

**LA FRANCE EN COURANT**  
 32ème Tour du 17 Juillet au 31 juillet 2021  
 samedi, 16 juillet 2022

**Prologue**  
**NERVERS**

8.5 km

km	Km	ROUTE	Heures de passages				
à parcourir	parcourus	Suivie	16km/h	15km/h	14 km/h	13 km/h	12 km/h

8.5	0	<b>Départ</b>	16:00	16:00	16:00	16:00	16:00
8.5	0	<i>Esplanade du Palais Ducal</i>	00:03	00:04	00:04	00:04	00:05
		<i>Place de la république</i>					
		<i>Quai de médine</i>					
7.7	0.8	<i>Pont de Loire (trottoir)</i>	16:03	16:03	16:03	16:03	16:04
		<i>Levée du Canal</i>					
		<i>Chemin du peuplier</i>					
		<i>Port de la jonction</i>					
6.3	2.2	<i>Passage sous la D13</i>	16:08	16:08	16:09	16:10	16:11
		<i>Levée du Canal</i>					
4.3	4.2	<i>2eme ecluse</i>	16:15	16:16	16:17	16:19	16:21
		<i>Retour Canal opposé</i>					
	6.4	<i>Passage sous la D13</i>	16:24	16:25	16:27	16:29	16:32
		<i>Quai de la jonction chemin</i>					
		<i>Chemin du peuplier</i>					
1	7.5	<i>Rue de la blanchisserie</i>	16:28	16:30	16:32	16:34	16:37
		<i>Pont de Loire (trottoir)</i>					
		<i>Place Mossée</i>					
		<i>Rue de Loire</i>					
		<i>Rue de la Cathédrale</i>					
		<i>Rue de la Parcheminerie</i>					
		<i>Place de la république</i>					
0	8.5	<i>Arrivée - Esplanade du Palais Ducal</i>	16:31	16:34	16:36	16:39	16:42

Départ décalé    une équipe toutes les 3 minutes



**LA FRANCE EN COURANT**  
33ème Tour du 16 Juillet au 30 juillet 2022  
dimanche, 17 juillet 2022  
**1ère Etape**

Etape de 193.5 Km      NEVERS (58) - ORCINES (63)

Dis-Part	km		Commune - Lieu Dit	Commune Traversée	ROUTE Suivie	Altitude	Heures de passages				
	à parcourir	parcours					16km/h	15km/h	14 km/h	13 km/h	12 km/h
<b>NEVRE (58)</b>											
0.0	193.5	0	<b>NEVERS</b>	Nevers	D907		<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>
2.5	191.0	2.5	Int D149 D907	Sermoise sur Loire	D907		03:09	03:10	03:10	03:11	03:12
	191.0	2.5		Challuy			03:09	03:10	03:10	03:11	03:12
10.0	181.0	12.5	Magny-Cours	Magny-Cours	D600		03:46	03:50	03:53	03:57	04:02
3.5	177.5	16.0	Int D907 D133	Saint-Parize-le-Chatel	D133		04:00	04:04	04:08	04:13	04:20
8.5	169.0	24.5	Mars sur Allier	Mars sur Allier	D134		04:31	04:38	04:45	04:53	05:02
2.0	167.0	26.5	Int D2078 D134	Langeron	D134		04:39	04:46	04:53	05:02	05:12
	167.0	26.5		Livryy			04:39	04:46	04:53	05:02	05:12
6.5	160.5	33.0	<b>ALLIER (03)</b>				05:03	05:12	05:21	05:32	05:45
0.5	160.0	33.5	Le Veurdre	Le Veurdre	D978A		05:05	05:14	05:23	05:34	05:47
5.5	154.5	39.0	Neure	Neure	D978A		05:26	05:36	05:47	06:00	06:15
4.0	150.5	43.0	Lurcy-Lévis	Lurcy-Lévis	D978A		05:41	05:52	06:04	06:18	06:35
2.5	148.0	45.5	Inter D978A D3	Lurcy-Lévis	D3		05:50	06:02	06:15	06:30	06:47
5.0	143.0	50.5	Coulevre	Coulevre	D14		06:09	06:22	06:36	06:53	07:12
2.0	141.0	52.5	Inter D53A D14	Coulevre	D14		06:16	06:30	06:45	07:02	07:22
3.0	138.0	55.5	Int D14 D17	Saint Plaisir	D17		06:28	06:42	06:57	07:16	07:37
0.5	137.5	56.0	Gennetines	Saint Plaisir	D17		06:30	06:44	07:00	07:18	07:40
4.5	133.0	60.5	Inter D229 D 17	Saint Plaisir	D17		06:46	07:02	07:19	07:39	08:02
5.5	127.5	66.0	Ygrande	Ygrande	D68		07:07	07:24	07:42	08:04	08:30
6.0	121.5	72.0	Inter D11 D68	Buxières les Mines	D68		07:30	07:48	08:08	08:32	09:00
5.5	116.0	77.5	Buxières les Mines	Buxières les Mines	D68		07:50	08:10	08:32	08:57	09:27
2.5	113.5	80.0	Int D68 D22 La Croix du Chêne	Buxières les Mines	D22		08:00	08:20	08:42	09:09	09:40
	113.5	80.0		Rocles			08:00	08:20	08:42	09:09	09:40
	113.5	80.0		Saint Sornin			08:00	08:20	08:42	09:09	09:40
8.5	105.0	88.5	Le Montet	Le Montet	D945		08:31	08:54	09:19	09:48	10:22
3.5	101.5	92.0	Int D945 D22 Deux-Chaises	Deux-Chaises	D22		08:45	09:08	09:34	10:04	10:40
2.5	99.0	94.5	Int D235 D22	Deux-Chaises	D22		08:54	09:18	09:45	10:16	10:52
5.5	93.5	100.0	Inter D46 D22	Voussac	D22		09:15	09:40	10:08	10:41	11:20
8.5	85.0	108.5	Monestier	Monestier	D282		09:46	10:14	10:45	11:20	12:02
	85.0	108.5		Deneuille-lès-Chantelle			09:46	10:14	10:45	11:20	12:02
	85.0	108.5					09:46	10:14	10:45	11:20	12:02
	85.0	108.5					09:46	10:14	10:45	11:20	12:02
	85.0	108.5					09:46	10:14	10:45	11:20	12:02
	85.0	108.5					09:46	10:14	10:45	11:20	12:02
	85.0	108.5					09:46	10:14	10:45	11:20	12:02
	85.0	108.5					09:46	10:14	10:45	11:20	12:02
	85.0	108.5					09:46	10:14	10:45	11:20	12:02
	85.0	108.5					09:46	10:14	10:45	11:20	12:02
8.0	77.0	116.5	<b>CHANTELLE</b>	Chantelle			10:16	10:46	11:19	11:57	12:42
<b>Départ de la 2ème demi étape</b>											
0.0	77.0	116.5	<b>CHANTELLE</b>	Chantelle	D42		<b>11:30</b>	<b>11:30</b>	<b>11:30</b>	<b>11:30</b>	<b>11:30</b>
	77.0	116.5		Taxat-Senat			11:30	11:30	11:30	11:30	11:30
4.5	72.5	121.0	Inter D42 D183	Charroux	D183		11:46	11:48	11:49	11:50	11:52
2.5	70.0	123.5	Charroux	Charroux	D35		11:56	11:58	12:00	12:02	12:05
5.0	65.0	128.5	St Bonnet de Rochefort	St Bonnet de Rochefort	D35		12:15	12:18	12:21	12:25	12:30
	65.0	128.5		Vicq			12:15	12:18	12:21	12:25	12:30
5.5	59.5	134.0	Ebreuil	Ebreuil	D998		12:35	12:40	12:45	12:50	12:57
0.5	59.0	134.5	<b>PUY DE DOME (63)</b>				12:37	12:42	12:47	12:53	13:00
	59.0	134.5		Saint Quentin sur Sioule			12:37	12:42	12:47	12:53	13:00
7.0	52.0	141.5	Inter D401 D207	Champs	D207		13:03	13:10	13:17	13:25	13:35
2.0	50.0	143.5	Inter D207 D12	St Agoulin	D12		13:11	13:18	13:25	13:34	13:45
2.0	48.0	145.5	St Agoulin	St Agoulin	D22		13:18	13:26	13:34	13:43	13:55
6.0	42.0	151.5	Artonne	Artonne	D223		13:41	13:50	14:00	14:11	14:25
	42.0	151.5	Saint Myon	Saint Myon	D223		13:41	13:50	14:00	14:11	14:25
7.0	35.0	158.5	Combronde	Combronde	D412		14:07	14:18	14:30	14:43	15:00
2.5	32.5	161.0	Int D412 D17	Teilhède	D17		14:16	14:28	14:40	14:55	15:12
3.5	29.0	164.5	Inter D17 D16	Loubeyrat	D16		14:30	14:42	14:55	15:11	15:30
3.0	26.0	167.5	Int D78 D227 D 16 Loubeyrat	Loubeyrat	D16		14:41	14:54	15:08	15:25	15:45
2.0	24.0	169.5	Int D455 D16	Loubeyrat	D16		14:48	15:02	15:17	15:34	15:55
2.0	22.0	171.5	Charbonnières les Varennes	Charbonnières les Varennes	D16		14:56	15:10	15:25	15:43	16:05
4.5	17.5	176.0	Int D90 D16	Charbonnières les Varennes	D16		15:13	15:28	15:45	16:04	16:27
	17.5	176.0	Int D16 D90	Volvic	D90		15:13	15:28	15:45	16:04	16:27
3.5	14.0	179.5	Int D90 D943	Volvic	D943		15:26	15:42	16:00	16:20	16:45
4.0	10.0	183.5	Int D943 D776	Sayat	D776		15:41	15:58	16:17	16:39	17:05
2.5	7.5	186.0	Chanat la Mouteyre	Chanat la Mouteyre	D776		15:50	16:08	16:27	16:50	17:17
3.5	4.0	189.5	Ternant	Orcines	D90		16:03	16:22	16:42	17:06	17:35
	4.0	189.5					16:03	16:22	16:42	17:06	17:35
	4.0	189.5					16:03	16:22	16:42	17:06	17:35
	4.0	189.5					16:03	16:22	16:42	17:06	17:35
	4.0	189.5					16:03	16:22	16:42	17:06	17:35
	4.0	189.5					16:03	16:22	16:42	17:06	17:35
	4.0	189.5					16:03	16:22	16:42	17:06	17:35
4.0	0.0	193.5	<b>ORCINES</b>	Orcines			16:18	16:38	17:00	17:25	17:55

**O Plus Beau Village de France**



**LA FRANCE EN COURANT**  
33ème Tour du 16 Juillet au 30 juillet 2022  
lundi, 18 juillet 2022  
**2ème Etape**

Etape de 190.5 Km

ORCINES (63) - LE MALZIEU VILLE (48)

