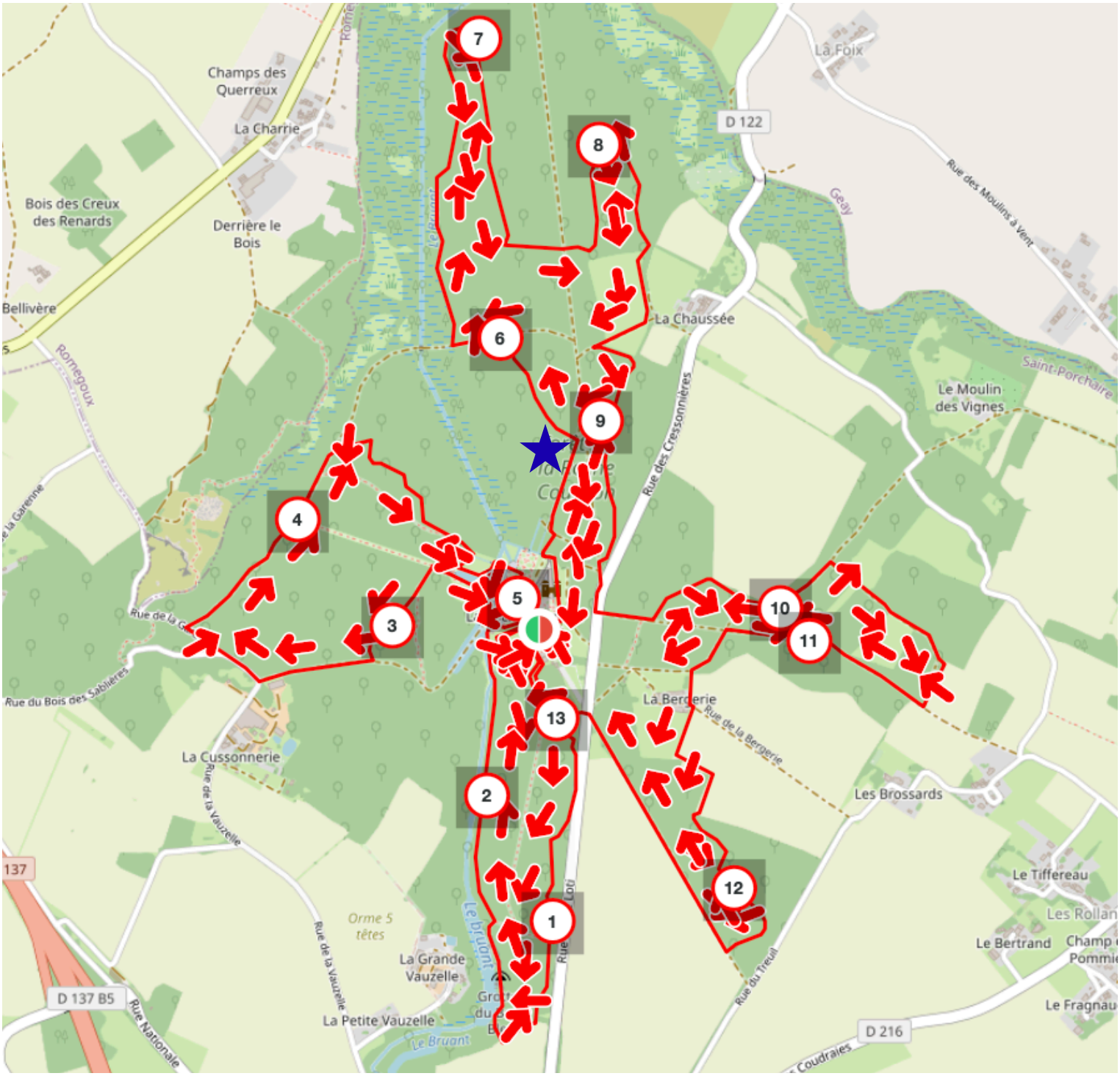
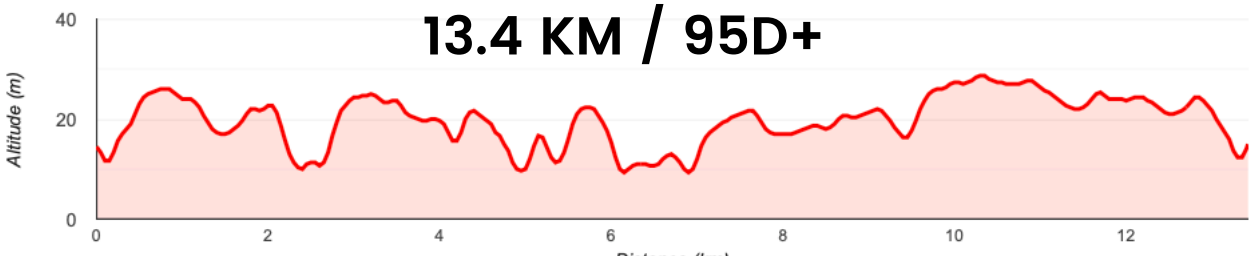
