



LA FRANCE EN COURANT
36ème Tour du 19 Juillet au 2 août 2025
lundi, 21 juillet 2025

2ème Etape

Etape de 190.0 Km

CLAIRA (66) LAVELANET (09)

Dis-Part	km	parcouru	Commune - Lieu Dit	Commune Traversée	ROUTE	Altitude	Heures de passages				
							16km/h	15km/h	14 km/h	13 km/h	12 km/h
66 PYRENEES ORIENTALES											
0.0	190.0	0	Claira	Claira	D1	10	03:00	03:00	03:00	03:00	03:00
3.5	186.5	3.5	Chemin de la Guardoie	Pia	VC		03:13	03:14	03:15	03:16	03:17
	186.5	3.5	Ave Méditerranée		VC		03:13	03:14	03:15	03:16	03:17
	186.5	3.5	Rue de Fontaines		VC		03:13	03:14	03:15	03:16	03:17
2.0	184.5	5.5	Rue de la Tramontane	Inter D42	D42	13	03:20	03:22	03:23	03:25	03:27
2.5	182.0	8.0	Av de la salanque	Rivesaltes	D12b		03:30	03:32	03:34	03:36	03:40
2.5	179.5	10.5	Int D120 D614		D614	25	03:39	03:42	03:45	03:48	03:52
	179.5	10.5		Peyrestortes	D614		03:39	03:42	03:45	03:48	03:52
4.5	175.0	15.0	Les Arenes	Baixas	VC	57	03:56	04:00	04:04	04:09	04:15
	175.0	15.0		Espira-de-l'Agly	VC		03:56	04:00	04:04	04:09	04:15
5.0	170.0	20.0	Cases-de-Pène	Cases-de-Pène	D59		04:15	04:20	04:25	04:32	04:40
10.0	160.0	30.0		Tautavel	D9	100	04:52	05:00	05:08	05:18	05:30
5.0	155.0	35.0	Inter D9 D611		D611	118	05:11	05:20	05:30	05:41	05:55
	155.0	35.0		11 AUDE			05:11	05:20	05:30	05:41	05:55
11.0	144.0	46.0	Paziols	Paziols	D611	135	05:52	06:04	06:17	06:32	06:50
2.5	141.5	48.5	Inter D611 D14	Tautavel	D14	153	06:01	06:14	06:27	06:43	07:02
7.5	134.0	56.0	Padern	Padern	D14	195	06:30	06:44	07:00	07:18	07:40
4.0	130.0	60.0	Cucugnan	Cucugnan	D14	300	06:45	07:00	07:17	07:36	08:00
4.5	125.5	64.5	Duilhac-sous-Peyrepertuse	Duilhac-sous-Peyrepertuse	D14		07:01	07:18	07:36	07:57	08:22
1.0	124.5	65.5	Col de la Croix		D14	403	07:05	07:22	07:40	08:02	08:27
2.0	122.5	67.5	Col de Grès	Rouffiac-des-Corbières	D14	404	07:13	07:30	07:49	08:11	08:37
1.0	121.5	68.5	Inter D804 D14		D14	350	07:16	07:34	07:53	08:16	08:42
3.5	118.0	72.0	Soulatgé	Soulatgé	D14	400	07:30	07:48	08:08	08:32	09:00
5.5	112.5	77.5	Cubières-sur-Cinoble	Cubières-sur-Cinoble	D14	450	07:50	08:10	08:32	08:57	09:27
1.0	111.5	78.5	Col de Bacarzi		D14	496	07:54	08:14	08:36	09:02	09:32
	111.5	78.5		Camps-sur-l'Agly	D14		07:54	08:14	08:36	09:02	09:32
7.0	104.5	85.5	Col de Lias	Bugarach	D14	667	08:20	08:42	09:06	09:34	10:07
2.5	102.0	88.0	Inter D14 D45		D45	494	08:30	08:52	09:17	09:46	10:20
7.0	95.0	95.0	Parahou Grand	Saint-Louis-et-Parahou	D45	660	08:56	09:20	09:47	10:18	10:55
2.0	93.0	97.0	Int D45 D46		D46		09:03	09:28	09:55	10:27	11:05
6.5	86.5	103.5	Inter D609 D46	Saint-Julia-de-Bec	D46	520	09:28	09:54	10:23	10:57	11:37
2.0	84.5	105.5	Saint-Just-et-le-Bézu	Saint-Just-et-le-Bézu	D45	560	09:35	10:02	10:32	11:06	11:47
