

# ROADBOOK RUNNERS

File translated by DeepL



[www.grandtrail.be](http://www.grandtrail.be)

An organisation of the ENJOY SPORT INFINITY association  
A special THANK YOU to the Noyau d'Or and all the volunteers

## WEEK-END

**12** VENDREDI  
MAI

18 :00 Ouverture du site d'Ovifat  
Ouverture Bar

21 :00 Fermeture du site

**13** 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 :00 Premières arrivées GT85

19 :45 Briefing GT20<sup>2</sup>

20 :00 Départ GT20<sup>2</sup>

21 :30 Premières arrivées GT20<sup>2</sup>

23 :30 Premières arrivées GT160

00 :10 Arrivée du dernier duo GT20<sup>2</sup>

02 :00 Fermeture Bar



GT 160



GT 85



GT 20<sup>2</sup>

**14** DIMANCHE  
MAI

04 :30 Arrivée du dernier GT85

06 :00 Ouverture du bar - Café

07 :45 Briefing GT42



GT 42

08 :00 Départ GT42

09 :50 Briefing et Départ GT2



GT1 & GT2

10 :20 Briefing et Départ GT1

10 :45 Briefing GT16

11 :00 Départ GT16



GT 16

11 :00 Ouverture Bar  
Petite restauration

11 :00 Arrivée des premiers GT42

12 :00 Arrivée des premiers GT16

15 :00 Arrivée du dernier GT16

18 :30 Arrivée du dernier GT42

20 :00 Arrivée du dernier GT160

21 :00 FERMETURE GTLC

You can find it on our website: <https://grandtrail.be/en/program/>

Congratulations on your registration for the GTLC Summer 2023!

There are only 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 is regularly made.

## ADDRESS OF THE DAY

Piste de Ski d'Ovifat - Rue de la Piste à 4950 Ovifat - Belgique



Thanks to [Stoffels & Fils](#) for their help in setting up the site.

## BIBS



Each bib is given individually to each runner.

- 1) Photo ID or copy of photo ID + bib number
- 2) Validated medical certificate for the GT160 and GT85. If no certificate = no departure!
- 3) For GT160 and GT85 riders, you must come WITH your racing bag and all the mandatory equipment. Tags will be distributed at that time.



The bibs are still available at the [Trakks Rocourt](#) until Thursday 18/5 - 6:00 p.m. for those registered before 03/05... Highly recommended to avoid queues at the pick-up...

The BEST of RUNNING partners! Do not hesitate to come to them for advice on how to prepare for your goal!

## 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 taken 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: 37km: Red | R4: 83km: 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 fall 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.

**ORDER**

There will be no deposit for your keys or valuables.

**CONTROL**

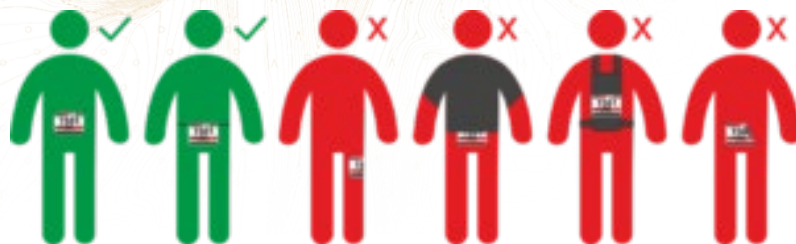
A TRACKIUM beacon will be provided to each rider of the GT160 + GT85 but also to the riders of the GT42 participating in the Belgian championships.

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 but also by the Federation.

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.



## CUP & waste

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

## MANDATORY MATERIAL

(O : obligatoire / R : recommandé)

Equipement (O : obligatoire / R : Recommandé)	GT160	GT85	GT42	GT20 <sup>2</sup>	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

Foot and blister care kits are not provided by the organization. Please provide this in your drop bags.

## TIME BARRIER

They are calculated to allow participants to reach the finish in the maximum time imposed. The hourly average is very very large. They are indicated on the tables on the race page on the website [www.grandtrail.be](http://www.grandtrail.be) but they are also indicated at each aid station.

