

ROADBOOK RIDERS



www.grandtrail.be
An organization of ENJOY SPORT INFINITY
asbl A very special THANK YOU to the Golden Core

THE WEEKEND

20 VENDREDI
MAI

18 :00 Ouverture du site d'Ovifat
Ouverture Bar
Petite restauration

22 :00 Fermeture du site

21 SAMEDI
MAI

03 :45 Briefing GT160

04 :00 Départ du GT160

07 :45 Briefing GT85

08 :00 Départ GT85

16 :00 Ouverture du bar
Petite restauration

16 :30 Arrivée du vainqueur GT85

19 :45 Briefing GT20²

20 :00 Départ GT20²

20 :20 Arrivée du vainqueur GT160

21 :40 Arrivée des vainqueurs GT20²

00 :00 Arrivée du dernier duo GT20²

02 :00 Fermeture Bar



GT 160



GT 85



GT 20²

22 DIMANCHE
MAI

04 :30 Arrivée du dernier GT85

07 :00 Ouverture Café
Sandwiches

07 :45 Briefing GT42

08 :00 Départ GT42

09 :50 Briefing et Départ GT2

10 :20 Briefing et Départ GT1 GT1 & GT2

10 :45 Briefing GT16

11 :00 Départ GT16

11 :15 Ouverture Bar
Petite restauration

11 :30 Arrivée du vainqueur GT42

12 :05 Arrivée du vainqueur GT16

16 :10 Arrivée du dernier GT16

18 :30 Arrivée du dernier GT42

20 :00 Arrivée du dernier GT160

21 :00 FERMETURE GTLC



GT 42



GT1 & GT2



GT 16

You will find it on our website: <https://grandtrail.be/programme/>

Congratulations on registering for GTLC Summer 2022!
You only have a few days left before your big departure!

REGISTRATIONS

Where to find your bib number?

- Either on your management link received when you registered.
- Either on the "participant" page of our website: <https://grandtrail.be/participant/>.
An update will be made no later than Friday 20/05.



Ovifat Ski Piste - Rue de la Piste at 4950 Ovifat - Belgium
Thanks to [Stoffels & Fils](#) for their help in setting up the site.

BIBS

Each bib is given individually to each runner.

- Photo ID or copy of photo ID + bib number
- Validated medical certificate for the GT160 and GT85. **If no certificate = no departure!**
- For GT160 and GT85 riders, you must come with your racing bag and all the mandatory equipment. Wristbands and Tracking will be given at that time .
- The bibs are still available from our Sponsor [Trakks Rocourt](#) until Wednesday 18/5 - 6:00 p.m.... Highly recommended to avoid queues at the pick-up...

DROP BAG or PERSONAL BAG

A bag with your personal belongings can be dropped off at Ovifat at the start of the races and will be sent directly to the various aid stations described in the Roadbook. These will be labeled with your bib number (please provide a bag where this bracelet can be hung). Only bags deposited in the IN area will be transported to.

Capacity of 30l maximum per bag.

GT160: 3 colored bracelets (R2: 37 km: Red | R4: 90km: Green | R6: 130km: Pink)

GT85: 1 colored strap (R2: 37km: Mauve)



RETURN of the DROP BAG

The repatriation time is based on logistical constraints. A bag can lag behind the runner, especially in the event of a retirement. Thank you for being patient and respecting the work of volunteers. The bags will be removed under the tent dedicated to this purpose. A list of the bags that have arrived will be updated regularly.

CONSIGNE

There will be no deposit for your keys or valuables.

