

Jour	Wpt	Etape	Altitude [m]	Etape			Jour		
				Temps [h]	Distance [km]	Dénivelé [m]	Temps [h]	Distance [km]	Dénivelé [m]
1	1-1.1	Ak-Suu ( <i>Karakol</i> )	1 878	0:00	0,0	0	0:00	0,0	0 / 0
	1-1.2	Atlyn Arashan	2 573	4:20	15,0	695	4:20	15,0	0 / 695
	1-1.3	<b>Contre bas du col</b>	<b>3 136</b>	2:15	4,0	563	<b>6:35</b>	<b>19,0</b>	<b>0 / 1 258</b>
2	1-2.1	Col d'Ala Köl	3 869	3:00	5,0	733	3:00	5,0	0 / 733
	1-2.2	Lac d'Ala Köl	3 529	1:00	3,0	-340	4:00	8,0	-340 / 733
	1-2.3	Pont d'Ala Köl	2 541	2:30	4,0	-988	6:30	12,0	-1 328 / 733
	1-2.4	X de Karakol	2 629	1:10	4,0	88	7:40	16,0	-1 328 / 821
	1-2.5	<b>Vallée de Karalol</b>	<b>3 011</b>	0:45	3,0	382	<b>8:25</b>	<b>19,0</b>	<b>-1 328 / 1 203</b>
3	1-3.1	Glacier de Karakol ( <i>pic Karakol</i> )	3 230	1:40	6,0	219	1:40	6,0	0 / 219
	1-3.2	Vallée de Karalol	3 011	1:40	6,0	-219	3:20	12,0	-219 / 219
	1-3.3	X de Karakol	2 629	1:10	4,0	-382	4:30	16,0	-601 / 219
	1-3.4	<b>Contre bas du col</b>	<b>3 196</b>	1:40	4,0	567	<b>6:10</b>	<b>20,0</b>	<b>-601 / 786</b>
4	1-4.1	Col de Teleti	3 830	2:30	3,0	634	2:30	3,0	0 / 634
	1-4.2	Vallée de Jeti-Öghüz	2 585	4:30	13,0	-1 245	7:00	16,0	-1 245 / 634
	1-4.3	<b>Gorge d'Asan Tukum</b>	<b>3 019</b>	1:50	4,0	434	<b>8:50</b>	<b>20,0</b>	<b>-1 245 / 1 068</b>
5	1-5.1	Col d'Arach Tör	3 830	3:15	5,0	811	3:15	5,0	0 / 811
	1-5.2	<b>Kyzyl-Suu</b>	<b>2 576</b>	4:00	14,0	-1 254	<b>7:15</b>	<b>19,0</b>	<b>-1 254 / 811</b>
6	1-6.1	Pokrovka	1 776	6:00	24,0	-800	6:00	24,0	-800 / 0
	1-6.2	<b>Karakol</b>	<b>1 745</b>			-31	<b>6:00</b>	<b>24,0</b>	<b>-831 / 0</b>
							<b>121,0</b>	<b>-5 259 / 5 126</b>	