The time announced by the time barrier is the time limit at which 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	R1	R2	R3	R4	R5	R6	R7	R8
	Ovifat	Robertville	Malmedy	Trois-Ponts	Vielsalm	Bergeval	Coo	Malmedy	Ovifat
	Départ	Barrage	Ecole IND	!! Exterieur !!	Local Scout	Privé	!! Exterieur !!	MJ	Site
		160 (20km)	160 (37km)	160 (63km)	160 (83km)	160 (110km)	160 (130km)	160 (148km)	FINISH
		85 (20km)	85 (37km)					85 (67km)	FINISH
		42 (20km)		Pas d'électricité					FINISH
		20 (12km)	DB GT160		DB GT160		DB GT160		FINISH
		16 (7km)	DB GT85						FINISH
GT160	04:00	09:00	13:15	19:15	01:45	07:00	11:15	15:45	20:00
GT85	08:00	13:00	17:15	/	/	/	/	00:20	04:30
GT42	08:00	13:00	/	/	/	/	/	/	18:30
GT20 <sup>2</sup>	20:00	22:25	/	/	/	/	/	/	00:10
GT16	11:00	13:45	/	/	/	/	/	/	15:00

## 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 Ovifat by the non-profit organization [l'asbl OASIS](#), made up of certified persons, from Saturday 10:00 a.m. to Sunday 6:00 p.m.



## ABANDONMENTS and REPATRIATIONS

# Schyns



Unless injured, do not abandon elsewhere than at a supply point (R):

What to do ?

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

Small injury, stop at the following Help

Station (H): Call the **PC COURSE au 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.

Please note that no SMS will be processed 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 Oviat base thanks to the various vehicles loaned by the [groupe Schyns](#).

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.

The beacons must be returned to Oviat. If loss: 100 € are due.

## MARKUP

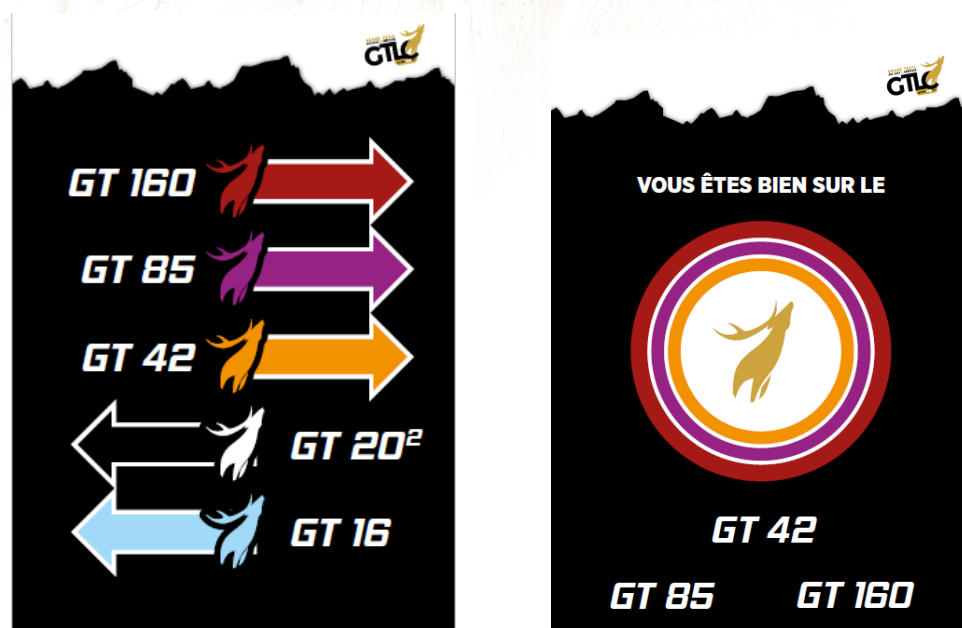


for better vision at night, the beacons are equipped with a reflective part. If you don't see any beacons after 150 meters, turn back!

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.



## REFRESHMENTS

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

Depending on the location, different supplies will be offered:

Liquid: Still water, cola, grenadine syrup

Hot liquid: Chicken broth, coffee

Salty snack: Tuc, salt chips, salted peanuts

Sweet snack: Gingerbread, sugar waffle, egg waffle

Fruit: Banana, orange

Delicacy: Fruit paste candy, dark chocolate

Aperitif: GBLC, sausage and cheese

Solid: White pasta, pesto pasta, sandwiches, grated cheese

Hydration and energy intake must be adapted to weather conditions and enriched with salt throughout the effort. Remember to drink enough.