MANDATORY MATERIAL



(O: mandatory / R: recommended)

Equipelement (O : obligatoire / R : Recommandé)	GT160	GT85	GT42	GT20 ²	GT16
Sac destiné au portage de l'équipement obligatoire pendant la course	O	O	O	R	R
Téléphone	O	O	O	R	R
Gobelet de 15 cl minimum	O	O	O	O	O
Supplément de 1 litre d'eau minimum	O	O	R	R	R
Lampe frontale	O	O	–	O	–
Batterie supplémentaire pour lampe frontale	O	R	–	–	–
Couverture de survie 1,40 x 2,0 m minimum	O	O	O	R	R
Reserve alimentaire suffisante pour autonomie adaptée au parcours	O	O	R	R	R
Veste de pluie	O	O	R	–	–
Tenue vestimentaire adaptée aux conditions météo (soleil, pluie, froid, neige)	O	O	R	R	R
Carte d'identité ou passeport	O	O	O	O	O

Kits for foot care and blisters are not provided by the organization. Please include this in your drop bags.

CUP

To avoid the waste of plastic cups, everyone is obliged to bring their own, with a capacity of at least 15cl.

CONTROL

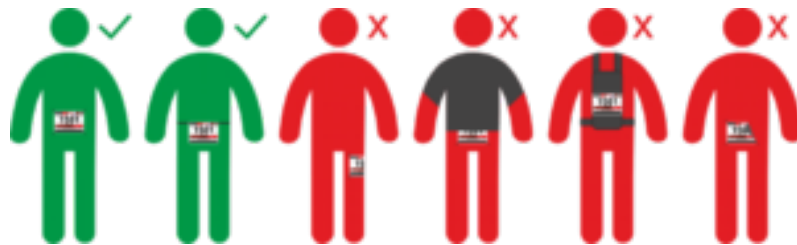
Each rider (GT160, GT85) will be equipped with a Legends Tracking GPS for live tracking.

The timed chips are placed on the back of your bib. These will activate when you pass the mats at the different points.

Unannounced checkpoints will be set up by the organization.

The bib must be worn on the chest or stomach and be permanently and completely visible throughout the race. This bib will give you access to supplies and life base.

It must always be placed on all clothing and can in no case be positioned on a leg or a bag.



TIME BARRIER

They are calculated to allow participants to reach the finish in the maximum time imposed. The hourly average is very very broad. They are indicated on the tables on the race page on the website www.grandtrauil.be but they are also indicated at each aid station.

The time announced by the time barrier is the time limit at which the competitors must leave the checkpoint.

The organization can, if safety requires it, modify the time barriers. Runners arriving beyond the time barrier will be stopped.

We know it can be difficult to accept failure with so much preparation ahead of time. If we insist on time barriers, it is only for your safety.

	R0 Ovifat Départ	R1 Robertville Barrage	R2 Malmedy Ecole IND	R3 Trois-Ponts !! Extérieur !!	R4 Salmchateau Ecole	R5 Bergeval Privé
		160 (20km) 85 (20km) 42 (20km) 20 (12km) 16 (7km)	160 (37km) 85 (37km) DB GT160 DB GT85	160 (63km) Pas d'électricité	160 (90km) DB GT160	160 (110km)
GT160	04:00	09:00	13:15	19:15	01:45	07:00
GT85	08:00	13:00	17:15	/	/	/
GT42	08:00	13:00	/	/	/	/
GT20 ²	20:00	22:25	/	/	/	/
GT16	11:00	13:45	/	/	/	/

ABANDONMENT and REPATRIATION

Unless injured, do not abandon anywhere other than at a Supply Point (R):

What to do ?

Notify the post manager at R, who will definitively invalidate your bib and collect your Tracker. The runner keeps his invalidated bib.

Small injury, stop at the following Help Station (H):

Call the **COURSE PC on 0032 (0) 471 20 36 21**

Repatriation is decided with PC Course, depending on the shuttles en route.

Enter it into your phone. It is also written on your bib.
Attention, no SMS will be treated on the emergency numbers or PC Course.



Info to give:

- Your bib number
- The HELP STATION number (example H14)
- Nature of the call (abandonment, minor injury, serious injury, loss of location)

If you can, still prefer the help stations of the supplies.

We will then organize your repatriation to the Ovifat base thanks to the various vehicles lent by [GG Cars](#).

A shuttle is available and will take you back to the departure site.

In the event of abandonment before a checkpoint, it is imperative to return to the previous checkpoint and report the abandonment to the post manager.

