| **[dentifiant parcours](http://www.openrunner.com/?id=7137812)** | [**km**](http://www.openrunner.com/?id=7137812) | [**dénivelé**](http://www.openrunner.com/?id=7137812) | [**date**](http://www.openrunner.com/?id=7137812) | [**temps total**](http://www.openrunner.com/?id=7137812)  [**avec arrêts**](http://www.openrunner.com/?id=7137812) | [**groupe**](http://www.openrunner.com/?id=7137812) |
| --- | --- | --- | --- | --- | --- |
| Berges de l'Hérault en [2D](http://www.openrunner.com/?id=13304349) et [3D](https://www.relive.cc/view/vRO7nDYL4Kv) | 15.1  15.2 | 290  290 | 27/06/2021 | 2h47 | Sportif |
| Vierge de Cucules en [2D](http://www.openrunner.com/?id=13269455) et [3D](https://www.relive.cc/view/v7O9VodgAL6) | 13.1  13.3 | 358  327 | 20/06/2021 | 2h50 | Sportif |
| Montaud Puech Mourgues en [2D](http://www.openrunner.com/?id=13232185) et [3D](http://www.relive.cc/view/vZqNnZMo53q) | 16.1 16.7 | 414  313 | 13/06/2021 | 3h32 | Sportif |
| Ravin des Arcs en [2D](http://www.openrunner.com/?id=13192397) et [3D](http://www.relive.cc/view/vKv27kkAZ4O) | 10.9 | 340 | 06/06/2021 | 3h03 | Sportif |
| 7 capitelles en [2D](http://www.openrunner.com/?id=13151481) et [3D](https://www.relive.cc/view/v8qV97n9R76) | 13.9 | 80 | 30/05/2021 | 2h39 | Sportif |
| Baraque des Allemands en [2D](http://www.openrunner.com/?id=13109537) et [3D](https://www.relive.cc/view/v36Ajw1LmZq) | 13 | 220 | 23/05/2021 | 2h29 | Sportif |
| Tour du Pic [2D](http://www.openrunner.com/?id=5418194) et [3D](https://www.relive.cc/view/vXOdKMzp4kv) | 13.7 | 670 | 16/05/2021 | 3h27 | Sportif |
| Claret Corconne [2D](http://www.openrunner.com/?id=13024585) et [3D](https://www.relive.cc/view/v7O9V8K25L6) | 17 | 470 | 09/05/2021 | 3h38 | Sportif |
| La Suque |  |  | 02/05/2021 |  | Sportif |
| Roc Mates revisité [2D](http://www.openrunner.com/?id=12936292) et [3D](http://www.relive.cc/view/v7O9VE5Y8Q6) | 17 | 400 | 25/04/2021 | 3h35 | Sportif |
| Crete Hortus Alain [2D](http://www.openrunner.com/?id=12890405) et [3D](https://www.relive.cc/view/vdvmDNr1BNq) | 19 | 495 | 18/04/2021 | 4h41 | Sportif |
| Spirale et cairns [2D](http://www.openrunner.com/?id=12847257) et [3D](https://www.relive.cc/view/vXOnG4eAk56) | 15.6 | 285 | 11/04/2021 | 3h13 | Sportif |
| Restinclière [2D](http://www.openrunner.com/?id=12802788) et [3D](https://www.relive.cc/view/vE6JgjDdgxq) | 18.6 | 170 | 04/04/2021 | 3h18 | Sportif |
| Notre Dame de Londres [2D](http://www.openrunner.com/?id=12759607) et [3D](https://www.relive.cc/view/vYvEjYdLPwO) | 14.2 | 273 | 28/03/20121 | 2h39 | Sportif |
| Peyre Martine [2D](http://www.openrunner.com/?id=12721568) et [3D](https://www.relive.cc/view/vdOR3z1YnK6) | 18.4 | 890 | 21/03/2021 | 4h53 | Sportif |
