	184,900 km	15:02:00	23:30:00	7,017	12,700 km	02:14:00	5,687	18:00:00
<b>VITRY-LE-FRANCOIS</b>	194,200 km	16:29:00	24:57:00	6,982	9,300 km	01:27:00	6,414	19:30:00
Faveresse	207,100 km	18:25:00	26:53:00	6,960	12,900 km	01:56:00	6,672	21:30:00
Pargny-sur-Saulx	218,100 km	20:08:00	28:36:00	6,927	11,000 km	01:43:00	6,408	23:15:00
<b>MOGNEVILLE</b>	232,800 km	<b>22:34:26</b>	<b>31:02:26</b>	<b>6,856</b>	14,700 km	02:26:26	6,023	<b>01:30:00</b>
<b>NEUFCHÂTEAU</b>	232,800 km	<b>08:17:00</b>			<b>212,800</b>	<b>31:02:26</b>	<b>6,856</b>	<b>08:30:00</b>
Removille	258,400 km	11:13:00	02:56:00	8,727	25,600 km	02:56:00	8,727	12:45:00
Gironcourt-sur-Vraine	286,700 km	14:43:00	06:26:00	8,378	28,300 km	03:30:00	8,086	17:00:00
Mirecourt	308,900 km	17:28:00	09:11:00	8,287	22,200 km	02:45:00	8,073	20:30:00
Madonne-et-Lamerey	326,000 km	19:59:00	11:42:00	7,966	17,100 km	02:31:00	6,795	23:30:00
<b>EPINAL</b>	345,300 km	<b>22:55:49</b>	<b>14:38:49</b>	<b>7,681</b>	19,300 km	02:56:49	6,549	<b>02:30:00</b>
<b>PLAINFAING</b>	345,300 km	<b>09:32:00</b>			<b>112,500</b>	<b>14:38:49</b>	<b>7,681</b>	<b>09:45:00</b>
Col du Calvaire	363,400 km	12:05:38	02:33:38	7,069	18,100 km	02:33:38	7,069	12:30:00
Orbey	374,400 km	13:39:00	04:07:00	7,069	11,000 km	01:33:22	7,069	14:15:00
Kaysersberg-Vignoble	386,500 km	15:19:00	05:47:00	7,124	12,100 km	01:40:00	7,260	16:15:00
<b>COLMAR PLACE RAPP</b>	<b>400,600 km</b>	<b>17:20:27</b>	<b>07:48:27</b>	<b>7,083</b>	14,100 km	02:01:27	6,966	<b>18:30:00</b>
	<b>400,600 km</b>		<b>55:38:32</b>	<b>7,200</b>	<b>55,300 km</b>	<b>7:48:27</b>	<b>7,083</b>	

Ajouter 24h à l'heure de passage pour passage à chaque PCS après minuit du mercredi 31 mai

MAJ 11-06-2023





Exemple passage au PCS de Ay-Champagne écrivez 27:30:00, ce qui donnera heure de passage s'écrivant sur la feuille 03:30:00, etc ...

