

ACC Contern - c/o Alain CONTER - 47, Op der Hobuch - L-5832 FENTANGE - acccontern@gmail.com

## COURSE A 145 km

km +	km -	Alt.	Time	Road	Place / street	Crossroads	Remark
<b>Start at</b>				<b>09 h 15</b>	<b>on the Market Place in Echternach</b>		
0	145	160	09.15	<b>Echternach</b>			
				place du Marché	<b>PROVISIONNAL START</b>		
				route de Luxembourg	neutralized race during 2 kilometers		
				rue Maximilien			
				rue Ermesinde			
				route de Diekirch		<b>SHARP START</b>	
				route de Berdorf	<b>AFTER THE CROSSROADS TO BERDORF</b>		
				<b>CR364</b>	follow the CR354 during 4 km		
					climb 01 *** 4 km at 5 %		
4	141	371	09.27	<b>Berdorf</b>			
				rue d'Echternach	end of climb nr 01		
				x rue de Consdorf		<b>GRUNDHOF</b>	turn right in front of hotel Kinnen
				rue de Grundhof	follow the CR364 during 4 km		
					<b>DANGEROUS DOWNHILL WITH TURNS</b>		
8	137	187	09.33	<b>Vugelsmillen</b>			
				CR364 from Berdorf	<b>CROSSROADS WITHOUT PRIORITY DOWNHILL</b>		
				x CR121 to Grundhof		turn right at the bottom of the downhill	
				<b>CR121</b>	CR121 to Grundhof	x CR364 to Beaufort	follow the CR121 during 2 km
10	135	173	09.36	<b>Grundhof</b>			
				route de Beaufort	<b>CROSSROADS WITHOUT PRIORITY</b>		
				x N10 route de Dillingen		<b>DIEKIRCH</b>	turn left in front of hotel Brimer
				<b>N10</b>	route de Dillingen	follow the N10 during 17 km	
13	132	177	09.41	<b>Dillingen</b>			
				route de Grundhof	x route de Beaufort		
				route de Reisdorf			
17	128	180	09.47	<b>Wallendorf-pont</b>			
				Echternacherstrooss	x Grenzwee		
19	126	195	09.50	<b>Reisdorf</b>			
				route de la Sûre	x rue de l'Ernz		
				x rue de l'Our			
				x N10 to Hoesdorf			
				<b>N19</b>	N19 to Diekirch		
22	123	186	09.55	<b>Moestroff</b>			
				route de Diekirch	x CR357C to Hierzenhaff		





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24	121	187	09.58		<b>Bettendorf</b> route de Diekirch	x CR357 to Hierzenhaff
26	119	192	10.01		<b>Bleesbreck</b> N19 from Bettendorf	ROUNDABOUT: CROSSROADS WITHOUT PRIORITY turn right first exit of the roundabout
				N17	N17 to Vianden	VIANDEN follow the N17 during 1 km
27	118	201	10.03		<b>Seltz</b> N17 to Vianden	x CR354 to Longsdorf CROSSROADS WITHOUT PRIORITY
				CR353	CR353 to Bastendorf	x CR353 to Bastendorf x CR353B to Vianden BASTENDORF turn left 1 km after exit roundabout
						follow the CR353 during 8 km climb 02 *** 12 km at 2,5 %
29	116	231	10.06		<b>Bastendorf</b> Haaptstrooss	x CR352 Op Tomm
32	113	266	10.11		<b>Brandenburg</b> Laangwiss Haaptstrooss CR353 to Weiler	x CR352 Henneschtgaass x CR377 to Closdelt
35	110	318	10.16		<b>crossroads Gralingen</b> CR353 from Brandenburg	CROSSROADS WITHOUT PRIORITY turn left in a sharp left-hand turn
				CR320a	CR320a to Gralingen	GRALINGEN follow the CR320a during 4 kilometers
37	108	175	10.19		<b>Gralingen</b> rue Principale	end of climb nr 02
39	106	485	10.22		<b>Merscheid</b> rue de Gralingen rue de Hoscheid	x CR320 rue de Hoscheid HOSCHEID follow the CR320 to the left in front of the church follow the CR320 during 2,5 km FOOD ZONE NEXT TO THE CHURCH DANGEROUS DOWNHILL WITH NARROW TURNS climb 03 * 1,3 km at 6,4 %
41	104	484	10.25		<b>Hoscheid (entrance)</b> Merschterwee road to Maarkebach	x N7 to Hosingen x road to Maarkebaach end fo climb 03 turn left before the bridge of the N7 continue on the road for 1 kilometer NARROW ROAD AND DOWNHILL