RESCUE

The 112.be application can be downloaded (available on Android and Apple). The application has the great advantage of directly locating the call to the emergency services. At the time of your race, **in case of serious injury or emergency, call 112.**

A first aid station is provided on the site in Ovisat by [the non-profit organization OASIS](#) , made up of certified personnel , from Saturday 10:00 a.m. to Sunday 6:00 p.m.

MARKUP

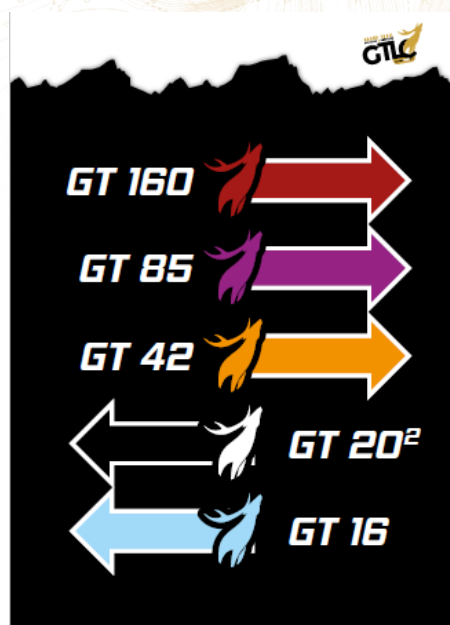


For better vision at night, the beacons are equipped with a reflective part. If you don't see any markers after 150 meters, go back !

White ARROW with orange tip, small reflective stick, ENJOY SPORT label

For the non-wooded parts, orange markings on the ground will show you the direction.

Here is an example of a junction sign as well as a sign to certify that you are on the right road after a junction.



REFUELING

Only runners wearing a visible bib will have access to the supplies.

Depending on the location, different supplies will be offered:

Liquid:	plain water, cola, grenadine syrup
Hot liquid:	Chicken broth, coffee
Salty snack:	Tuc, salt chips, salted peanuts
Sweet snack:	Gingerbread, sugar waffle, egg waffle, raisins
Fruits:	Banana, orange
Gourmet:	Fruit paste candy, dark chocolate
Aperitif:	GBLC, Sausage and cheese
Solid:	Bolognese pasta, hot dog, sandwiches

		R1 Robertville Sarrage	R2 Malmédy Ecole IND	R3 Trois-Ponts !! Extérieur !!	R4 Salmchâteau Ecole	R5 Bergeval Privé	R6 Coo !! Extérieur !!	R7 Malmédy NU	R8 Ovifat Site
		160 (20km) 85 (20km) 42 (20km) 20 (12km) 16 (7km)	160 (37km) 85 (37km)	160 (63km) Pas d'électricité	160 (90km)	160 (110km)	160 (130km)	160 (145km) 85 (67km)	160 85 42 20 ^a 16
			DB GT160 DB GT85		DB GT160		DB GT160		
CHAUD et consistant	Soupe chaude poulet/vermicelles		X	X	X	X	X	X	X
	Café		X	X	X	X	X	X	X
	Pâtes bolognaise		X		X		X (à partir de 17h)		X
	Hot Dog (ketchup/moutarde/mayonnaise)					X			X
	SANDWICHES (beurre, fromage/jambon/salami)			X	X	X	X	X	X
SNACK	Tuc	X	X	X	X	X	X	X	X
	Chips au sel	X	X	X	X	X	X	X	X
	Pain d'épice	X	X	X	X	X	X	X	X
	Bœuf au sucre	X	X	X	X	X	X	X	X
	Bœuf aux oeufs								
FRUIT	Raisins secs	X	X	X	X	X	X	X	X
	Cacahuètes	X	X	X	X	X	X	X	X
	Banane	X	X	X	X	X	X	X	X
GOURMANDISE	Orange	X	X	X	X	X	X	X	X
	Bonbons pâte de fruit	X	X	X	X	X	X	X	X
LIQUIDE	Chocolat noir	X	X	X	X	X	X	X	X
	Eau	X	X	X	X	X	X	X	X
	Coca	X	X	X	X	X	X	X	X
	Sirup grenadine	X	X	X	X	X	X	X	X
APERÔ :)	Dégustation bière GBUC					X		X	
	Seuissou					X		X	
	Cube fromage					X		X	