 		<b>PARIS - ALSACE CREDIT MUTUEL 2023</b> <b>PARIS - CHÂTEAU-THIERRY - COLMAR PLACE RAPP</b> <b>LA MYTHIQUE - 3 SYLVIE MAISON</b> Trame originale par Guy Destré le 01-03-2023 Remplissez la colonne D jaune et bleu ciel				 FÉDÉRATION FRANÇAISE D'ATHLÉTISME 		
PCS	Distance totale	Heure de Passage PCS	Temps Total	Moy générale km/h	Par section			Fermeture PCS
					Distance	Temps	Moy. km/h	
<b>PARIS</b>		<b>15:00:00</b>						<b>15:00:00</b>
<b>Prologue de 20 km</b>	20,000 km	17:24:15	<b>02:24:15</b>	<b>8,319</b>	<b>20,000 km</b>	<b>02:24:15</b>	<b>8,319</b>	<b>18:15:00</b>
<b>CHÂTEAU-THIERRY</b>	20,000 km	<b>15:30:00</b>						<b>15:45:00</b>
<b>Charly-sur-Marne</b>	39,900 km	18:02:00	02:32:00	7,855	19,900 km	02:32:00	7,855	18:45:00
<b>CHÂTEAU-THIERRY</b>	54,800 km	20:04:00	04:34:00	7,620	14,900 km	02:02:00	7,328	<b>21:15:00</b>
<b>Dormans</b>	78,800 km	23:20:00	07:50:00	7,506	24,000 km	03:16:00	7,347	01:00:00
<b>Ay-Champagne</b>	110,600 km	03:48:00	12:18:00	7,366	31,800 km	04:28:00	7,119	06:00:00
<b>CHÂLONS-EN-CHAMPAGNE</b>	142,100 km	08:16:00	16:46:00	7,282	31,500 km	04:28:00	7,052	11:00:00
<b>Pogny</b>	158,100 km	10:34:00	19:04:00	7,243	16,000 km	02:18:00	6,957	13:45:00
<b>Lisse-en-Champagne</b>	172,200 km	12:41:00	21:11:00	7,185	14,100 km	02:07:00	6,661	16:00:00
<b>Outrepont</b>	184,900 km	14:39:00	23:09:00	7,123	12,700 km	01:58:00	6,458	18:00:00
<b>VITRY-LE-FRANCOIS</b>	194,200 km	16:09:00	24:39:00	7,067	9,300 km	01:30:00	6,200	19:30:00
<b>Faveresse</b>	207,100 km	18:07:00	26:37:00	7,029	12,900 km	01:58:00	6,559	21:30:00
<b>Pargny-sur-Saulx</b>	218,100 km	19:53:00	28:23:00	6,979	11,000 km	01:46:00	6,226	23:15:00
<b>MOGNEVILLE</b>	232,800 km	<b>22:22:25</b>	<b>30:52:25</b>	<b>6,893</b>	14,700 km	02:29:25	5,903	<b>01:30:00</b>
<b>NEUFCHÂTEAU</b>	232,800 km	<b>08:15:00</b>			<b>212,800</b>	<b>30:52:25</b>	<b>6,893</b>	<b>08:30:00</b>
<b>Removille</b>	258,400 km	11:25:00	03:10:00	8,084	25,600 km	03:10:00	8,084	12:45:00
<b>Gironcourt-sur-Vraine</b>	286,700 km	15:28:00	07:13:00	7,469	28,300 km	04:03:00	6,988	17:00:00
<b>Mirecourt</b>	308,900 km	18:45:00	10:30:00	7,248	22,200 km	03:17:00	6,761	20:30:00
<b>Madonne-et-Lamerey</b>	326,000 km	21:25:00	13:10:00	7,078	17,100 km	02:40:00	6,413	23:30:00
<b>EPINAL</b>	345,300 km	<b>24:20:13</b>	<b>16:05:13</b>	<b>6,726</b>	19,300 km	02:55:13	6,609	<b>02:30:00</b>
<b>PLAINFAING</b>	345,300 km	<b>09:30:00</b>			<b>112,500</b>	<b>16:05:13</b>	<b>6,993</b>	<b>09:45:00</b>
<b>Col du Calvaire</b>	363,400 km	12:12:05	02:42:05	6,700	18,100 km	02:42:05	6,700	12:30:00
<b>Orbey</b>	374,400 km	13:51:00	04:21:00	6,690	11,000 km	01:38:55	6,672	14:15:00
<b>Kaysersberg-Vignoble</b>	386,500 km	15:33:00	06:03:00	6,810	12,100 km	01:42:00	7,118	16:15:00
<b>COLMAR PLACE RAPP</b>	<b>400,600 km</b>	<b>17:42:46</b>	<b>08:12:46</b>	<b>6,733</b>	14,100 km	02:09:46	6,519	<b>18:30:00</b>
	<b>400,600 km</b>		<b>57:54:39</b>	<b>6,918</b>	<b>55,300 km</b>	<b>8:12:46</b>	<b>6,733</b>	

Ajouter 24h à l'heure de passage pour passage à chaque PCS après minuit du mercredi 31 mai

MAJ 11-06-2023





Exemple passage au PCS de Ay-Champagne écrivez **27:30:00**, ce qui donnera heure de passage s'écrivant sur la feuille **03:30:00**, etc ...