4.0	80.5	109.5	Granès	Granès	D146	380	09:50	10:18	10:49	11:25	12:07
1.0	79.5	110.5	Inter D146 D509	Saint-Ferriol	D509	366	09:54	10:22	10:53	11:30	12:12
1.0	78.5	111.5	Saint-Ferriol				09:58	10:26	10:57	11:34	12:17
2.5	76.0	114.0	Inter D509 D109	Quillan			10:07	10:36	11:08	11:46	12:30
1.0	75.0	115.0	Inter D109 D118				10:11	10:40	11:12	11:50	12:35
	75.0	115.0					10:11	10:40	11:12	11:50	12:35
	75.0	115.0					10:11	10:40	11:12	11:50	12:35
	75.0	115.0					10:11	10:40	11:12	11:50	12:35
2.0	73.0	117.0	Quillan	Quillan		300	10:18	10:48	11:21	12:00	12:45
Départ de la 2ème demi étape											
0.0	73.0	117.0	Quillan	Quillan	D117		11:30	11:30	11:30	11:30	11:30
5.0	68.0	122.0	Inter D117 D59	Col dePortel	D59	594	11:48	11:50	11:51	11:53	11:55
1.0	67.0	123.0	Inter D59 D613		D613		11:52	11:54	11:55	11:57	12:00
	67.0	123.0		Ginoles	D613		11:52	11:54	11:55	11:57	12:00
4.5	62.5	127.5	Coudons	Coudons	D613	880	12:09	12:12	12:15	12:18	12:22
4.0	58.5	131.5	Lapeyre	Belvis	D613	895	12:24	12:28	12:32	12:36	12:42
7.5	51.0	139.0	Espezel	Espezel	D613	897	12:52	12:58	13:04	13:11	13:20
1.5	49.5	140.5	Inter D613 D29	Roquefeuil	D29	920	12:58	13:04	13:10	13:18	13:27
5.5	44.0	146.0		09 ARIEGE	D16	895	13:18	13:26	13:34	13:43	13:55
2.5	41.5	148.5	Col de la Croix Mortes	Bélesta	D117	899	13:28	13:36	13:45	13:55	14:07
7.0	34.5	155.5	Bélesta		D205	490	13:54	14:04	14:15	14:27	14:42
3.0	31.5	158.5	Inter D117 D205	Col de TEIL	D205	580	14:05	14:16	14:27	14:41	14:57
0.5	31.0	159.0	Inter D616 D205	Lesparrou	D205		14:07	14:18	14:30	14:43	15:00
	31.0	159.0		11 AUDE			14:07	14:18	14:30	14:43	15:00
5.5	25.5	164.5	Rivel	Rivel	D520	408	14:28	14:40	14:53	15:09	15:27
3.5	22.0	168.0	Inter D520 Rte du Lac	Sainte-Colombe-sur-l'Hers	D16		14:41	14:54	15:08	15:25	15:45
1.0	21.0	169.0		09 ARIEGE			14:45	14:58	15:12	15:30	15:50
	21.0	169.0		Montbel	D28a	400	14:45	14:58	15:12	15:30	15:50
	21.0	169.0		Le Peyrat	D28a		14:45	14:58	15:12	15:30	15:50
6.5	14.5	175.5	Inter D28a D16	Léran	D16	395	15:09	15:24	15:40	16:00	16:22
	14.5	175.5		Laroque-d'Olmes	D16		15:09	15:24	15:40	16:00	16:22
4.0	10.5	179.5	Inter D16 D620	La Bastide-sur-l'Hers	D620		15:24	15:40	15:57	16:18	16:42
1.0	9.5	180.5	La Bastide-sur-l'Hers		D16	490	15:28	15:44	16:02	16:23	16:47
	9.5	180.5		Lesparrou	D16		15:28	15:44	16:02	16:23	16:47
4.5	5.0	185.0	L'Aiguillon	L'Aiguillon	D117	460	15:45	16:02	16:21	16:43	17:10
2.5	2.5	187.5		Saint-Jean-d'Aigues-Vives	D 117	540	15:54	16:12	16:32	16:55	17:22
	2.5	187.5					15:54	16:12	16:32	16:55	17:22
	2.5	187.5					15:54	16:12	16:32	16:55	17:22
2.5	0.0	190.0	Lavelanet	Lavelanet		580	16:03	16:22	16:42	17:06	17:35