Dis-Part	km		Commune - Lieu Dit	Commune Traversée	ROUTE Suivie	Altitude	Heures de passages				
	à parcourir	parcourus					16km/h	15km/h	14 km/h	13 km/h	12 km/h
<b>PUY DE DOME (63)</b>											
0.0	190.5	0	<b>ORCINES</b>	Orcines	D90		<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>
2.5	188.0	2.5	Montrodeix	Orcines	D68		03:09	03:10	03:10	03:11	03:12
1.0	187.0	3.5	Int D68 D90	Orcines	D90		03:13	03:14	03:15	03:16	03:17
3.0	184.0	6.5	Manson	Saint-Genes-Champanelle	D90		03:24	03:26	03:27	03:30	03:32
1.5	182.5	8.0	Thèdes	Saint-Genes-Champanelle	D90		03:30	03:32	03:34	03:36	03:40
2.0	180.5	10.0	St Genès-Champanelle	Saint-Genes-Champanelle	D52		03:37	03:40	03:42	03:46	03:50
2.5	178.0	12.5	Theix	Saint-Genes-Champanelle	D96		03:46	03:50	03:53	03:57	04:02
2.0	176.0	14.5	Nadaillat	Saint-Genes-Champanelle	D96		03:54	03:58	04:02	04:06	04:12
7.0	169.0	21.5	Int D96 D215	Saint Saturnin	D215		04:20	04:26	04:32	04:39	04:47
	169.0	21.5		St Amant-Tallende			04:20	04:26	04:32	04:39	04:47
4.0	165.0	25.5	Int D213 D 795	Le Crest	D975		04:35	04:42	04:49	04:57	05:07
	165.0	25.5	Taillende	Taillende	D975		04:35	04:42	04:49	04:57	05:07
3.0	162.0	28.5	St Amant-Tallende	St Amant-Tallende	D8		04:46	04:54	05:02	05:11	05:22
2.0	160.0	30.5	St Saturnin	St Saturnin	D28		04:54	05:02	05:10	05:20	05:32
3.5	156.5	34.0	Int D28 D74	Saint Sandoux	D74		05:07	05:16	05:25	05:36	05:50
1.5	155.0	35.5	Saint Sandoux	Saint Sandoux	D791		05:13	05:22	05:32	05:43	05:57
5.0	150.0	40.5	Plauzat	Plauzat	D978		05:31	05:42	05:53	06:06	06:22
	150.0	40.5		Neschers			05:31	05:42	05:53	06:06	06:22
5.0	145.0	45.5	Champeix	Champeix	D996		05:50	06:02	06:15	06:30	06:47
	145.0	45.5		Saint Vincent			05:50	06:02	06:15	06:30	06:47
7.5	137.5	53.0	Saint Cirgues sur Couze	Saint Cirgues sur Couze	D26		06:18	06:32	06:47	07:04	07:25
1.5	136.0	54.5	Chidrac	Chidrac	D26		06:24	06:38	06:53	07:11	07:32
	136.0	54.5		Meilhaud			06:24	06:38	06:53	07:11	07:32
3.0	133.0	57.5	Int D26 D996 Perrier	Perrier	D996		06:35	06:50	07:06	07:25	07:47
4.5	128.5	62.0	Issoire	Issoire	D32		06:52	07:08	07:25	07:46	08:10
3.5	125.0	65.5	Int D32 D 717	Solignat	D717		07:05	07:22	07:40	08:02	08:27
	125.0	65.5		Bergonne			07:05	07:22	07:40	08:02	08:27
5.5	119.5	71.0	Gignat	Gignat	D719		07:26	07:44	08:04	08:27	08:55
3.5	116.0	74.5	St Germain Lembron	St Germain Lembron	D909		07:39	07:58	08:19	08:43	09:12
	116.0	74.5		Vichel	D909		07:39	07:58	08:19	08:43	09:12
5.5	110.5	80.0	Moriat	Moriat	D909		08:00	08:20	08:42	09:09	09:40
2.0	108.5	82.0	<b>HAUTE-LOIRE (43)</b>		D909		08:07	08:28	08:51	09:18	09:50
1.0	107.5	83.0	Lempdes sur Allagnon	Lempdes sur Allagnon	D909		08:11	08:32	08:55	09:23	09:55
	107.5	83.0		Chambezon	D909		08:11	08:32	08:55	09:23	09:55
8.0	99.5	91.0	Int D5 D909	Léotoing	D909		08:41	09:04	09:30	10:00	10:35
7.0	92.5	98.0	Le Babory de Blesle	Blesle	D909		09:07	09:32	10:00	10:32	11:10
3.0	89.5	101.0	Inter D588 D 909 Grenier-Montgon	Grenier-Montgon	D909		09:18	09:44	10:12	10:46	11:25
1.0	88.5	102.0	<b>CANTAL (15)</b>		D909		09:22	09:48	10:17	10:50	11:30
	88.5	102.0					09:22	09:48	10:17	10:50	11:30
	88.5	102.0					09:22	09:48	10:17	10:50	11:30
3.5	85.0	105.5	<b>MASSIAC</b>	Massiac			09:35	10:02	10:32	11:06	11:47
<b>Départ de la 2ème demi étape</b>											
0.0	85.0	105.5	<b>MASSIAC</b>	Massiac	D909		<b>10:45</b>	<b>10:45</b>	<b>10:45</b>	<b>10:45</b>	<b>10:45</b>
				Bonnac							
9.5	75.5	115.0	Int D410 D 909	St Mary le Plain	D909	870	11:20	11:23	11:25	11:28	11:32
8.0	67.5	123.0	Vieillespesse	Vieillespesse	D909		11:50	11:55	12:00	12:05	12:12
7.5	60.0	130.5	Int D50 D909	Coren	D909		12:18	12:25	12:32	12:40	12:50
5.5	54.5	136.0	Saint Flour	Saint Flour	D909		12:39	12:47	12:55	13:05	13:17
3.0	51.5	139.0	Int D250 D 909	Saint Georges	D909		12:50	12:59	13:08	13:19	13:32
4.5	47.0	143.5	Inter D350 D909 La Gazelle	Anglards de Saint Flour	D909		13:07	13:17	13:27	13:40	13:55
3.5	43.5	147.0	Pont de Garabit <b>Viaduc</b>	Val d'Arcomie	D13		13:20	13:31	13:42	13:56	14:12
5.5	38.0	152.5	Faverolles	Val d'Arcomie	D48		13:41	13:53	14:06	14:21	14:40
4.0	34.0	156.5	Bournoncles	Val d'Arcomie	D48		13:56	14:09	14:23	14:40	15:00
4.5	29.5	161.0	Int D48 D909	Val d'Arcomie	D909		14:13	14:27	14:42	15:01	15:22
2.0	27.5	163.0	<b>LOZERE (48)</b>		D936		14:20	14:35	14:51	15:10	15:32
4.0	23.5	167.0	La Garde	Albaret Ste Marie	VC		14:35	14:51	15:08	15:28	15:52
1.5	22.0	168.5	Albaret Ste Marie	Albaret Ste Marie	D8		14:41	14:57	15:15	15:35	16:00
5.0	17.0	173.5	Inter D80 D147	Albaret Ste Marie	D147		15:00	15:17	15:36	15:58	16:25
5.5	11.5	179.0	St Léger du Malzieu	St Léger du Malzieu	D75		15:20	15:39	16:00	16:24	16:52
3.0	8.5	182.0	Inter D4 D75	Blavignac	D75		15:31	15:51	16:12	16:38	17:07
1.5	7.0	183.5	Mazeyrac	St Pierre le Vieux	VC		15:37	15:57	16:19	16:45	17:15
2.0	5.0	185.5	Vareilles	St Pierre le Vieux	VC		15:45	16:05	16:27	16:54	17:25
1.5	3.5	187.0	Inter VCD989	St Pierre le Vieux	D989		15:50	16:11	16:34	17:01	17:32
	3.5	187.0					15:50	16:11	16:34	17:01	17:32
	3.5	187.0					15:50	16:11	16:34	17:01	17:32
	3.5	187.0					15:50	16:11	16:34	17:01	17:32
	3.5	187.0					15:50	16:11	16:34	17:01	17:32
	3.5	187.0					15:50	16:11	16:34	17:01	17:32
3.5	0.0	190.5	<b>LE MALZIEU VILLE</b>	Le Malzieu Ville			16:03	16:25	16:49	17:17	17:50
<b>O Plus Beau Village de France</b>											





**LA FRANCE EN COURANT**  
33ème Tour du 16 Juillet au 30 juillet 2022  
mercredi, 20 juillet 2022  
**4ème Etape**

Etape de 192.5 Km

LA CAVALERIE (12) - REVEL (31)

Dis-Part	km		Commune - Lieu Dit	Commune Traversée	ROUTE Suivie	Altitude	Heures de passages				
	à parcourir	parcours					16km/h	15km/h	14 km/h	13 km/h	12 km/h
<b>AVEYRON (12)</b>											
0.0	192.5	0	<b>LA CAVALERIE</b>	La Cavalerie	D277		<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>
4.5	188.0	4.5	Inter D277 D77	Ste Eulalie de Cernon	D77		03:16	03:18	03:19	03:20	03:22
5.5	182.5	10.0	Le Figairol	Cornus	D77		03:37	03:40	03:42	03:46	03:50
3.0	179.5	13.0	Inter D77 D85 (Le Viala)	Cornus	D85		03:48	03:52	03:55	04:00	04:05
0.5	179.0	13.5	Inter D85 D7	Cornus	D7		03:50	03:54	03:57	04:02	04:07
1.5	177.5	15.0	Cornus	Cornus	D7		03:56	04:00	04:04	04:09	04:15
6.5	171.0	21.5	Fondamente	Fondamente	D7		04:20	04:26	04:32	04:39	04:47
8.5	162.5	30.0	Latour	Marnhagues et Latour	D7		04:52	05:00	05:08	05:18	05:30
4.5	158.0	34.5	St Félix de Sorgues	St Félix de Sorgues	D7		05:09	05:18	05:27	05:39	05:52
4.0	154.0	38.5	Versols et Lapeyre	Versols et Lapeyre	D7		05:24	05:34	05:45	05:57	06:12
2.5	151.5	41.0	Lapeyre	Versols et Lapeyre	D92		05:33	05:44	05:55	06:09	06:25
11.0	140.5	52.0	Gissac	Gissac	D92		06:15	06:28	06:42	07:00	07:20
1.5	139.0	53.5	Int D92 D10	Gissac	D10		06:20	06:34	06:49	07:06	07:27
4.0	135.0	57.5	Andabre	Gissac	D10		06:35	06:50	07:06	07:25	07:47
4.0	131.0	61.5	Camarès	Camarès	D902		06:50	07:06	07:23	07:43	08:07
1.5	129.5	63.0	Inter D902 D91	Camarès	D91		06:56	07:12	07:30	07:50	08:15
	129.5	63.0		Mounes-Prohencoux							
11.5	118.0	74.5	Belmont sur Rance	Belmont sur Rance	D32		07:39	07:58	08:19	08:43	09:12
3.5	114.5	78.0	Inter D74 D32	Belmont sur Rance	D32		07:52	08:12	08:34	09:00	09:30
	114.5	78.0		Murasson							
<b>TARN (81)</b>											
10.5	104.0	88.5			D52		08:31	08:54	09:19	09:48	10:22
3.0	101.0	91.5	Inter D52 D607	Lacaune	D607		08:43	09:06	09:32	10:02	10:37
3.0	98.0	94.5	Inter D607 D622	Lacaune	D622		08:54	09:18	09:45	10:16	10:52
2.0	96.0	96.5	Lacaune	Lacaune	D622		09:01	09:26	09:53	10:25	11:02
3.0	93.0	99.5	Sagnens	Lacaune	D622		09:13	09:38	10:06	10:39	11:17
5.0	88.0	104.5	Col de Bassine	Gijounet	D622		09:31	09:58	10:27	11:02	11:42
4.5	83.5	109.0	Int D66 D622	Fontrieu	D622		09:48	10:16	10:47	11:23	12:05
3.5	80.0	112.5	Oulès	Fontrieu	D622		10:01	10:30	11:02	11:39	12:22
	80.0	112.5					10:01	10:30	11:02	11:39	12:22
	80.0	112.5					10:01	10:30	11:02	11:39	12:22
	80.0	112.5					10:01	10:30	11:02	11:39	12:22
	80.0	112.5					10:01	10:30	11:02	11:39	12:22
	80.0	112.5					10:01	10:30	11:02	11:39	12:22
	80.0	112.5					10:01	10:30	11:02	11:39	12:22
	80.0	112.5					10:01	10:30	11:02	11:39	12:22
	80.0	112.5					10:01	10:30	11:02	11:39	12:22
	80.0	112.5					10:01	10:30	11:02	11:39	12:22
	80.0	112.5					10:01	10:30	11:02	11:39	12:22
	80.0	112.5					10:01	10:30	11:02	11:39	12:22
5.0	75.0	117.5	<b>BRASSAC</b>	Brassac			10:20	10:50	11:23	12:02	12:47
<b>Départ de la 2ème demi étape</b>											
0.0	75.0	117.5	<b>BRASSAC</b>	Brassac	D622		<b>11:30</b>	<b>11:30</b>	<b>11:30</b>	<b>11:30</b>	<b>11:30</b>
2.0	73.0	119.5	Int D93 D622	Brassac	D622		11:37	11:38	11:38	11:39	11:40
3.0	70.0	122.5	Int D30 D622	Le Bez	D622		11:48	11:50	11:51	11:53	11:55
2.5	67.5	125.0	Int D66 D622	Le Bez	D622		11:58	12:00	12:02	12:04	12:07
1.5	66.0	126.5	Inter D30 D622	Le Bez	D622		12:03	12:06	12:08	12:11	12:15
4.5	61.5	131.0	Inter D30E D622	Burlats	D622		12:20	12:24	12:27	12:32	12:37
2.5	59.0	133.5	La Fontasse	Burlats	D622		12:30	12:34	12:38	12:43	12:50
3.5	55.5	137.0	Inter D66 D622	Castres	D622		12:43	12:48	12:53	13:00	13:07
1.5	54.0	138.5	Inter D622 D801 (Castres)	Castres	D801		12:48	12:54	13:00	13:06	13:15
1.5	52.5	140.0	Inter D89 D801 (Castres)	Castres	D801		12:54	13:00	13:06	13:13	13:22
2.0	50.5	142.0	Inter D801 D622 (Castres)	Castres	D622		13:01	13:08	13:15	13:23	13:32
3.0	47.5	145.0	Inter D612 D 1012 D59a (Castres)	Castres	D59a		13:13	13:20	13:27	13:36	13:47
3.0	44.5	148.0	Laboulbene	Laboulbene	D59a		13:24	13:32	13:40	13:50	14:02
	44.5	148.0		Montpinier			13:24	13:32	13:40	13:50	14:02
2.0	42.5	150.0	Int D59 D 83	Jonquières	D83		13:31	13:40	13:49	14:00	14:12
6.5	36.0	156.5	Lautrec	Lautrec			13:56	14:06	14:17	14:30	14:45
5.0	31.0	161.5	Inter D47 D92	Lautrec	D92		14:15	14:26	14:38	14:53	15:10
	31.0	161.5		Cuq			14:15	14:26	14:38	14:53	15:10
4.5	26.5	166.0	Inter D112 D92	Vielmur sur Agout	D92		14:31	14:44	14:57	15:13	15:32
1.0	25.5	167.0	Vielmur sur Agout	Vielmur sur Agout	D92		14:35	14:48	15:02	15:18	15:37
11.5	14.0	178.5	Puylaurens	Puylaurens	D84		15:18	15:34	15:51	16:11	16:35
6.0	8.0	184.5	Blan	Blan	D84		15:41	15:58	16:17	16:39	17:05
0.0	8.0	184.5		Palleville	D79		15:41	15:58	16:17	16:39	17:05
4.5	3.5	189.0	<b>HAUTE-GARONNE (31)</b>		D79		15:58	16:16	16:36	17:00	17:27
	3.5	189.0					15:58	16:16	16:36	17:00	17:27
	3.5	189.0					15:58	16:16	16:36	17:00	17:27
	3.5	189.0					15:58	16:16	16:36	17:00	17:27
3.5	0.0	192.5	<b>REVEL</b>	Revel			16:11	16:30	16:51	17:16	17:45
<b>Plus Beau Village de France</b>											



