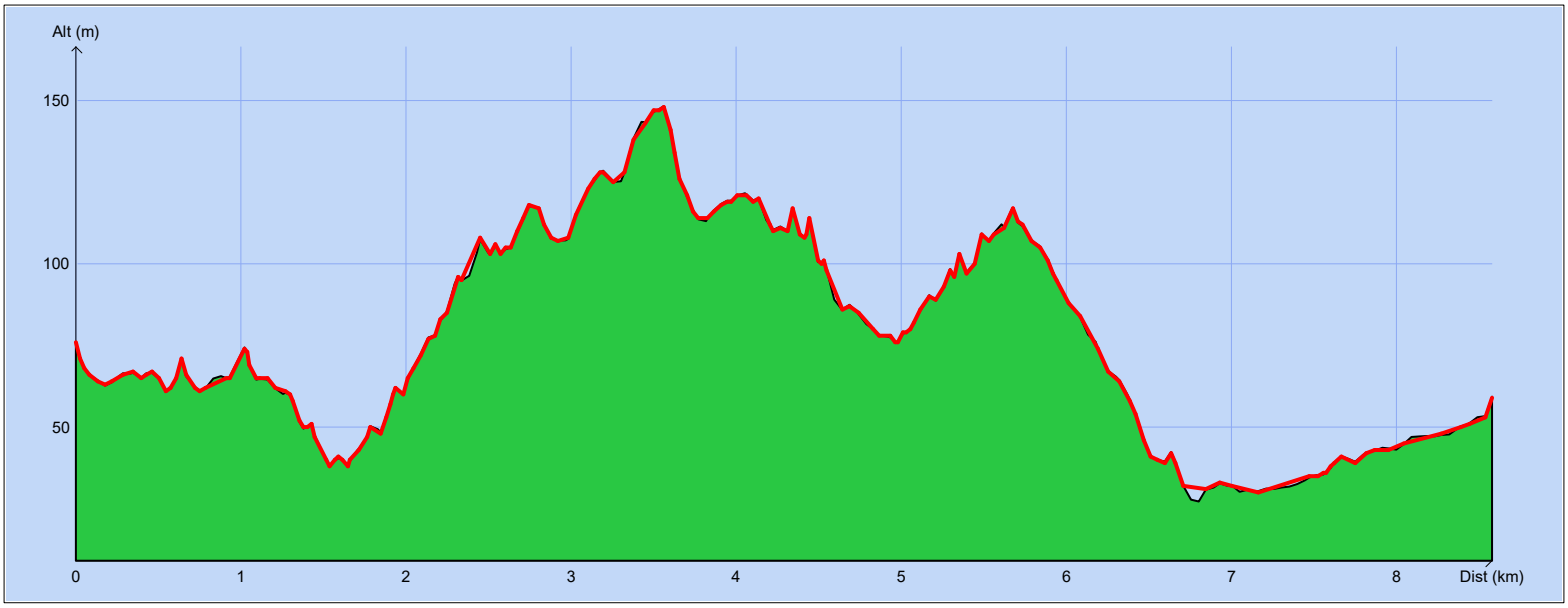
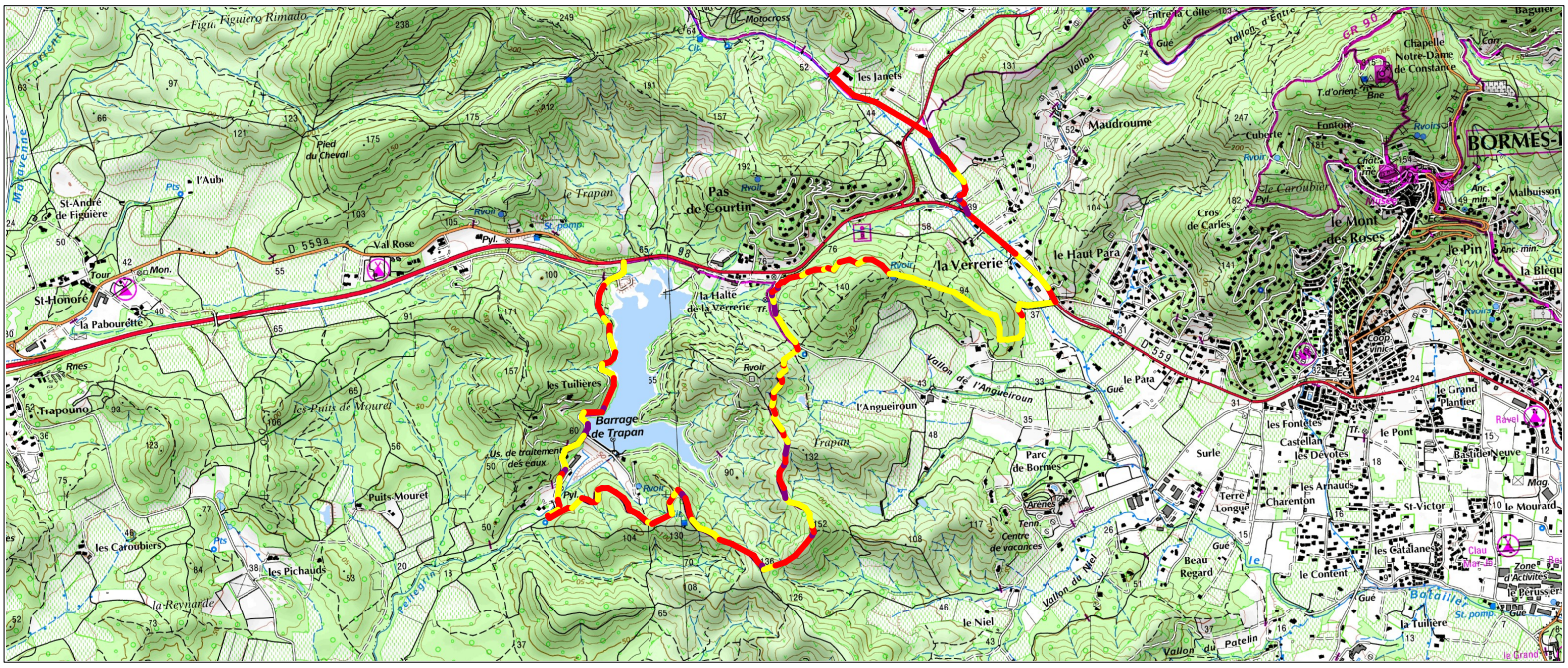
Tracé : La Londe - Lac du Trapan GR3





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Distance totale	: 8.612 km	**Durée estimée**	: 02:00:29
Montée	: 282 m	**Moyenne estimée**	: 4.3 km/h
Descente	: 299 m		
Y Minimum	: 30 m		
Y Moyen	: 77 m		
Y Maximum	: 148 m		