LA FRANCE EN COURANT
36ème Tour du 19 Juillet au 2 août 2025
mardi, 22 juillet 2025
3ème Etape

Etape de 189 Km

LAVELANET (09) LOUDENVIELLE (65)

Dis-Part	km	parcours	Commune - Lieu Dit	Commune Traversée	ROUTE	Altitude	Heures de passages				
							Suivie	16km/h	15km/h	14 km/h	13 km/h
09 ARIEGE											
0.0	189.0	0	Lavelanet	Lavelanet	D117	580	03:00	03:00	03:00	03:00	03:00
	189.0	0.0		Villeneuve-d'Olmes	D117		03:00	03:00	03:00	03:00	03:00
	189.0	0.0		Montferrier	D117		03:00	03:00	03:00	03:00	03:00
7.5	181.5	7.5	Nalzen	Nalzen	D117	635	03:28	03:30	03:32	03:34	03:37
	181.5	7.5		Roquefixade	D117		03:28	03:30	03:32	03:34	03:37
	181.5	7.5		Leychert	D117		03:28	03:30	03:32	03:34	03:37
	181.5	7.5		Soula	D117		03:28	03:30	03:32	03:34	03:37
7.0	174.5	14.5	Celles	Celles	D117	490	03:54	03:58	04:02	04:06	04:12
4.0	170.5	18.5	Inter D117 D618	Saint-Paul-de-Jarrat	D618	460	04:09	04:14	04:19	04:25	04:32
3.0	167.5	21.5	Garrabet	Mercus-Garrabet	D618	501	04:20	04:26	04:32	04:39	04:47
2.0	165.5	23.5	Mercus	Mercus	D618	480	04:28	04:34	04:40	04:48	04:57
2.0	163.5	25.5	Bompas	Bompas	D618		04:35	04:42	04:49	04:57	05:07
3.0	160.5	28.5	Ave Paul Joucla	Tarascon-sur-Ariège			04:46	04:54	05:02	05:11	05:22
	160.5	28.5	Ave Saint Roch		N20	480	04:46	04:54	05:02	05:11	05:22
	160.5	28.5	Route de St Giron		N20		04:46	04:54	05:02	05:11	05:22
	160.5	28.5	Route du Col de Port		D618		04:46	04:54	05:02	05:11	05:22
2.5	158.0	31.0	Surba	Surba	D618	547	04:56	05:04	05:12	05:23	05:35
2.5	155.5	33.5	Bédeilhac	Bédeilhac-et-Aynat	D618	650	05:05	05:14	05:23	05:34	05:47
3.0	152.5	36.5	Saurat	Saurat	D618	670	05:16	05:26	05:36	05:48	06:02
9.5	143.0	46.0	Col de Port		D618	1249	05:52	06:04	06:17	06:32	06:50
7.0	136.0	53.0	Col des Caugnous	Boussenac	D618	947	06:18	06:32	06:47	07:04	07:25
2.0	134.0	55.0	Col de Four		D618	822	06:26	06:40	06:55	07:13	07:35
0.5	133.5	55.5	Espiet		D618		06:28	06:42	06:57	07:16	07:37
3.5	130.0	59.0	Massat	Massat	D618	650	06:41	06:56	07:12	07:32	07:55
4.0	126.0	63.0	Biert	Biert	D618	590	06:56	07:12	07:30	07:50	08:15
7.0	119.0	70.0	Castzt d'Aleu	Aleu	D618	500	07:22	07:40	08:00	08:23	08:50
4.0	115.0	74.0	Inter D3 D618	Soulan	D618	467	07:37	07:56	08:17	08:41	09:10
	115.0	74.0		Soueix-Rogalle	D618		07:37	07:56	08:17	08:41	09:10
	115.0	74.0		Lacourt	D618		07:37	07:56	08:17	08:41	09:10
10.0	105.0	84.0	Eycheil	Eycheil	D618		08:15	08:36	09:00	09:27	10:00
2.5	102.5	86.5		Saint-Girons	D618	390	08:24	08:46	09:10	09:39	10:12
5.0	97.5	91.5	Moulis	Moulis	D618	433	08:43	09:06	09:32	10:02	10:37
3.5	94.0	95.0	Engomer	Engomer	D618	462	08:56	09:20	09:47	10:18	10:55
	94.0	95.0		Balaguères	D618	487	08:56	09:20	09:47	10:18	10:55
	94.0	95.0		Cescau	D618	506	08:56	09:20	09:47	10:18	10:55
4.0	90.0	99.0	Inter D4 D618	Audressein	D618	527	09:11	09:36	10:04	10:36	11:15
0.5	89.5	99.5	Audressein		D618	513	09:13	09:38	10:06	10:39	11:17
2.5	87.0	102.0	Argein	Argein	D618		09:22	09:48	10:17	10:50	11:30
2.0	85.0	104.0	Aucazein	Aucazein	D618	551	09:30	09:56	10:25	11:00	11:40