 		<b>PARIS - ALSACE CREDIT MUTUEL 2023</b> <b>PARIS - CHÂTEAU-THIERRY - COLMAR PLACE RAPP</b> <b>LA MYTHIQUE - 1 FLORIAN LETOURNEAU</b> Trame originale par Guy Destré le 01-03-2023 Remplissez la colonne D jaune et bleu ciel				 FÉDÉRATION FRANÇAISE D'ATHLÉTISME 		
PCS	Distance totale	Heure de Passage PCS	Temps Total	Moy générale km/h	Par section			Fermeture PCS
					Distance	Temps	Moy. km/h	
<b>PARIS</b>		<b>15:00:00</b>						<b>15:00:00</b>
Prologue de 20 km	20,000 km	17:00:25	<b>02:00:25</b>	<b>9,965</b>	<b>20,000 km</b>	<b>02:00:25</b>	<b>9,965</b>	<b>18:15:00</b>
<b>CHÂTEAU-THIERRY</b>	20,000 km	<b>15:34:00</b>						<b>15:45:00</b>
Charly-sur-Marne	39,900 km	17:51:00	02:17:00	8,715	19,900 km	02:17:00	8,715	18:45:00
<b>CHÂTEAU-THIERRY</b>	54,800 km	19:38:00	04:04:00	8,557	14,900 km	01:47:00	8,355	<b>21:15:00</b>
Dormans	78,800 km	22:31:00	06:57:00	8,460	24,000 km	02:53:00	8,324	01:00:00
Ay-Champagne	110,600 km	02:22:00	10:48:00	8,389	31,800 km	03:51:00	8,260	06:00:00
<b>CHÂLONS-EN-CHAMPAGNE</b>	142,100 km	06:42:00	15:08:00	8,068	31,500 km	04:20:00	7,269	11:00:00
Pogny	158,100 km	08:44:00	17:10:00	8,045	16,000 km	02:02:00	7,869	13:45:00
Lisse-en-Champagne	172,200 km	10:39:00	19:05:00	7,976	14,100 km	01:55:00	7,357	16:00:00
Outrepont	184,900 km	12:35:00	21:01:00	7,846	12,700 km	01:56:00	6,569	18:00:00
<b>VITRY-LE-FRANCOIS</b>	194,200 km	13:53:00	22:19:00	7,806	9,300 km	01:18:00	7,154	19:30:00
Faveresse	207,100 km	16:01:00	24:27:00	7,652	12,900 km	02:08:00	6,047	21:30:00
Pargny-sur-Saulx	218,100 km	17:33:00	25:59:00	7,624	11,000 km	01:32:00	7,174	23:15:00
<b>MOGNEVILLE</b>	232,800 km	<b>19:48:17</b>	<b>28:14:17</b>	<b>7,536</b>	14,700 km	02:15:17	6,520	<b>01:30:00</b>
<b>NEUFCHÂTEAU</b>	232,800 km	<b>08:19:00</b>			<b>212,800</b>	<b>28:14:17</b>	<b>7,536</b>	<b>08:30:00</b>
Removille	256,400 km	11:15:00	02:56:00	8,045	23,600 km	02:56:00	8,045	12:45:00
Gironcourt-sur-Vraine	284,700 km	14:52:00	06:33:00	7,924	28,300 km	03:37:00	7,825	17:00:00
Mirecourt	306,900 km	17:37:00	09:18:00	7,968	22,200 km	02:45:00	8,073	20:30:00
Madonne-et-Lamerey	324,000 km	19:56:00	11:37:00	7,851	17,100 km	02:19:00	7,381	23:30:00
<b>EPINAL</b>	343,300 km	<b>22:42:22</b>	<b>14:23:22</b>	<b>7,679</b>	19,300 km	02:46:22	6,961	<b>02:30:00</b>
<b>PLAINFAING</b>	343,300 km	<b>09:34:00</b>			<b>110,500</b>	<b>14:23:22</b>	<b>7,679</b>	<b>09:45:00</b>
Col du Calvaire	361,400 km	12:08:49	02:34:49	7,015	18,100 km	02:34:49	7,015	12:30:00
Orbey	372,400 km	13:42:00	04:08:00	7,040	11,000 km	01:33:11	7,083	14:15:00
Kaysersberg-Vignoble	384,500 km	15:19:00	05:45:00	7,165	12,100 km	01:37:00	7,485	16:15:00
<b>COLMAR PLACE RAPP</b>	<b>398,600 km</b>	<b>17:25:27</b>	<b>07:51:27</b>	<b>7,038</b>	14,100 km	02:06:27	6,690	<b>18:30:00</b>
	<b>398,600 km</b>		<b>52:29:31</b>	<b>7,594</b>	<b>55,300 km</b>	<b>7:51:27</b>	<b>7,038</b>	

