



LA FRANCE EN COURANT
36ème Tour du 19 Juillet au 2 août 2025
samedi, 26 juillet 2025
7ème Etape

Etape de		194	Km		MONFLANQUIN (47) BARBEZIEUX-ST-HILAIRE (16)							
Dis-Part	km	parcou	arcours	Commune - Lieu Dit	Commune Traversée	ROUTE	Altitude	Heures de passages				
						Suivie		16km/h	15km/h	14 km/h	13 km/h	12 km/h
47 LOT et GARONNE												
0.0	194.0	0		Monflanquin	Monflanquin	D257	142	03:00	03:00	03:00	03:00	03:00
7.5	186.5	7.5		Inter D257 D153	Saint-Eutrope-de-Born	D153	95	03:28	03:30	03:32	03:34	03:37
2.0	184.5	9.5		Inter D153 D257		D257	106	03:35	03:38	03:40	03:43	03:47
5.0	179.5	14.5		Montaut	Montaut	D257	155	03:54	03:58	04:02	04:06	04:12
	179.5	14.5			Bournel	D257		03:54	03:58	04:02	04:06	04:12
4.5	175.0	19.0		Ferrensac	Ferrensac	D257	79	04:11	04:16	04:21	04:27	04:35
1.0	174.0	20.0		Inter D 257 D2	Castillonès	D2	79	04:15	04:20	04:25	04:32	04:40
2.5	171.5	22.5		Castillonès		D254	130	04:24	04:30	04:36	04:43	04:52
	171.5	22.5			Douzains	D254		04:24	04:30	04:36	04:43	04:52
7.5	164.0	30.0		Sérignac-Péboudou	Sérignac-Péboudou	D254	122	04:52	05:00	05:08	05:18	05:30
3.5	160.5	33.5		Inter D429	Ségalas	D254	116	05:05	05:14	05:23	05:34	05:47
	160.5	33.5			Saint-Colomb-de-Lauzun	D254		05:05	05:14	05:23	05:34	05:47
2.5	158.0	36.0		Salabès	Montignac-de-Lauzun	D145	121	05:15	05:24	05:34	05:46	06:00
1.0	157.0	37.0		Inter D145 D227		D227	122	05:18	05:28	05:38	05:50	06:05
	157.0	37.0			Monbahus	D227		05:18	05:28	05:38	05:50	06:05
3.0	154.0	40.0		Montignac-de-Lauzun	Montignac-de-Lauzun	D227	85	05:30	05:40	05:51	06:04	06:20
5.0	149.0	45.0		Lavergne	Lavergne	D227	83	05:48	06:00	06:12	06:27	06:45
1.0	148.0	46.0		Inter D227 VC Rt de BOURGOUNGAQUE		VC	61	05:52	06:04	06:17	06:32	06:50
3.0	145.0	49.0		Inter D1 VC 501	Bourgougnague	VC	124	06:03	06:16	06:30	06:46	07:05
	145.0	49.0		Inter D933 D19	Agnac	D19		06:03	06:16	06:30	06:46	07:05
8.0	137.0	57.0		Inter D19 D25	La Sauvetat-du-Dropt	D25	45	06:33	06:48	07:04	07:23	07:45
1.5	135.5	58.5		Inter D25 VC RT du LAC		VC	44	06:39	06:54	07:10	07:30	07:52
1.5	134.0	60.0		Le ROUBINEAU	Soumensac	VC	83	06:45	07:00	07:17	07:36	08:00
1	133.0	61.0		Inter VC Rte Des Oruniers		VC		06:48	07:04	07:21	07:41	08:05
4.5	128.5	65.5		Inter VC Rte Ste EULALIE		VC	100	07:05	07:22	07:40	08:02	08:27
24 DORDOGNE												
0.5	128.0	66.0		Inter VC Rte des Bergeries	Saint-Julien-Innocence-Eulalie		95	07:07	07:24	07:42	08:04	08:30
	128.0	66.0						07:07	07:24	07:42	08:04	08:30
47 LOT et GARONNE												
3.0	125.0	69.0		Rte de La Foret D17	Loubès-Bernac	D17	140	07:18	07:36	07:55	08:18	08:45
0.5	124.5	69.5		Bernac		VC	160	07:20	07:38	07:57	08:20	08:47
