

1^{er} Cross Duathlon pour le téléthon

samedi 6 décembre 2025
à la base de loisirs de Montélimar



**MONTELMAR
TRIATHLON**



Planning des courses

9h30 : le Petit CrossDu
10h00 : le CrossDu 8-11 ans
10h30 : le XS (12 ans et +)
11h00 : le S (Cadets et +)

Toutes les infos sur :
www.montelimar-triathlon.fr



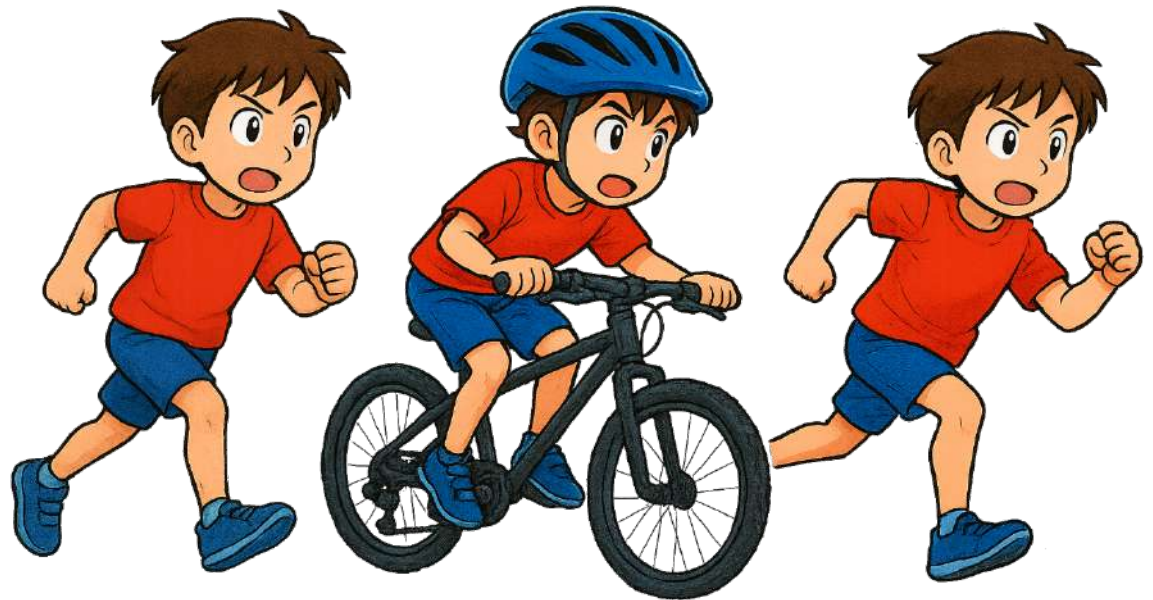
Cross Duathlon pour le téléthon 2025

Course individuelle ou en relais

Format	Heure de départ	Course à pied	VTT	Course à pied
Jeunes 6-9 ans	9h30	250 m	1 km	250 m
Jeunes 8-11 ans	10h	500 m	2 km	500 m
XS (12 ans et +)	10h30	1250 m	6 km	1250 m
S (cadets et +)	11h	2500 m	9 km	2500 m