| Suque face Sud [2D](http://www.openrunner.com/?id=12684861) et [3D](http://www.relive.cc/view/vxOQr55k7M6) | 15.0 | 285 | 14/03/2021 | 2h50 | sportif |
| Quissac - Lac de Rouvière [2D](http://www.openrunner.com/?id=12649570) et [3D](https://www.relive.cc/view/vJOKg4YLwwO) | 16.4 | 290 | 07/03/2021 | 3h10 | Sportif |
| Marathon Hortus Claret Valflau [2D](http://www.openrunner.com/?id=12612368) et [3D](https://www.relive.cc/view/vevYXQVR4yq) | 22.3 | 727 | 28/02/2021 | 4h41 | Sportif |
| Tours de Sales - Aleyrac [2D](http://www.openrunner.com/?id=12576676) et [3D](https://www.relive.cc/view/vDqg7MrGBGq) | 20.4 / 14 | 290 / | 21/02/2021 | 3h44/2h40 | Sportif et Loisir |
| Viols - La Selette [2D](http://www.openrunner.com/?id=12544446) et [3D](http://www.relive.cc/view/vevYXXwpDyq) | 17.9 | 405 | 14/02/2021 | 3h25 | Sportif |
| Pic variante Alain [2D](http://www.openrunner.com/?id=12520828) et [3D](http://www.relive.cc/view/vZqNnP1ny3q) | 16.7 | 555 | 07/02/2021 | 4h06 | Sportif |
| Gabriac et tour [2D](http://www.openrunner.com/?id=12491044) et [3D](https://www.relive.cc/view/v4OGoBn115O) | 16.5 | 295 | 31/01/2021 | 3h24 | Sportif |
| Claret [2D](http://www.openrunner.com/?id=12467659) et [3D](https://www.relive.cc/view/vPv4GQG72Rq) | 12.5 | 275 | 24/01/2021 | 2h50 | Sportif |
| St Vincent - Assas [2D](http://www.openrunner.com/?id=) et 3D | 15.2 |  | 17/01/2021 | 3h00 | Sportif |
| Cécelienne courte [2D](http://www.openrunner.com/?id=12422076) et [3D](https://www.relive.cc/view/vevWNWNJLGq) | 8.7 | 153 | 10/01/2021 | 1h35 | Sportif |
| Suque et chasseurs [2D](http://www.openrunner.com/?id=12176223) et [3D](https://www.relive.cc/view/vJOK9e7EX5q) | 19.2 | 450 | 18/10/2020 | 3h45 | Sportif |
| Roc de la Vigne [2D](http://www.openrunner.com/?id=12153648) et [3D](https://www.relive.cc/view/v8qV8Jn937O) | 22.5 | 715 | 11/10/2020 | 5h55 | Sportif |
| Piste Hortus [2D](http://www.openrunner.com/?id=12123391) et [3D](https://www.relive.cc/view/vDqgDVY5AVv) | 17 | 250 | 04/10/2020 | 3h07 | Sportif |
| Sauteyrargues [2D](http://www.openrunner.com/?id=12099121) et [3D](https://www.relive.cc/view/vWqBJx8E8Yq) | 15.8 | 200 | 27/09/2020 | 2h52 | Sportif |
| Fontanes [2D](http://www.openrunner.com/?id=12070666) et [3D](https://www.relive.cc/view/v4OGjz8Z15v) | 16 | 180 | 20/09/2020 | 2h33 | Sportif |
| [Avants](http://www.openrunner.com/?id=12070655) | 14 | 155 | 13/09/2020 | 2h33 | Sportif |
| [Cécélienne](http://www.openrunner.com/?id=11569382) | 9 | 172 | 28/06/2020 | 1h42 | Sportif |
| [Presque la Baraque des Allemands](http://www.openrunner.com/?id=11529051) | 9.6 | 135 | 21/06/2020 | 2h42 | Sportif |