**ATTENTION: Manage your distances from one point to another! An additional water point will be added AFTER the R2 at km 54 (Ferme Bio Bastin/Bergerie Stavelot). No volunteers at this point. Attention, flying supplies are PROHIBITED!!**

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

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



		R1 Robertville	R2 Malmedy	Bergerie Stavelot	R3 Trois-Ponts	R4 Vielsalm	R5 Bergeval	R6 Coo	R7 Malmedy	R8 Ovifat
		Barrage	Ecole IND		!! Exterieur !!	Local Scout	Privé	!! Exterieur !!	MJ	Site
		160 (20km)	160 (37km)	160 (54km)	160 (63km)	160 (83km)	160 (109km)	160 (130km)	160 (148km)	166 km
		85 (20km)	85 (37km)	85 (54km)					85 (67km)	85 km
		42 (20km)								43 km
		20 (12km)								21 km
		16 (7km)								16 km
			DB GT160			DB GT160		DB GT160		
			DB GT85							
CHAUD et consistant	Soupe chaude poulet/vermicelles		X		X	X	X	X	X	X
	Café		X		X	X	X	X	X	X
	Pâtes nature / pesto / fromage râpé		X			X			X (à partir de 17h)	X
	SANDWICHES (beurre, fromage/jambon/salami)				X	X	X	X	X	X
SNACK	Tuc	X	X		X	X	X	X	X	X
	Raisons secs	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
	Gaufre au sucre	X	X		X	X	X	X	X	X
	Galettes de riz chocolat					X		X		
	Gaufre aux œufs	X	X		X	X	X	X	X	X
	Fruits secs				X	X		X		X
FRUIT	Carahuètes	X	X		X	X	X	X	X	X
	Banane	X	X		X	X	X	X	X	X
	Orange	X	X		X	X	X	X	X	
GOURMANDISE	Bonbons pâte de fruit	X	X		X	X	X	X	X	X
	Chocolat noir	X	X		X	X	X	X	X	X
LIQUIDE	Eau	X	X		X	X	X	X	X	X
	Coca	X	X	X	X	X	X	X	X	X
	Sirop grenadine	X	X		X	X	X	X	X	X
APERÔ :)	Dégustation bière GBLC						X		X	
	Saucisson						X		X	
	Cube fromage						X		X	

- RAVITO1 :** Barrage de Robertville - <https://goo.gl/maps/ggrwJEjfQ5JqQgDz7>  
**RAVITO 2 :** Ecole IND de Malmedy - <https://goo.gl/maps/P6beQ45yTNvTlc3w6>  
**RAVITO 3 :** Trois-Ponts - <https://goo.gl/maps/t4F6c7dCHGFsJMjq6>  
**RAVITO 4 :** Vielsalm - <https://goo.gl/maps/f4iBBgpu15CLFy6i9>  
**RAVITO5 :** Bergeval - <https://goo.gl/maps/KB4z9hMUnU4bnTe99>  
**RAVITO 6 :** Coo - <https://goo.gl/maps/zrgdJXdvNkLL9fSb6>  
**RAVITO 7 :** Malmedy Expo - <https://goo.gl/maps/HznteWLF EJ4kQNMx8>  
**RAVITO 8 :** Ovifat arrivée - <https://goo.gl/maps/kQ3mwFMrLzCFrbU8>

## ASSISTANCE PERSONNELLE

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

Use our interactive maps to get the Google route! Example: <https://grandtrail.be/courses/gt-160/>

Runners are not permitted 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, or even disqualification. Sticks are allowed.

On the website [www.grandtrail.be](http://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

Even if we have a great team of volunteers at the various flagman positions, each participant will have to comply with the highway code. 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. Your registration constitutes acceptance of these rules.

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## GPX TRACK

**All traces will be emailed individually to participants**

**THURSDAY, 2 days before the race.**

Having the GPX track loaded on your watch/smartphone is strongly recommended, even mandatory for the 85 and 160km.

The routes will be 100% marked BUT unmarkings are unfortunately very frequent and are beyond our control.

External batteries are therefore recommended for the use of smartphones on ultras!

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.

## TRACKING OF RIDERS

### SECURITY MONITORING



**TRACKMIUM**

Nothing is more important than knowing where the ultra runner is! Thanks to Ultratiming, the GT160 and GT85 riders as well as the participants in the Belgian Championship will be equipped with a TRACKMIUM GPS beacon which will allow them to estimate their crossing point.