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42	103	427	10.27		<b>Maarkebaach</b> road from Merscheid	x N7 from Diekirch	2 CROSSROADS WITHOUT PRIORITY 
							turn right at the bottom of the descent ... ... and then immediately to the left
				CR320	CR320 to Schlinder		DANGEROUS DOWNHILL WITH SHARP TURNS 
45	100	232	10.31		<b>Schlinder</b> CR320 from Hoscheid		CROSSROADS WITHOUT PRIORITY 
						x N27 to Goebelsmühle	turn right at the bottom of the downhill follow the N27 during 2 km
				N27	N27 to Goebelsmühle		
47	98	236	10.34		<b>Goebelsmühle</b> N27 from Michelau	x CR348 to Consthum	turn right ahead of the first houses follow the CR348 during 8 km
				CR348	CR348 to Consthum		climb 04 *** 3,7 km at 5,8 %
49	96	386	10.38		<b>Schlindermanderscheid</b> Haaptstrooss		end of climb nr 04
51	94	442	10.41		<b>Friidbesch</b> CR348 to Consthum		climb 05 * 3,7 km at 1,9 %
54	91	494	10.46		<b>Consthum</b> CR348 from Goebelsmühle	x rue Kemel	turn right after the first houses
					rue Kemel		CROSSROADS WITHOUT PRIORITY 
						x CR322 to Holzthum	turn right at the end of the road follow the CR320 during 3 km
				CR322	CR322 to Holzthum		
56	89	517	10.49		<b>Holzthum</b> rue Principale		end of climb nr 05
57	88	520	10.50		<b>Schinker</b> CR322 from Holzthum		ROUNDABOUT: CROSSROADS WITHOUT PRIORITY 
						x N7 route de Diekirch	straight on, second exit of the roundabout
					CR322 to Vianden		ROUNDABOUT: CROSSROADS WITHOUT PRIORITY 
						x CR322C to Parc Hosingen	straight on, first exit of the roundabout follow the CR322 during 12 km
59	86	525	10.53		<b>Wahlhausen (entrance)</b> CR322 route de Vianden	x CR322b Buerenbiert	
60	85	523	10.55		<b>Schmuelen</b> CR322 to Vianden	x CR322A Akescht	DOWNHILL WITH TURNS 



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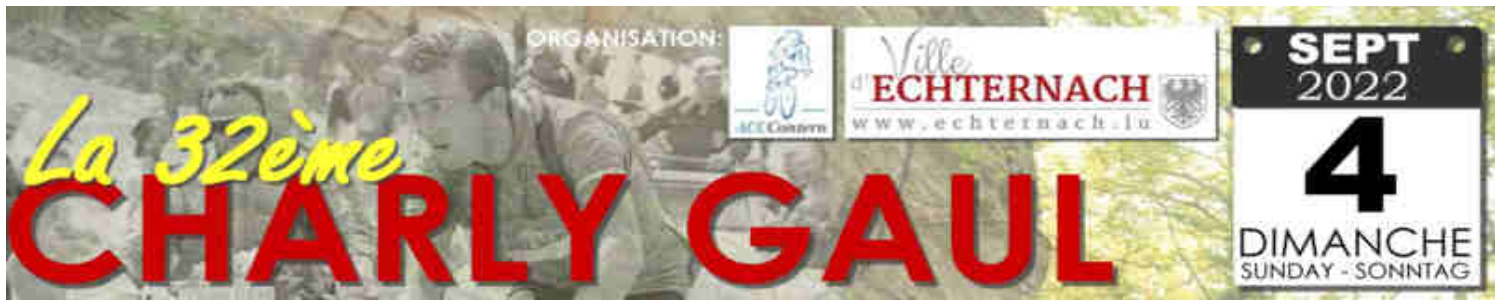