| [Claret](http://www.openrunner.com/?id=11482371) | 15 | 335 | 14/06/2020 | 3h37 | Sportif |
| [Suque](http://www.openrunner.com/?id=11441205) | 16.3 | 340 | 07/06/2020 | 3h05 | Sportif |
| [Corconne + Vidourle](http://www.openrunner.com/?id=11102817) | 16.6 | 155 | 08/03/2020 | 3h12 | Sportif |
| [Gornies avec grotte Vallongue](http://www.openrunner.com/?id=11073430) | 12.9 | 200 | 01/03/2020 | 3h00 | Sportif |
| [Montaud - Puech des Mourgues](http://www.openrunner.com/?id=11050009) | 17.6 | 420 | 23/02/2020 | 3h38 | Sportif |
| [Cécélienne façon Alain](http://www.openrunner.com/?id=11016704) | 14.4 | 330 | 16/02/2020 | 3h00 | Sportif |
| [Junas](http://www.openrunner.com/?id=10989728) | 16.7 | 200 | 09/02/2020 | 3h40 | Sportif |
| [Roc des Mates à l'envers](http://www.openrunner.com/?id=10961719) | 15.3 | 450 | 02/02/2020 | 3h39 | Sportif |
| [Vierge de Cuculles](http://www.openrunner.com/?id=10907976) | 18.2 | 400 | 19/01/2020 | 3h48 | Sportif |
| [Avants - St Vincent - Assas](http://www.openrunner.com/?id=10878806) | 15.4 | 250 | 12/01/2020 | 2h55 | Sportif |
| [Restinclieres](http://www.openrunner.com/?id=10853946) | 18.5 | 175 | 05/01/2020 | 3h17 | Sportif |
| [Avants](http://www.openrunner.com/?id=10832218) | 13.3 | 140 | 29/12/2019 | 2h22 | Sportif |
| [Claret-Corconne-Pont Hasard-Chapelle](http://www.openrunner.com/?id=10815124) | 16 | 380 | 22/12/2019 | 3h23 | Sportif |
| [Chateau Anne - derrière Montferran](http://www.openrunner.com/?id=10797932)d | 12.2 | 290 | 15/12/2019 | 2h51 | Sportif |
| [Gabriac - Tumulus](http://www.openrunner.com/?id=10778035) | 18.5 | 370 | 08/12/2019 | 4h13 | Sportif |
| [Claret - Corconne](http://www.openrunner.com/?id=10760440) | 15 | 390 | 01/12/2019 | 3h12 | Sportif |
| [Balcons Hérault](http://www.openrunner.com/?id=10740888) | 18 | 340 | 24/11/2019 | 3h40 | Sportif |
| Jeantout Tours de sales Aleyrac | 20 |  | 18/11/2019 |  | Sportif |
| [Cretes de Labeil](http://www.openrunner.com/?id=10700762) | 16 | 630 | 11/10/2019 | 5h00 | Sportif |
| [Cretes hortus](http://www.openrunner.com/?id=10657149) | 18.3 | 500 | 27/10/2019 | 4h34 | Sportif |
| [La Suque](http://www.openrunner.com/?id=10586800) | 15.8 | 340 | 06/10/2019 | 3h06 | Sportif |
| [Maison de Pyot](http://www.openrunner.com/?id=10142580) | 15.5 | 635 | 23/06/2019 |  | Sportif |
| [Sentier de la vache morte - Sauve](http://www.openrunner.com/?id=10115187) | 17 | 522 | 16/06/2019 |  | Sportif |
| [Vercors 23km](http://www.openrunner.com/?id=10098032) | 23 |  | 09/06/2019 |  | Sportif |
| [Vercors 17km](http://www.openrunner.com/?id=10083583) | 17 |  | 09/06/2019 |  | Sportif |