Hydration and energy intake must be adapted to the weather conditions and enriched with salt throughout the effort. Remember to drink enough.
CAUTION: R2-R3-R4 (GT160) and R2-R7 (GT85). Manage your distances from one point to another! An additional water point will be added AFTER the R2 at km 53.5 (BIO ZEN, Ferme Bio Bastin - Rte de Malmédy 16) . No volunteers at this point .

It is forbidden to leave supply bases with reserves of food, except water. Consumption must be done on site.

Thanks to the [SWDE](#) for their collaboration.

Ravito 1: Robertville (dam on the Walk side)
<https://goo.gl/maps/ggrwJEjfQ5JqQgDz7>
Ravito 2: Malmédy IND school <https://goo.gl/maps/P6beQ45yTNvTLc3w6>
Ravito 3: Trois-Ponts exit (main road) <https://goo.gl/maps/qvjPB3awNs1zf8Va8>
Ravito 4: Salmchâteau (municipal school) <https://goo.gl/maps/sQY9uU7tr2B2nVJx8>
Ravito 5: Bergeval (private) <https://goo.gl/maps/KB4z9hMUnU4bnTe99>
Ravito 6: Coo (fries) <https://goo.gl/maps/8YcUtLsrvmUDCGzWA>
Ravito 7: Malmédy Youth Center <https://goo.gl/maps/HznteWLFJEJ4kQNMx8>
Ravito 8: Ovifat <https://goo.gl/maps/RZTKP4DQGXRSNu8z5>

IMPORTANT: the dam is closed to all traffic (CAR and PEDESTRIAN).
Works !! We only have the agreement for the passage of the runners!!

PERSONAL ASSISTANCE

The refreshments will be placed at the points described in the road book:

Use our interactive maps on each race page and click on the links to get the Google itinerary!

Example: GT160 interactive map link: <https://grandtrail.be/courses/gt-160/>

It is not permitted for runners to sleep in places other than those encountered on the course. Motorhomes are prohibited!

ACCOMPANIMENT ON THE COURSE

To ensure fairness between competitors, it is forbidden to be accompanied during all or part of the race by an unregistered person (pacer, mountain bike, etc.), outside the tolerance zones near the refueling zones. Race marshals will be able to issue penalties in real time in the event of non-compliance with the rules. Sticks are allowed.

On the website www.grandtrail.be there are interactive maps on the race pages. A click on the point gives you the Google route!

Your companions will be able to go to viewpoints, crossing points, and find supply points quite easily.

REGULATION COMPLIANCE

At the time of registration, each runner confirms having read the rules and respecting them. It can be modified at any time and the latest version of it is authentic. Please take note of the changes and respect them for the good of the race. <https://grandtrail.be/rules/>

RESPECT FOR VOLUNTEERS

We attach particular importance to respect for others. The volunteers you will meet along the way are there to help you but are not at your service. Please respect the extraordinary work they do day and night to make this race possible.

SIGNALERS and HIGHWAY CODE

Although we have a great team of volunteers as signallers, each participant will have to comply with the rules of the road. Road crossings are made under the full responsibility of the runners, with waiver of any recourse against the organizers in the event of damage and subsequent consequences that may occur during your race. When you registered you checked the little box that says you have read and accepted the rules on our website.

GPX TRACK

The traces of the GT85 and GT160 will be sent by email individually to the participants. Having the GPX track loaded on your watch/smartphone is strongly recommended.

The routes will be 100% marked BUT unmarking is unfortunately more and more frequent and is beyond our control.

External batteries are therefore recommended for smartphone use!

Each runner is warned and is responsible for the way in which he operates in the event of a problem.

These routes take many private passages that are not accessible outside the trail. We are trusted by owners. Don't break it by borrowing them outside of the GTLC weekend .