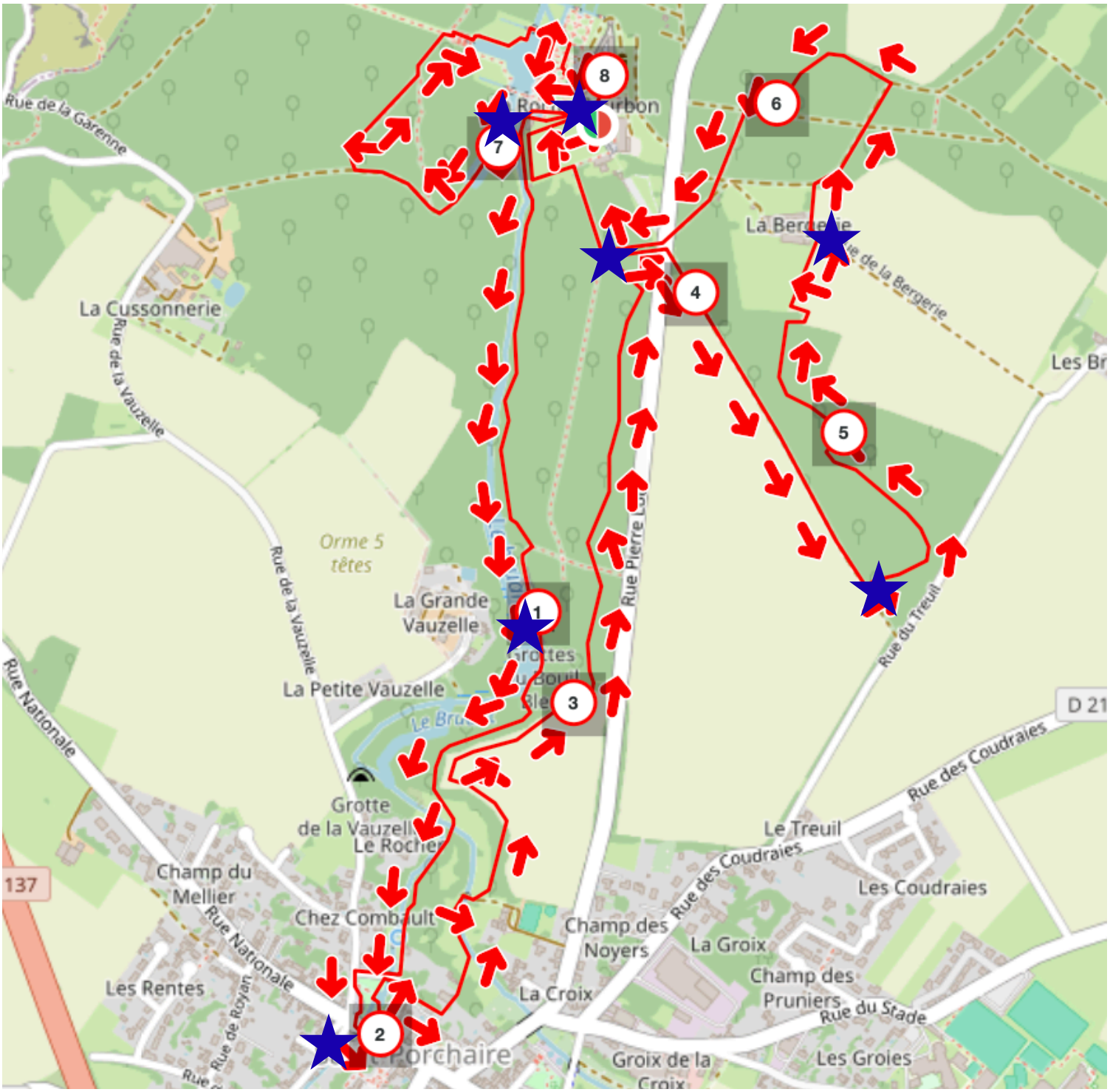
TRAIL NOCTURNE