| [Pic Hard](http://www.openrunner.com/?id=10068956) | 9 | 467 | 02/06/2019 |  | Sportif |
| [Cécelienne Hard](http://www.openrunner.com/?id=10045024) | 17 | 365 | 02/06/2019 |  | Sportif |
| Gabriac,La florale | 19 |  | 26/02/2019 |  | Sportif |
| [Pegairolle - Peyre Martine](http://www.openrunner.com/?id=9952417) | 15.8 | 688 | 12/05/2019 |  | Sportif |
| [Claret](http://www.openrunner.com/?id=9918412) | 16 | 400 | 05/05/2019 |  | Sportif |
| [Corconne - Pompignan](http://www.openrunner.com/?id=9888413) | 21.7 | 653 | 28/04/2019 | 4h49 | Sportif |
| [7 capitelles](http://www.openrunner.com/?id=9851851) | 13.2 | 80 | 21/04/2019 | 2h55 | Sportif |
| [Cretes de l'Hortus](http://www.openrunner.com/?id=9826979) | 18.4 | 525 | 14/04/2019 |  | Sportif |
| [Corconne Vidourle](http://www.openrunner.com/?id=9787327) | 16.7 | 170 | 7/04/2019 | 3h03 | Sportif |
| [Saint Saturnin](http://www.openrunner.com/?id=9759805) | 19.2 | 525 | 31/03/2019 |  | Sportif |
| [Jeantout Piste Hortus Vivioures](http://www.openrunner.com/?id=9725675) | 18 | 350 | 24/03/2019 | 3h47 | Sportif |
| [Trail du Lirou - Boreale](http://www.openrunner.com/?id=9696694) | 11.5 | 150 | 17/03/2019 | 1h31 | Sportif |
| [Cascade Gornies](http://www.openrunner.com/?id=9669031) | 13 | 140 | 10/03/2019 | 2h47 | Sportif |
| [tour Montferrand](http://www.openrunner.com/?id=9640758) | 11.6 | 345 | 03/03/2019 | 2h46 | Sportif |
| [Montaud - falaise Puech - Montlaur](http://www.openrunner.com/?id=9618443) | 15.6 | 332 | 24/02/2019 |  | Sportif |
| [CC Tours de Salles Aleyrac](http://www.openrunner.com/?id=9585883) | 20.2 | 235 | 17/02/2019 | 3h50 | Sportif |
| [Durfort - Fressac](http://www.openrunner.com/?id=9560553) | 13.2 | 360 | 10/02/2019 | 2h55 | Sportif |
| [Lauret roc des mates à l'envers](http://www.openrunner.com/?id=9536282) | 15.3 | 410 | 03/02/2019 | 3h40 | Sportif |
| [Saint Martin](http://www.openrunner.com/?id=9513287) | 18 | 300 | 27/01/2019 | 3h25 | Sportif |
| [Berges Herault - Moulin Clauzel](http://www.openrunner.com/?id=9489801) | 14.5 | 305 | 20/01/2019 | 2h50 | Sportif |
| [Gabriac Alain](http://www.openrunner.com/?id=9465315) | 13 | 280 | 13/01/2019 | 2h55 | Sportif |
| [CN Restinclieres](http://www.openrunner.com/?id=9443721) | 18.3 | 160 | 06/01/2019 | 3h10 | Sportif |
| [Camp. La Suque](http://www.openrunner.com/?id=9422746) | 15.9 | 350 | 30/12/2018 | 3h00 | sportif |
| [Claret - Pont du Hasard - Taillade](http://www.openrunner.com/?id=9405999) | 21.1 | 375 | 23/12/2018 | 4h15 | Sportif |
| [Baraque des Allemands](http://www.openrunner.com/?id=9371966) | 16.4 | 250 | 09/12/2018 | 3h00 | Sportif |