**LA FRANCE EN COURANT**  
33ème Tour du 16 juillet au 30 juillet 2022  
jeudi, 21 juillet 2022  
**5ème Etape**

Etape de 190 Km

REVEL (31) - ARREAU (65)

Dis-Part	km		Commune - Lieu Dit	Commune Traversée	ROUTE Suivie	Altitude	Heures de passages				
	à parcourir	parcours					16km/h	15km/h	14 km/h	13 km/h	12 km/h
<b>HAUTE-GARONNE (31)</b>											
0.0	190.0	0	<b>REVEL</b>	Revel	D622		<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>
	190.0	0.0		Saint félix Lauragais	D622		03:00	03:00	03:00	03:00	03:00
4.0	186.0	4.0	Inter D624 D622	Revel	D622		03:15	03:16	03:17	03:18	03:20
3.5	182.5	7.5	Inter D43 D622	St Félix-Lauragais	D622		03:28	03:30	03:32	03:34	03:37
2.5	180.0	10.0	St Félix-Lauragais	St Félix-Lauragais	D622		03:37	03:40	03:42	03:46	03:50
4.5	175.5	14.5	Inter D72 D622	Vaux	D622		03:54	03:58	04:02	04:06	04:12
1.0	174.5	15.5	Inter D2 D622	Vaux	D622		03:58	04:02	04:06	04:11	04:17
	174.5	15.5		Juzes	D622		03:58	04:02	04:06	04:11	04:17
5.5	169.0	21.0	Inter D79 D622 Lux	Lux	D622		04:18	04:24	04:30	04:36	04:45
2.5	166.5	23.5	Vallègue	Vallègue	D622		04:28	04:34	04:40	04:48	04:57
4.5	162.0	28.0	Villefranche de Lauragais	Villefranche de Lauragais	D622		04:45	04:52	05:00	05:09	05:20
3.0	159.0	31.0	Gardouch	Gardouch	D622		04:56	05:04	05:12	05:23	05:35
	159.0	31.0		Seyre	D622		04:56	05:04	05:12	05:23	05:35
8.0	151.0	39.0	Nailloux	Nailloux	D622		05:26	05:36	05:47	06:00	06:15
2.5	148.5	41.5	Inter D43H D622	Nailloux	D622		05:35	05:46	05:57	06:11	06:27
2.0	146.5	43.5	Inter D91A D622	Aignes	D622		05:43	05:54	06:06	06:20	06:37
	146.5	43.5		Mauvaisin	D622		05:43	05:54	06:06	06:20	06:37
10.5	136.0	54.0	Auterive	Auterive	D622		06:22	06:36	06:51	07:09	07:30
3.5	132.5	57.5	Inter D12 D622	Puydaniel	D622		06:35	06:50	07:06	07:25	07:47
	132.5	57.5		Lagrange Dieu	D622		06:35	06:50	07:06	07:25	07:47
9.5	123.0	67.0	St Sulpice sur Lèze	St Sulpice sur Lèze	D622		07:11	07:28	07:47	08:09	08:35
	123.0	67.0		Montaut	D622		07:11	07:28	07:47	08:09	08:35
5.0	118.0	72.0	Capens	Capens	D622		07:30	07:48	08:08	08:32	09:00
1.5	116.5	73.5	Inter D622 D10	Capens	D10		07:35	07:54	08:15	08:39	09:07
3.0	113.5	76.5	Marquefave	Marquefave	D10		07:46	08:06	08:27	08:53	09:22
3.0	110.5	79.5	Carbonne	Carbonne	D10		07:58	08:18	08:40	09:06	09:37
5.0	105.5	84.5	Salles sur Garonne	Salles sur Garonne	D10		08:16	08:38	09:02	09:30	10:02
4.0	101.5	88.5	St Julien sur Garonne	St Julien sur Garonne	D10		08:31	08:54	09:19	09:48	10:22
7.0	94.5	95.5	Cazères	Cazères	D10		08:58	09:22	09:49	10:20	10:57
	94.5	95.5		Palaming	D10		08:58	09:22	09:49	10:20	10:57
	94.5	95.5					08:58	09:22	09:49	10:20	10:57
	94.5	95.5					08:58	09:22	09:49	10:20	10:57
	94.5	95.5					08:58	09:22	09:49	10:20	10:57
	94.5	95.5					08:58	09:22	09:49	10:20	10:57
	94.5	95.5					08:58	09:22	09:49	10:20	10:57
	94.5	95.5					08:58	09:22	09:49	10:20	10:57
	94.5	95.5					08:58	09:22	09:49	10:20	10:57
	94.5	95.5					08:58	09:22	09:49	10:20	10:57
	94.5	95.5					08:58	09:22	09:49	10:20	10:57
	94.5	95.5					08:58	09:22	09:49	10:20	10:57
	94.5	95.5					08:58	09:22	09:49	10:20	10:57
7.0	87.5	102.5	<b>MARTRES-TOLOSANE</b>	Martres-Tolosane			09:24	09:50	10:19	10:53	11:32
<b>Départ de la 2ème demi étape</b>											
<b>MARTRES-TOLOSANE</b>											
0.0	87.5	102.5			D13f		<b>10:30</b>	<b>10:30</b>	<b>10:30</b>	<b>10:30</b>	<b>10:30</b>
0.0	87.5	102.5		Marignac Lespeyres	D10f		10:30	10:30	10:30	10:30	10:30
8.0	79.5	110.5	Alan	Alan	D10		11:00	11:02	11:04	11:06	11:10
2.0	77.5	112.5	Inter D10 D8	Montoulieu Saint Bernard	D8		11:07	11:10	11:12	11:16	11:20
3.5	74.0	116.0	Aurignac	Aurignac	D635		11:20	11:24	11:27	11:32	11:37
8.0	66.0	124.0	Cassagnabère-Tournas	Cassagnabère-Tournas	D635		11:50	11:56	12:02	12:09	12:17
2.5	63.5	126.5	Int D98 D635	Ciadoux	D635		12:00	12:06	12:12	12:20	12:30
3.0	60.5	129.5	Ciadoux	Ciadoux	D635		12:11	12:18	12:25	12:34	12:45
2.0	58.5	131.5	Rebirechioulet	St Pé Delbosc	D17		12:18	12:26	12:34	12:43	12:55
6.0	52.5	137.5	Blajan	Blajan	D17		12:41	12:50	13:00	13:11	13:25
	52.5	137.5		Gensac de Boulogne	D17		12:41	12:50	13:00	13:11	13:25
4.5	48.0	142.0	Nizan-Gesse	Nizan-Gesse	D17		12:58	13:08	13:19	13:32	13:47
5.0	43.0	147.0	Balesta	Balesta	D17		13:16	13:28	13:40	13:55	14:12
	43.0	147.0		Boudrac	D17		13:16	13:28	13:40	13:55	14:12
	43.0	147.0		Cazaril Tambourès	D17		13:16	13:28	13:40	13:55	14:12
	43.0	147.0		Léoussan	D17		13:16	13:28	13:40	13:55	14:12
11.5	31.5	158.5	Inter D17 D24	Boudrac	D24		14:00	14:14	14:30	14:48	15:10
2.0	29.5	160.5	<b>HAUTES-PYRENEES (65)</b>		D24		14:07	14:22	14:38	14:57	15:20
	29.5	160.5		Uglas			14:07	14:22	14:38	14:57	15:20
1.5	28.0	162.0	Inter D24 D817	Lannemezan	D817		14:13	14:28	14:45	15:04	15:27
1.5	26.5	163.5	Inter D817 D929 La Demi-Lune	Lannemezan	D929		14:18	14:34	14:51	15:11	15:35
5.5	21.0	169.0	La Barthe de Neste	La Barthe de Neste	D929		14:39	14:56	15:15	15:36	16:02
	21.0	169.0		Izaux	D929		14:39	14:56	15:15	15:36	16:02
6.0	15.0	175.0	Inter D929a D929	Lortet	D929		15:01	15:20	15:40	16:04	16:32
1.0	14.0	176.0	Hèches	Hèches	D929		15:05	15:24	15:45	16:09	16:37
2.5	11.5	178.5	Rebouc	Hèches	D929		15:15	15:34	15:55	16:20	16:50
4.0	7.5	182.5	Sarrancolin	Sarrancolin	D929		15:30	15:50	16:12	16:39	17:10
0.0	7.5	182.5		Beyrède Jumet Camous	D929		15:30	15:50	16:12	16:39	17:10
7.5	0.0	190.0	<b>ARREAU</b>	Arreau			15:58	16:20	16:45	17:13	17:47
<b>O Plus Beau Village de France</b>											



**LA FRANCE EN COURANT**  
33ème Tour du 16 juillet au 30 juillet 2022  
vendredi, 22 juillet 2022  
6ème Etape

Etape de 191 Km

ARREAU (65) - GAN (64)

