

Les Gets - Taninges - Col de la Ramaz - La Pra-de-Lys - Les Gets
Les Gets - Taninges - Samonens - Col du Bleu Vert - Mareille - Les Gets
Les Gets - Merime - Auzanet - Col de la Colombe - Cluses - Les Gets
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Table with columns for MILE (e.g., MILE 0-1, MILE 1-2, etc.) and rows for various performance metrics (Elevation gained, Avg speed, Max speed, Avg heart rate, Max heart rate, Avg cadence, Max cadence, Calories burnt).

Climpneu A rider with good climbing abilities. French climber



Road girths by Bradley Higgins at top of Col de la Ramaz