| [Valflau Piste Hortus](http://www.openrunner.com/?id=9354420) | 16.8 | 290 | 02/12/2018 | 3h10 | Sportif |
| [Balcons de l'Hérault](http://www.openrunner.com/?id=9336805) | 17.5 | 382 | 25/11/2018 | 3h35 | Sportif |
| [Plateau du Taurac](http://www.openrunner.com/?id=9318560) | 13.2 | 465 | 18/11/2018 |  | Sportif |
| [Aspères - le bois de Paris](https://www.openrunner.com/?id=9299171) | 13.5 | 255 | 11/11/2018 | 2h36 | Sportif |
| [Cévennes de David](http://www.openrunner.com/?id=9299808) | 24.6 | 886 | 04/11/2018 |  | Sportif |
| [La Pene facile](http://www.openrunner.com/?id=9268587) | 12.7 | 270 | 28/10/2018 |  | Sportif |
| [Camp. La Suque](http://www.openrunner.com/?id=9243336) | 16.5 | 350 | 21/10/2018 | 3h13 | Sportif |
| [Trail des calades](https://www.openrunner.com/?id=9219879) | 10.6 | 310 | 14/10/2018 |  | Tous |
| [CN Avants 10](https://www.openrunner.com/?id=9196659) [km](http://https:/www.openrunner.com/r/9196659) | 9.7 | 120 | 07/10/2018 | 2h00 | Intermédiare |
| [St Guilhem Maison des Légendes](https://www.openrunner.com/?id=8819012) | 15.3 | 640 | 24/06/2018 | 3h54 | Sportif |
| [Cascade de Gornies](https://www.openrunner.com/?id=8794006) | 14 | 180 | 17/06/2018 | 3h15 | Sportif |
| [Euronordic](https://www.openrunner.com/?id=8768098) | 23 | 1070 | 10/06/2018 | 4h10 | Sportif |
| [Fambetou Gabriac](https://www.openrunner.com/?id=8740096) | 16.5 | 300 | 03/06/2018 | 3h40 | Sportif |
| [Claret Moulin de Lafous](https://www.openrunner.com/?id=8712970) | 14.4 | 200 | 27/05/2018 |  | Sportif |
| [Roc Blanc](https://www.openrunner.com/?id=8626102) | 17.0 | 780 | 06/05/2018 | 4h16 | Sportif |
| [CC Tours de Sales Aleyrac 2018](https://www.openrunner.com/?id=8601938) | 20.0 | 270 | 29/04/2018 |  | Sportif |
| [Camp. La Suque](https://www.openrunner.com/?id=8543800) | 17.3 | 365 | 15/04/2018 | 3h22 | Sportif |
| [CN Restinclières](https://www.openrunner.com/?id=8517588) | 18.5 | 150 | 08/04/2018 | 3h07 | Sportif |
| [CC Cretes Hortus](https://www.openrunner.com/?id=8493097) | 18.6 | 510 | 01/04/2018 | 4h30 | Sportif |
| Guzargue Baraque des Allemands | 16.0 | 245 | 25/03/2018 |  | Sportif |
| [Montaud Puech des Mourgues](https://www.openrunner.com/?id=8424172) | 17.6 | 410 | 11/03/2018 | 3h20 | Sportif |
| [Claret - Carrière de Pompignan](https://www.openrunner.com/?id=8403376) | 17.6 | 460 | 04/03/2018 | 2h55 | Sportif |
| [Marathon Hortus : Claret - Valflau](https://www.openrunner.com/?id=8403430) | 21.6 | 620 | 25/02/2018 | 3h52 | Sportif |
| [Tour du Puech de Mourgues](https://www.openrunner.com/?id=8403319) | 16.2 | 380 | 18/02/2018 | 2h49 | Sportif |