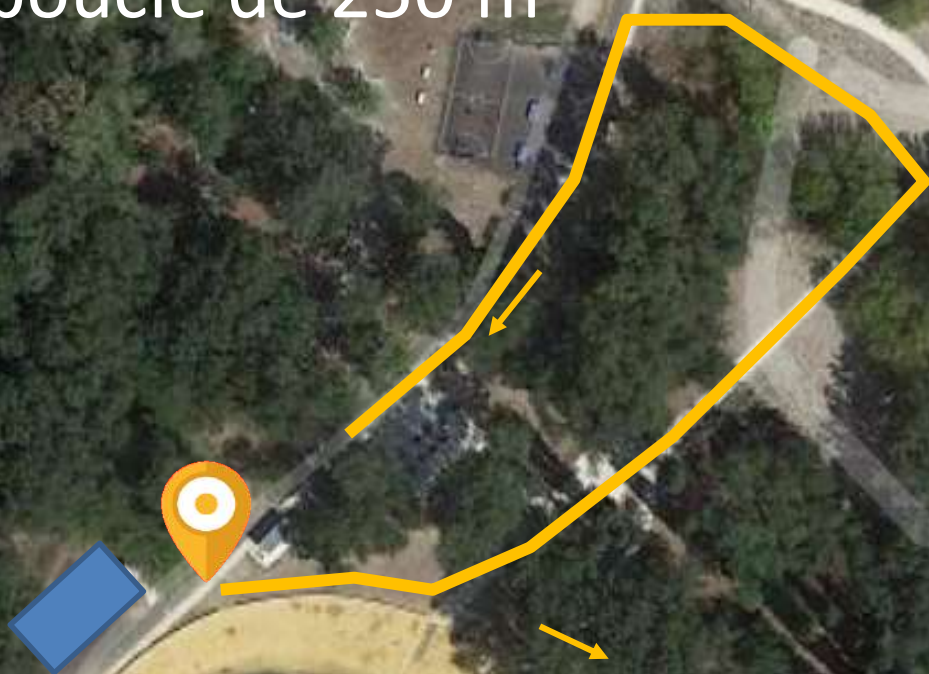
Cross Duathlon pour le téléthon 2025

P'tit CrossDu
6-9 ans



CAP P'tit CrossDu

1 boucle de 250 m



VTT - P'tit CrossDu

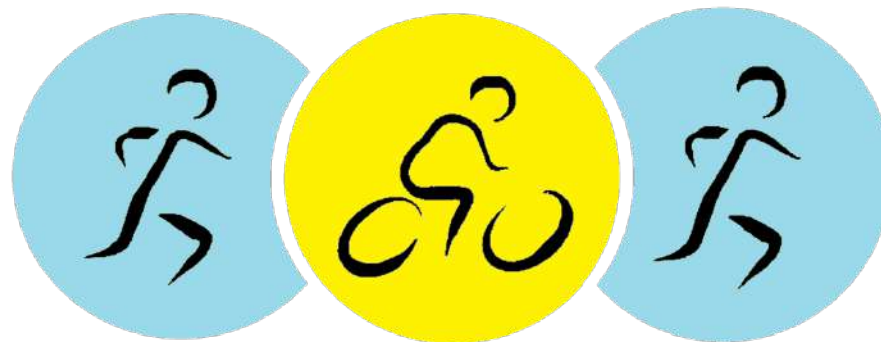
1 boucle de
1 km



Cross Duathlon pour le téléthon 2025



CrossDu