Ajouter 24h à l'heure de passage pour passage à chaque PCS après minuit du mercredi 31 mai

MAJ 11-06-2023

Exemple passage au PCS de Ay-Champagne écrivez 27:30:00, ce qui donnera heure de passage s'écrivant sur la feuille 03:30:00, etc ...





 		<b>PARIS - ALSACE CREDIT MUTUEL 2023</b> <b>PARIS - CHÂTEAU-THIERRY - COLMAR PLACE RAPP</b> <b>LA MYTHIQUE - 2 CHRISTOPHE ERARD</b> Trame originale par Guy Destré le 01-03-2023 Remplissez la colonne D jaune et bleu ciel				 FÉDÉRATION FRANÇAISE D'ATHLÉTISME 		
PCS	Distance totale	Heure de Passage PCS	Temps Total	Moy générale km/h	Par section			Fermeture PCS
					Distance	Temps	Moy. km/h	
<b>PARIS</b>		<b>15:00:00</b>						<b>15:00:00</b>
Prologue de 20 km	20,000 km	17:08:50	<b>02:08:50</b>	<b>9,314</b>	<b>20,000 km</b>	<b>02:08:50</b>	<b>9,314</b>	<b>18:15:00</b>
<b>CHÂTEAU-THIERRY</b>	20,000 km	<b>15:32:00</b>						<b>15:45:00</b>
Charly-sur-Marne	39,900 km	17:49:00	02:17:00	8,715	19,900 km	02:17:00	8,715	18:45:00
<b>CHÂTEAU-THIERRY</b>	54,800 km	19:37:00	04:05:00	8,522	14,900 km	01:48:00	8,278	<b>21:15:00</b>
Dormans	78,800 km	22:32:00	07:00:00	8,400	24,000 km	02:55:00	8,229	01:00:00
Ay-Champagne	110,600 km	03:28:00	11:56:00	7,592	31,800 km	04:56:00	6,446	06:00:00
<b>CHÂLONS-EN-CHAMPAGNE</b>	142,100 km	08:15:00	16:43:00	7,304	31,500 km	04:47:00	6,585	11:00:00
Pogny	158,100 km	10:36:00	19:04:00	7,243	16,000 km	02:21:00	6,809	13:45:00
Lisse-en-Champagne	172,200 km	12:48:00	21:16:00	7,157	14,100 km	02:12:00	6,409	16:00:00
Outrepoint	184,900 km	15:02:00	23:30:00	7,017	12,700 km	02:14:00	5,687	18:00:00
<b>VITRY-LE-FRANCOIS</b>	194,200 km	16:29:00	24:57:00	6,982	9,300 km	01:27:00	6,414	19:30:00