Dis-Part	km		Commune - Lieu Dit	Commune Traversée	ROUTE Suivie	Altitude	Heures de passages				
	à parcourir	parcours					16km/h	15km/h	14 km/h	13 km/h	12 km/h
			<b>HAUTES-PYRENEES (65)</b>								
0.0	191.0	0	<b>ARREAU</b>	Arreau	D219		03:00	03:00	03:00	03:00	03:00
	191.0	0.0		Cadéac			03:00	03:00	03:00	03:00	03:00
4.5	186.5	4.5	Lançon	Lançon	D25		03:16	03:18	03:19	03:20	03:22
5.5	181.0	10.0	Bordères-Louron	Bordères-Louron	D618		03:37	03:40	03:42	03:46	03:50
3.5	177.5	13.5	Inter D618 D25	Avajan	D25		03:50	03:54	03:57	04:02	04:07
	177.5	13.5		Vielle-Louron	D25		03:50	03:54	03:57	04:02	04:07
	177.5	13.5		Adervielle-Pourchargues			03:50	03:54	03:57	04:02	04:07
4.0	173.5	17.5	Inter D25 D225 Génos	Genos	D225		04:05	04:10	04:15	04:20	04:27
13.0	160.5	30.5	Azet	Azet	D25		04:54	05:02	05:10	05:20	05:32
	160.5	30.5		Estensan			04:54	05:02	05:10	05:20	05:32
4.5	156.0	35.0	Campan	Campan	D25		05:11	05:20	05:30	05:41	05:55
2.0	154.0	37.0	Bazus-Aure	Bazus-Aure	D929		05:18	05:28	05:38	05:50	06:05
1.5	152.5	38.5	Guchen	Guchen	D113		05:24	05:34	05:45	05:57	06:12
12.0	140.5	50.5	Hourquette d'Ancizan	Ancizan	D113		06:09	06:22	06:36	06:53	07:12
	140.5	50.5		Caquéac	D113		06:09	06:22	06:36	06:53	07:12
8.0	132.5	58.5	Espiadet	Campan	D918		06:39	06:54	07:10	07:30	07:52
4.0	128.5	62.5	La Séoube	Campan	D918		06:54	07:10	07:27	07:48	08:12
3.5	125.0	66.0	Ste Marie de Campan	Campan	D918		07:07	07:24	07:42	08:04	08:30
5.0	120.0	71.0	Gripp	Campan	D918		07:26	07:44	08:04	08:27	08:55
8.0	112.0	79.0	La Mongie	Bagnères de Bigorre	D918		07:56	08:16	08:38	09:04	09:35
4.0	108.0	83.0	Col du Tourmalet	Barèges	D918		08:11	08:32	08:55	09:23	09:55
	108.0	83.0		Sers			08:11	08:32	08:55	09:23	09:55
10.5	97.5	93.5	Barèges	Barèges	D918		08:50	09:14	09:40	10:11	10:47
	97.5	93.5		Betpouey			08:50	09:14	09:40	10:11	10:47
	97.5	93.5		Viella			08:50	09:14	09:40	10:11	10:47
	97.5	93.5		Esterre			08:50	09:14	09:40	10:11	10:47
7.5	90.0	101.0	Luz Saint Sauveur	Luz Saint Sauveur	D918		09:18	09:44	10:12	10:46	11:25
	90.0	101.0		Esquièze-Sère			09:18	09:44	10:12	10:46	11:25
	90.0	101.0		Sassis			09:18	09:44	10:12	10:46	11:25
	90.0	101.0		Saligos			09:18	09:44	10:12	10:46	11:25
	90.0	101.0		Chèze			09:18	09:44	10:12	10:46	11:25
	90.0	101.0		Villelongue			09:18	09:44	10:12	10:46	11:25
	90.0	101.0		Soulom			09:18	09:44	10:12	10:46	11:25
	90.0	101.0					09:18	09:44	10:12	10:46	11:25
	90.0	101.0					09:18	09:44	10:12	10:46	11:25
	90.0	101.0					09:18	09:44	10:12	10:46	11:25
	90.0	101.0					09:18	09:44	10:12	10:46	11:25
	90.0	101.0					09:18	09:44	10:12	10:46	11:25
12.5	77.5	113.5	<b>PIERREFITTE-NESTALAS</b>	Pierrefitte-Nestalas			10:05	10:34	11:06	11:43	12:27
			<b>Départ de la 2ème demi-étape</b>								
			<b>PIERREFITTE-NESTALAS</b>		D13		<b>11:30</b>	<b>11:30</b>	<b>11:30</b>	<b>11:30</b>	<b>11:30</b>
3.0	74.5	116.5	St Savin	Saint Savin	D101		11:41	11:42	11:42	11:43	11:45
	74.5	116.5		Lau-Balagnas			11:41	11:42	11:42	11:43	11:45
3.0	71.5	119.5	Argelès-Gazost	Argelès-Gazost	D918		11:52	11:54	11:55	11:57	12:00
3.0	68.5	122.5	Gez	Gez	VC		12:03	12:06	12:08	12:11	12:15
	68.5	122.5		Sère en Lavedan			12:03	12:06	12:08	12:11	12:15
	68.5	122.5		Arras en Lavedan			12:03	12:06	12:08	12:11	12:15
	68.5	122.5		Arcizans Dessus			12:03	12:06	12:08	12:11	12:15
	68.5	122.5		Gaillagos			12:03	12:06	12:08	12:11	12:15
	68.5	122.5		Aucun			12:03	12:06	12:08	12:11	12:15
13.5	55.0	136.0	Col de Spandelles	Ferrières	VC		12:54	13:00	13:06	13:13	13:22
9.5	45.5	145.5	Etchartes	Ferrières	D126		13:30	13:38	13:47	13:57	14:10
2.0	43.5	147.5	<b>PYRENEES-ATLANTIQUES (64)</b>		D126		13:37	13:46	13:55	14:06	14:20
7.0	36.5	154.5	Arthez d'Asson	Arthez d'Asson	D126		14:03	14:14	14:25	14:39	14:55
6.0	30.5	160.5	Asson	Asson	D35		14:26	14:38	14:51	15:06	15:25
5.0	25.5	165.5	Bruges-Capbis-Mifaget	Bruges- Capbis-Mifaget	D232		14:45	14:58	15:12	15:30	15:50
3.5	22.0	169.0	Int D232 D388	Lys	D388		14:58	15:12	15:27	15:46	16:07
6.0	16.0	175.0	Int D388 D 287	Lys	D287		15:20	15:36	15:53	16:13	16:37
1.5	14.5	176.5	Int D287 D 288	Lys	D288		15:26	15:42	16:00	16:20	16:45
1.0	13.5	177.5	Int D288 D388	Lys	D388		15:30	15:46	16:04	16:25	16:50
2.5	11.0	180.0	Int D288 VC	Haut De Bosdarros	VC		15:39	15:56	16:15	16:36	17:02
3.0	8.0	183.0	Int VC D 936	Bosdarros	D936		15:50	16:08	16:27	16:50	17:17
0.5	7.5	183.5	Int D 936 D322	Bosdarros	D322		15:52	16:10	16:30	16:53	17:20
1.5	6.0	185.0	Int D 322 D285	Bosdarros			15:58	16:16	16:36	17:00	17:27
1.5	4.5	186.5	Basdarros	Basdarros	D285		16:03	16:22	16:42	17:06	17:35
1.5	3.0	188.0	Int D285 D 24	Bosdarros	D24		16:09	16:28	16:49	17:13	17:42
	3.0	188.0					16:09	16:28	16:49	17:13	17:42
3.0	3.0	188.0					16:09	16:28	16:49	17:13	17:42
	0.0	191.0	<b>GAN</b>	Gan			16:20	16:40	17:02	17:27	17:57

**O Plus Beau Village de France**



LA FRANCE EN COURANT

33ème Tour du 16 Juillet au 30 juillet 2022

samedi, 23 juillet 2022

7ème Etape

GAN (64) - HELETTE (64)

Etape de 189 Km

Dis-Part	km		Commune - Lieu Dit	Commune Traversée	ROUTE	Altitude	Heures de passages				
	à parcourir	parcours					16km/h	15km/h	14 km/h	13 km/h	12 km/h
<b>PYRENEES-ATLANTIQUES (64)</b>											
0.0	189.0	0	GAN	Gan	D24		<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>
5.0	184.0	5.0	Inter D346 D24	Lasseube	D24		03:18	03:20	03:21	03:23	03:25
5.0	179.0	10.0	Lasseube	Lasseube	D34		03:37	03:40	03:42	03:46	03:50
	179.0	10.0		Lasseubetat			03:37	03:40	03:42	03:46	03:50
9.0	170.0	19.0	Inter N134 D34	Buziet	D34		04:11	04:16	04:21	04:27	04:35
3.5	166.5	22.5	Buzy	Buzy	D920		04:24	04:30	04:36	04:43	04:52
	166.5	22.5		Bescat			04:24	04:30	04:36	04:43	04:52
4.5	162.0	27.0	Arudy	Arudy	D287		04:41	04:48	04:55	05:04	05:15
2.0	160.0	29.0	Int D287 D934	Louvie Juzon	D934		04:48	04:56	05:04	05:13	05:25
2.0	158.0	31.0	Louvie Juzon	Louvie Juzon	D934		04:56	05:04	05:12	05:23	05:35
	158.0	31.0		Izeste			04:56	05:04	05:12	05:23	05:35
3.0	155.0	34.0	Inter D934 D294	Bielle	D294		05:07	05:16	05:25	05:36	05:50
3.0	152.0	37.0	Bilhères	Bilhères	D294		05:18	05:28	05:38	05:50	06:05
	152.0	37.0	Col du Porteigt	Bilhères		881	05:18	05:28	05:38	05:50	06:05
	152.0	37.0		Bielle			05:18	05:28	05:38	05:50	06:05
8.5	143.5	45.5	Col de Marie-Blanche	Bilhères	D294	1035	05:50	06:02	06:15	06:30	06:47
9.0	134.5	54.5	Escot	Escot	D238		06:24	06:38	06:53	07:11	07:32
5.0	129.5	59.5	Lurbe-St Christau	Lurbe-St Christau	D918		06:43	06:58	07:15	07:34	07:57
1.0	128.5	60.5	Inter D918 N134 Asasp	Asasp-Arros	N134	279	06:46	07:02	07:19	07:39	08:02
2.0	126.5	62.5	Inter N134 D 918	Asasp-Arros	D918	282	06:54	07:10	07:27	07:48	08:12
4.5	122.0	67.0	Inter D241 D918	Issor	D918		07:11	07:28	07:47	08:09	08:35
5.5	116.5	72.5	Arette	Arette	D133		07:31	07:50	08:10	08:34	09:02
3.0	113.5	75.5	Aramits	Aramits	D919		07:43	08:02	08:23	08:48	09:17
1.0	112.5	76.5	Inter D919 D918	Aramits	D918		07:46	08:06	08:27	08:53	09:22
1.5	111.0	78.0	Lanne en Barétous	Lanne en Barétous	D459		07:52	08:12	08:34	09:00	09:30
5.0	106.0	83.0	Int D459 D59	Barcus	D59		08:11	08:32	08:55	09:23	09:55
6.5	99.5	89.5	Montory	Montory	D918		08:35	08:58	09:23	09:53	10:27
5.0	94.5	94.5	Tardets-Sorholus	Tardets-Sorholus	D918		08:54	09:18	09:45	10:16	10:52
	94.5	94.5		Trois Villes			08:54	09:18	09:45	10:16	10:52
5.0	89.5	99.5	Sauguis-St Etienne	Sauguis-St Etienne	D918		09:13	09:38	10:06	10:39	11:17
	89.5	99.5		Menditte			09:13	09:38	10:06	10:39	11:17
4.5	85.0	104.0	Gotein-Libarrenx	Gotein-Libarrenx	D918		09:30	09:56	10:25	11:00	11:40
	85.0	104.0					09:30	09:56	10:25	11:00	11:40
	85.0	104.0					09:30	09:56	10:25	11:00	11:40
	85.0	104.0					09:30	09:56	10:25	11:00	11:40
	85.0	104.0					09:30	09:56	10:25	11:00	11:40
	85.0	104.0					09:30	09:56	10:25	11:00	11:40
	85.0	104.0					09:30	09:56	10:25	11:00	11:40
	85.0	104.0					09:30	09:56	10:25	11:00	11:40
	85.0	104.0					09:30	09:56	10:25	11:00	11:40
4.0	81.0	108.0	MAULEON-LICHARD	Mauléon-Licharre			09:45	10:12	10:42	11:18	12:00
<b>Demi étape</b>											
0.0	81.0	108.0	MAULEON-LICHARD	Mauléon-Licharre	D2		<b>11:00</b>	<b>11:00</b>	<b>11:00</b>	<b>11:00</b>	<b>11:00</b>
	81.0	108.0		chéraute			11:00	11:00	11:00	11:00	11:00
4.5	76.5	112.5	Berrogain-Laruns	Berrogain-Laruns	D2		11:16	11:18	11:19	11:20	11:22
2.0	74.5	114.5	Moncayolle-Larroy-Mendibieu	Moncayolle-Larroy-Mendibieu	D2		11:24	11:26	11:27	11:30	11:32
	74.5	114.5		Sus			11:24	11:26	11:27	11:30	11:32
9.5	65.0	124.0	Inter D936 D111	Susmiou	D111		12:00	12:04	12:08	12:13	12:20
1.0	64.0	125.0	Navarrenx	Navarrenx			12:03	12:08	12:12	12:18	12:25
	64.0	125.0			D947		12:03	12:08	12:12	12:18	12:25
1.0	63.0	126.0	Inter D936 D115	Castetnau Camblong	D115		12:07	12:12	12:17	12:23	12:30
4.0	59.0	130.0	Inter D115 D243	Castetnau Camblong	D243		12:22	12:28	12:34	12:41	12:50
4.0	55.0	134.0	Arrast-Larrebieu	Arrast-Larrebieu	D243		12:37	12:44	12:51	13:00	13:10
3.0	52.0	137.0	Int D243 D135	Espès-Undurein	D11		12:48	12:56	13:04	13:13	13:25
1.0	51.0	138.0	Inter D23 D11	Charritte de Bas	D11		12:52	13:00	13:08	13:18	13:30
5.5	45.5	143.5	Aroue-Ithorots-Olhaiby	Aroue-Ithorots-Olhaiby	D11		13:13	13:22	13:32	13:43	13:57
3.0	42.5	146.5	Damezain-Berroute	Damezain-Berroute	D11		13:24	13:34	13:45	13:57	14:12
	42.5	146.5		Etcharry			13:24	13:34	13:45	13:57	14:12
	42.5	146.5		Damezain-Berroute			13:24	13:34	13:45	13:57	14:12
	42.5	146.5		Béhasque Lapiste			13:24	13:34	13:45	13:57	14:12
5.0	37.5	151.5	Inter D933 D11	Aicirits Carmou Suhast	D11		13:43	13:54	14:06	14:20	14:37
1.0	36.5	152.5	St Palais	St Palais	D11		13:46	13:58	14:10	14:25	14:42
2.5	34.0	155.0	Inter D14 D11 Garris	Garris	D11		13:56	14:08	14:21	14:36	14:55
2	32.0	157.0	Inter D11 D123	Lux Sumberraute	D123		14:03	14:16	14:30	14:46	15:05
2	30.0	159.0		Béguios	D123		14:11	14:24	14:38	14:55	15:15
2.5	27.5	161.5	Amorots-Succos	Amorots-Succos	D123		14:20	14:34	14:49	15:06	15:27
4	23.5	165.5	Inter D123 D156 La Haranne	Orègue	D156		14:35	14:50	15:06	15:25	15:47
6.5	17.0	172.0	Isturits	Isturits	D251		15:00	15:16	15:34	15:55	16:20
2.5	14.5	174.5	ST Martin d'Arberoue	ST Martin d'Arberoue	D251		15:09	15:26	15:45	16:06	16:32
1	13.5	175.5	Inter D251 D14	Saint Esteben	D14		15:13	15:30	15:49	16:11	16:37
1.5	12.0	177.0	Inter D14 VC	ST Martin d'Arberoue	VC		15:18	15:36	15:55	16:18	16:45
4.5	7.5	181.5	Armendarits	Armendarits	D245		15:35	15:54	16:15	16:39	17:07
4	3.5	185.5	Inter D251 D245	Hélette	D245		15:50	16:10	16:32	16:57	17:27
	3.5	185.5					15:50	16:10	16:32	16:57	17:27
	3.5	185.5					15:50	16:10	16:32	16:57	17:27
3.5	0.0	189.0	HELETTE	Hélette			16:03	16:24	16:47	17:13	17:45
			<b>O Plus Beau Village de France</b>								