| [Roc des Mates](http://www.openrunner.com/r/8318951) | 16.5 | 430 | 04/02/2018 | 3h15 | Sportif |
| [Aigoual raquettes](https://www.openrunner.com/r/8299194) | 10.6 | 230 | 28/01/2018 | 4h18 | Sportif |
| [Demie suque](https://www.openrunner.com/r/8238795) | 17.5 | 410 | 07/01/2018 | 3h25 | Sportif |
| [Semi marathon hortus Valflau-St Math](http://www.openrunner.com/?id=8145400) | 21.6 | 800 | 26/11/2017 | 5h00 | Sportif |
| [Semi marathon hortus Claret-Valflau](http://www.openrunner.com/?id=8103909) | 21.4 | 640 | 12/11/2017 | 4h30 | Sportif |
| [Corconne Pont du Hazard](http://www.openrunner.com/?id=8104655) | 11.5 | 255 | 12/11/2017 | 3h00 | Loisir |
| [Champs Noirs - Avants - Triadou](http://www.openrunner.com/?id=8084299) | 16 | 140 | 5/11/2017 |  | Sportif |
| [Puech des Mourgues - Montlaur](http://www.openrunner.com/?id=8084522) | 17.4 | 410 | 29/10/2017 |  | Sportif |
| [Claret Corconnes](http://www.openrunner.com/?id=7944414) | 16.5 | 400 | 24/09/2017 | 3h00 | Sportif |
| [Carnon Villeneuve](http://www.openrunner.com/?id=7492514) | 20.6 | 40 | 04/06/2017 | 3h30 | Sportif |
| [Jeantout Fontanes Ste Croix](http://www.openrunner.com/?id=7474449) | 16.7 | 270 | 28/05/2017 |  | Sportif |
| [4000 marches](http://www.openrunner.com/?id=7480152) et [plus](http://www.openrunner.com/?id=7480158) | 8.9+29.5 | 1190+410 | 27/05/2017 |  | Sportif |
| [Cascasde Gornies](http://www.openrunner.com/?id=7314729) | 13.7 | 160 | 23/04/2017 | 2h25 | Sportif |
| Tour du Pic |  |  | 16/04/2017 |  | Sportif |
| [Peyre Martine](http://www.openrunner.com/?id=7253165) | 17 | 770 | 09/04/2017 | 4h45 | Sportif |
| [Triadou - Bois de Lecque - St Jean](http://www.openrunner.com/?id=7223332) | 15.5 | 320 | 02/04/2017 | 3h20 |  |
| [Trail du Lirou : La Boreale](http://www.openrunner.com/?id=7224329) | 10.3 | 160 | 26/03/2017 |  |  |
| [Montaud St Beauzille](http://www.openrunner.com/?id=7170840) | 15.3 | 330 | 19/03/2017 | 3h10 | Sportif |
| [Claret 15km](http://www.openrunner.com/?id=7137812) | 19 | 400 | 12/03/2017 | 3h40 | Sportif |
| [Pic Sud Lebous](http://www.openrunner.com/?id=7113157) | 17.1 | 624 | 05/03/2017 | 3h45 | Sportif |
| [Hortus Cretes](http://www.openrunner.com/?id=7086944) | 17.8 | 480 | 26/02/2017 | 4h00 | Sportif |
| [Lauret Roc des Mates++](http://www.openrunner.com/?id=7058953) | 15.4 | 430 | 19/02/2017 | 3h30 | Sportif |
| [Avants Lien](http://www.openrunner.com/?id=7033032) | 15.4 | 230 | 12/02/2017 | 2h40 | Sportif |
| [Castries Carrières et Aqueduc](http://www.openrunner.com/?id=6985019) | 15.6 | 130 | 29/01/2017 | 3h00 | Sportif |
| [Cécéliene ++](http://www.openrunner.com/?id=6963444) | 16.7 | 320 | 22/01/2017 | 3h00 | Sportif |