	124.5	69.5			Saint-Astier	D313		07:20	07:38	07:57	08:20	08:47
3.0	121.5	72.5		Loubès-Bernac		D313	160	07:31	07:50	08:10	08:34	09:02
3.5	118.0	76.0		24 DORDOGNE				07:45	08:04	08:25	08:50	09:20
	118.0	76.0			Thénac	D18	85	07:45	08:04	08:25	08:50	09:20
2.0	116.0	78.0		Couture	Monestier	D18	100	07:52	08:12	08:34	09:00	09:30
	116.0	78.0			Razac-de-Saussignac	D18	42	07:52	08:12	08:34	09:00	09:30
	116.0	78.0		33 GIRONDE				07:52	08:12	08:34	09:00	09:30
9.0	107.0	87.0		Saint-Philippe-du-Seignal	St-Philippe-du-Seignal	D130e9	25	08:26	08:48	09:12	09:41	10:15
	107.0	87.0			Pineuilh			08:26	08:48	09:12	09:41	10:15
1.5	105.5	88.5		InteD D936 D130e9	Saint-Avit-Saint-Nazaire	D130e9	22	08:31	08:54	09:19	09:48	10:22
1.0	104.5	89.5		Saint-Avit-Saint-Nazaire		D130e9	20	08:35	08:58	09:23	09:53	10:27
	104.5	89.5		24 DORDOGNE				08:35	08:58	09:23	09:53	10:27
3.5	101.0	93.0		Le Fleix	Le Fleix	D32	20	08:48	09:12	09:38	10:09	10:45
	101.0	93.0			Port-Sainte-Foy-et-Ponchapt	D32	124	08:48	09:12	09:38	10:09	10:45
7.0	94.0	100.0		Saint-Méard-de-Gurçon	Saint-Méard-de-Gurçon	D32	60	09:15	09:40	10:08	10:41	11:20
	94.0	100.0			Saint-Martin-de-Gurson	D32		09:15	09:40	10:08	10:41	11:20
	94.0	100.0			Carsac-de-Gurson	D32	82	09:15	09:40	10:08	10:41	11:20
12.0	82.0	112.0		Villefranche-de-Lonchat	Villefranche-de-Lonchat	D32	100	10:00	10:28	11:00	11:36	12:20
	82.0	112.0		Départ de la 2ème demi-étape								
0.0	82.0	112.0		Villefranche-de-Lonchat	Villefranche-de-Lonchat	D10		10:45	10:45	10:45	10:45	10:45
3.5	78.5	115.5		Minzac		D10e1	51	10:58	10:59	11:00	11:01	11:02
	78.5	115.5			Moulin-Neuf	D10e1		10:58	10:59	11:00	11:01	11:02
	78.5	115.5		33 GIRONDE				10:58	10:59	11:00	11:01	11:02
4.5	74.0	120.0		Inter D1089 D10e1	Gours	D10e1	24	11:15	11:17	11:19	11:21	11:25
1.5	72.5	121.5		Saint-Antoine-sur-l'Isle	Saint-Antoine-sur-l'Isle	D121	32	11:20	11:23	11:25	11:28	11:32
	72.5	121.5			Porchères	D121		11:20	11:23	11:25	11:28	11:32
5.0	67.5	126.5		Inter D123 D121	Saint-Christophe-de-Double	D121	84	11:39	11:43	11:47	11:51	11:57
2.5	65.0	129.0		Saint-Christophe-de-Double		D121	94	11:48	11:53	11:57	12:03	12:10
	65.0	129.0		24 DORDOGNE				11:48	11:53	11:57	12:03	12:10
8.5	56.5	137.5		La Roche-Chalais	La Roche-Chalais	D730	50	12:20	12:27	12:34	12:42	12:52
	56.5	137.5		17 CHARENTE MARITIME								
2.5	54.0	140.0		Saint-Aigulin	Saint-Aigulin	D142	30	12:30	12:37	12:45	12:54	13:05
7.0	47.0	147.0		Boscammant	Boscammant	D142	90	12:56	13:05	13:15	13:26	13:40
	47.0	147.0			La Genétouze	D142		12:56	13:05	13:15	13:26	13:40
	47.0	147.0			Le Fouilloux	D142		12:56	13:05	13:15	13:26	13:40
8.0	39.0	155.0		MARTRON	Bosse-et-Martron	D142	55	13:26	13:37	13:49	14:03	14:20
