

| Course | Catégories | Heure | Détail parcours | | | | | | Distance (m) |
|--------|-----------------|-------|-----------------|------------|--------|--------|--------|--------|--------------|
| | | | DEP (m) | PB bis (m) | PB (m) | MB (m) | GB (m) | AR (m) | |
| | | | 360 | 750 | 895 | 1530 | 1905 | 155 | |
| 1 | MAM1 et + | 11h | 1 | | | 1 | 3 | 1 | 7760 |
| 2 | MIF | 11h50 | 1 | | 2 | | | 1 | 2305 |
| 3 | BEM | 12h10 | 1 | | 2 | | | 1 | 2305 |
| 4 | BEF | 12h30 | | | 2 | | | 1 | 1945 |
| 5 | EA | 12h50 | | 1 | | | | 1 | 905 |
| 6 | POF | 13h05 | | | 1 | | | 1 | 1050 |
| 7 | POM | 13h20 | | | 1 | | | 1 | 1050 |
| 8 | MIM/CAF | 13h35 | 1 | | 1 | 1 | | 1 | 2940 |
| 9 | CAM/JUF | 14h00 | 1 | | | 1 | 1 | 1 | 3950 |
| 10 | ESF/SEF/MAF/JUM | 14h25 | 1 | | | 1 | 2 | 1 | 5855 |
| 11 | ESM/SEM/MAMO | 15h10 | 1 | | | 1 | 3 | 1 | 7760 |