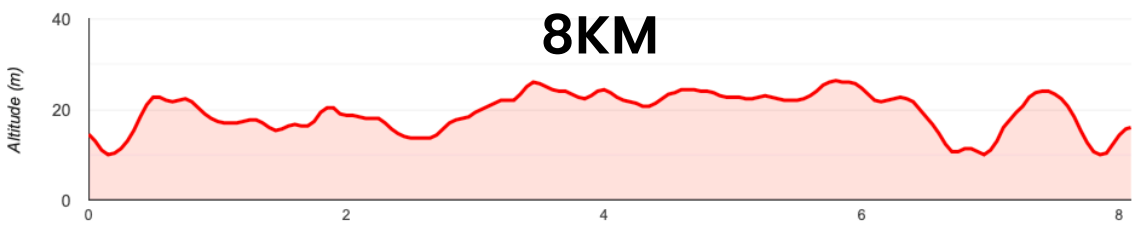




DÉPART	**21H**
PODIUM	**22H30**
RAVITAILLEMENT	**AU KM 5.5** ★

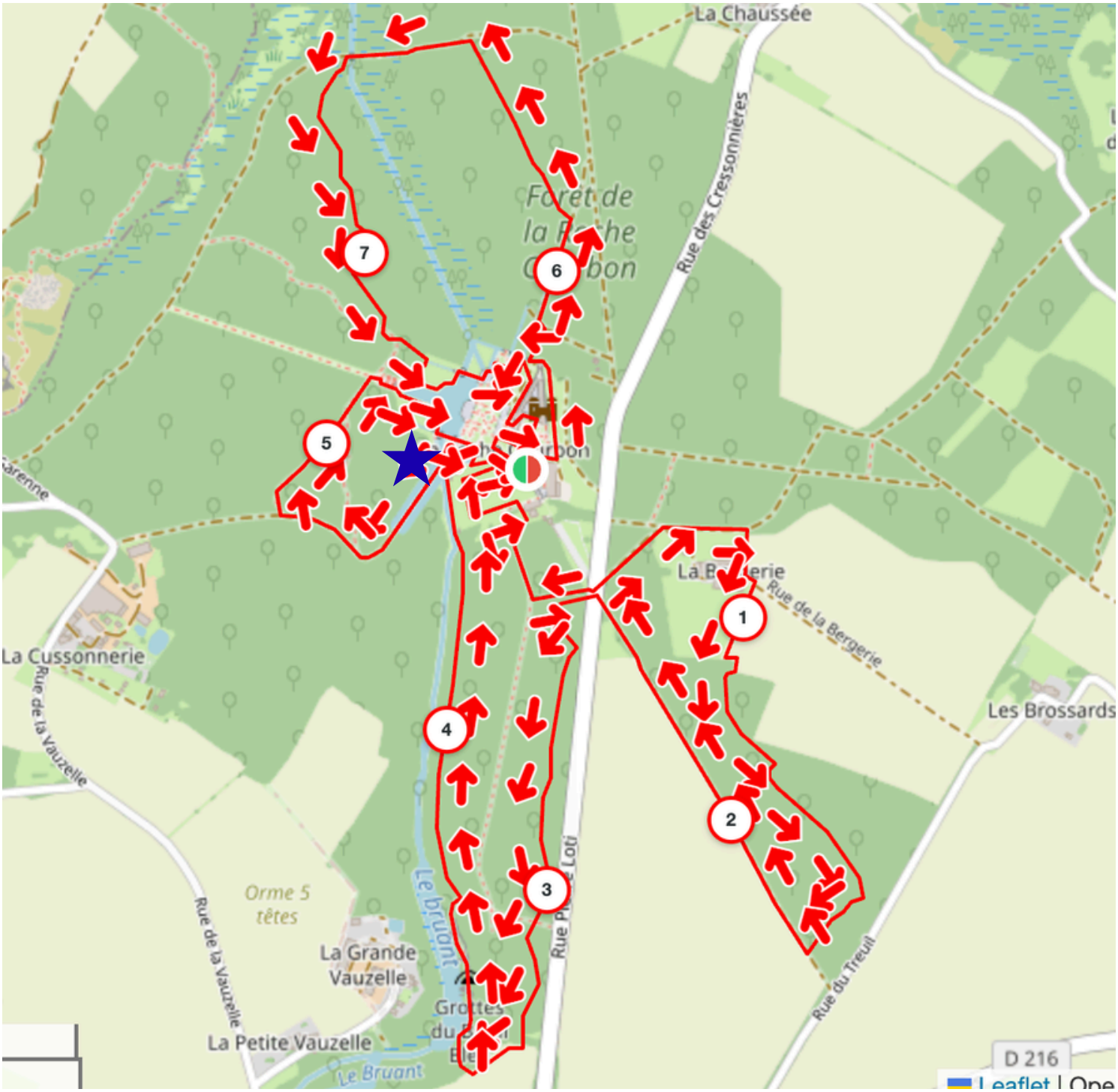
RANDONNÉE SEMI-NOCTURNE

