

Tracks:

- 1. TsénaI-Derborence-Ardon-Martigny**
- 2. Martigny-Salvan-Finhaut-La Crettaz**
- 3. Martigny_Riddes**
- 3'. Isérables_Pralong**
- 4. Pralong-Evolène-Sion**

TRACK STATISTICS

1. TsénaI-Derborence-Ardon-Martigny
distance: 57.64 km
min/max elev.: 458 m/1466 m
elev. gain/loss: 844 m/-1741 m

2. Martigny-Salvan-Finhaut-La Crettaz
distance: 37.01 km
min/max elev.: 456 m/1305 m
elev. gain/loss: 1243 m/-1243 m

3. Martigny_Riddes
distance: 15.78 km
min/max elev.: 458 m/495 m
elev. gain/loss: 41 m/-22 m

3'. Isérables_Pralong
distance: 35.89 km
min/max elev.: 1086 m/1549 m
elev. gain/loss: 1194 m/-782 m

4. Pralong-Evolène-Sion
distance: 55.82 km
min/max elev.: 487 m/2248 m
elev. gain/loss: 1205 m/-2243 m

TOTAL
distance: 202.1 km
min/max elev.: 456 m/2248 m
elev. gain/loss: 4526 m/-6030 m
Elevation gain/loss threshold: 20m

