

Datum	Etappe nr	Start	Aankomst	Klimmen	Dalen	Afstand	Duur (plan)	Duur (reëel) zonder pauze !	waardering
5/07/2007	1	Saint-Jean-de-Luz (0m)	Pointe Ste-Anne (40m)	220m	180m	10km	2u05	2u00	***
6/07/2007	2	Pointe Ste-Anne (40m)	Gîte d'Olhette (110m)	1200m	1130m	20km	7u00	6u20	**
7/07/2007	3	Gîte d'Olhette (110m)	Aïnhoa/Chapelle d'Aubepine (280m)	980m	810m	23km	6u45	6u25	**
8/07/2007	4	Aïnhoa/Chapelle d'Aubepine (280m)	Bidarray (140m)	1150m	1290m	17km	6u00	5u30	**
9/07/2007	5	Bidarray (140m)	Saint-Etienne-de-Baigorry (170m)	1450m	1420m	17km	7u30	6u25	***
10/07/2007	6	Saint-Etienne-de-Baigorry (170m)	Ezkanda (190m)	1050m	1030m	20km	6u45	5u45	**
11/07/2007	7	Ezkanda (190m)	Onderaan Vallée d'Errozaté (850m)	1830m	1170m	31km	9u40	7u55	***
12/07/2007	8	Onderaan Vallée d'Errozaté (850m)	Cbe onder Col Lapatignégagne (1410m)	1350m	790m	17km	7u20	6u05	***
13/07/2007	9	Cbe onder Col Lapatignégagne (1410m)	Cayolar d'Olhadubi (810m)	650m	1250m	24km		7u00	**
14/07/2007	10	Cayolar d'Olhadubi (810m)	Refugio Beluaga (1430m)	1100m	480m	18km	5u40	4u50	***
15/07/2007	11	Refugio Beluaga (1430m)	La Pierre-Saint-Martin (1630m)	700m	500m	12km	3u50	3u25	***
16/07/2007	12	La Pierre-Saint-Martin (1630m)	Lescun (820m)	1050m	1860m	19km	8u10	7u45	*****
17/07/2007			R U S T D A G		L E S C U N				
18/07/2007	13	Lescun (820m)	Ibon de Acherito (1875m)	1120m+230m	65m+230m	14km+1km	4u50	4u15	****
19/07/2007	14	Ibon de Acherito (1875m)	Refuge d'Arllet (2000m)	900m	775m	15km	4u55	4u20	***
20/07/2007	15	Refuge d'Arllet (2000m)	Ibon del Escalar (2070m)	1080m	1010m	20km	8u00	6u10	**
21/07/2007	16	Ibon d'Escalar (2070m)	Refuge de Pombie (2030m)	1250m	1290m	21km	6u50	5u45	***
22/07/2007	17	Refuge de Pombie (2030m)	Lac Ariel (2260m)	1300m	1070m	15km	6u40	4u55	****
23/07/2007	18	Lac Ariel (2260m)	Refuge Wallon (1860m)	800m	1200m	17km	7u10	6u50	***
24/07/2007	19	Refuge Wallon (1860m)	Cauterets (900m)	150m	1090m	13km	3u20	4u00	***
25/07/2007	20	Cauterets (900m)	Oulettes de Gaube (2150m)	1300m+300m	50m+300m	15km+3km	4u35	4u05	****
26/07/2007	21	Oulettes de Gaube (2150m)	Onderaan Vallée de la Canau (1950m)	1100m+250m	1300m+250m	12km+3km	6u25	4u55	****
27/07/2007	22	Onderaan Vallée de la Canau (1950m)	Casetas de Diazas (1470m)	1100m	1580m	26km	8u40	6u40	****
28/07/2007	23	Casetas de Diazas (1470m)	Refugio de Goriz (2160m)	1650m	960m	20km	7u35	5u55	****
29/07/2007	24	Refugio de Goriz (2160m)	Refugio de Goriz (2160m)	1160m	1160m	8km	6u45	4u10	*****
30/07/2007	25	Refugio de Goriz (2160m)	Taillon (3144m)	1020m	40m	10km	4u30	5u00	*****
31/07/2007	26	Taillon (3144m)	Gavarnie (1360m)	30m	1810m	10km	5u20	4u25	****
1/08/2007	27	Gavarnie (1360m)	Brèche de Tuquerouye (2670m)	1550m	210m	14km	6u40	5u05	****
2/08/2007	28	Brèche de Tuquerouye (2670m)	Fuente de Petramula (1920m)	800m	1550m	13km	7u55	6u20	***