4.5	34.5	159.5		Inter D156 D142	Neuicq			13:43	13:55	14:08	14:24	14:42
	34.5	159.5			Saint-Palais-de-Négrignac			13:43	13:55	14:08	14:24	14:42
5.0	29.5	164.5		Inter D142 VC	Chevanceaux	VC	80	14:01	14:15	14:30	14:47	15:07
	29.5	164.5		CHEZ PANAUD		VC		14:01	14:15	14:30	14:47	15:07
	29.5	164.5		16 CHARENTE				14:01	14:15	14:30	14:47	15:07
4.5	25.0	169.0		Bors De Baignes	Bors	D132	120	14:18	14:33	14:49	15:08	15:30
3.0	22.0	172.0		PS N10	Baignes-Sainte-Radegonde	D132	135	14:30	14:45	15:02	15:21	15:45
5.0	17.0	177.0		Baignes-Sainte-Radegonde				14:48	15:05	15:23	15:45	16:10
	17.0	177.0			Touvérac	D14		14:48	15:05	15:23	15:45	16:10
	17.0	177.0			Le Tâtre			14:48	15:05	15:23	15:45	16:10
7.5	9.5	184.5		Inter D14 D46	Reignac	D46	105	15:16	15:35	15:55	16:19	16:47
2.0	7.5	186.5		Inter D731 D46		D46	87	15:24	15:43	16:04	16:28	16:57
2.0	5.5	188.5		Inter D46 D191	Salles-de-Barbezieux	D191		15:31	15:51	16:12	16:38	17:07
	5.5	188.5		Inter D191 D24		D24	62	15:31	15:51	16:12	16:38	17:07
3.5	2.0	192.0		Inter D24 D5	Barbezieux-Saint-Hilaire	D5		15:45	16:05	16:27	16:54	17:25
2.0	0.0	194.0		Barbezieux-Saint-Hilaire			90	15:52	16:13	16:36	17:03	17:35



LA FRANCE EN COURANT
36ème Tour du 19 Juillet au 2 août 2025
dimanche, 27 juillet 2025
8ème Etape

Etape de		194	Km	BARBEZIEUX-ST-HILAIRE (16) XANTON-CHASSENON (85)				Heures de passages					
Dis-Part	km	parcou	parcours	Commune - Lieu Dit	Commune Traversée	ROUTE	Altitude	16km/h	15km/h	14 km/h	13 km/h	12 km/h	
						Suivie							
16 CHARENTE													
0.0	194.0	0		Barbezieux-Saint-Hilaire	Barbezieux-Saint-Hilaire	D1	90	03:00	03:00	03:00	03:00	03:00	
4.5	189.5	4.5		Intere D126 D1	Saint-Médard	D1	50	03:16	03:18	03:19	03:20	03:22	
4.0	185.5	8.5		Inter D420 D153 D1	Bellevigne	D1	102	03:31	03:34	03:36	03:39	03:42	
2.5	183.0	11.0		Inter D1 D699	Lignières-Ambleville	D699	71	03:41	03:44	03:47	03:50	03:55	
1.0	182.0	12.0		Lignières-Ambleville		D699	54	03:45	03:48	03:51	03:55	04:00	
5.5	176.5	17.5		Inter D699 D151	Criteuil-la-Magdeleine	D151	31	04:05	04:10	04:15	04:20	04:27	
2.5	174.0	20.0		Inter D418 D151	Verrières	D151	28	04:15	04:20	04:25	04:32	04:40	
4.5	169.5	24.5		Saint-Fort-sur-le-Né	Saint-Fort-sur-le-Né	D151	22	04:31	04:38	04:45	04:53	05:02	
2.5	167.0	27.0		Angle Inter D151 D52	Salles-d'Angles	D52	19	04:41	04:48	04:55	05:04	05:15	
167.0	27.0			17 CHARENTE MARITME									
2.0	165.0	29.0		Germignac	Germignac	D128	24	04:48	04:56	05:04	05:13	05:25	
2.0	163.0	31.0		Saint-Martial-sur-Né	Saint-Martial-sur-Né	D128	30	04:56	05:04	05:12	05:23	05:35	
3.0	160.0	34.0		Lonzac	Lonzac	D128	37	05:07	05:16	05:25	05:36	05:50	
