

Tableau 1

Parcours 50 / 60 Kms		
Dates	D+ / Kms	Liens Open Runner
11/03/2023	1008 / 74,35 MILLAU	https://www.openrunner.com/route-details/16144485
18/03/2023	828 / 50,8	https://www.openrunner.com/route-details/15802421
20/03/2023	792 / 57,3	https://www.openrunner.com/route-details/15802508
25/03/2023	La Tieule	
27/03/2023	698 / 59,4	https://www.openrunner.com/route-details/15796936
01/04/2023	1051 / 58,9	https://www.openrunner.com/route-details/15804710
03/04/2023	806 / 55,2	https://www.openrunner.com/route-details/15804783
08/04/2023	929 / 81,60 COUSSERGUES	https://www.openrunner.com/route-details/16151745
10/04/2023	698 / 61,2	https://www.openrunner.com/route-details/15807379
15/04/2023	693 / 52,5	https://www.openrunner.com/route-details/15807305
17/04/2023	818 / 57,1	https://www.openrunner.com/route-details/15807598
22/04/2023	Boucles canourguaises	
24/04/2023	994 / 48,6	https://www.openrunner.com/route-details/15807408

NB : les mercredis restent en itinéraires libres et « *tranquille Emile* »

SORTIES DELOCALISEES

Tableau 1

Parcours 60 / 70 Kms		
Dates	D+ / Kms	Liens Open Runner
26/04/2023	825 / 60,79	https://www.openrunner.com/route-details/15812413
29/04/2023	876 / 64,22	https://www.openrunner.com/route-details/15812797
01/05/2023	1010 / 71,27	https://www.openrunner.com/route-details/15909140
06/05/2023	1302 / 81,33 St-Sauveur	https://www.openrunner.com/route-details/16151778
08/05/2023	1030 / 70,82	https://www.openrunner.com/route-details/16020983
13/05/2023	RANDO PATRICK	
15/05/2023	1047 / 60,04	https://www.openrunner.com/route-details/16020964
20/05/2023	1014 / 64	https://www.openrunner.com/route-details/16147188
22/05/2023	1176 / 66,9	https://www.openrunner.com/route-details/16147280
27/05/2023	1239 / 73,8	https://www.openrunner.com/route-details/16147245
29/05/2023	1321 / 60	https://www.openrunner.com/route-details/16147417
03/06/2023	1121 / 64,8	https://www.openrunner.com/route-details/16147455

NB : les mercredis restent en itinéraires libres et « *tranquille Emile* »

SORTIE DELOCALISEE