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62	83	442	10.58		<b>Mairie de Putscheid</b> CR322 to Vianden	x CR320 to Weiler CR320 to Putscheid	climb 06 * 2,8 km at 2,9 %
64	81	479	11.01		<b>Pull (entrance)</b> Veinerstrooss	x CR353a Nachtmanderscheid	
65	80	513	11.03		<b>Groesteen</b> CR322 from Wahlhausen	x CR352 to Bastendorf	end of climb nr 06
67	78	491	11.06		<b>Mont-St-Nicolas</b> CR322 to Vianden		DOWNHILL WITH TURNS
71	74	297	11.12		<b>Vianden (entrance)</b> CR322 from Wahlhausen		CROSSROADS WITHOUT PRIORITY
				<b>N17</b>	N17 to Diekirch	x N17 to Diekirch	turn right in front of résidence Belvédère follow the N17 during 3 kilometers climb 07 * 1,3 km at 4,5 %
72	73	359	11.14		<b>Um Knupp</b> N17 to Diekirch	x CR354 to Walsdorf	end of climb nr 07 DOWNHILL WITH TURNS
74	71	302	11.17		<b>Fouhren</b> Dikkricherstrooss		CROSSROADS WITHOUT PRIORITY
				<b>N17b</b>	Bettlerstrooss	x N17b Bettlerstrooss	turn left ahead of the house number 26 follow the N17b during 2,5 kilometers
76	69	211	11.20		<b>Bettel</b> Veinerstrooss	x N10 Kierchestrooss	turn right before the sharp left-hand turn follow the N10 during 7 kilometers
				<b>N10</b>	Kierchestrooss		
80	65	229	11.27		<b>Hoesdorf</b> N10 to Reisdorf		climb 08 * 0,7 km at 7,9 % end of climb nr 08 DOWNHILL WITH TURNS - BAD ROAD



