

| Note | Località | Altitudine mt | Km | | | Media oraria | | | | | | | |
|--------------------------|------------------------------|------------------|----------|----------|------------|--------------|-------|-------|-------|-------|-------|-------|-------|
| | | | distanze | percorso | all'arrivo | 16 | 20 | 26 | 30 | 32 | 34 | 40 | 45 |
| Partenza | Borgata Sestriere | 1840 | 0,00 | 0,00 | 121,50 | 08:00 | | | | | | | |
| | Sestriere | 2035 | 3,80 | 3,80 | 117,70 | 08:18 | 08:15 | 08:12 | 08:10 | 08:09 | 08:08 | 08:07 | 08:05 |
| | Cesana Tse | 1354 | 11,10 | 14,90 | 106,60 | 09:04 | 08:48 | 08:36 | 08:32 | 08:39 | 08:28 | 08:24 | 08:21 |
| | Oulx | 1075 | 10,50 | 25,40 | 96,10 | 09:46 | 09:19 | 09:00 | 08:53 | 08:49 | 08:47 | 08:40 | 08:35 |
| | Salbertrand | 1032 | 6,00 | 31,40 | 90,10 | 10:06 | 09:37 | 09:13 | 09:06 | 09:01 | 08:57 | 08:49 | 08:44 |
| | Exilles | 873 | 6,40 | 37,80 | 83,70 | 10:30 | 09:57 | 09:28 | 09:18 | 09:13 | 09:09 | 08:59 | 08:52 |
| | Chiomonte | 748 | 4,70 | 42,50 | 79,00 | 10:48 | 10:11 | 09:40 | 09:27 | 09:21 | 09:17 | 09:06 | 08:58 |
| | Gravere | 802 | 3,00 | 45,50 | 76,00 | 10:59 | 10:20 | 09:46 | 09:33 | 09:27 | 09:22 | 09:10 | 09:02 |
| | Susa bv Colle delle Finestre | 484 | 5,00 | 50,50 | 71,00 | 11:28 | 10:35 | 09:58 | 09:43 | 09:36 | 09:33 | 09:18 | 09:09 |
| | Meana di Susa | 688 | 2,50 | 53,00 | 68,50 | 11:27 | 10:42 | 10:04 | 09:48 | 09:41 | 09:35 | 09:21 | 09:12 |
| GPM | Colle delle Finestre | 2178 | 15,90 | 68,90 | 52,60 | 12:27 | 11:30 | 10:41 | 10:20 | 10:11 | 10:03 | 09:45 | 09:33 |
| | Balboutet | 1520 | 9,10 | 78,00 | 43,50 | 13:01 | 11:57 | 11:02 | 10:38 | 10:28 | 10:19 | 09:59 | 09:45 |
| | Pourrieres | 1412 | 2,00 | 80,00 | 41,50 | 13:08 | 12:03 | 11:06 | 10:42 | 10:32 | 10:23 | 10:02 | 09:47 |
| | Pragelato | 1537 | 6,00 | 86,00 | 35,50 | 13:01 | 12:21 | 11:20 | 10:54 | 10:43 | 10:35 | 10:11 | 09:56 |
| Arrivo Mediofondo | Sestriere | 2035 | 11,10 | 97,10 | 24,40 | 14:11 | 12:54 | 11:45 | 11:16 | 11:04 | 10:53 | 10:27 | 10:11 |
| | Sauze di Cesana | 1560 | 7,20 | 104,30 | 17,20 | 14:53 | 13:27 | 12:11 | 11:38 | 11:25 | 11:12 | 10:44 | 10:26 |
| | Cesana Tse loc. impianti | 1354 | 6,30 | 110,60 | 10,90 | 15:08 | 13:47 | 13:26 | 11:51 | 11:38 | 11:25 | 10:54 | 10:35 |
| Arrivo Granfondo | Sestriere | 2035 | 10,90 | 121,50 | 0,00 | 15:46 | 14:08 | 12:42 | 12:05 | 11:50 | 11:36 | 11:04 | 10:45 |

