






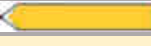








COURSE :

The 2nd Souvenir Marcel Gilles takes place on a **hilly 9 kilometer course**, with a climb of 1.200 meters at 5,2% medium gradient during each lap. Change in altitude is 113 meters per lap. Start and Finish are located in the rue de Moutfort in Contern, at the end of a straight line of 150 meters.

Categories and distances :

CATEGORIES	START	Number of LAPS	KILOMETERS
MINIMES (m/f)	10H20	3	27
CADETS (m/f)	10H15	4	36
NOVICES (m)	12H30	6	54
NOVICES (f)	12H35	6	54
WOMEN ELITE / U23 / JUN	12H35	7	63
MEN JUNIORS / U23 / ELITE / MASTERS	15H00	11	99

Detailed course :

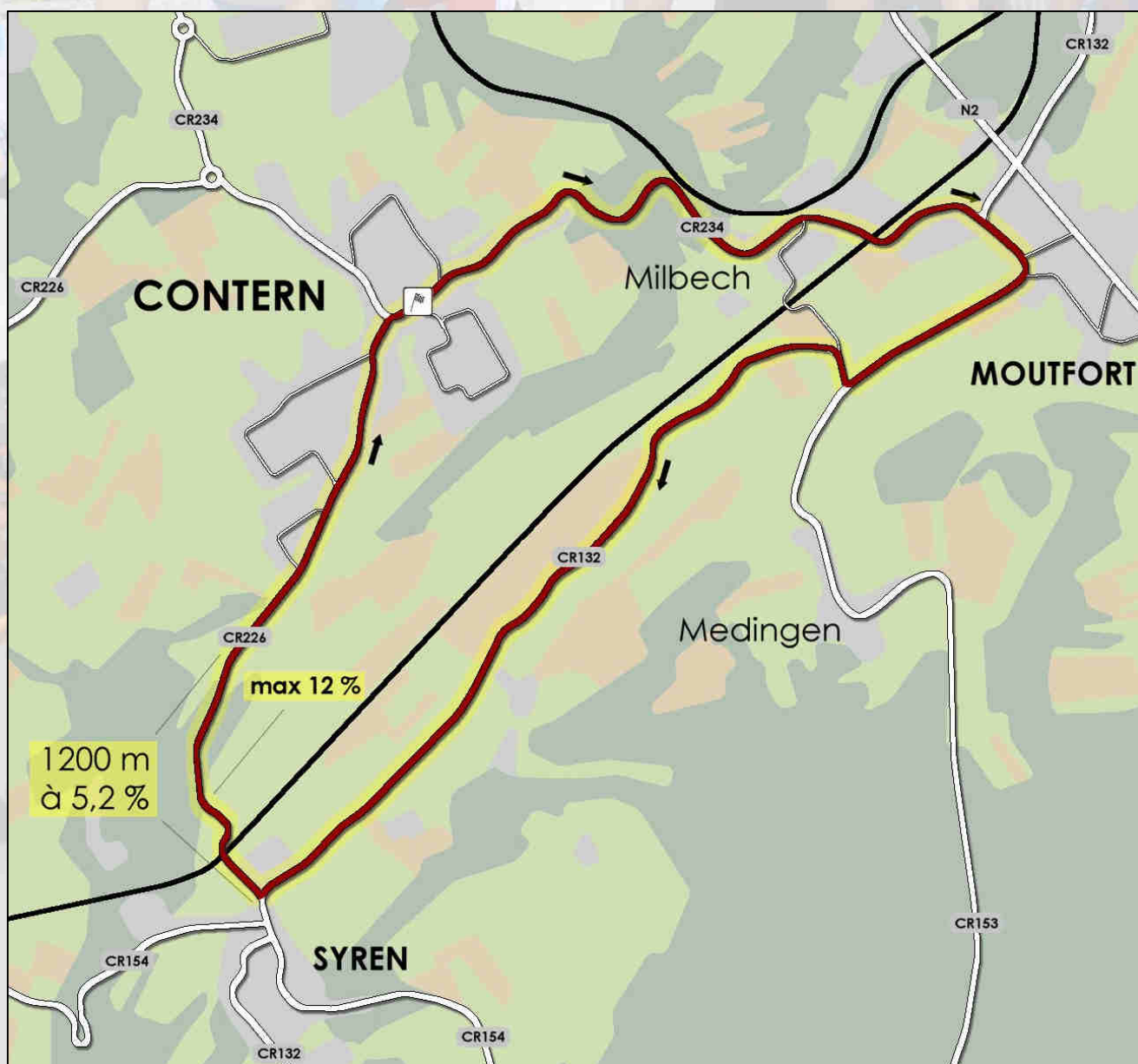
km	Place / street	Crossroads	Remark
0	CONTERN		
	CR234 rue de Moutfort	rue Von der Feltz	Start next to the church
2,5	Milbech		
	CR234 rue de Contern	rue de la Source	
2,5	MOUTFORT		
	CR234 rue de Contern	CR132 rue d'Oetrange	
	CR132 rue de Medingen	Soibelwee	 
3,5	Crossroads to Medingen		
	CR132 to Medingen	CR132 vers Syren	
	CR132 to Syren	road to Milbech	 
6,5	SYREN		
	CR132 rue de Moutfort	CR226 rue de Contern	
	CR226 rue de Contern	rue Aloyse Ludovissy	 
8,0	CONTERN		
	CR226 rue de Syren	Sports Centrum Um Ewent	
		rue des Prés	 
	CR226 rue des Prés	CR234 rue de Moutfort	
9,0	CR234 rue de Moutfort	place de la Mairie	Finish next to the church