Traces of GT42, GT20² and GT16 will ultimately not be sent. On our website, you will therefore no longer be able to download the track as in 2021. Do

not trust the interactive map which is only there as an indication for the supply points, fan zone, etc...

TRACKING OF RIDERS

LIVE TRACKING



Nothing is more important than knowing where the runner you are following is! Thanks to Legends Tracking, GT160 and GT85 riders will all be equipped with a GPS tracker that will allow them to be tracked at all times.

This GPS chip will be given when you pick up your bib (compulsory).

TIME TRACKING

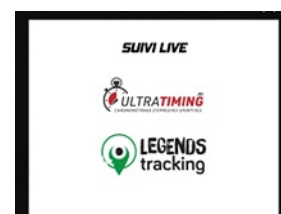


The GT42, GT20² and GT16 will benefit from a timing chip that will allow them to follow the progress of each rider live at the refueling points in the middle of the race, at the bottom of the track and at the finish line. Same for GT160 and GT85. It is important to position your bib correctly!

POP-UP!!!

From Saturday 21 May at 4 a.m., a "pop up" will be available on our website www.grandtrail.be.

This will allow you or your companions to choose live tracking or chrono tracking. By clicking on the cross, you will return to the basic website.



Live Tracking link : Will be sent Thursday 19/5

Ultratiming link for the real-time ranking: Will be sent Thursday 19/5 by email
Publication of the links on our GTLC and Summer 2022 Facebook page (be careful, many fake pages are circulating)

PETZL SUPPORT





Petzl will prepare a first aid kit available at Ovifat .

Attention, do not plan to buy on site, we are talking about technical assistance 😊 !

If necessary, call the PC Course...

3 PETZL balloons will overhang the site of the Ovifat GTLC ski slope during the weekend of May 21 and 22, 2022. A partnership made possible thanks to [Alpitem Petzl Benelux Agency](#) .

HOW TO GET TO OVIFAT?

Departure site: <https://goo.gl/maps/MakQHvsqam2qdTNWA>

CAREFUL, WORK IN PROGRESS !!!

Botrange Road CLOSED in both directions:

For people coming from the Fagnes, Eupen or Jalhay route:

Works between Mont-Rigi and Sourbrodt : ROAD CLOSED

-> Continue straight in the direction of Malmédy by the N68, turn left in the direction of Ovifat .

At Xhoffraix , turn left towards Ovifat , cross Longfaye via the Bayhon valley to the village of Ovifat .

Detailed plan :

<https://botrange.be/wp-content/uploads/2022/03/n676-plan-de-deviation.pdf>

Robertville dam CLOSED in both directions :

For people coming from Malmedy - Chodes :

At Walk church , turn right towards Bruyère, turn left towards Robertville , cross the Haelen bridge and continue on the N676 to the village of Robertville , then follow the Ovifat signs

CAR PARK :

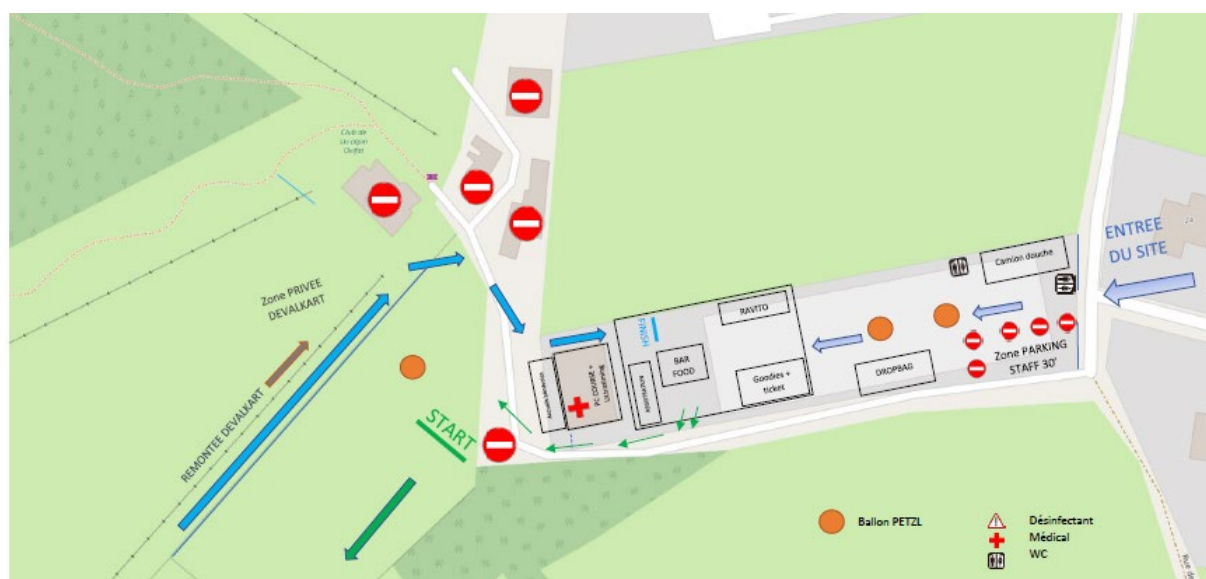
Car park 1: OPEN from Friday 20 from 6 p.m.
Reserved for GT160 and GT85