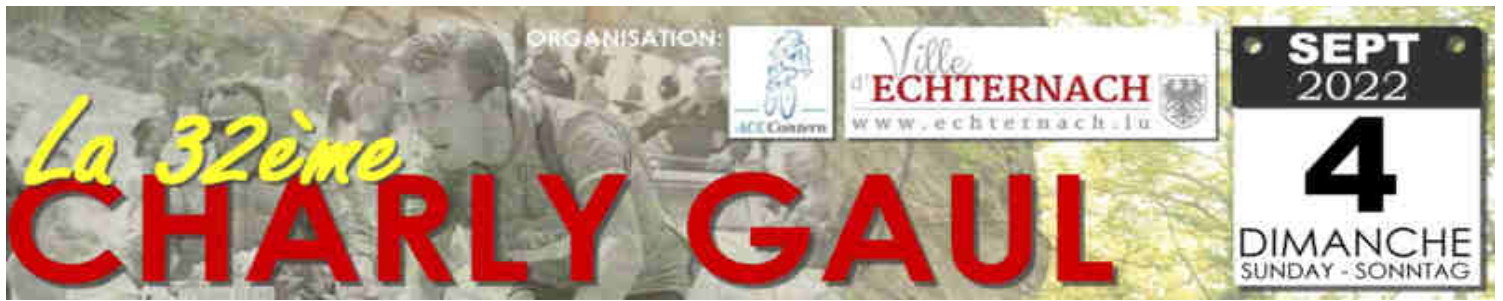


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83	62	195	11.31		<b>Reisdorf</b>		
				N10 from Hoesdorf			<b>CROSSROADS WITHOUT PRIORITY DOWNHILL</b>
				route de la Sûre	x N19 route de la Sûre		<b>BEAUFORT</b> turn left at the bottom of the downhill
				rue de Larochette	x rue de Larochette		<b>BEAUFORT</b> turn right in front of the Chinese restaurant
				CR358			<b>FOOD ZONE NEXT TO THE CHURCH</b>
				rue de l'Ernz	x CR358 to Ermsdorf		<b>CROSSROADS WITHOUT PRIORITY</b>
				rue de Beaufort	x CR121 to Beaufort		<b>BEAUFORT</b> turn left at the bottom of the road ...
				CR128			<b>BEAUFORT</b> ... and then immediately to the right
					x CR128a to Bigelbach		climb 09 * 3,5 km at 6,6 %
							follow the CR128 during 5,5 km
							follow the CR128 to the right
88	57	378	11.39		<b>Beaufort</b>		
				route de Reisdorf			<b>end of climb nr 09</b>
				Grand-Rue	x CR357 route d'Eppeldorf		
					x CR128 rue du Château		<b>CROSSROADS WITHOUT PRIORITY</b>
				CR364A			
				route de Dillingen	x route de Dillingen		<b>DILLINGEN</b> turn left in front of the Kebab restaurant
				CR364			<b>DOWNHILL WITH TURNS</b>
92	53	177	11.46		<b>Dillingen</b>		
				route de Beaufort			<b>CROSSROADS WITHOUT PRIORITY DOWNHILL</b>
					x N10 route de Grundhof		<b>GRUNDHOF</b> turn right at the bottom of the downhill
				N10			
94	51	173	11.49		<b>Grundhof</b>		
				N10 route d'Echternach			<b>SEPARATION A (150 km) and B (100 km)</b>
					CR121 route de Beaufort		<b>BEAUFORT</b> A (150 km): turn right in front of hotel Brimer
				CR121			(course B (100 km) : follow the N10 straight on)
							follow the CR121 during 5 kilometers
96	49	193	11.52		<b>Vugelsmillen</b>		
				CR121 from Grundhof	x CR364 to Beaufort		
				CR121 to Mullerthal	x CR364 to Berdorf		





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100	45	213	11.58		<b>Mullerthal</b> rue de l'Ernz Noire	x CR356 to Waldbillig	follow the CR 121 to the left over the bridge
<b>CROSSROADS WITHOUT PRIORITY</b> 							
				<b>CR356</b>	rue de la Montagne	x CR356 to Consdorf	turn left after the small bridge climb 10 *** 3,9 km at 3,4 % follow the CR356 during 1.5 km
102	43	288	12.01		<b>Konstreffermillen</b> CR356 from Mullerthal	x CR118 to Consdorf	take the CR118 to the left at the end of the road
<b>CROSSROADS WITHOUT PRIORITY</b> 							
				<b>CR118</b>	CR118 to Consdorf		follow the CR 121 during 2,5 kilometers
104	41	332	12.04		<b>Consdorf</b> route d'Echternach	x route de Luxembourg x rue de Berdorf	turn sharp right, first exit of the roundabout
<b>ROUNDBABOUT: CROSSROADS WITHOUT PRIORITY</b> 							
				<b>CR137</b>	rue Hiicht	x CR137 rue Hiicht	end of climb nr 10 follow the CR137 during 1 kilometer
					route de Luxembourg	x route de Luxembourg	follow the CR137 to the left follow the CR137 during 4 kilometers
107	38	386	12.09		<b>crossroads Altrier</b> CR137 to Bech	x CR137 to Hersberg x N11 to Luxembourg x CR129 to Zittig	
109	36	297	12.12		<b>Bech</b> Konsdrefferstrooss	x CR132 to Brouch	<b>DOWNHILL WITH TURNS AND CROSSROADS</b> turn sharp right in front of the church follow the CR132 during 600m
				<b>CR132</b>	Béiwerviss		
110	35	300	12.14		<b>crossroads Brouch</b> CR132 from Bech	x CR137 to Berbourg	turn left after having left the village
<b>CROSSROADS WITHOUT PRIORITY</b> 							
				<b>CR137</b>	CR137 to Berbourg		follow the CR137 during 2 km