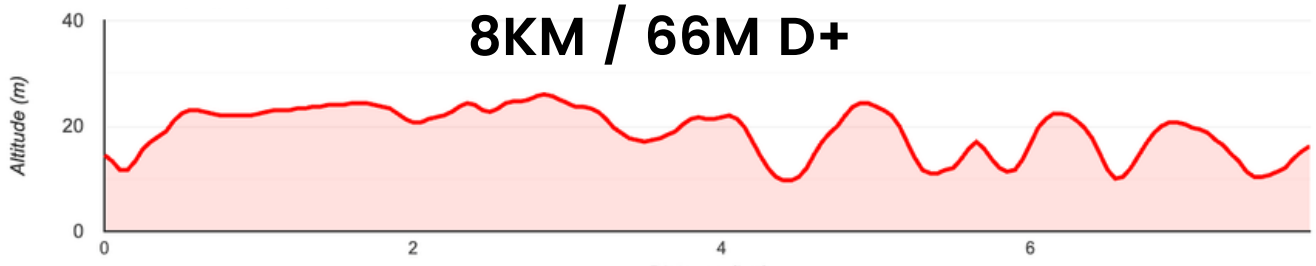




DÉPART	**18H00**
ANIMATIONS	★
RAVITAILLEMENT	**VIN CHAUD À L'ARRIVÉE**

COURSE NATURE 8 KM

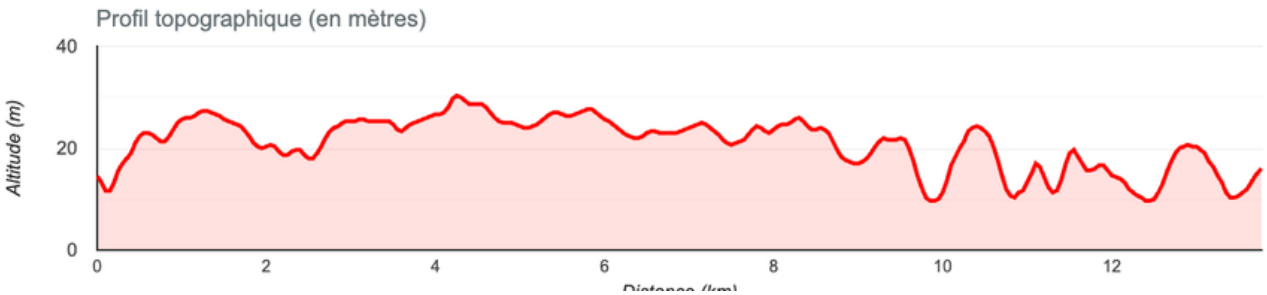