| [Charbonnières](http://www.openrunner.com/?id=6942995) | 14.1 | 210 | 15/01/2017 | 3h00 | Sportif |
| [Pic sud - Morties](http://www.openrunner.com/?id=6868134) | 18.8 | 635 | 18/12/2016 | 4h10 | Sportif |
| [Jeantout-Tours de Sales-Aleyrac](http://www.openrunner.com/?id=6827199) | 22.6 | 280 | 12/12/2016 |  | Sportif |
| [Guzargues Baraque des Allemands](http://www.openrunner.com/?id=6811130) | 16 | 245 | 27/11/2016 | 3h00 | Sportif |
| [Montée de la pene 20-11-2016](http://www.openrunner.com/?id=6791603) | 13.7 | 235 | 20/11/2016 | 2h30 | Sportif |
| [Claret Corconne 20km](http://www.openrunner.com/?id=6771935) | 20.1 | 480 | 13/11/2016 | 4h00 | Sportif |
| [Hortus Crêtes - Rouet](http://www.openrunner.com/?id=6771976) | 15.6 | 357 | 06/11/2016 |  | Sportif |
| [Tour du Pic par la crête](http://www.openrunner.com/?id=6733665) | 15 | 680 | 31/10/2016 | 4h00 | Sportif |
| [Corconne - Vidourle 10-2016](http://www.openrunner.com/?id=6666761) | 16 | 170 | 09/10/2016 | 3h00 | Sportif |
| [Fambetou St Etienne de Gabriac](http://www.openrunner.com/?id=6645933) | 16.4 | 300 | 02/10/2016 | 3h30 | Sportif |
| [Cécéliene](https://connect.garmin.com/modern/activity/1378239377) | 13.5 | 240 | 25/09/2016 | 2h30 | Loisir |
| [La Suque 09-2016](http://www.openrunner.com/?id=6623964) | 16.5 | 350 | 25/09/2016 | 3h10 | Sportif |
| [St Croix Charbonnières](http://www.openrunner.com/?id=6600829) | 17 | 270 | 18/09/2016 | 3h40 | Sportif |
| [Avants 10km](http://www.openrunner.com/?id=6578050) | 10 | 120 | 11/09/2016 | 1h55 | Loisir |
| [Jeantou-Piste Hortus](http://www.openrunner.com/?id=6181986) | 16.2 | 250 | 05/06/2016 | 2h55 | Sportif |
| [Crêtes Taillades](http://www.openrunner.com/?id=6151903) | 15 | 411 | 29/05/2016 | 2h55 | Sportif |
| [Valflau-Piste Hortus-Valflau](http://www.openrunner.com/?id=6090083) | 15 | 280 | 15/05/2016 | 2h42 | Sportif |
| [Jeantou Viviau Pousterle](http://www.openrunner.com/?id=6058796) | 20.5 | 400 | 08/05/2016 | 3h55 |  |
| [Salagou 21 km 01-05-2016](http://www.openrunner.com/?id=6026501) | 21.4 | 290 | 01/05/2016 | 4h15 |  |
| [Roc des Mates 24-04-2016](http://www.openrunner.com/?id=5994353) | 15 | 390 | 24/04/2016 | 3h00 |  |
| [Jeantout Cretes Hortus 17-04-2016](http://www.openrunner.com/?id=5963661) | 17.8 | 490 | 17/04/2016 | 4h25 |  |
| [Fambetou ND de Londre Jasse 10-04-2016](http://www.openrunner.com/?id=5933085) | 20 | 354 | 10/04/2016 |  |  |
| [Lirou MN 2016](http://www.openrunner.com/?id=5876099) | 10 | 150 | 27/03/2016 |  | Tous |
| [Vailhauques 20-03-2016](http://www.openrunner.com/?id=5847712) | 21.4 | 374 | 20/03/2016 |  |  |
| [Baraque des Allemands 13-03-2016](http://www.openrunner.com/?id=5821794) | 15.8 | 300 | 13/03/2016 |  |  |