**LA FRANCE EN COURANT**  
33ème Tour du 16 Juillet au 30 juillet 2022  
dimanche, 24 juillet 2022  
**8ème Etape**

Etape de 187.5 Km **HELETTE (64) - MORCENX LA NOUVELLE (40)**

Dis-Part	km		Commune - Lieu Dit	Commune Traversée	ROUTE Suivie	Altitude	Heures de passages				
	à parcourir	parcours					16km/h	15km/h	14 km/h	13 km/h	12 km/h
<b>PYRENEES-ATLANTIQUES (64)</b>											
0.0	187.5	0	<b>HELETTE</b>	Hélette	D245		<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>
1.0	186.5	1.0	<b>Int D245 D22</b>	Hélette	D22		03:03	03:04	03:04	03:04	03:05
0.5	186.0	1.5	Herauritz	Hélette	D22		03:05	03:06	03:06	03:06	03:07
4.0	182.0	5.5	Inter D25 D22	Mendionde	D22		03:20	03:22	03:23	03:25	03:27
3.5	178.5	9.0	Bonloc	Bonloc	D314		03:33	03:36	03:38	03:41	03:45
4.0	174.5	13.0	Ayherre	Ayherre	D251		03:48	03:52	03:55	04:00	04:05
2.0	172.5	15.0	Int D251 VC vers Berheta	Ayherre	VC		03:56	04:00	04:04	04:09	04:15
4.5	168.0	19.5	Int VC D 123 Jouangalan	La Bastide-Clairence	D123		04:13	04:18	04:23	04:30	04:37
4.5	163.5	24.0	La Bastide-Clairence	La Bastide-Clairence	D10		04:30	04:36	04:42	04:50	05:00
	163.5	24.0			D10		04:30	04:36	04:42	04:50	05:00
2.5	161.0	26.5	Inter D123 D10	Bardos	D10		04:39	04:46	04:53	05:02	05:12
2.0	159.0	28.5	Inter D10 D936	Bardos	D936		04:46	04:54	05:02	05:11	05:22
4.5	154.5	33.0	Bardos	Bardos	D936		05:03	05:12	05:21	05:32	05:45
5.5	149.0	38.5	Bidache	Bidache	D10		05:24	05:34	05:45	05:57	06:12
1.0	148.0	39.5	<b>LANDES (40)</b>	Hastingues	D19		05:28	05:38	05:49	06:02	06:17
<b>PYRENEES-ATLANTIQUES (64)</b>											
4.0	144.0	43.5	Int D19 D343	Came	D343		05:43	05:54	06:06	06:20	06:37
0.0	144.0	43.5	<b>LANDES (40)</b>		D343		05:43	05:54	06:06	06:20	06:37
4.5	139.5	48.0	Hastingues	Hastingues	D23		06:00	06:12	06:25	06:41	07:00
4.0	135.5	52.0	Peyrehorade	Peyrehorade	D417		06:15	06:28	06:42	07:00	07:20
6.5	129.0	58.5	Bélus Rte de Larroude	Bélus	VC		06:39	06:54	07:10	07:30	07:52
0.0	129.0	58.5	VC Rte de Beyliou	Saint Lon les Mines	VC		06:39	06:54	07:10	07:30	07:52
4.5	124.5	63.0	Inter VC D6 Les Troenes	Saint Lon les Mines	D6		06:56	07:12	07:30	07:50	08:15
3.5	121.0	66.5	Int D72 D6	Heugas	D6		07:09	07:26	07:45	08:06	08:32
3.0	118.0	69.5	Tercis les Bains	Tercis les Bains	D13		07:20	07:38	07:57	08:20	08:47
4.0	114.0	73.5	Rivière-Saas et Gourby	Rivière-Saas et Gourby	D13		07:35	07:54	08:15	08:39	09:07
2.0	112.0	75.5	Inter D70 D13	Rivière-Saas et Gourby	D13		07:43	08:02	08:23	08:48	09:17
2.5	109.5	78.0	Inter D13 D824 D423	Rivière-Saas et Gourby	D423		07:52	08:12	08:34	09:00	09:30
10.5	99.0	88.5	Magesq	Magesq	D16		08:31	08:54	09:19	09:48	10:22
6.0	93.0	94.5	Int D16 D378	Leon	D318		08:54	09:18	09:45	10:16	10:52
	93.0	94.5	Chanchon	Castets	D10E		08:54	09:18	09:45	10:16	10:52
	93.0	94.5					08:54	09:18	09:45	10:16	10:52
	93.0	94.5					08:54	09:18	09:45	10:16	10:52
	93.0	94.5					08:54	09:18	09:45	10:16	10:52
	93.0	94.5					08:54	09:18	09:45	10:16	10:52
	93.0	94.5					08:54	09:18	09:45	10:16	10:52
	93.0	94.5					08:54	09:18	09:45	10:16	10:52
	93.0	94.5					08:54	09:18	09:45	10:16	10:52
	93.0	94.5					08:54	09:18	09:45	10:16	10:52
	93.0	94.5					08:54	09:18	09:45	10:16	10:52
11.5	81.5	106.0	<b>CASTETS</b>	Castets			09:37	10:04	10:34	11:09	11:50
	81.5	106.0	<b>Demi étape</b>								
	81.5	106.0	<b>CASTETS</b>		D42		<b>11:00</b>	<b>11:00</b>	<b>11:00</b>	<b>11:00</b>	<b>11:00</b>
9.5	72.0	115.5	Linxe	Linxe	D419		11:35	11:38	11:40	11:43	11:47
0.0	72.0	115.5					11:35	11:38	11:40	11:43	11:47
7.5	64.5	123.0	Inter D419 D5	Linxe	D5		12:03	12:08	12:12	12:18	12:25
4.0	60.5	127.0	Int D105 D5 Naboude	Lévigacq	D5		12:18	12:24	12:30	12:36	12:45
5.0	55.5	132.0	<b>Uza Beau village landais D6 Puis D41</b>	Uza	D6		12:37	12:44	12:51	13:00	13:10
1.0	54.5	133.0	Int D41 D66				12:41	12:48	12:55	13:04	13:15
4.0	50.5	137.0	Int D166 D66	Mézos	D166		12:56	13:04	13:12	13:23	13:35
1.5	49.0	138.5	<b>Mézos Beau village landais</b>	Mézos	D63		13:01	13:10	13:19	13:30	13:42
1.5	47.5	140.0	Int D63 D38	Mézos	D63		13:07	13:16	13:25	13:36	13:50
10.5	37.0	150.5	Inter D140 D63	Escource	D63		13:46	13:58	14:10	14:25	14:42
2.5	34.5	153.0	Escource	Escource	D63		13:56	14:08	14:21	14:36	14:55
12.0	22.5	165.0	Labouheyre	Labouheyre	D402		14:41	14:56	15:12	15:32	15:55
8.5	14.0	173.5	Inter D44 D325	Solférino	D325		15:13	15:30	15:49	16:11	16:37
11.5	2.5	185.0	Inter D325 D77	Morcenx la Nouvelle	D77		15:56	16:16	16:38	17:04	17:35
	2.5	185.0					15:56	16:16	16:38	17:04	17:35
	2.5	185.0					15:56	16:16	16:38	17:04	17:35
	2.5	185.0					15:56	16:16	16:38	17:04	17:35
	2.5	185.0					15:56	16:16	16:38	17:04	17:35
	2.5	185.0					15:56	16:16	16:38	17:04	17:35
	2.5	185.0					15:56	16:16	16:38	17:04	17:35
	2.5	185.0					15:56	16:16	16:38	17:04	17:35
	2.5	185.0					15:56	16:16	16:38	17:04	17:35
	2.5	185.0					15:56	16:16	16:38	17:04	17:35
	2.5	185.0					15:56	16:16	16:38	17:04	17:35
	2.5	185.0					15:56	16:16	16:38	17:04	17:35
	2.5	185.0					15:56	16:16	16:38	17:04	17:35
2.5	0.0	187.5	<b>MORCENX LA NOUVELLE</b>	Morcenx la Nouvelle			16:05	16:26	16:49	17:16	17:47