Car park 2: Open from Saturday 5 p.m.
Reserved for GT20² and GT42

Room car park: Only reserved for volunteer members on presentation of PASS. Any unauthorized car will be removed by the authorities.

GT16: due to lack of parking, please park on the side of the roads and favor carpooling. Obey the police order. Please also respect private properties and gardens

DEPARTURE SITE:



These car parks are available to runners **ONLY** for the duration of the race. No parking possible before Friday, May 28, 6 p.m.

Camping car and van: prefer nearby campsites so as not to monopolize pitches for 48 hours. No bivouac possible.

These 2 car parks must be vacated on Sunday May 30 at 10 p.m.



A police order is put in place:

- Article 1 :** La circulation de tout véhicule se fera à sens unique :
- rue des Charmilles, dans le sens allant du Domaine des Hautes Fagnes en direction de la rue de l'Église ;
 - rue de la Piste, dans le sens allant de la rue des Charmilles en direction de la route de G'Hâstêr ;
 - route de G'Hâstêr, dans le sens allant de la rue de la Piste en direction de la rue des Charmilles ;
- et ce, du 28 au 31 mai 2021.
- Article 2 :** La circulation des véhicules reprise à l'article 1 sera déviée par la rue de l'Église et la route de Botrange.
- Article 3 :** L'arrêt et le stationnement de tout véhicule, autres que ceux des services de secours et de sécurité, seront interdits sur la rue de la piste et sur la route de G'Hâstêr à Ovifat, du 28 au 31 mai 2021.







PHOTOS & VIDEOS

We already thank [Geoffrey Meuli](#) and [CVisuels](#) for capturing images and sharing emotions that they will provide us with their photos and video.

COME AND PICK UP YOUR bib

It is imperative to bring your identity card with photo or copy (as well as your shopping bag to collect your bib [GT160|GT85]).

Otherwise, you will not be able to collect your bib. Please know your bib number to facilitate the process. Please also read the signs at the entrance to the queues. They will ask you to enter the emergency number in your phone.

	VENDREDI 20 Retrait dossard GT160 18h – 21h (obligatoire)	SAMEDI 21 Retrait de dossard GT160 3h – 3h45 (sur demande) Dépôt des 3 DROP BAG
	VENDREDI 20 Retrait dossard GT85 18h – 21h (conseillé)	SAMEDI 21 Retrait dossard GT85 6h30 – 7h45 Dépôt du DROP BAG
	SAMEDI 21 Retrait dossard GT42 17h – 20h (conseillé)	DIMANCHE 22 Retrait dossard GT42 6h – 7h45
	SAMEDI 21 Retrait dossard GT42 17h – 19h45	
	DIMANCHE 21 Retrait dossard GT16 9h – 10h45	
	DIMANCHE 21 Retrait dossard GT1 & GT2 9h – 09h45	

CARPOOLING

A group has been created to centralize carpooling requests:

<https://www.facebook.com/groups/374398644653611>

MERCHANDISING

On your bib, the goodies you have ordered will be noted.