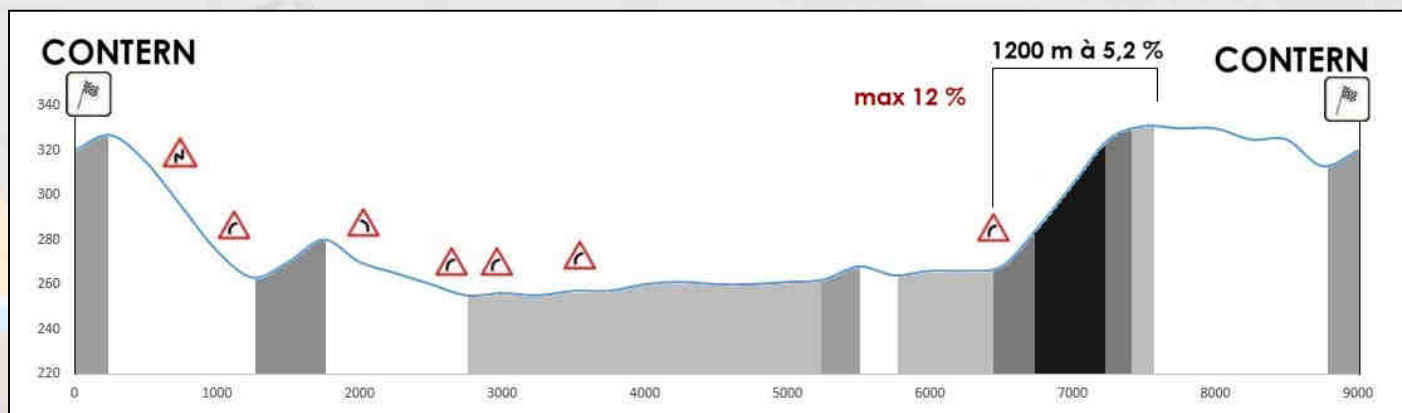
Time table:

Category	Start	Speed	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Lap 9	Lap 10	Lap 11
MINIMES	10:20	27 km/h	10:40	11:00	11:20								
CADETS	10:15	28 km/h	10:34	10:53	11:10	11:32							
NOVICES	12:30	32 km/h	12:46	13:03	13:20	13:37	13:54	14:11					
WOMEN	12:35	29 km/h	12:53	13:12	13:30	13:49	14:08	14:26	14:44				
ELITE / U23 / J / M	15:00	35 km/h	15:15	15:30	15:46	16:01	16:17	16:32	16:47	17:02	17:18	17:33	17:49

Map:

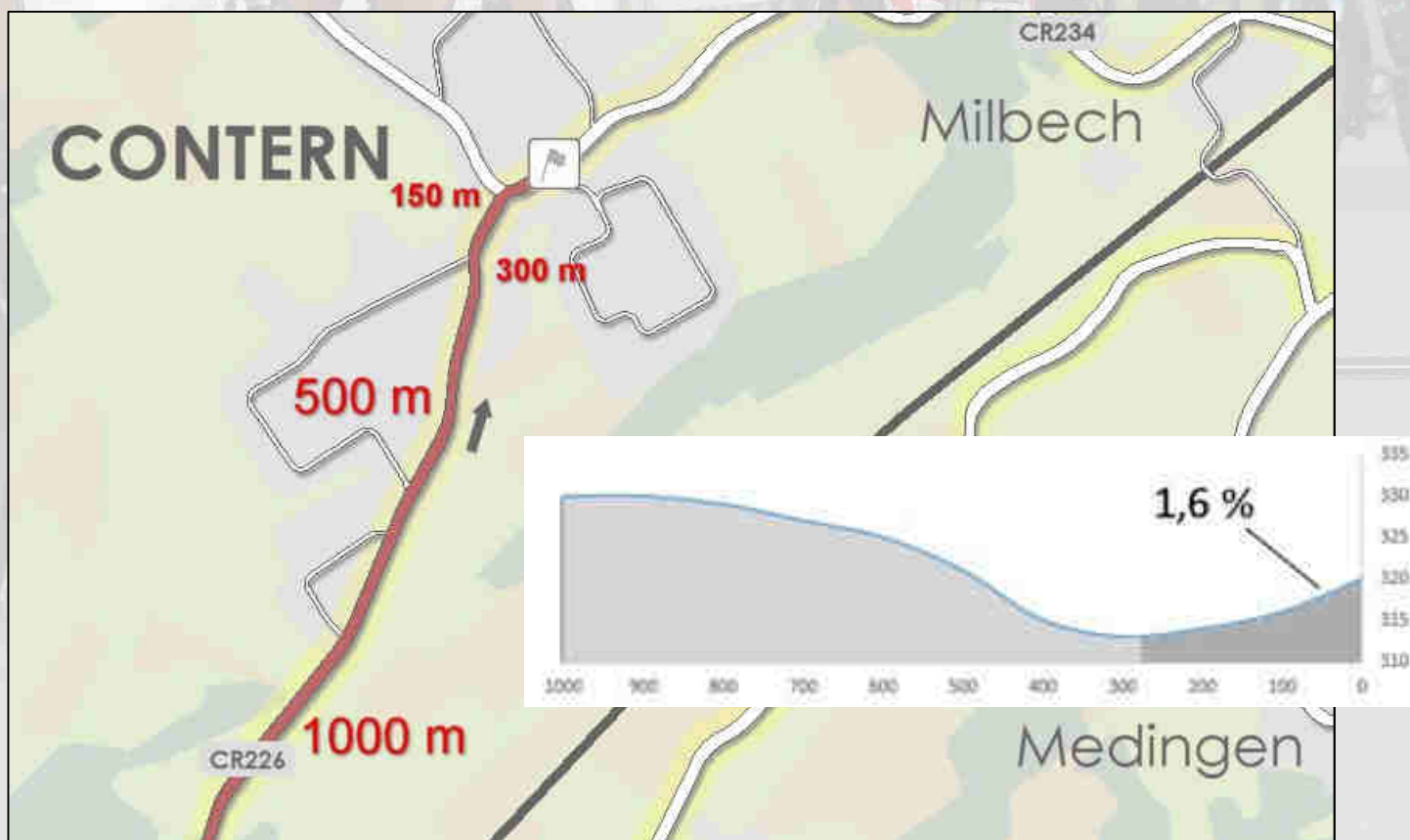


Profile of one lap:













Last kilometer :

The last kilometer includes a downhill section with two light turns to the right and then a slightly uphill section at 1,6 % gradient to the finish line. The last straight line is about 105 meter long.



Danger :

km	Localité / rue		Remarque
Exit CONTERN			
0,5	CR234 rue de Moutfort	 	Fast downhill with several turns
Ahead of Milbech			
1,8	CR234 rue de Contern	 	Long turn to the right in the downhill
Milbech			
2,2	CR234 rue de Contern	 	Downhill turn to the left
MOUTFORT			
2,4	CR234 rue de Contern	 	Sharp turn to the right, still downhill
2,6	CR132 rue de Medingen		Sharp turn to the right
Crossroads to Medingen			
3,5	CR132 to Medingen		Sharp turn to the right
SYREN			
6,5	CR132 rue de Moutfort		Sharp turn to the right
CONTERN			
8,6	CR226 rue de Syren		Downhill with light turns