**O Plus Beau Village de France**



**LA FRANCE EN COURANT**  
33ème Tour du 16 Juillet au 30 juillet 2022  
lundi, 25 juillet 2022  
9ème Etape

Etape de 189.5 Km **MORCENX LA NOUVELLE (40) - AMBARES ET LAGRAVE (33)**

Dis-Part	km		Commune - Lieu Dit	Commune Traversée	ROUTE Suivie	Altitude	Heures de passages				
	à parcourir	parcours					16km/h	15km/h	14 km/h	13 km/h	12 km/h
<b>LANDES (40)</b>											
0.0	189.5	0	<b>MORCENX LA NOUVELLE</b>	Morcenx la Nouvelle	D77		<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>
2.0	187.5	2.0	Inter D325 D77	Morcenx la Nouvelle	D77		03:07	03:08	03:08	03:09	03:10
19.5	168.0	21.5	Sabres	Sabres	D315		04:20	04:26	04:32	04:39	04:47
6.5	161.5	28.0	Lesgoudies	Sabres	D315		04:45	04:52	05:00	05:09	05:20
16.5	145.0	44.5	Luxey	Luxey	D4		05:46	05:58	06:10	06:25	06:42
5.5	139.5	50.0	Callen	Callen	D4		06:07	06:20	06:34	06:50	07:10
3.5	136.0	53.5	<b>GIRONDE (33)</b>		D8		06:20	06:34	06:49	07:06	07:27
5.0	131.0	58.5	Bourideys	Bourideys	D8		06:39	06:54	07:10	07:30	07:52
4.0	127.0	62.5	La Bastide	Préchac	D8		06:54	07:10	07:27	07:48	08:12
4.5	122.5	67.0	Taris	Préchac	D8		07:11	07:28	07:47	08:09	08:35
4.0	118.5	71.0	Villandraut	Villandraut	D8		07:26	07:44	08:04	08:27	08:55
	118.5	71.0					07:26	07:44	08:04	08:27	08:55
2.5	116.0	73.5	Noaillan	Noaillan	D8		07:35	07:54	08:15	08:39	09:07
3.5	112.5	77.0	Monhot	Léogéats	D8		07:48	08:08	08:30	08:55	09:25
3.0	109.5	80.0	Inter D215 D8	Sauternes	D8		08:00	08:20	08:42	09:09	09:40
1.5	108.0	81.5	Inter D8 D116E	Sauternes	D116E		08:05	08:26	08:49	09:16	09:47
0.5	107.5	82.0	Le Pajot	Sauternes	D116E1		08:07	08:28	08:51	09:18	09:50
1.0	106.5	83.0	Château Yquem	Sauternes	D116E1		08:11	08:32	08:55	09:23	09:55
	106.5	83.0		Bommes	D116E1		08:11	08:32	08:55	09:23	09:55
	106.5	83.0		Pujols sur Ciron	D116		08:11	08:32	08:55	09:23	09:55
5.5	101.0	88.5	Les Arrougeys	Landiras	D116		08:31	08:54	09:19	09:48	10:22
2.0	99.0	90.5	Landiras	Landiras	D11		08:39	09:02	09:27	09:57	10:32
5.0	94.0	95.5	Illliats	Illliats	D11		08:58	09:22	09:49	10:20	10:57
2.0	92.0	97.5	Inter D11 D117E2		D117E2		09:05	09:30	09:57	10:30	11:07
	92.0	97.5					09:05	09:30	09:57	10:30	11:07
	92.0	97.5					09:05	09:30	09:57	10:30	11:07
	92.0	97.5					09:05	09:30	09:57	10:30	11:07
	92.0	97.5					09:05	09:30	09:57	10:30	11:07
	92.0	97.5					09:05	09:30	09:57	10:30	11:07
	92.0	97.5					09:05	09:30	09:57	10:30	11:07
	92.0	97.5					09:05	09:30	09:57	10:30	11:07
	92.0	97.5					09:05	09:30	09:57	10:30	11:07
	92.0	97.5					09:05	09:30	09:57	10:30	11:07
	92.0	97.5					09:05	09:30	09:57	10:30	11:07
4.0	88.0	101.5	<b>CERONS</b>	Cérons			09:20	09:46	10:15	10:48	11:27
<b>Demi étape</b>											
0.0	88.0	101.5	<b>CERONS</b>	Cérons	D11		<b>10:30</b>	<b>10:30</b>	<b>10:30</b>	<b>10:30</b>	<b>10:30</b>
0.5	87.5	102.0	Int D1113 D117e2		D11		10:31	10:32	10:32	10:32	10:32
1.5	86.0	103.5	Cadillac		D11		10:37	10:38	10:38	10:39	10:40
2.5	83.5	106.0	Int D120 D11	Omet	D11		10:46	10:48	10:49	10:50	10:52
	83.5	106.0		Porte de Benauge	D11		10:46	10:48	10:49	10:50	10:52
3.5	80.0	109.5	Int D231 D11	Escoussans	D11		11:00	11:02	11:04	11:06	11:10
	80.0	109.5		Escoussans	D11		11:00	11:02	11:04	11:06	11:10
	80.0	109.5		Ladaux	D11		11:00	11:02	11:04	11:06	11:10
8.5	71.5	118.0	Targon	Targon	D11		11:31	11:36	11:40	11:46	11:52
2.5	69.0	120.5	Inter D671 D11	Targon	D11		11:41	11:46	11:51	11:57	12:05
	69.0	120.5		Faleyras	D11		11:41	11:46	11:51	11:57	12:05
	69.0	120.5		Dardenac	D11		11:41	11:46	11:51	11:57	12:05
6.5	62.5	127.0	Inter D11 D128	Guillac	D128		12:05	12:12	12:19	12:27	12:37
3.0	59.5	130.0	Le Barbey	Naujan et Postiac	D19		12:16	12:24	12:32	12:41	12:52
	59.5	130.0		Saint Aubin de Branne	D19		12:16	12:24	12:32	12:41	12:52
	59.5	130.0		Lugaigac	D19		12:16	12:24	12:32	12:41	12:52
4.5	55.0	134.5	Branne	Branne	D936		12:33	12:42	12:51	13:02	13:15
0.5	54.5	135.0	Inter D936 D122	Saint Sulpice de Faleyrens	D122		12:35	12:44	12:53	13:04	13:17
2.5	52.0	137.5	Inter D19 D122	Saint Sulpice de Faleyrens	D122		12:45	12:54	13:04	13:16	13:30
3.0	49.0	140.5	Inter D670 D122	Saint Sulpice de Faleyrens	D122		12:56	13:06	13:17	13:30	13:45
2.0	47.0	142.5	St Emilion	St Emilion	D245		13:03	13:14	13:25	13:39	13:55
3.0	44.0	145.5	Inter D243 D245	St Emilion	D245		13:15	13:26	13:38	13:53	14:10
3.0	41.0	148.5	Pomerol	Pomerol	D246		13:26	13:38	13:51	14:06	14:25
1.5	39.5	150.0	Int D1089 D245	LA LANDE de Pomerol	D245		13:31	13:44	13:57	14:13	14:32
2.5	37.0	152.5	LA LANDE de Pomerol	LA LANDE de Pomerol	D245		13:41	13:54	14:08	14:25	14:45
2.0	35.0	154.5	Int D245 D22e2	Saint Denis de Pile	D22e2		13:48	14:02	14:17	14:34	14:55
1.0	34.0	155.5	Int D22e2 D910	Saint Denis de Pile	D910		13:52	14:06	14:21	14:39	15:00
0.5	33.5	156.0	Int D910 D120	Saint Denis de Pile	D120		13:54	14:08	14:23	14:41	15:02
2.5	31.0	158.5	SAVIGNAC sur L'Isle	SAVIGNAC sur L'Isle	D120		14:03	14:18	14:34	14:53	15:15
2.0	29.0	160.5	Int D120 D138	Galgon	D138		14:11	14:26	14:42	15:02	15:25
1.5	27.5	162.0	GALGON	Galgon	D138		14:16	14:32	14:49	15:09	15:32
4.0	23.5	166.0	Int D138 D128	Villegouge	D128		14:31	14:48	15:06	15:27	15:52
1.5	22.0	167.5	Int D128 D128e1	Villegouge	D128e1		14:37	14:54	15:12	15:34	16:00
3.5	18.5	171.0	Vérac	Vérac	D737		14:50	15:08	15:27	15:50	16:17
	18.5	171.0		Tarnes			14:50	15:08	15:27	15:50	16:17
4.0	14.5	175.0	Cadillac en Fronsadais	Cadillac en Fronsadais	D137		15:05	15:24	15:45	16:09	16:37
2.5	12.0	177.5	St Romain la Virvée	St Romain la Virvée	D137E6		15:15	15:34	15:55	16:20	16:50
5.0	7.0	182.5	Cubzac les Ponts	Cubzac les Ponts	D137E6		15:33	15:54	16:17	16:43	17:15
	7.0	182.5		Saint Vincent de Paul			15:33	15:54	16:17	16:43	17:15
7.0	0.0	189.5	<b>AMBARES ET LAGRAVE</b>	Ambares let Lagrave			16:00	16:22	16:47	17:16	17:50
<b>O Plus Beau Village de France</b>											



**LA FRANCE EN COURANT**  
33ème Tour du 16 Juillet au 30 juillet 2022  
mardi, 26 juillet 2022  
**10ème Etape**

Etape de 193.5 Km AMBARES ET LAGRAVE (33) - FORS (79)