Our PC Course team will be able to track them for their safety.



The beacon will be supplied in a special pouch to attach to your bag.

This must MANDATORY be returned to the organizers under penalty of an invoicing of 100€.

## SUIVI CHRONO



ALL runners will benefit from a timing chip behind their bib which will allow them to follow the progress of each runner live at the refueling points in the middle of the race, at the bottom of the track and at the finish. line. It is important to position your bib correctly!

## POP-UP!!!

From Saturday May 13 at 4 a.m., a “pop up” will be available on our website [www.grandtrail.be](http://www.grandtrail.be).

This will allow you or your companions to easily follow their favorite runner, follow the passages of the supplies, the estimates of passage, arrival, etc...



<https://www.ultratiming.be/evenement/gtgc-summer-2023>

## 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, contact the PC Course...

2 PETZL balloons will overhang the site of the Ovifat GTLC ski slope during the weekend of May 13 and 14, 2022.  
A partnership made possible thanks to [Alpitec Petzl Benelux Agency](#).

## MINI TRAIL SHOW

*To make the event even more fun, we invited some trail or outdoor players to come and exhibit on the start/finish site during the weekend.*

**Presence of exhibitors:**

**Saturday 4-10 p.m. and Sunday 10 a.m.-8 p.m.**

**Betrail** (results & ranking of trail runners)



Every week since 2016, the Betrail team encodes the results of the trails in France, Belgium, the Netherlands and Luxembourg. The Betrail algorithm calculates for each result a performance generally between 20 and 100, which makes it easy to follow its evolution and to compare itself to other runners.

**Extratrail** (permanent marked trails)

With 30 permanent trails spread over the East of Wallonia over more than 750 km and 22,000 m vertical gain, EXTRATRIL is positioned as one of the largest Trail-Nature trail networks in Europe.



**Hoka One One**



During the GTLC weekend, a HOKA expert will be present to advise you. You will not only receive information about the different trail shoes, but you will also have the opportunity to test the different models!

- Friday evening and Saturday: GT160 & GT85 (advice)
- Saturday evening and Sunday: GT42 & GT20 & GT16 (advice + test)

➔ **Book your shoes here:** <https://hokaxgtlc.splashthat.eu/>

**Wild Boys** (organic and artisanal Belgian bars)

A brand of energy bars. These are 100% natural, organic, naturally colored using "super foods", gluten-free and lactose-free, rich in nuts, no added sugar, vegan, artisanal and above all local. These Ardennes nuggets are made at Chocolatier Darcis in Verviers! These bars have a "slow" energy supply. **(250 kcal for 45 g)**



**GTLC & GTLC Vintage** (merchandising GTLC)

You will find the whole history of the GTLC for 13 years at a mini price.

## HOW TO GET TO OVIFAT?

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

## PARKING :

**Parking 1 :** OPEN from Friday 20 from 6 p.m.  
Reserved for GT160 and GT85

**Parking 2 :** Open from Saturday 5 p.m.  
Reserved for GT20<sup>2</sup> and GT42

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

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

These car parks are available to runners ONLY for the duration of the race.

No parking possible before Friday, May 28, 6 p.m.

Motorhome and van: favor nearby campsites so as not to monopolize the 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 13 au 14 mai 2023.
- 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 13 au 14 mai 2023.

## 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.

## SPORTOGRAF








<https://www.sportograf.com/fr/event/8827>

**Register now to receive your photos by email!**

## COME AND PICK UP YOUR bib

It is imperative to have your identity card with photo or copy (as well as your shopping bag to collect your bib). 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.