As a participant, you can also withdraw:

Your GT160 t-shirt | GT85 | GT42

Your GT160 neckband | GT85

A GBLC at the finish for the GT20² duos

SHOWERS & TOILETS

[CITY WASH](#) shower truck will be in place throughout the weekend (hot water).

Toilets will be installed at all the aid stations as well as at the start site in Ovifat .

BAR & SMALL CATERING

Snacks & Soft

with [Fagnarde products](#)

- Bolo Pasta
- hot dogs
- Sandwiches
- Chicken broth soup

Alcoholic beverages :

[The Great BEER of the Lakes and Châteaux is](#) finally back!

Per 75cl bottle or per pack of 3 to take away

BAR OPENING HOURS

Friday: From 6:00 p.m. to 10:00 p.m.

Saturday: From 4 p.m. to 2 a.m.

Sunday: From 7:00 a.m. to 8:00 p.m.



GT 160



165 KM - 6900 D+

Saturday, May 21, 2022 at 4:00 165 runnersMax

race time: 40h1st : around 4:30pm

Point de passage	Alt. (m)	Km Inter	Km Cumul	Cumul D+	Barrière Horaire (rapide)	Barrière Horaire (lente)	STOP	Ravitaillement
OVIFAT	599	0	0	0	4h00	4h00		
BARRAGE DE ROBERTVILLE	506	20,6	20,6	744	5h45	9h00		
ECOLE MALMEDY	362	16,5	37,1	1660	7h10	13h15		
BERGERIE STAVELOT	449	16,7	53,8	2302				Point d'eau supplémentaire
SORTIE DE TROIS-PONTS (VERS GRAND HALLEUX)	284	9,7	63,5	2650	10h15	19h15		
SALMCHATEAU	376	25,5	89	3608	12h35	01h45		
BERGEVAL	399	20	109	4380	15h00	07h00		
COO	238	19,9	128,9	5251	16h55	11h15		
MALMEDY	337	18,4	147,3	6080	18h35	15h45		
OVIFAT	599	17,7	165	6900	20h25	20h00		

Liquide
 Solide
 Repas chaud
 Poste de secours
 Trousse de secours
 Sac perso





GT 85



85 KM - 3630 D+

Saturday, May 21, 2022 at 8:00 a.m.

360 runners Max race time: 8:30 p.m. 1st : approximately 8:30 a.m.

Point de passage	Alt. (m)	Km Inter	Km Cumul	Cumul D+	Barrière Horaire (rapide)	Barrière Horaire (lente)	STOP	Ravitaillement
OVIFAT	599	0	0	0	8h00	8h00		
BARRAGE DE ROBERTVILLE	506	20,6	20,6	744	9h40	13h00		🚰 🍌 🩹
ECOLE MALMEDY	362	16,5	37,1	1660	11h00	17h15		🚰 🍌 🍲 🩹 📄
BERGERIE STAVELOT	449	16,7	53,8	2302				🚰 Point d'eau supplémentaire
MALMEDY	337	13	66,8	2672	14h30	00h20		🚰 🍌 🍲 🩹
OVIFAT	599	17,8	84,6	3630	16h30	04h30		🚰 🍌 🍲 🩹 📄

Liquide
 Solide
 Repas chaud
 Poste de secours
 Trousse de secours
 Sac perso

DÉPART

ARRIVÉE



Liquide
 Solide
 Repas chaud
 Poste de secours
 Trousse de secours
 Sac perso



GT 42









85 KM - 3630 D+






Saturday, May 21, 2022 at 8:00 a.m.

600 runners

Max race time: 10:30 a.m.

1st: about 3:00 a.m.