DÉPART	9H50
PODIUM	11H
RAVITAILLEMENT	AU KM 4.5 ★

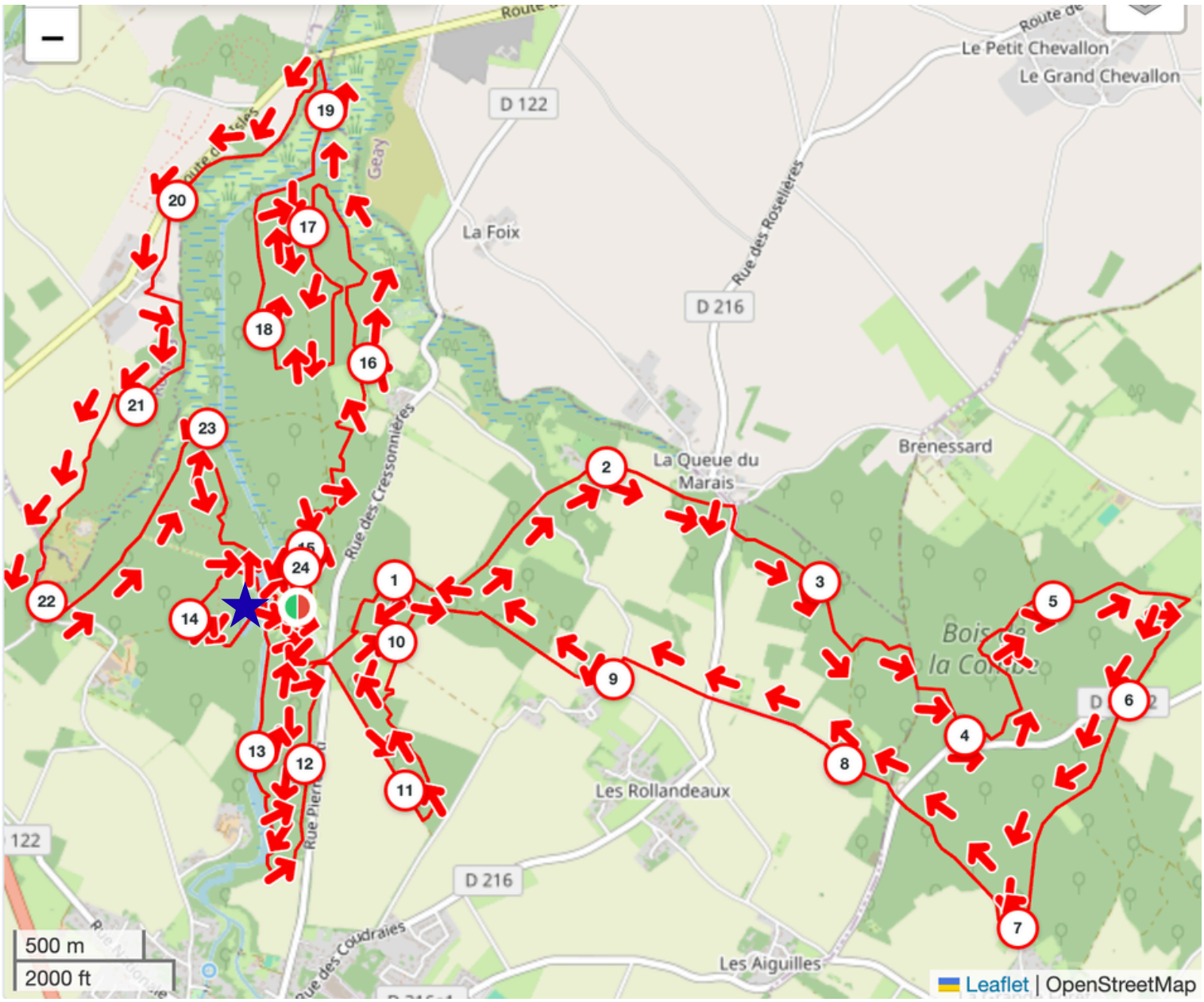
TRAIL 14 KM

14KM / 89M D+

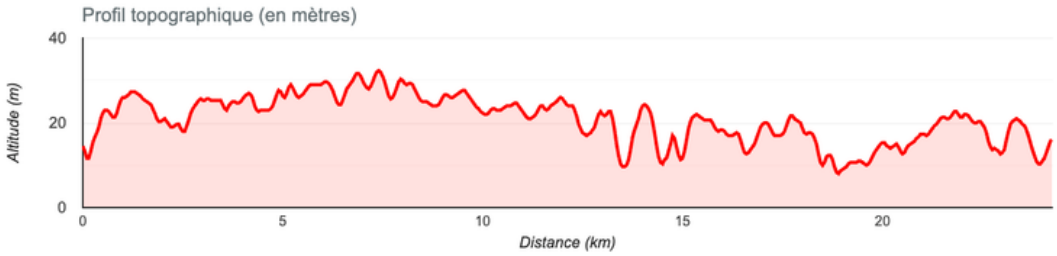