160.0	34.0				Celles	D128		05:07	05:16	05:25	05:36	05:50	
3.5	156.5	37.5		Coulonges	Coulonges	D128	24	05:20	05:30	05:40	05:53	06:07	
4.0	152.5	41.5			Pérignac	D232e1	42	05:35	05:46	05:57	06:11	06:27	
4.5	148.0	46.0		Saint-Seurin-de-Palenne	Saint-Seurin-de-Palenne	D232e1	20	05:52	06:04	06:17	06:32	06:50	
1.0	147.0	47.0		Inter D232e1 D134		D134		05:56	06:08	06:21	06:36	06:55	
147.0	47.0			Inter D136 D134	Montils	D134	19	05:56	06:08	06:21	06:36	06:55	
8.0	139.0	55.0		Inter D128 D134	Saint-Sever-de-Saintonge	D134	8	06:26	06:40	06:55	07:13	07:35	
2.0	137.0	57.0		D134 D24 D134	Chaniers	D134	9	06:33	06:48	07:04	07:23	07:45	
3.0	134.0	60.0		Section D134 N141 D134 Neutralisé				06:45	07:00	07:17	07:36	08:00	
1.5	132.5	61.5		Saint-Sauvant	Saint-Sauvant	D134	20	06:50	07:06	07:23	07:43	08:07	
1.5	131.0	63.0		Saint-Césaire	Saint-Césaire			06:56	07:12	07:30	07:50	08:15	
2.0	129.0	65.0		Inter D134 D129e3		D129e3	39	07:03	07:20	07:38	08:00	08:25	
129.0	65.0				Saint-Bris-des-Bois	D129e3		07:03	07:20	07:38	08:00	08:25	
4.0	125.0	69.0		Inter D129 D129e2	Vénérand	D129e3	93	07:18	07:36	07:55	08:18	08:45	
125.0	69.0				Écoveux	D129e3		07:18	07:36	07:55	08:18	08:45	
2.5	122.5	71.5		Vénérand	Inter D150 D129e2	D129e2	73	07:28	07:46	08:06	08:30	08:57	
122.5	71.5				Le Douhet	D129*e2		07:28	07:46	08:06	08:30	08:57	
5.5	117.0	77.0		Inter D129e2 VC vers D127	Saint-Vaize	VC	27	07:48	08:08	08:30	08:55	09:25	
117.0	77.0			Inter D 231 D127	Taillebourg	D127	25	07:48	08:08	08:30	08:55	09:25	
4.5	112.5	81.5		Annepont	Annepont	D127	20	08:05	08:26	08:49	09:16	09:47	
3.0	109.5	84.5		CD124 CD230	Grandjean	D 230	47	08:16	08:38	09:02	09:30	10:02	
1.0	108.5	85.5		Grandjean		D230	13	08:20	08:42	09:06	09:34	10:07	
0.5	108.0	86.0		D127e3 VC vers Fenioux		VC		08:22	08:44	09:08	09:36	10:10	
1.5	106.5	87.5		Fenioux	Fenioux	VC	58	08:28	08:50	09:15	09:43	10:17	
0.5	106.0	88.0		Inter VC D127		D127	58	08:30	08:52	09:17	09:46	10:20	
3.5	102.5	91.5		Mazeray	Mazeray	D127		08:43	09:06	09:32	10:02	10:37	
102.5	91.5					D739e		08:43	09:06	09:32	10:02	10:37	
4.5	98.0	96.0		Faubourg Taillebourg	Saint-Jean-d'Angély		17	09:00	09:24	09:51	10:23	11:00	
1.0	97.0	97.0		Saint-Jean-d'Angély	Saint-Jean-d'Angély			09:03	09:28	09:55	10:27	11:05	
Départ de la 2ème demi étape													
0.0	97.0	97.0		R Jean Moulin J Richard	Saint-Jean-d'Angély	D939		09:30	09:30	09:30	09:30	09:30	
4.0	93.0	101.0		Inter D939 D120	La Vergne	D120	23	09:45	09:46	09:47	09:48	09:50	
6.0	87.0	107.0		La Benatre	Essouvert	D120	70	10:07	10:10	10:12	10:16	10:20	
3.0	84.0	110.0		Courant	Courant	D120	56	10:18	10:22	10:25	10:30	10:35	