Point de passage	Alt. (m)	Km Inter	Km Cumul	Cumul D+	Barrière Horaire (rapide)	Barrière Horaire (lente)	STOP	Ravitaillement
OVIFAT	599	0	0	0	08H00	08h00		
BARRAGE DE ROBERTVILLE	506	20,6	20,6	744	09h20	13h00		  
OVIFAT	599	23	43,6	1820	11h00	18H30		  

 Liquide
  Solide
  Repas chaud
  Poste de secours
  Trousse de secours

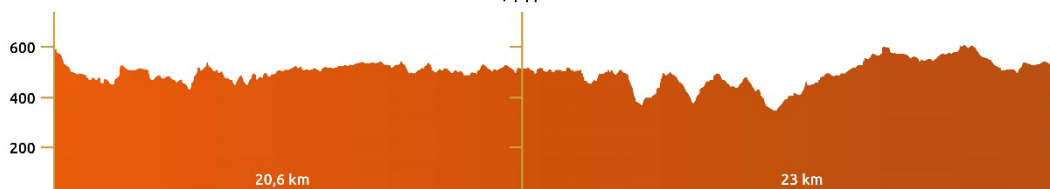
DÉPART






OVIFAT
0 km
599m Alt.
+ 0

  
 BARRAGE DE
ROBERTVILLE
20,6 km
506m Alt.
+ 744

ARRIVÉE

   
 OVIFAT
43,6 km
599 Alt.
+ 1820



 Liquide
  Solide
  Repas chaud
  Poste de secours
  Trousse de secours



GT 20²











20² KM in duo - 890 D+






Saturday May 21, 2022 at 8:00 p.m.

200 runners

Max race time: 4h

1st : about 1h30

Point de passage	Alt. (m)	Km Inter	Km Cumul	Cumul D+	Barrière Horaire (rapide)	Barrière Horaire (lente)	STOP	Ravitaillement
OVIFAT	599	0	0	0	20h00	20h00		
BARRAGE DE ROBERTVILLE	506	12,5	12,5	509	20h55	22h25		   
OVIFAT	599	8,8	21,3	890	21h30	00h10		   

 Liquide  Solide  Repas chaud  Poste de secours  Trousse de secours

DÉPART






OVIFAT
0 km
599m Alt.
+ 0

  
BARRAGE DE
ROBERTVILLE
12,5 km
506m Alt.
+ 509

ARRIVÉE

   
OVIFAT
21,3 km
599m Alt.
+ 890



 Liquide  Solide  Repas chaud  Poste de secours  Trousse de secours



GT 16

Sunday, May 22, 2022 at 8:00 p.m.

300 runners Max race time: 4h1st: about 1h

Point de passage	Alt. (m)	Km Inter	Km Cumul	Cumul D+	Barrière Horaire (rapide)	Barrière Horaire (lente)	STOP	Ravitaillement
OVIFAT	599	0	0	0	11h00	11h00		
OVIFAT	599	16,5	16,5	770	12h05	15h00		🔵 🟡 🛖 🏠

Liquide
 Solide
 Repas chaud
 Poste de secours
 Trousse de secours

DÉPART

OVIFAT
0 km
599m Alt.
+ 0

ARRIVÉE

OVIFAT
16,5 km
599 Alt.
+ 770



Liquide
 Solide
 Repas chaud
 Poste de secours
 Trousse de secours



GT1 & GT2

GT2:

Sunday, May 22, 2022 at 10:00 20 runnersMax

race time: 20min1st : about 10min

For children born in 2009, 2010, 2011

GT1:

Sunday, May 22, 2022 at 10:30 20

runnersMax race time: 20min1st : around 10min

For children born in 2012, 2013 and 2014

For any additional questions:

FAQ <https://grandtrail.be/faq-fr/>

Rules: <https://grandtrail.be/reglement/>

FINISH LINE

The Finish Line carpet will be in our marquee in a beautiful friendly atmosphere!

This is also where the [finisher medals](#) (GT160|GT85|GT42) will be distributed.

Have fun! Celebrating the fact of having taken advantage of each stride, with a goal achieved or not... We only have one life!

Thank you from the bottom of my heart to all for your trust, to all our partners but also to all the groups that will have ensured your safety and the fact that you lacked nothing.

Team GTLC.