Dis-Part	km		Commune - Lieu Dit	Commune Traversée	ROUTE Suivie	Altitude	Heures de passages									
	à parcourir	parcours					16km/h	15km/h	14 km/h	13 km/h	12 km/h					
			<b>GIRONDE (33)</b>													
0.0	193.5	0	<b>AMBARES ET LAGRAVE</b>	Ambarès et Lagrave	D911		<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	
5.0	188.5	5.0	St Vincent de Paul	St Vincent de Paul	D1010		03:18	03:20	03:21	03:23	03:25	03:25	03:25	03:25	03:25	
2.5	186.0	7.5	Cubzac les Ponts	Cubzac les Ponts	D137E6		03:28	03:30	03:32	03:34	03:37	03:37	03:37	03:37	03:37	
2.5	183.5	10.0	StAndré de Cubzac	St André de Cubzac	D669		03:37	03:40	03:42	03:46	03:50	03:50	03:50	03:50	03:50	
0.0	183.5	10.0		Saint Gervais	D669		03:37	03:40	03:42	03:46	03:50	03:50	03:50	03:50	03:50	
6.5	177.0	16.5	Prignac et Marcamps	Prignac et Marcamps	D669		04:01	04:06	04:10	04:16	04:22	04:22	04:22	04:22	04:22	
	177.0	16.5		Tauriac			04:01	04:06	04:10	04:16	04:22	04:22	04:22	04:22	04:22	
6.0	171.0	22.5	Bourg	Bourg	D669		04:24	04:30	04:36	04:43	04:52	04:52	04:52	04:52	04:52	
	171.0	22.5		Saint Seurin de Bourg			04:24	04:30	04:36	04:43	04:52	04:52	04:52	04:52	04:52	
4.0	167.0	26.5	Bayon sur Gironde	Bayon sur Gironde	D669		04:39	04:46	04:53	05:02	05:12	05:12	05:12	05:12	05:12	
	167.0	26.5		Gauriac			04:39	04:46	04:53	05:02	05:12	05:12	05:12	05:12	05:12	
5.0	162.0	31.5	Roque de Thau	Villeneuve	D669		04:58	05:06	05:15	05:25	05:37	05:37	05:37	05:37	05:37	
	162.0	31.5		Plassac			04:58	05:06	05:15	05:25	05:37	05:37	05:37	05:37	05:37	
6.5	155.5	38.0	Blaye	Blaye	D255		05:22	05:32	05:42	05:55	06:10	06:10	06:10	06:10	06:10	
	155.5	38.0		Saint Genès de Blaye			05:22	05:32	05:42	05:55	06:10	06:10	06:10	06:10	06:10	
	155.5	38.0		Fours			05:22	05:32	05:42	05:55	06:10	06:10	06:10	06:10	06:10	
4.5	151.0	42.5	Inter D134 D255 St Androny	St Androny	D255		05:39	05:50	06:02	06:16	06:32	06:32	06:32	06:32	06:32	
3.5	147.5	46.0	Inter D135 D255	Anglade	D255		05:52	06:04	06:17	06:32	06:50	06:50	06:50	06:50	06:50	
4.0	143.5	50.0	Braud et St Louis	Braud et St Louis	D255		06:07	06:20	06:34	06:50	07:10	07:10	07:10	07:10	07:10	
5.0	138.5	55.0	St Ciers sur Gironde	St Ciers sur Gironde	D18		06:26	06:40	06:55	07:13	07:35	07:35	07:35	07:35	07:35	
2.5	136.0	57.5	Les Grelauds	St Ciers sur Gironde	D18		06:35	06:50	07:06	07:25	07:47	07:47	07:47	07:47	07:47	
1.5	134.5	59.0	<b>CHARENTE-MARITIME (17)</b>			D32		06:41	06:56	07:12	07:32	07:55	07:55	07:55	07:55	
5.0	129.5	64.0	St Bonnet sur Gironde	St Bonnet sur Gironde	D145		07:00	07:16	07:34	07:55	08:20	08:20	08:20	08:20	08:20	
2.5	127.0	66.5	SY Sorlin de Conac	St Sorlin de Conac	D145		07:09	07:26	07:45	08:06	08:32	08:32	08:32	08:32	08:32	
2.5	124.5	69.0	St Thomas de Conac	St Thomas de Conac	D145		07:18	07:36	07:55	08:18	08:45	08:45	08:45	08:45	08:45	
6.5	118.0	75.5	St Dizant du Gua	St Dizant du Gua	D145		07:43	08:02	08:23	08:48	09:17	09:17	09:17	09:17	09:17	
3.0	115.0	78.5	Inter de 730 D247 Lorignac	Lorignac	D247		07:54	08:14	08:36	09:02	09:32	09:32	09:32	09:32	09:32	
6.0	109.0	84.5	Inter D247E D247 La Bourgeade	Champagnolles	D247		08:16	08:38	09:02	09:30	10:02	10:02	10:02	10:02	10:02	
2.0	107.0	86.5	Champagnolles	Champagnolles	D143		08:24	08:46	09:10	09:39	10:12	10:12	10:12	10:12	10:12	
	107.0	86.5					08:24	08:46	09:10	09:39	10:12	10:12	10:12	10:12	10:12	
	107.0	86.5					08:24	08:46	09:10	09:39	10:12	10:12	10:12	10:12	10:12	
	107.0	86.5					08:24	08:46	09:10	09:39	10:12	10:12	10:12	10:12	10:12	
	107.0	86.5					08:24	08:46	09:10	09:39	10:12	10:12	10:12	10:12	10:12	
	107.0	86.5					08:24	08:46	09:10	09:39	10:12	10:12	10:12	10:12	10:12	
	107.0	86.5					08:24	08:46	09:10	09:39	10:12	10:12	10:12	10:12	10:12	
	107.0	86.5					08:24	08:46	09:10	09:39	10:12	10:12	10:12	10:12	10:12	
	107.0	86.5					08:24	08:46	09:10	09:39	10:12	10:12	10:12	10:12	10:12	
	107.0	86.5					08:24	08:46	09:10	09:39	10:12	10:12	10:12	10:12	10:12	
	107.0	86.5					08:24	08:46	09:10	09:39	10:12	10:12	10:12	10:12	10:12	
7.5	99.5	94.0	<b>GEMOZAC</b>	Gémozac			08:52	09:16	09:42	10:13	10:50	10:50	10:50	10:50	10:50	
			<b>Départ de la 2ème demi étape</b>													
0.0	99.5	94.0	<b>GEMOZAC</b>	Gémozac	D6		<b>09:30</b>	<b>09:30</b>	<b>09:30</b>	<b>09:30</b>	<b>09:30</b>	<b>09:30</b>	<b>09:30</b>	<b>09:30</b>	<b>09:30</b>	
	99.5	94.0		Saint Simon de Pellouaille			09:30	09:30	09:30	09:30	09:30	09:30	09:30	09:30	09:30	
7.5	92.0	101.5	Tesson	Tesson	D6		09:58	10:00	10:02	10:04	10:07	10:07	10:07	10:07	10:07	
1.5	90.5	103.0	Inter D6 D138E1	Tesson	D138E1		10:03	10:06	10:08	10:11	10:15	10:15	10:15	10:15	10:15	
4.5	86.0	107.5	Préguillac	Préguillac	D138E1		10:20	10:24	10:27	10:32	10:37	10:37	10:37	10:37	10:37	
4.5	81.5	112.0	Courpignac	Les Gonds	D128		10:37	10:42	10:47	10:53	11:00	11:00	11:00	11:00	11:00	
1.5	80.0	113.5	Courcoury	Courcoury	D128		10:43	10:48	10:53	11:00	11:07	11:07	11:07	11:07	11:07	
4.5	75.5	118.0	Int D128 D134	Saint Sever de Saintonge	D134		11:00	11:06	11:12	11:20	11:30	11:30	11:30	11:30	11:30	
1.5	74.0	119.5	Inter D134 VC	Chaniers	VC		11:05	11:12	11:19	11:27	11:37	11:37	11:37	11:37	11:37	
2.5	71.5	122.0	Chaniers	Chaniers	D138		11:15	11:22	11:30	11:39	11:50	11:50	11:50	11:50	11:50	
3.0	68.5	125.0	Inter N141 D138	Chaniers	D138		11:26	11:34	11:42	11:53	12:05	12:05	12:05	12:05	12:05	
2.0	66.5	127.0	La Chapelle des Pots	La Chapelle des Pots	D233		11:33	11:42	11:51	12:02	12:15	12:15	12:15	12:15	12:15	
3.0	63.5	130.0	Inter D233 D129 Le Gros Bonnet	Vénérand	D129		11:45	11:54	12:04	12:16	12:30	12:30	12:30	12:30	12:30	
5.5	58.0	135.5	Ecoyeux	Ecoyeux	D129		12:05	12:16	12:27	12:41	12:57	12:57	12:57	12:57	12:57	
2.0	56.0	137.5	Inter D731 D129	Ecoyeux	D129		12:13	12:24	12:36	12:50	13:07	13:07	13:07	13:07	13:07	
	56.0	137.5		Nantillé			12:13	12:24	12:36	12:50	13:07	13:07	13:07	13:07	13:07	
6.0	50.0	143.5	Inter D120 D129 Petit Bordeaux	Sainte Mème	D129		12:35	12:48	13:02	13:18	13:37	13:37	13:37	13:37	13:37	
4.0	46.0	147.5	Int D939 D129	Varaize			12:50	13:04	13:19	13:36	13:57	13:57	13:57	13:57	13:57	
2.0	44.0	149.5	Varaize	Varaize	D129		12:58	13:12	13:27	13:46	14:07	14:07	14:07	14:07	14:07	
	44.0	149.5		Les Eglises d'Argenteuil			12:58	13:12	13:27	13:46	14:07	14:07	14:07	14:07	14:07	
6.0	38.0	155.5	Inter D129 D220	Paillé	D220		13:20	13:36	13:53	14:13	14:37	14:37	14:37	14:37	14:37	
2.0	36.0	157.5	Paillé	Paillé	D220e3		13:28	13:44	14:02	14:23	14:47	14:47	14:47	14:47	14:47	
2.0	34.0	159.5	Int D950 D219E2	Nuaillé sur Boutonne	D219E2		13:35	13:52	14:10	14:32	14:57	14:57	14:57	14:57	14:57	
1.5	32.5	161.0	Int D107 D219e2	Nuaillé sur Boutonne	D219e2		13:41	13:58	14:17	14:39	15:05	15:05	15:05	15:05	15:05	
3.5	29.0	164.5	Int D219e2 D121	St Georges de Longuepierre	D121		13:54	14:12	14:32	14:55	15:22	15:22	15:22	15:22	15:22	
0.5	28.5	165.0	St Georges de Longuepierre	St Georges de Longuepierre	D121		13:56	14:14	14:34	14:57	15:25	15:25	15:25	15:25	15:25	
	28.5	165.0		Blanzay sur Boutonne			13:56	14:14	14:34	14:57	15:25	15:25	15:25	15:25	15:25	
3.0	25.5	168.0	Dompierre sur Boutonne	Dampierre sur Boutonne	D127		14:07	14:26	14:47	15:11	15:40	15:40	15:40	15:40	15:40	
2.5	23.0	170.5	La Sauzée	Dampierre sur Boutonne	D219		14:16	14:36	14:57	15:23	15:52	15:52	15:52	15:52	15:52	
1.5	21.5	172.0	<b>DEUX-SEVRES (79)</b>			D219		14:22	14:42	15:04	15:30	16:00	16:00	16:00	16:00	
0.5	21.0															



**LA FRANCE EN COURANT**  
33ème Tour du 16 Juillet au 30 juillet 2022  
mercredi, 27 juillet 2022  
**11ème Etape**

Etape de 190.5 Km

FORS (79) - CHALLANS (85)

Dis-Part	km		Commune - Lieu Dit	Commune Traversée	ROUTE Suivie	Altitude	Heures de passages				
	à parcourir	parcours					16km/h	15km/h	14 km/h	13 km/h	12 km/h
<b>DEUX-SEVRES (79)</b>											
0.0	190.5	0	FORS	Fors	D306		<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>
0.5	190.0	0.5	Int D306 D106	Fors	D106		03:01	03:02	03:02	03:02	03:02
4.5	185.5	5.0	Int D106e D106	Aiffres	D106		03:18	03:20	03:21	03:23	03:25
3.0	182.5	8.0	Int D106 D174	Aiffres	D174		03:30	03:32	03:34	03:36	03:40
1.5	181.0	9.5	Int D650 D174	Saint Synphorien	D174		03:35	03:38	03:40	03:43	03:47
2.0	179.0	11.5	Saint Synphorien	Saint Synphorien	D174		03:43	03:46	03:49	03:53	03:57
5.0	174.0	16.5	Fontenay Rohan Rohan	Fontenay Rohan Rohan	D102		04:01	04:06	04:10	04:16	04:22
4.0	170.0	20.5	Int D102 D1	Armuré	D1		04:16	04:22	04:27	04:34	04:42
1.0	169.0	21.5	Sansais	Sansais	D1		04:20	04:26	04:32	04:39	04:47
	169.0	21.5		Magné			04:20	04:26	04:32	04:39	04:47
5.5	163.5	27.0	Coulon	Coulon	D1		04:41	04:48	04:55	05:04	05:15
	163.5	27.0			D1		04:41	04:48	04:55	05:04	05:15
<b>VENDEE (85)</b>											
5.5	158.0	32.5	Benet	Benet	VC		05:01	05:10	05:19	05:30	05:42
0.0	158.0	32.5	Benet	Benet	D68a		05:01	05:10	05:19	05:30	05:42
1.0	157.0	33.5	IntD25 D68a	Benet	D68a		05:05	05:14	05:23	05:34	05:47
3.5	153.5	37.0	Int D104 D68a	Benet	D68a		05:18	05:28	05:38	05:50	06:05
1.0	152.5	38.0	Sainte Christine	Benet	D68a		05:22	05:32	05:42	05:55	06:10
3.5	149.0	41.5	Liez	Liez	D68		05:35	05:46	05:57	06:11	06:27
3.0	146.0	44.5	Maillezais	Maillezais	D15		05:46	05:58	06:10	06:25	06:42
	146.0	44.5		Saint Pierre le Vieux	D16		05:46	05:58	06:10	06:25	06:42
6.5	139.5	51.0	Int D148 D15	Xanton Chassenon	D15		06:11	06:24	06:38	06:55	07:15
3.5	136.0	54.5	Xanton Chassenon	Xanton Chassenon	D104		06:24	06:38	06:53	07:11	07:32
4.0	132.0	58.5	Int D745 D104	Saint Michel Le Clouq	D104		06:39	06:54	07:10	07:30	07:52
2.0	130.0	60.5	Saint Michel Le Clouq	Saint Michel Le Clouq	D104		06:46	07:02	07:19	07:39	08:02
2.0	128.0	62.5	Int D65 D104	L'Orbrie	D104		06:54	07:10	07:27	07:48	08:12
3.5	124.5	66.0	Pissotte	Pissotte	D104		07:07	07:24	07:42	08:04	08:30
3.0	121.5	69.0	Sérigné	Sérigné	D104		07:18	07:36	07:55	08:18	08:45
6.0	115.5	75.0	L'Hermenault	L'Hermenault	D14		07:41	08:00	08:21	08:46	09:15
3.5	112.0	78.5	St Valérien	St Valérien	D52		07:54	08:14	08:36	09:02	09:32
4.0	108.0	82.5	La Chapelle Thémer	La Chapelle Thémer	D52		08:09	08:30	08:53	09:20	09:52
1.0	107.0	83.5	Int D52 D8	La Chapelle Thémer	D8		08:13	08:34	08:57	09:25	09:57
	107.0	83.5		Saint Juire Champgillon	D8		08:13	08:34	08:57	09:25	09:57
4.0	103.0	87.5	Thiré	Thiré	D8		08:28	08:50	09:15	09:43	10:17
4.0	99.0	91.5	Ste Hermine	Ste Hermine	D948		08:43	09:06	09:32	10:02	10:37
2.0	97.0	93.5	Int D948D19	Ste Hermine	D19		08:50	09:14	09:40	10:11	10:47
	97.0	93.5		Sainte Pexine	D19		08:50	09:14	09:40	10:11	10:47
6.5	90.5	100.0	Moutiers sur le Lay	Moutiers sur le Lay	D19		09:15	09:40	10:08	10:41	11:20
	90.5	100.0		Bessay	D19		09:15	09:40	10:08	10:41	11:20
	90.5	100.0					09:15	09:40	10:08	10:41	11:20
	90.5	100.0					09:15	09:40	10:08	10:41	11:20
6.0	84.5	106.0	<b>MAREUIL sur Lay DISSAIS</b>	Mareuil sur Lay Dissais			09:37	10:04	10:34	11:09	11:50
<b>Demi étape</b>											
	84.5	106.0	<b>MAREUIL sur Lay DISSAIS</b>	Mareuil sur Lay Dissais	D746		<b>10:45</b>	<b>10:45</b>	<b>10:45</b>	<b>10:45</b>	<b>10:45</b>
1.0	83.5	107.0	Int D746 D19	Mareuil sur Lay Dissais	D19		10:48	10:49	10:49	10:49	10:50
	83.5	107.0		La Couture	D19		10:48	10:49	10:49	10:49	10:50
	83.5	107.0		Rosnay	D19		10:48	10:49	10:49	10:49	10:50
10.5	73.0	117.5	Le Champ St Père	Le Champ St Père	D19		11:28	11:31	11:34	11:38	11:42
	73.0	117.5		Saint vincent sur Graon	D19		11:28	11:31	11:34	11:38	11:42
7.0	66.0	124.5	Moutiers les Maufaits	Moutiers les Maufaits	D46		11:54	11:59	12:04	12:10	12:17
5.0	61.0	129.5	Saint Avaugourd des Landes	Saint Avaugourd des Landes	D12		12:13	12:19	12:25	12:33	12:42
7.0	54.0	136.5	Int D4 D46	Poiroux	D12		12:39	12:47	12:55	13:05	13:17
6.0	48.0	142.5	Grosbreuil	Grosbreuil	D21		13:01	13:11	13:21	13:33	13:47
	48.0	142.5		Le Girouard	D21		13:01	13:11	13:21	13:33	13:47
6.5	41.5	149.0	Chapelle Achard	Les Achards	D21		13:26	13:37	13:49	14:03	14:20
4.5	37.0	153.5	La Mothe-Achard	Les Achards	D12		13:43	13:55	14:08	14:24	14:42
5.0	32.0	158.5	Saint Julien des Landes	Saint Julien des Landes	D21		14:01	14:15	14:30	14:47	15:07
5.5	26.5	164.0	La Chapelle Hermier	La Chapelle Hermier	D21		14:22	14:37	14:53	15:12	15:35
1.5	25.0	165.5	Int D21 VC	Coëx	D40		14:28	14:43	15:00	15:19	15:42
1.0	24.0	166.5	La Tournerie	Coëx	VC		14:31	14:47	15:04	15:24	15:47
2.5	21.5	169.0	Coëx	Coëx	D82		14:41	14:57	15:15	15:35	16:00
5.5	16.0	174.5	Int D107 D82	Coëx	D82		15:01	15:19	15:38	16:01	16:27
4.5	11.5	179.0	Commequiers	Commequiers	VC 4		15:18	15:37	15:57	16:21	16:50
	11.5	179.0					15:18	15:37	15:57	16:21	16:50
	11.5	179.0					15:18	15:37	15:57	16:21	16:50
	11.5	179.0					15:18	15:37	15:57	16:21	16:50
	11.5	179.0					15:18	15:37	15:57	16:21	16:50
	11.5	179.0					15:18	15:37	15:57	16:21	16:50
	11.5	179.0					15:18	15:37	15:57	16:21	16:50
	11.5	179.0					15:18	15:37	15:57	16:21	16:50
11.5	0.0	190.5	<b>CHALLANS</b>	Challans			16:01	16:23	16:47	17:15	17:47