1.0	84.0	105.0	Illartein	Illartein	D618	565	09:33	10:00	10:30	11:04	11:45
2.5	81.5	107.5	Orgibet	Orgibet	D618	648	09:43	10:10	10:40	11:16	11:57
	81.5	107.5		Saint-Jean-du-Castillonais	D618		09:43	10:10	10:40	11:16	11:57
	81.5	107.5		Galey	D618		09:43	10:10	10:40	11:16	11:57
	81.5	107.5		Augirein	D618	630	09:43	10:10	10:40	11:16	11:57
4.0	77.5	111.5	Saint-Lary	Saint-Lary		680	09:58	10:26	10:57	11:34	12:17
Départ de la 2ème demi étape											
0.0	77.5	111.5	Saint-Lary	Saint-Lary	D618		11:00	11:00	11:00	11:00	11:00
	77.5	111.5		Galey	D618		11:00	11:00	11:00	11:00	11:00
31 HAUTE GARONNE											
3.5	74.0	115.0	Portet-d'Aspet	Portet-d'Aspet	D618	850	11:13	11:14	11:15	11:16	11:17
	74.0	115.0	Col du Portrt d'Aspet		D618	1069	11:13	11:14	11:15	11:16	11:17
12.0	62.0	127.0	Ger de Boux	Boutx	D618	900	11:58	12:02	12:06	12:11	12:17
	62.0	127.0	Col de Mente		D618	1345	11:58	12:02	12:06	12:11	12:17
13.0	49.0	140.0	Boutx		D618	708	12:46	12:54	13:02	13:11	13:22
2.5	46.5	142.5	Saint-Béat-Lez	Saint-Béat-Lez	D44	500	12:56	13:04	13:12	13:23	13:35
3.5	43.0	146.0		Marignac	D44	511	13:09	13:18	13:27	13:39	13:52
	43.0	146.0		Neutralisé du Km 146.5 au Km157.2			13:09	13:18	13:27	13:39	13:52
11.0	32.0	157.0	Inter D125 D27	Salles-et-Pratviel	D27	597	13:50	14:02	14:15	14:30	14:47
1.0	31.0	158.0	Salles-et-Pratviel		D27	600	13:54	14:06	14:19	14:34	14:52
2.5	28.5	160.5	Juzet-de-Luchon	Juzet-de-Luchon	D27		14:03	14:16	14:30	14:46	15:05
2.0	26.5	162.5	Montauban-de-Luchon	Montauban-de-Luchon	D27c	631	14:11	14:24	14:38	14:55	15:15
0.5	26.0	163.0	Bd Charles de Gaulle	Bagnères-de-Luchon			14:13	14:26	14:40	14:57	15:17
	26.0	163.0	R Alexandre Fleming			620	14:13	14:26	14:40	14:57	15:17
	26.0	163.0	R Stéphane LRGRAND				14:13	14:26	14:40	14:57	15:17
	26.0	163.0	R SOULERAT				14:13	14:26	14:40	14:57	15:17
	26.0	163.0	R Nerée DOUBLEE				14:13	14:26	14:40	14:57	15:17
1.0	25.0	164.0	CRS de La CASSEYDE		D618	620	14:16	14:30	14:45	15:02	15:22
	25.0	164.0		Cazarilh-Laspènes	D618		14:16	14:30	14:45	15:02	15:22
	25.0	164.0		Trébons-de-Luchon	D618		14:16	14:30	14:45	15:02	15:22
5.0	20.0	169.0	Saint-Aventin	Saint-Aventin	D618	926	14:35	14:50	15:06	15:25	15:47
	20.0	169.0		Castillon-de-Larboust	D618		14:35	14:50	15:06	15:25	15:47
1.0	19.0	170.0	Cazeaux-de-Larboust	Cazeaux-de-Larboust	D618	992	14:39	14:54	15:10	15:30	15:52
	19.0	170.0		Billière	D618		14:39	14:54	15:10	15:30	15:52
1.5	17.5	171.5	Garin	Garin	D618	114	14:45	15:00	15:17	15:36	16:00
	17.5	171.5		Portet-de-Luchon	D618		14:45	15:00	15:17	15:36	16:00
5.0	12.5	176.5		65 HAUTE PYRENEES	D618		15:03	15:20	15:38	16:00	16:25
	12.5	176.5	Col de Peyresourde	Loudenvielle	D618	1568	15:03	15:20	15:38	16:00	16:25
	12.5	176.5		Mont	D618		15:03	15:20	15:38	16:00	16:25
6.0	6.5	182.5	Loudenvielle	Loudenvielle	D618	1100	15:26	15:44	16:04	16:27	16:55
2.5	4.0	185.0	Estarvielle	Estarvielle	D25	1000	15:35	15:54	16:15	16:39	17:07
4.0	0.0	189.0	Loudenvielle	Loudenvielle		960	15:50	16:10	16:32	16:57	17:27