8-11 ans



CAP

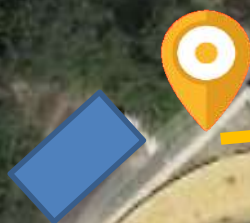
CrossDu 8-11

2 boucles de 250 m
soit 500 m

Base de Loisirs
de Montélimar

Chemin de la Ballastière

Chemin de

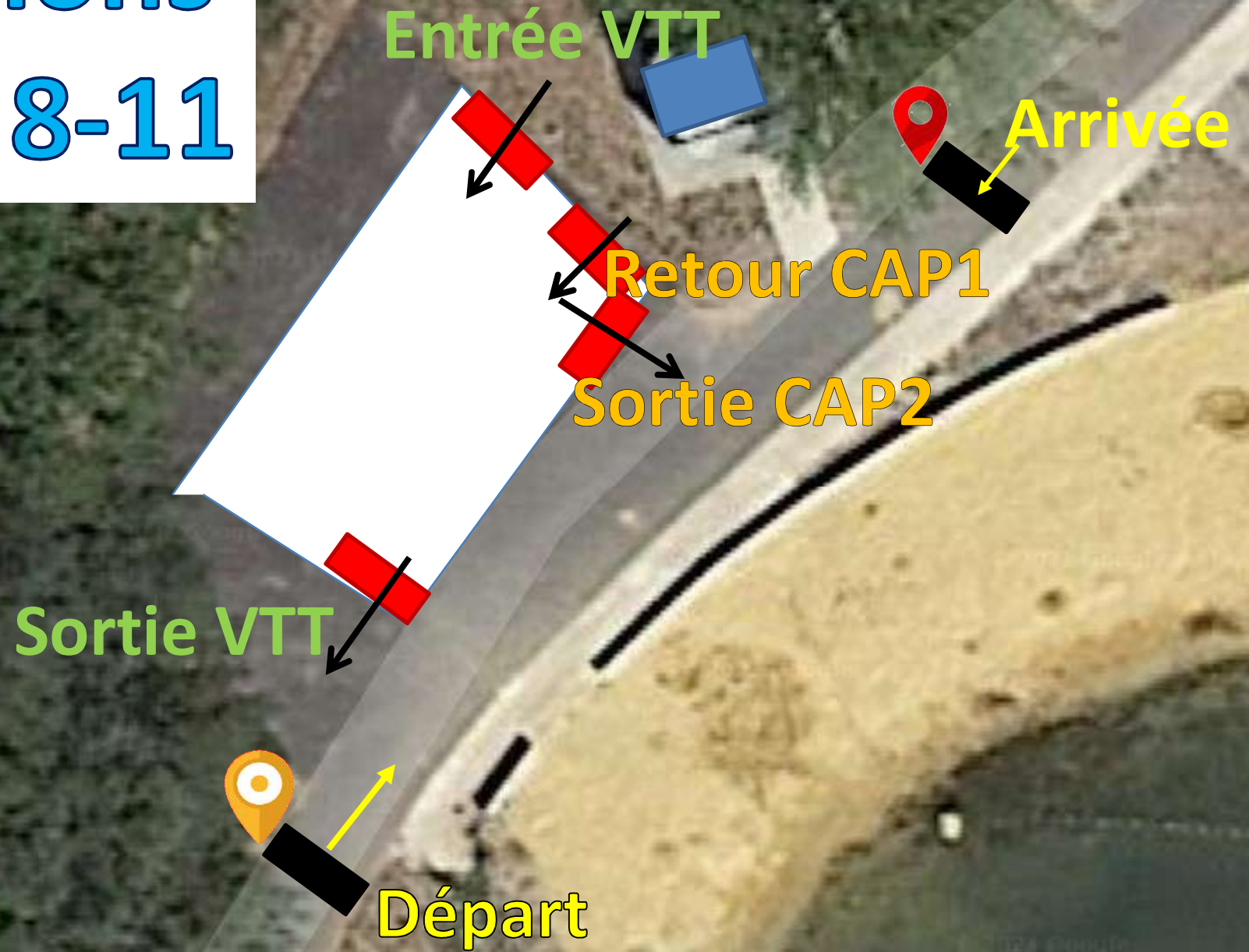


VTT - CrossDu 8-11

2 boucles
de 1 km
soit **2 km**