**O Plus Beau Village de France**





**LA FRANCE EN COURANT**  
33ème Tour du 16 juillet au 30 juillet 2022  
vendredi, 29 juillet 2022  
**13ème Etape**

Etape de 191.5 Km BRISSAC LOIRE AUBANCE (49) - LA FERTE MACE (61)

Dis-Part	km		Commune - Lieu Dit	Commune Traversée	ROUTE Suivie	Altitude	Heures de passages				
	à parcourir	parcours					16km/h	15km/h	14 km/h	13 km/h	12 km/h
<b>MAINE ET LOIRE (49)</b>											
0.0	191.5	0	<b>BRISSAC LOIRE AUBANCE</b>	Brissac Loire Aubance	D55		<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>
5.0	186.5	5.0	Int D751 D55	Blaison Saint Sulpice	D55		03:18	03:20	03:21	03:23	03:25
2.5	184.0	7.5	Int D128 D55	Blaison Saint Sulpice	D55		03:28	03:30	03:32	03:34	03:37
4.5	179.5	12.0	Int D132 D55	Brissac Loire Aubance	D55		03:45	03:48	03:51	03:55	04:00
1.0	178.5	13.0	Saint Martin S Loire	Loire Authion	D74		03:48	03:52	03:55	04:00	04:05
7.0	171.5	20.0	Mazé	Mazé Milon	D74		04:15	04:20	04:25	04:32	04:40
4.0	167.5	24.0	Int D61 D74	Cornillé les Caves	D74		04:30	04:36	04:42	04:50	05:00
2.5	165.0	26.5	Bauné Int D82 D74	Loire Authion	D74		04:39	04:46	04:53	05:02	05:12
4.5	160.5	31.0	Int D74 D192	Corzé	D192		04:56	05:04	05:12	05:23	05:35
4.5	156.0	35.5	Int D323 D192	Corzé	D192		05:13	05:22	05:32	05:43	05:57
1.0	155.0	36.5	Corzé	Corzé	D192		05:16	05:26	05:36	05:48	06:02
2.5	152.5	39.0	Villeveque	Rives du Loir en Anjou	D113		05:26	05:36	05:47	06:00	06:15
1.0	151.5	40.0	Soucelles	Rives du Loir en Anjou	D109		05:30	05:40	05:51	06:04	06:20
7.5	144.0	47.5	Briollay	Briollay	D109		05:58	06:10	06:23	06:39	06:57
4.5	139.5	52.0	Soulaire et Bourg	Soulaire et Bourg	D107		06:15	06:28	06:42	07:00	07:20
1.5	138.0	53.5	Int D107 D108	Soulaire et Bourg	D108		06:20	06:34	06:49	07:06	07:27
5.0	133.0	58.5	Cheffes	Cheffes	D108		06:39	06:54	07:10	07:30	07:52
4.5	128.5	63.0	Juvardeil	Juvardeil	D108		06:56	07:12	07:30	07:50	08:15
4.0	124.5	67.0	Chateaufort sur Sarthe	Les Hauts d'Anjou	D89		07:11	07:28	07:47	08:09	08:35
6.0	118.5	73.0	Contigné	Les Hauts d'Anjou	D89		07:33	07:52	08:12	08:36	09:05
2.5	116.0	75.5	<b>MAYENNE (53)</b>		D145		07:43	08:02	08:23	08:48	09:17
3.0	113.0	78.5	St Laurent des Mortiers	Bierné les Vilages	D145		07:54	08:14	08:36	09:02	09:32
4.0	109.0	82.5	Bierné	Bierné les Vilages	D145		08:09	08:30	08:53	09:20	09:52
7.5	101.5	90.0	Grez en Bouère	Grez en Bouère	D14		08:37	09:00	09:25	09:55	10:30
	101.5	90.0		Bouère	D14		08:37	09:00	09:25	09:55	10:30
	101.5	90.0		Saint Charles la Forêt	D14		08:37	09:00	09:25	09:55	10:30
9.0	92.5	99.0	Meslay du Maine	Meslay du Maine	VC		09:11	09:36	10:04	10:36	11:15
5.0	87.5	104.0	Arquenay	Arquenay	D282		09:30	09:56	10:25	11:00	11:40
4.5	83.0	108.5	Bazougers	Bazougers	D20		09:46	10:14	10:45	11:20	12:02
	83.0	108.5					09:46	10:14	10:45	11:20	12:02
	83.0	108.5					09:46	10:14	10:45	11:20	12:02
	83.0	108.5					09:46	10:14	10:45	11:20	12:02
	83.0	108.5					09:46	10:14	10:45	11:20	12:02
	83.0	108.5					09:46	10:14	10:45	11:20	12:02
	83.0	108.5					09:46	10:14	10:45	11:20	12:02
	83.0	108.5					09:46	10:14	10:45	11:20	12:02
	83.0	108.5					09:46	10:14	10:45	11:20	12:02
	83.0	108.5					09:46	10:14	10:45	11:20	12:02
	83.0	108.5					09:46	10:14	10:45	11:20	12:02
5.0	78.0	113.5	<b>SOULIGE sur Ouette</b>	Soulgé sur Ouette			10:05	10:34	11:06	11:43	12:27
			<b>Demi étape</b>								
	78.0	113.5	<b>SOULIGE sur Ouette</b>	Soulgé sur Ouette	VC		<b>11:15</b>	<b>11:15</b>	<b>11:15</b>	<b>11:15</b>	<b>11:15</b>
	78.0	113.5		Argentré	VC		11:15	11:15	11:15	11:15	11:15
	78.0	113.5		La Chapelle Rainsouin			11:15	11:15	11:15	11:15	11:15
6.0	72.0	119.5	Int D572 VC	Montsûrs			11:37	11:39	11:40	11:42	11:45
3.0	69.0	122.5	Montsûrs	Montsûrs	D32		11:48	11:51	11:53	11:56	12:00
3.5	65.5	126.0	Inter D32 D557	Brée	D557		12:01	12:05	12:08	12:12	12:17
3.0	62.5	129.0	St Ouën des Vallons	Montsûrs	D129		12:13	12:17	12:21	12:26	12:32
3.5	59.0	132.5	Deux-Evailles	Montsûrs	D129		12:26	12:31	12:36	12:42	12:50
7.5	51.5	140.0	Jublains	Jublains	D129		12:54	13:01	13:08	13:17	13:27
2.0	49.5	142.0	Inter D129 D160	Jublains	D160		13:01	13:09	13:17	13:26	13:37
3.0	46.5	145.0	Grazay	Grazay	D160		13:13	13:21	13:30	13:40	13:52
2.5	44.0	147.5	Marcillé la Ville	Marcillé la Ville	D160		13:22	13:31	13:40	13:51	14:05
5.0	39.0	152.5	Inter N12 D160	Champéon	D160		13:41	13:51	14:02	14:15	14:30
2.5	36.5	155.0	Champéon	Champéon	D160		13:50	14:01	14:12	14:26	14:42
2.0	34.5	157.0	Montreuil Poulay	Montreuil Poulay	D34		13:58	14:09	14:21	14:35	14:52
1.5	33.0	158.5	Inter D34 D258	Montreuil Poulay	D258		14:03	14:15	14:27	14:42	15:00
	33.0	158.5		Chantrigné			14:03	14:15	14:27	14:42	15:00
2.0	31.0	160.5	Inter D255 D147	le Horps	D157		14:11	14:23	14:36	14:51	15:10
1.0	30.0	161.5	Int D129 D157	le Horps	D157		14:15	14:27	14:40	14:56	15:15
4.0	26.0	165.5	Int D33 D157	Charchigné	D157		14:30	14:43	14:57	15:15	15:35
2.5	23.5	168.0	Int 157 D147	Chevaigné du Maine	D147		14:39	14:53	15:08	15:26	15:47
5.5	18.0	173.5	ST Julien du Terroux	ST Julien du Terroux	D265		15:00	15:15	15:32	15:51	16:15
	18.0	173.5		Madré			15:00	15:15	15:32	15:51	16:15
3.5	14.5	177.0	<b>ORNE (61)</b>		D20		15:13	15:29	15:47	16:08	16:32
0.5	14.0	177.5	Méhoudin	Méhoudin	D20		15:15	15:31	15:49	16:10	16:35
2.5	11.5	180.0	Int D20 D270	la Ferté Macé	D270		15:24	15:41	16:00	16:21	16:47
0.5	11.0	180.5	Antoigny	la Ferté Macé	D270		15:26	15:43	16:02	16:24	16:50
6	5.0	186.5	Int D241 D270	Magny le Désert	D270		15:48	16:07	16:27	16:51	17:20
1	4.0	187.5	Magny le Désert	Magny le Désert	D151		15:52	16:11	16:32	16:56	17:25
4	0.0	191.5	<b>LA FERTE-MACE</b>	la Ferté Macé			16:07	16:27	16:49	17:15	17:45
			<b>O Plus Beau Village de France</b>								