 <b>GT 160</b>	<p>VENDREDI</p> <p><b>12</b> Retrait dossard GT160 18h – 21h (obligatoire) + Vérification sac</p>	<p>SAMEDI</p> <p><b>13</b> Retrait de dossard GT160 3h – 3h45 Dépôt des 3 DROP BAG</p>
 <b>GT 85</b>	<p>VENDREDI</p> <p><b>12</b> Retrait dossard GT85 18h – 21h (conseillé) + Vérification sac</p>	<p>SAMEDI</p> <p><b>13</b> Retrait dossard GT85 6h00 – 7h45 Dépôt du DROP BAG</p>
 <b>GT 42</b>	<p>SAMEDI</p> <p><b>12</b> Retrait dossard GT42 17h – 20h (conseillé)</p>	<p>DIMANCHE</p> <p><b>13</b> Retrait dossard GT42 6h – 7h45</p>
 <b>GT 20<sup>2</sup></b>	<p>SAMEDI</p> <p><b>13</b> Retrait dossard GT42 17h – 19h45</p>	
 <b>GT 16</b>	<p>DIMANCHE</p> <p><b>13</b> Retrait dossard GT16 9h – 10h45</p>	
 <b>GT1 &amp; GT2</b>	<p>DIMANCHE</p> <p><b>13</b> Retrait dossard GT1 &amp; GT2 9h – 09h45</p>	

## GOODIES

We will offer you a lanyard in the colors of the GTLC Summer 2023 when picking up your bibs.

## MEDALS

All finishers will be offered a medal when crossing the finish line.

## SHOWERS & TOILETS

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

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

## BAR & SMALL CATERING

Snacks & Soft

Snacks thanks to a food truck present at the event all weekend.

- Pasta, burger, pita
- Chicken broth soup
- Bar Soft & GBLC!
- Snacks

Alcoholic beverages :

[The Great BEER of Lakes and Castles per 75cl bottle](#)

### BAR OPENING HOURS

Friday: From 6:00 p.m. to 9:00 p.m.

Saturday: 6:00 a.m. to 8:00 a.m. and 4:00 p.m. to 2:00 a.m.

Sunday: From 06:00 to 20:00





# GT 160

166 KM - 6900 D+

Saturday, May 13, 2023 at 4:00 a.m.

90 runners

Max running time: 40h

1st: around 8:00 p.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	4h00	4h00		
BARRAGE DE ROBERTVILLE	510	20,3	20,3	720	5h40	9h00		🚰 🍌 🩹
ECOLE MALMEDY	359	16,9	37,2	1640	7h15	13h15		🚰 🍌 🍲 🩹 📦
BERGERIE STAVELOT	449	16,8	54	2311				🚰 Point d'eau supplémentaire
SORTIE DE TROIS-PONTS (VERS GRAND HALLEUX)	267	9,6	63,6	2650	10h15	19h15		🚰 🍌 🍲 🩹
VIELSALM	358	19,4	83	3436	13h15	01h45		🚰 🍌 🍲 🩹 📦
BERGEVAL	399	26	109	4329	15h40	07h00		🚰 🍌 🍲 🩹
COO	231	21	130	5200	18h00	11h15		🚰 🍌 🍲 🩹 📦
MALMEDY	336	18	148	5987	20h45	15h45		🚰 🍌 🍲 🩹
OVIFAT	599	18	166	6830	23h00	20h00		🚰 🍌 🍲 🩹 📦

🚰 Liquide
🍌 Solide
🍲 Repas chaud
🩹 Poste de secours
📦 Trousse de secours
📦 Sac perso





# GT 85

85 KM - 3630 D+

Saturday May 13, 2023 at 08:00

300 runners

Max race time: 20h30

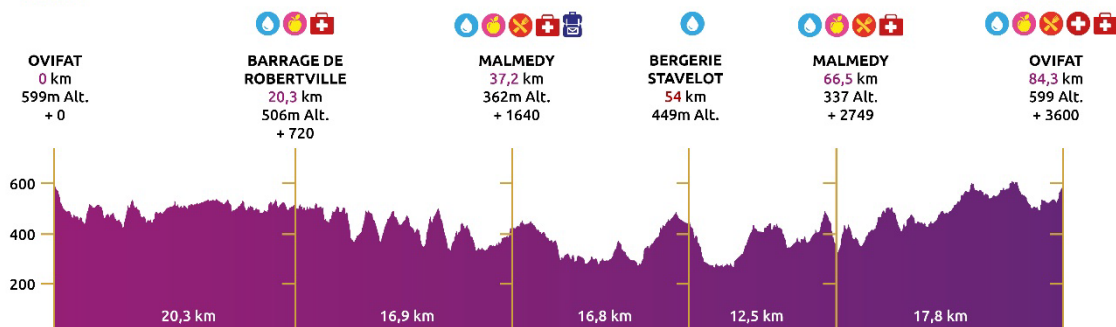
1st: around 08:30

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	510	20,3	20,3	720	9h40	13h00		🚰🍌🩹
ECOLE MALMEDY	359	16,9	37,2	1640	11h00	17h15		🚰🍌🍲🩹📄
BERGERIE STAVELOT	449	16,8	54	2311				🚰 Point d'eau supplémentaire
MALMEDY	336	12,5	66,5	2749	14h30	00h20		🚰🍌🍲🩹
OVIFAT	599	17,8	84,3	3600	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

42 KM - 1820 D+

Sunday, May 14, 2023 at 8:00 a.m.