2.5	81.5	112.5		Inter D120 D119e1	Bernay-Saint-Martin	D119e1	31	10:28	10:32	10:36	10:41	10:47	
2.5	79.0	115.0		Bernay-Saint-Martin		D119	25	10:37	10:42	10:47	10:53	11:00	
1.5	77.5	116.5		Inter D119 VC Vers Parança		VC		10:43	10:48	10:53	11:00	11:07	
1.0	76.5	117.5		Parança		D107e3	21	10:46	10:52	10:57	11:04	11:12	
76.5	117.5				Puyrolland	D107e3		10:46	10:52	10:57	11:04	11:12	
1.5	75.0	119.0		Inter D107e3 D107		D107	18	10:52	10:58	11:04	11:11	11:20	
75.0	119.0				Breuil-la-Réorte	D107		10:52	10:58	11:04	11:11	11:20	
4.5	70.5	123.5		Chervette	La Devise	D107		11:09	11:16	11:23	11:32	11:42	
4.5	66.0	128.0		Vandré		D107	20	11:26	11:34	11:42	11:53	12:05	
3.0	63.0	131.0		Inter D911 D107	Saint-Pierre-La-Noue	D107	20	11:37	11:46	11:55	12:06	12:20	
0.5	62.5	131.5		Saint Germain de Marecennes		D107		11:39	11:48	11:57	12:09	12:22	
3.0	59.5	134.5		Péré		D209		11:50	12:00	12:10	12:23	12:37	
1.5	58.0	136.0		Inter D117 D209 VC	Chambon	VC		11:56	12:06	12:17	12:30	12:45	
1.0	57.0	137.0		Le Cher		D208		12:00	12:10	12:21	12:34	12:50	
1.5	55.5	138.5		Les Egaux de Chambon		VC		12:05	12:16	12:27	12:41	12:57	
3.5	52.0	142.0		La Maissonette	Forges	VC		12:18	12:30	12:42	12:57	13:15	
52.0	142.0				Le Thou			12:18	12:30	12:42	12:57	13:15	
1.0	51.0	143.0		VC D112		D112		12:22	12:34	12:47	13:02	13:20	
1.0	50.0	144.0		Puydrouard	Forges	D739d		12:26	12:38	12:51	13:06	13:25	
1.0	49.0	145.0		Inter D939 D939d D112	Aigrefeuille-d'Aunis	D112		12:30	12:42	12:55	13:11	13:30	
2.0	47.0	147.0		Aigrefeuille-d'Aunis		D113		12:37	12:50	13:04	13:20	13:40	
3.5	43.5	150.5			Saint-Christophe			12:50	13:04	13:19	13:36	13:57	
0.5	43.0	151.0			Virson	D108		12:52	13:06	13:21	13:39	14:00	
2.0	41.0	153.0		Inter D108 D107 Les Haies		D116		13:00	13:14	13:30	13:48	14:10	
3.0	38.0	156.0		Bouhet	Bouhet	D116		13:11	13:26	13:42	14:02	14:25	
1.5	36.5	157.5		Inter D115 D116		D116		13:16	13:32	13:49	14:09	14:32	
4.0	32.5	161.5		Benon	Benon	D116		13:31	13:48	14:06	14:27	14:52	
5.0	27.5	166.5		Courçon	Courçon	D116		13:50	14:08	14:27	14:50	15:17	
4.5	23.0	171.0		Margot	Saint-Cyr-du-Doret	D116		14:07	14:26	14:47	15:11	15:40	
2.5	20.5	173.5		La Ronde	La Ronde	D116		14:16	14:36	14:57	15:23	15:52	
20.5	173.5			85 VENDEE			D151		14:16	14:36	14:57	15:23	15:52
5.5	15.0	179.0		Inter D25 D15	Maillezais	D15		14:37	14:58	15:21	15:48	16:20	
5.5	9.5	184.5		Maillezais	Maillezais	D15		14:58	15:20	15:45	16:13	16:47	
1.0	8.5	185.5		La Porte de l'Ile	Saint-Pierre-le-Vieux	D15		15:01	15:24	15:49	16:18	16:52	
4.0	4.5	189.5		Inter D148 D15	Rives-d'Autise	D15		15:16	15:40	16:06	16:36	17:12	
4.5	0.0	194.0		Xanton-Chassenon	Xanton-Chassenon			15:33	15:58	16:25	16:57	17:35	