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112	33	273	12.17		<b>Berbourg</b>		
					An der Gruecht	x Brucherstrooss	 <b>URNS AND CROSSROADS</b>  <b>MANTERNACH</b> → turn right after the small bridge
					Schullstrooss	x CR135A to Wecker x CR137D Neie Wee	
116	29	221	12.23		<b>Manternach (entrance)</b>		
					CR137 from Berbourg	x CR139 to Lellig	 <b>CROSSROADS WITHOUT PRIORITY</b>  <b>LELLIG</b> ← turn left after the water treatment station
					CR139	CR139 to Lellig	climb 11 * 1,6 km at 3,9 % follow the CR139 during 4.5 kilometers
117	28	259	12.25		<b>Lellig</b>		
					CR139 Duerfstrooss		 end of climb nr 11
119	26	285	12.28		<b>Hierbermillen</b>		
					CR139 to Herborn		 climb 12 * 3,2 km at 2,5 %
121	24	296	12.31		<b>Herborn</b>		
					CR139 from Lellig	x CR135 to Berbourg	 follow the CR139 during another 600 m
					Haaptstrooss	x CR139 to Osweiler	 <b>MOMPACH</b> → turn right 100 m after the church
					CR135	Momperwee CR135 to Mompach	 <b>MOMPACH</b> → turn right 150 m after exiting the village follow the CR135 during 2 km end of climb nr 12
124	21	311	12.36		<b>Mompach</b>		
					Duerfstrooss Um Buer		 <b>CROSSROADS WITHOUT PRIORITY</b> 
					CR141	lewesch Strooss	 <b>ECHTERNACH</b> ← turn left at a small monument follow the CR141 during 4 km climb 13 * 1,9 km at 3,4 %
						x CR141 lewesch Strooss x CR141 to Boursdorf	
126	19	376	12.39		<b>Pafebierg</b>		
					CR141 from Mompach	x CR370 to Herborn	 end of climb nr 13
128	17	337	12.42		<b>crossroads Osweiler</b>		
					CR141 from Mompach	x CR370 to Dickweiler	 <b>DICKWEILER</b> → take the CR370 to the right follow the CR370 during 1,5 km
					CR370	CR370 to Dickweiler	 <b>DOWNHILL WITH TURNS AND NARROWING ROAD</b> 





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129	16	295	12.44		<b>Dickweiler</b>		
				rue Principale	x CR370 to Hinkel		<b>GIRST</b>
				CR370 to Girst			turn right at the exit of the village follow the CR370 during 1,5 km
131	14	276	12.47		<b>crossroads Girsterklaus</b>		
				CR370 to Girst	x CR371 to Girsterklaus		<b>FAST DOWNHILL ON NARROW ROAD</b> 
132	13	225	12.49		<b>Girst</b>		
				Duerfstrooss			
133	12	200	12.50		<b>crossroads Girsterklaus</b>		
				CR370 to Girst	x CR371 to Girsterklaus		
134	11	165	12.52		<b>Hinkel</b>		
				rue de Girsterklaus			<b>DOWNHILL WITH TURNS AND CROSSROADS</b> 
				rue de Girsterklaus	x PC3 Schullerwee		turn left at the entrance of the village
				Schullerwee	x PC3 rivières		follow the cycling path to the left ahead of the N10
				<b>PC3</b>	cycling path 3 rivières		follow the cycling path during 1 km
135	10	148	12.53		<b>crossroads PC3 x N10</b>		
				cycling path 3 rivières			<b>CROSSROADS WITHOUT PRIORITY</b> 
					x N10 Rosport		take the N10 to the left at the end of the road follow the N10 during 10 km
				<b>N10</b>	N10 to Rosport		
137	8	160	12.57		<b>Rosport</b>		
				rue d'Echternach	x CR372 to Dickweiler		
140	5	157	13.01		<b>Steinheim</b>		
				route d'Echternach			
145	0	160	13.09		<b>Echternach</b>		
				N10 de Steinheim	x N11B vers Bitburg		<b>ROUNDBOULT: CROSSROADS WITHOUT PRIORITY</b> 
					x route de Wasserbillig		straight on, first exit of the roundabout
				rue du Pont	x vers Echternacherbrück		straight on - take the right side of the road
							<b>SEVERAL TURNS AND COBBLES</b> 
					x rue de la Montagne		take the rue de la Montagne to the right
				rue de la Montagne			<b>TAKE CARE: FINISHING STRAIGHT ON COBBLES</b>
				place du Marché			<b>FINNISH ON THE MARKET PLACE</b>



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