400 runners

Max running time: 10h30

1st: about 3h00

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	510	20,3	20,3	720	09h20	13h00		📍📦🏠
OVIFAT	599	23,3	43,6	1810	11h00	18H30		📍📦🏠

📍 Liquide  
 📦 Solide  
 🏠 Repas chaud  
 📍 Poste de secours  
 📦 Trousse de secours

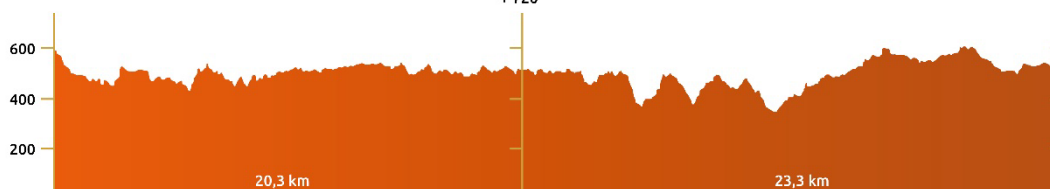
DÉPART

OVIFAT  
0 km  
599m Alt.  
+ 0

📍 📦 🏠  
 BARRAGE DE ROBERTVILLE  
 20,3 km  
 510m Alt.  
 + 720

ARRIVÉE

📍 📦 🏠  
 OVIFAT  
 43,6 km  
 599 Alt.  
 + 1810



📍 Liquide  
 📦 Solide  
 🏠 Repas chaud  
 📍 Poste de secours  
 📦 Trousse de secours





**GT 20<sup>2</sup>**

**20<sup>2</sup> KM en duo – 890 D+**

Saturday, May 13, 2023 at 8:00 p.m.

150 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	510	12	12	450	20h55	22h25		🚰🍌🩹
OVIFAT	599	9,1	21,1	850	21h30	00h10		🚰🍌🩹🩹

🚰 Liquide
🍌 Solide
🍲 Repas chaud
🩹 Poste de secours
🩹 Trousse de secours

DÉPART

OVIFAT  
0 km  
599m Alt.  
+ 0

🚰🍌🩹  
 BARRAGE DE ROBERTVILLE  
 12 km  
 510m Alt.  
 + 450

ARRIVÉE

🚰🍌🩹🩹  
 OVIFAT  
 21,1 km  
 599 Alt.  
 + 850



🚰 Liquide
🍌 Solide
🍲 Repas chaud
🩹 Poste de secours
🩹 Trousse de secours



# GT 16

Sunday, May 14, 2023 at 11:00 a.m.

300 runners  
Max race time: 4h  
1st: about 1 hour

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	16,3	16,3	720	12h05	15h00		🚰🍌🩹🩺

🚰 Liquide
🍌 Solide
🍲 Repas chaud
🩺 Poste de secours
🩹 Trousse de secours

DÉPART

OVIFAT  
0 km  
599m Alt.  
+ 0



ARRIVÉE



OVIFAT  
16,3 km  
599 Alt.  
+ 720

🚰 Liquide
🍌 Solide
🍲 Repas chaud
🩺 Poste de secours
🩹 Trousse de secours



## GT1 & GT2

### GT2:

Sunday, May 14, 2023 at 10:00 a.m.

Max running time: 20min

1st: about 10min

For children born in 2010, 2011, 2012

### GT1:

Sunday, May 14, 2023 at 10:30 a.m.

Max running time: 20min

1st: about 10min

For children born in 2013, 2014 and 2015

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 will be distributed for all!

Have fun! Celebrating the fact of having taken advantage of each stride, with a goal achieved or not... **s avez mis pour franchir la ligne d'a rrivée, peu importe votre classement, peu importe votre distance...**  
You all won something in this experience!

**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.