Faveresse	207,100 km	18:25:00	26:53:00	6,960	12,900 km	01:56:00	6,672	21:30:00
Pargny-sur-Saulx	218,100 km	20:08:00	28:36:00	6,927	11,000 km	01:43:00	6,408	23:15:00
<b>MOGNEVILLE</b>	232,800 km	<b>22:34:26</b>	<b>31:02:26</b>	<b>6,856</b>	14,700 km	02:26:26	6,023	<b>01:30:00</b>
<b>NEUFCHÂTEAU</b>	232,800 km	<b>08:17:00</b>			<b>212,800</b>	<b>31:02:26</b>	<b>6,856</b>	<b>08:30:00</b>
Removille	256,400 km	11:13:00	02:56:00	8,045	23,600 km	02:56:00	8,045	12:45:00
Gironcourt-sur-Vraine	284,700 km	14:43:00	06:26:00	8,067	28,300 km	03:30:00	8,086	17:00:00
Mirecourt	306,900 km	17:28:00	09:11:00	8,069	22,200 km	02:45:00	8,073	20:30:00
Madonne-et-Lamerey	324,000 km	19:59:00	11:42:00	7,795	17,100 km	02:31:00	6,795	23:30:00
<b>EPINAL</b>	343,300 km	<b>22:55:49</b>	<b>14:38:49</b>	<b>7,544</b>	19,300 km	02:56:49	6,549	<b>02:30:00</b>
<b>PLAINFAING</b>	343,300 km	<b>09:32:00</b>			<b>110,500</b>	<b>14:38:49</b>	<b>7,544</b>	<b>09:45:00</b>
Col du Calvaire	361,400 km	12:05:38	02:33:38	7,069	18,100 km	02:33:38	7,069	12:30:00
Orbey	372,400 km	13:39:00	04:07:00	7,069	11,000 km	01:33:22	7,069	14:15:00
Kaysersberg-Vignoble	384,500 km	15:19:00	05:47:00	7,124	12,100 km	01:40:00	7,260	16:15:00
<b>COLMAR PLACE RAPP</b>	<b>398,600 km</b>	<b>17:20:27</b>	<b>07:48:27</b>	<b>7,083</b>	14,100 km	02:01:27	6,966	<b>18:30:00</b>
	<b>398,600 km</b>		<b>55:38:32</b>	<b>7,164</b>	<b>55,300 km</b>	<b>7:48:27</b>	<b>7,083</b>	

Ajouter 24h à l'heure de passage pour passage à chaque PCS après minuit du mercredi 31 mai

MAJ 11-06-2023

Exemple passage au PCS de Ay-Champagne écrivez 27:30:00, ce qui donnera heure de passage s'écrivant sur la feuille 03:30:00, etc ...