| [Suque 15km 06-03-2016](http://www.openrunner.com/?id=5797341) | 15.5 | 330 | 06/03/2016 |  |  |
| [Pic Face Sud - Morties 21-02-2016](http://www.openrunner.com/?id=5751903) | 16.7 | 605 | 21/02/2016 |  |  |
| [Vailhautrail 2016](http://www.openrunner.com/?id=5725505) | 13 | 250 | 14/02/2016 |  |  |
| [Montferrand Morties 14-02-2016](http://www.openrunner.com/?id=5725511) | 12 | 360 | 14/02/2016 |  |  |
| [St Etienne de Gabriac - Jasse](http://www.openrunner.com/?id=5673665) | 16.5 | 300 | 31/01/2016 |  |  |
| [Claret - Corconne](http://www.openrunner.com/?id=5650148) | 16.5 | 400 | 24/01/2016 |  |  |
| [Baraque des Allemands](http://www.openrunner.com/?id=5606216) | 17 | 250 | 10/01/2016 |  |  |
| [Charbonnieres 03-01-2016](http://www.openrunner.com/?id=5586489) | 13 | 210 | 03/01/2016 |  |  |
| [Murviel Oppidium 20-12-2015](http://www.openrunner.com/?id=5550609) | 15 | 260 | 20/12/2015 |  |  |
| [Corconne Vidourle 13-12-2015](http://www.openrunner.com/?id=5533046) | 17 | 150 | 13/12/2015 |  |  |
| [oenotrail 2015](http://www.openrunner.com/?id=5545834) | 12 | 100 | 6/07/2015 |  |  |
| [Taillades Embruscalles](http://www.openrunner.com/?id=5496516) | 16 | 300 | 29/11//2015 |  |  |
| [Avants - Assas 19km 22-11-2015](http://www.openrunner.com/?id=5479181) | 19 | 220 | 22/11/2015 |  |  |
| [Triadou - Restincliere](http://www.openrunner.com/?id=5479570) | 13 | 130 | 22/11/2015 |  |  |
| Jeantout - Crêtes Hortus 15-11-2015 | 18 | 670 | 15/11/2015 |  |  |
| Roc des mates 8-11-2015 | 14 | 340 | 8/11/2015 |  |  |
| Tour du Pic 01-11-2015 | 14 | 630 | 1/11/2015 |  |  |
| Suque 25-10-2015 | 16 | 350 | 25/11/2015 |  |  |
| Hortus via Valflau 11-10-2015 | 17 | 305 | 11/10/2015 |  |  |
| FFR Pont du Diable 04-10-2015 | 19 | 810 | 04/10/2015 |  |  |
| ceceliennePlus 27-09-2015 | 16 | 340 | 27/09/2015 |  |  |
| avants 14km 20-09-15 | 14 | 150 | 20/09/2015 |  |  |
| St Guilhem | 19 | 800 | 24/05/2015 |  |  |
| Avants Lien | 18 | 170 | 10/05/2015 |  |  |
| Lirou 14km 12-04-2015 | 14 | 310 | 12/04/2015 |  | Tous |
| Roc Mates 05-04-2015 | 13 | 360 | 05/04/2015 |  |  |
| Avants 16.3km 29-03-2015 | 16 | 170 | 05/04/2015 |  |  |
| Valflau - Hortus | 17 | 290 | 22/03/2015 |  |  |
| Claret 22-02-2015 | 11 | 320 | 22/02/2015 |  |  |
| Hortus cretes Fambetou | 15 | 490 | 08/02/2015 |  |  |
| Matelles - St Jean de Cuculles | 11 | 100 | 08/02/2015 |  |  |
| Suque - chemin vieille | 17 | 310 | 01/02/2015 |  |  |
| Fambetou Pic Croix | 11 | 550 | 25/01/2015 |  |  |
| Triadou - Tour Carremaule | 15 | 200 | 25/01/2015 |  | Loisir |
| Corconne Vidourle | 17 | 150 | 18/01/2015 |  |  |