DÉPART	**10H**
PODIUM	**12H**
RAVITAILLEMENT	**AU KM 10** ★

TRAIL 25 KM

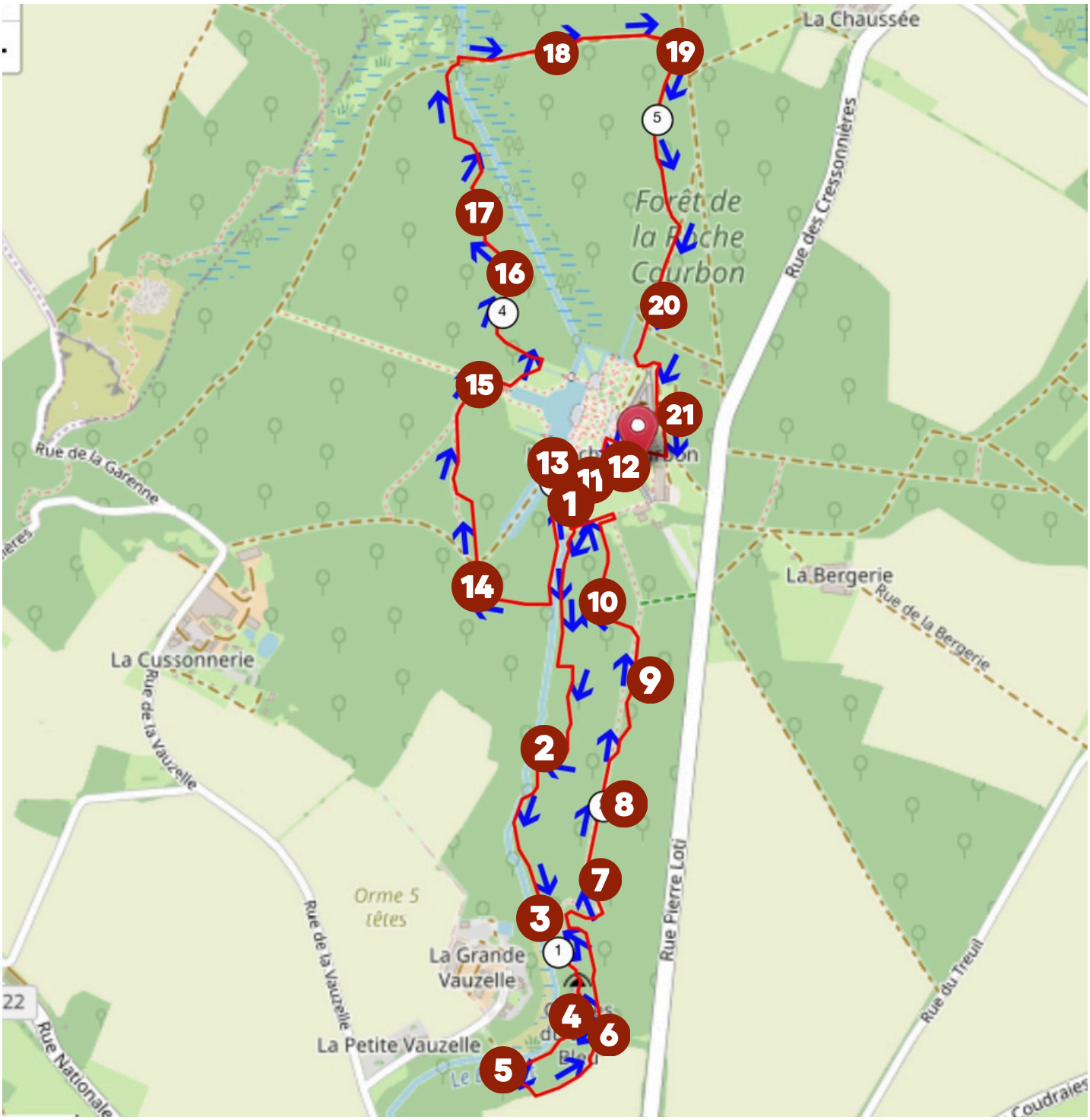


25KM / 135M D+

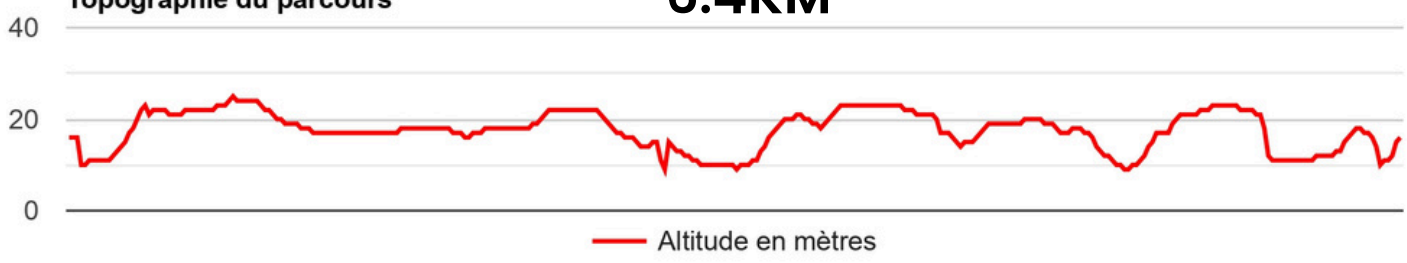


DÉPART	**10H10**
PODIUM	**13H**
RAVITAILLEMENT	**AU KM 14**

LA FOLLE ROCHE
COURSE NATURE À OBSTACLES



Topographie du parcours — **6.4KM**



DÉPART	À PARTIR DE 14H