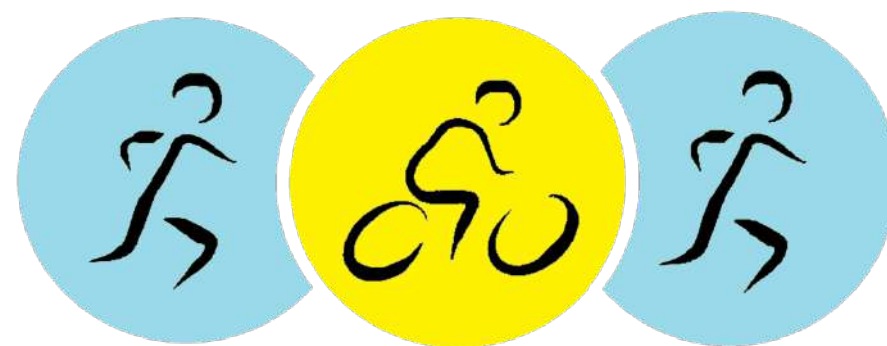


Transitions P'tit et 8-11





Cross Duathlon pour le téléthon 2025

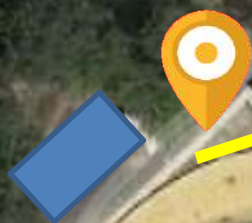


CrossDu XS

CAP

CrossDu XS

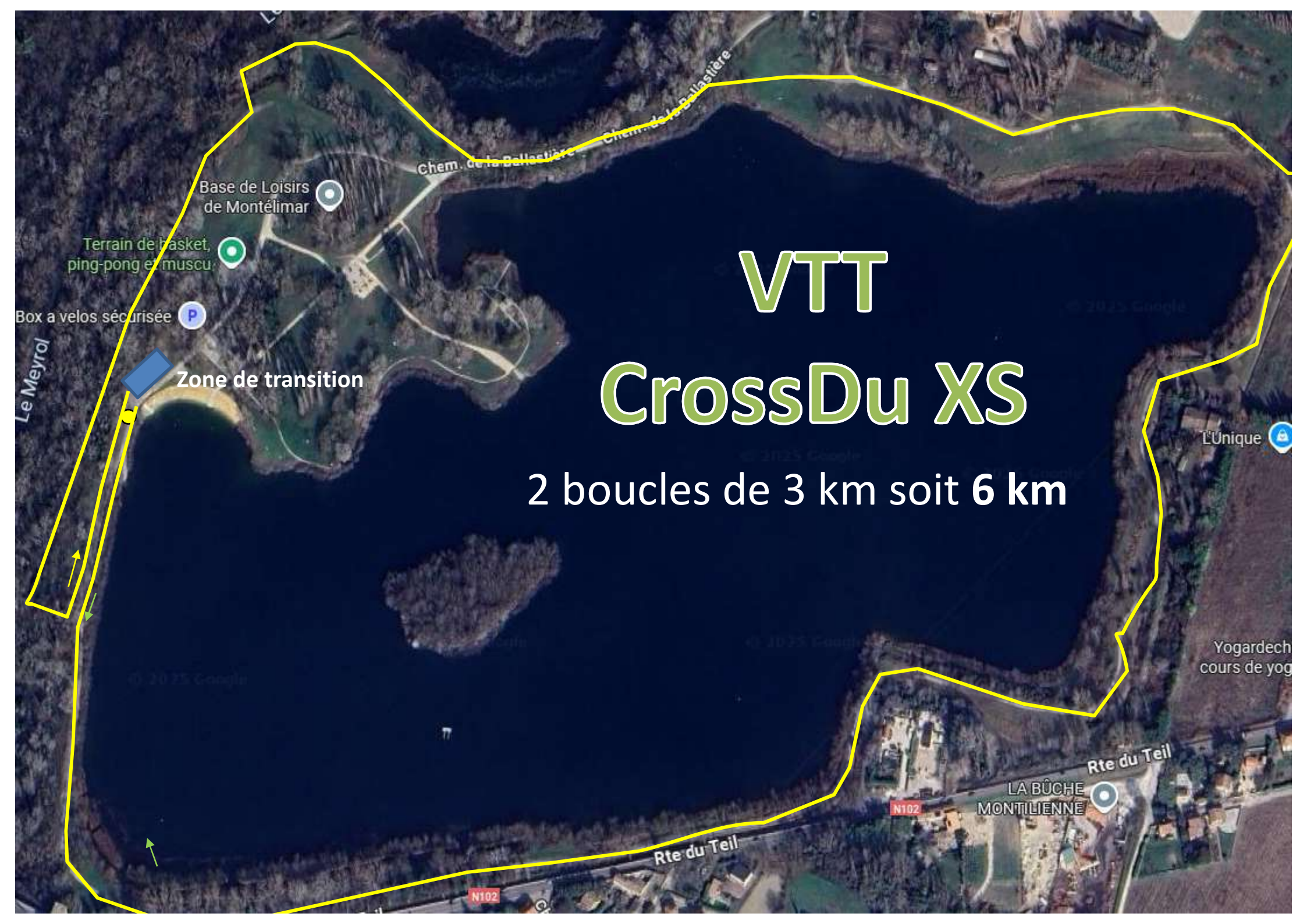
2 boucles de ≈ 650 m
soit $\approx 1,25$ km