3/08/2007	29	Fuente de Petramula (1920m)	Passo de los Caballos (2340m)	1250m	830m	24km	6u15	5u15	**
4/08/2007	30	Passo de los Caballos (2340m)	Ibon de Llardaneta (2650m)	1400m	1090m	14km	8u00	6u00	****
5/08/2007	31	Ibon de Llardaneta (2650m)	Ibones d'Escarpinosa (2030m)	1100m	1720m	13km	8u00	6u45	****
6/08/2007	32	Ibones d'Escarpinosa (2030m)	Benasque/Camping Aneto (1250m)	50m	830m	9km	2u30	2u05	**
7/08/2007	33	Benasque/Camping Aneto (1250m)	Pllan d'Aigualuts (2050m)	850m	50m	16km	4u50	4u05	***

8/08/2007	34 Pllan d'Aigualuts (2050m)	Estanyol Inferior de Mulleres (2390m)	1050m	710m	11km	6u10	4u15	***
9/08/2007	35 Estanyol Inferior de Mulleres (2390m)	Estany de Mar (2240m)	1050m+200m	1200m+200m	16km	7u20	6u30	****
10/08/2007	36 Estany de Mar (2240m)	Estany Clot (2290m)	950m	900m	12km	6u00	4u25	*****
11/08/2007	37 Estany Clot (2290m)	Estany del Port de Ratera (2570m)	1300m	1020m	15km	7u45	6u25	*****
12/08/2007	38 Estany del Port de Ratera (2570m)	Espot - Camping Voraparc (1400m)	40m	1210m	14km	4u20	3u30	***
13/08/2007		R U S T D A G		E S P O T				
14/08/2007	39 Espot - Camping Voraparc (1400m)	Estany Major de la Gallina (2490m)	1900m	810m	35km	10u05	8u10	***
15/08/2007	40 Estany Major de la Gallina (2490m)	Estany Romedo de Dalt (2110m)	1420m	1800m	20km	10u40	7u50	****
16/08/2007	41 Estany Romedo de Dalt (2110m)	Refuge du Pinet (2230m)	1500m	1380m	15km	8u05	7u05	**
17/08/2007	42 Refuge du Pinet (2230m)	Estany de Sottlo (2350m)	1100m+250m	980m+250m	9km	5u40	4u45	****
18/08/2007	43 Estany de Sottlo (2350m)	Estany de Tristiana (2250m)	1500m	1600m	16km	8u55	6u55	****
19/08/2007	44 Estany de Tristiana (2250m)	Refugi de Rialp (1990m)	650m	910m	8km	4u50	3u05	***
20/08/2007	45 Refuge de Rialp (1990m)	Refugi Estany de Juclar (2300m)	1750m	1440m	19km	8u55	7u15	***
21/08/2007	46 Refuge Estany de Juclar (2300m)	Mérens-les-Vals (1050m)	300m	1550m	14km	4u50	5u20	***
22/08/2007	47 Mérens-les-Vals (1050m)	Etang de Lanoux - Cbe de Rouzet (2260m)	1920m	710m	16km	7u45	6u05	***
23/08/2007	48 Etang de Lanoux - Cbe de Rouzet (2260m)	Estany de Trebens (2330m)	760m	700m	9km	4u00	3u45	****
24/08/2007	49 Estany de Trebens (2330m)	Vallée d'Eyne (2120m)	1100m	1310m	38km	10u10	8u35	***
25/08/2007	50 Vallée d'Eyne (2120m)	Pla de Compmagre - Sce du Mantet (2300m)	1660m	1480m	22km	8u40	7u30	*****
26/08/2007	51 Pla de Compmagre - Sce du Mantet (2300m)	Chalet des Cortelets (2150m)	1590m	1740m	25km	10u40	7u55	****
27/08/2007	52 Chalet des Cortelets (2150m)	Amélie-les-Bains (220m)	330m	2260m	29km	8u30	7u40	**
	53 Amélie-les-Bains (220m)	Las Illas (550m)	1200m	870m		5u30		
	54 Las Illas (550m)	Col d'Ouillat (940m)	1100m	710m		6u55		
	55 Col d'Ouillat (940m)	Banyuls Plage (0m)	600m	1540m		6u40		