 		<b>PARIS - ALSACE CREDIT MUTUEL 2023</b> <b>PARIS - CHÂTEAU-THIERRY - COLMAR PLACE RAPP</b> <b>LA MYTHIQUE - 3 SYLVIE MAISON</b> Trame originale par Guy Destré le 01-03-2023 Remplissez la colonne D jaune et bleu ciel				 FÉDÉRATION FRANÇAISE D'ATHLÉTISME 		
PCS	Distance totale	Heure de Passage PCS	Temps Total	Moy générale km/h	Par section			Fermeture PCS
					Distance	Temps	Moy. km/h	
<b>PARIS</b>		<b>15:00:00</b>						<b>15:00:00</b>
Prologue de 20 km	20,000 km	17:24:15	<b>02:24:15</b>	<b>8,319</b>	<b>20,000 km</b>	<b>02:24:15</b>	<b>8,319</b>	<b>18:15:00</b>
<b>CHÂTEAU-THIERRY</b>	20,000 km	<b>15:30:00</b>						<b>15:45:00</b>
Charly-sur-Marne	39,900 km	18:02:00	02:32:00	7,855	19,900 km	02:32:00	7,855	18:45:00
<b>CHÂTEAU-THIERRY</b>	54,800 km	20:04:00	04:34:00	7,620	14,900 km	02:02:00	7,328	<b>21:15:00</b>
Dormans	78,800 km	23:20:00	07:50:00	7,506	24,000 km	03:16:00	7,347	01:00:00
Ay-Champagne	110,600 km	03:48:00	12:18:00	7,366	31,800 km	04:28:00	7,119	06:00:00
<b>CHÂLONS-EN-CHAMPAGNE</b>	142,100 km	08:16:00	16:46:00	7,282	31,500 km	04:28:00	7,052	11:00:00
Pogny	158,100 km	10:34:00	19:04:00	7,243	16,000 km	02:18:00	6,957	13:45:00
Lisse-en-Champagne	172,200 km	12:41:00	21:11:00	7,185	14,100 km	02:07:00	6,661	16:00:00
Outrepont	184,900 km	14:39:00	23:09:00	7,123	12,700 km	01:58:00	6,458	18:00:00
<b>VITRY-LE-FRANCOIS</b>	194,200 km	16:09:00	24:39:00	7,067	9,300 km	01:30:00	6,200	19:30:00
Faveresse	207,100 km	18:07:00	26:37:00	7,029	12,900 km	01:58:00	6,559	21:30:00
Pargny-sur-Saulx	218,100 km	19:53:00	28:23:00	6,979	11,000 km	01:46:00	6,226	23:15:00
<b>MOGNEVILLE</b>	232,800 km	<b>22:22:25</b>	<b>30:52:25</b>	<b>6,893</b>	14,700 km	02:29:25	5,903	<b>01:30:00</b>
<b>NEUFCHÂTEAU</b>	232,800 km	<b>08:15:00</b>			<b>212,800</b>	<b>30:52:25</b>	<b>6,893</b>	<b>08:30:00</b>
Removille	256,400 km	11:25:00	03:10:00	7,453	23,600 km	03:10:00	7,453	12:45:00
Gironcourt-sur-Vraine	284,700 km	15:28:00	07:13:00	7,192	28,300 km	04:03:00	6,988	17:00:00
Mirecourt	306,900 km	18:45:00	10:30:00	7,057	22,200 km	03:17:00	6,761	20:30:00
Madonne-et-Lamerey	324,000 km	21:25:00	13:10:00	6,927	17,100 km	02:40:00	6,413	23:30:00
<b>EPINAL</b>	343,300 km	<b>24:20:13</b>	<b>16:05:13</b>	<b>6,726</b>	19,300 km	02:55:13	6,609	<b>02:30:00</b>
<b>PLAINFAING</b>	343,300 km	<b>09:30:00</b>			<b>110,500</b>	<b>16:05:13</b>	<b>6,869</b>	<b>09:45:00</b>
Col du Calvaire	361,400 km	12:12:05	02:42:05	6,700	18,100 km	02:42:05	6,700	12:30:00
Orbey	372,400 km	13:51:00	04:21:00	6,690	11,000 km	01:38:55	6,672	14:15:00
Kaysersberg-Vignoble	384,500 km	15:33:00	06:03:00	6,810	12,100 km	01:42:00	7,118	16:15:00
<b>COLMAR PLACE RAPP</b>	<b>398,600 km</b>	<b>17:42:46</b>	<b>08:12:46</b>	<b>6,733</b>	14,100 km	02:09:46	6,519	<b>18:30:00</b>
	<b>398,600 km</b>		<b>57:54:39</b>	<b>6,883</b>	<b>55,300 km</b>	<b>8:12:46</b>	<b>6,733</b>	

Ajouter 24h à l'heure de passage pour passage à chaque PCS après minuit du mercredi 31 mai

MAJ 11-06-2023

Exemple passage au PCS de Ay-Champagne écrivez **27:30:00**, ce qui donnera heure de passage s'écrivant sur la feuille **03:30:00**, etc ...