Base de Loisirs
de Montélimar

Chemin de la Ballastière

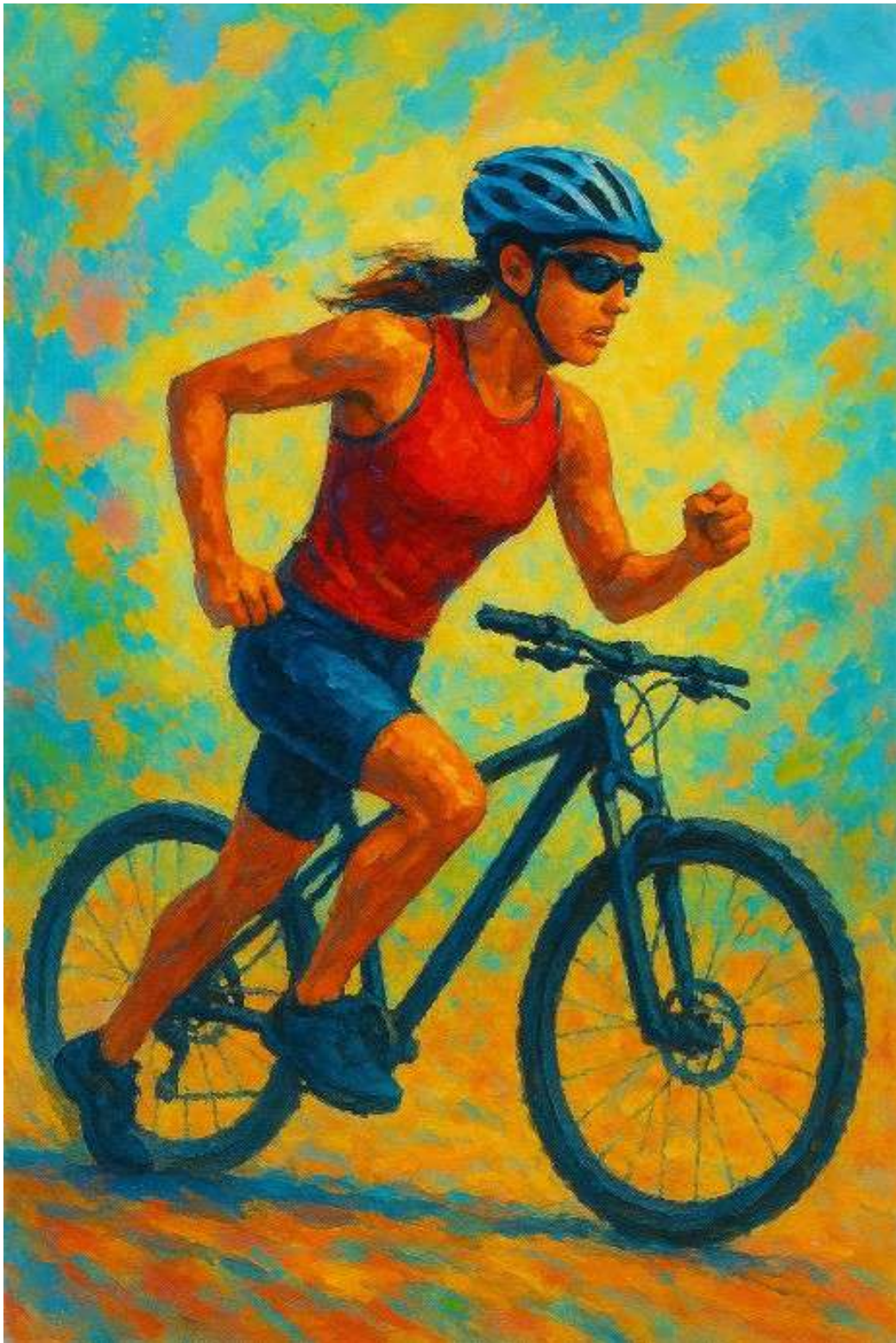
Chemin de



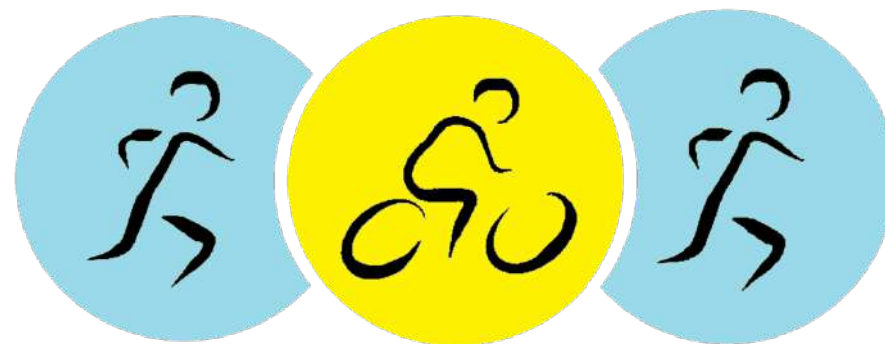
VTT

CrossDu XS

2 boucles de 3 km soit 6 km



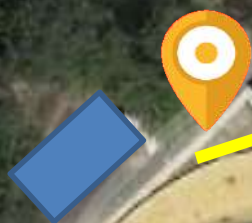
Cross Duathlon pour le téléthon 2025



CrossDu S

CAP CrossDu S

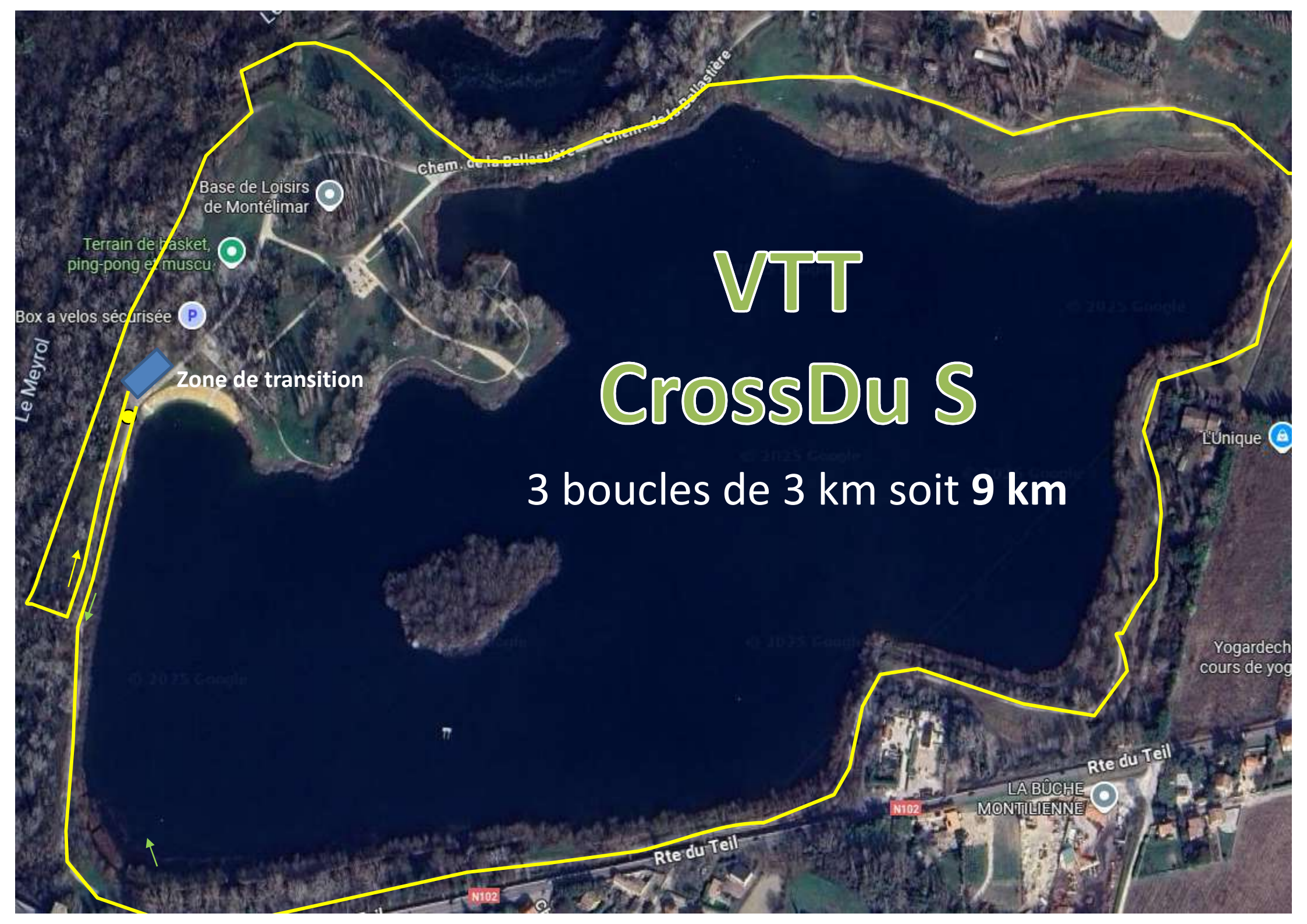
4 boucles de ≈ 650 m
soit $\approx 2,5$ km



Base de Loisirs
de Montélimar

Chemin de la Ballastière

Chemin de



A satellite map of a large lake with a yellow trail winding around its perimeter. The trail starts at a blue rectangle on the left shore, marked 'Zone de transition'. It follows the lake's edge, passing a 'Base de Loisirs de Montélimar' and a 'Terrain de basket, ping-pong et muscu.' on the upper left. The trail continues along the bottom and right sides, passing 'LA BÛCHE MONTILIENNE' and 'Yogardech cours de yog'. It ends back at the 'Zone de transition'. Green arrows on the trail indicate a clockwise direction. Labels include 'Le Meyrol', 'chem. de la Ballastière', 'Rte du Teil', and 'N102'. A blue 'P' icon is near the start of the trail, and a blue 'L' icon is on the right shore.

VTT

CrossDu S

3 boucles de 3 km soit 9 km

