



LA FRANCE EN COURANT
36ème Tour du 19 Juillet au 2 août 2025
mardi, 29 juillet 2025

10ème Etape

Etape de 190.0 Kms BIZONNES (73) BAS EN BASSET (38)

Dis-Part	km	parcour	parcours	Commune - Lieu Dit	Commune Traversée	ROUTE	Altitude	Heures de passage					
								Suivie	16km/h	15km/h	14 km/h	13 km/h	12 km/h
49 - Maine-et-Loire													
0.0	190.0	0		Brissac Loire Aubance	Brissac Loire Aubance	D130	44	03:00	03:00	03:00	03:00	03:00	
3.5	186.5	3.5		Inter D127 D130			74	03:13	03:14	03:15	03:16	03:17	
3.5	183.0	7.0		La Marzelle	Soulaines-sur-Aubance	D130	90	03:26	03:28	03:30	03:32	03:35	
3.0	180.0	10.0		Mozé-sur-Louet	Mozé-sur-Louet	D130	70	03:37	03:40	03:42	03:46	03:50	
1.0	179.0	11.0		Inter D160 D130			D130	84	03:41	03:44	03:47	03:50	
3.5	175.5	14.5		Denée	Denée	D751	38	03:54	03:58	04:02	04:06	04:12	
4.5	171.0	19.0		Rochefort-sur-Loire	Rochefort-sur-Loire	D106	25	04:11	04:16	04:21	04:27	04:35	
2.5	168.5	21.5			Béhuard	D106	18	04:20	04:26	04:32	04:39	04:47	
1.0	167.5	22.5		R Ducanal Vc Leglou	Savennières	D106	20	04:24	04:30	04:36	04:43	04:52	
5.0	162.5	27.5		Inter D106 D126			D126	70	04:43	04:50	04:57	05:06	
4.5	158.0	32.0		Inter D725 D126	Saint-Martin-du-Fouilloux	D126	77	05:00	05:08	05:17	05:27	05:40	
	158.0	32.0			Saint-Georges-sur-Loire	D126		05:00	05:08	05:17	05:27	05:40	
6.0	152.0	38.0		Inter D126 D951	Saint-Augustin-des-Bois	D951	74	05:22	05:32	05:42	05:55	06:10	
1.5	150.5	39.5		Saint-Augustin-des-Bois			D102	67	05:28	05:38	05:49	06:02	
	150.5	39.5			Val d'Erdre-Auxence		D102	60	05:28	05:38	05:49	06:02	
8.5	142.0	48.0		Villemoisan			D102	60	06:00	06:12	06:25	06:41	
	142.0	48.0			Champtocé-sur-Loire		D102		06:00	06:12	06:25	06:41	
4.5	137.5	52.5		St Sigidmond	Ingrandes-le-Fresne-sur-Loir	D102	69	06:16	06:30	06:45	07:02	07:22	
	137.5	52.5		Inter D102 D6 > D8				06:16	06:30	06:45	07:02	07:22	
4.0	133.5	56.5		44 LOIRE ATLANTIQUE		D8	84	06:31	06:46	07:02	07:20	07:42	
5.5	128.0	62.0		Belligné	Loireauxence	D22	58	06:52	07:08	07:25	07:46	08:10	
6.0	122.0	68.0		Maumusson	Vallons-de-l'Erdre		53	07:15	07:32	07:51	08:13	08:40	
3.5	118.5	71.5		Inter D923 D22			D22		07:28	07:46	08:06	08:30	
	118.5	71.5			Pouillé-les-Côteaux		D22	58	07:28	07:46	08:06	08:30	
2.0	116.5	73.5		Inter D878 D22	Pannecé	D951	35	07:35	07:54	08:15	08:39	09:07	
4.0	112.5	77.5		Inter D22 D9				07:50	08:10	08:32	08:57	09:27	
1.5	111.0	79.0		Pannecé			D18	32	07:56	08:16	08:38	09:04	
6.0	105.0	85.0		Riaillé	Riaillé	D14	32	08:18	08:40	09:04	09:32	10:05	
9.0	96.0	94.0		Grand-Auverné	Grand-Auverné	D14	63	08:52	09:16	09:42	10:13	10:50	
2.5	93.5	96.5		Inter D14 D29	Moisdon-la-Rivière	D29	44	09:01	09:26	09:53	10:25	11:02	
3.5	90.0	100.0		Moisdon-la-Rivière			D29	56	09:15	09:40	10:08	10:41	
6.0	84.0	106.0		Issé	Issé	D29	38	09:37	10:04	10:34	11:09	11:50	
6.5	77.5	112.5		Rue du Soleil Levant	Treffieux	VC		10:01	10:30	11:02	11:39	12:22	
	77.5	112.5		Passage sous D771 Ht Limité 2m50					10:01	10:30	11:02	11:39	12:22
	77.5	112.5						10:01	10:30	11:02	11:39	12:22	
	77.5	112.5						10:01	10:30	11:02	11:39	12:22	
	77.5	112.5						10:01	10:30	11:02	11:39	12:22	
	77.5	112.5						10:01	10:30	11:02	11:39	12:22	
	77.5	112.5						10:01	10:30	11:02	11:39	12:22	
	77.5	112.5						10:01	10:30	11:02	11:39	12:22	
	77.5	112.5		Treffieux			25	10:01	10:30	11:02	11:39	12:22	
Départ de la 2ème demi étape													
0.0	77.5	112.5		Treffieux	Treffieux	D29		10:00	10:00	10:00	10:00	10:00	
5.0	72.5	117.5		Inter D29 VC La Chesnaie	Jans	VC	26	10:18	10:20	10:21	10:23	10:25	
2.0	70.5	119.5		Jans			D39	24	10:26	10:28	10:30	10:32	
0.5	70.0	120.0		Inter D39 VC Les Plachette			VC		10:28	10:30	10:32	10:34	
1.5	68.5	121.5		Passage Sup N137			PS		10:33	10:36	10:38	10:41	
4.0	64.5	125.5		Inter D44 VC Le Fosse neuf	Marsac-sur-Don	VC		10:48	10:52	10:55	11:00	11:05	
0.5	64.0	126.0		Inter VC D124	Derval	D124	32	10:50	10:54	10:57	11:02	11:07	
5.5	58.5	131.5		Conquereuil	Conquereuil	D124	37	11:11	11:16	11:21	11:27	11:35	
6.5	52.0	138.0		Guéméné-Penfao	Guéméné-Penfao	D15		11:35	11:42	11:49	11:57	12:07	
0.5	51.5	138.5		Inter D15 D125			D125		11:37	11:44	11:51	12:00	
6.5	45.0	145.0		Int 125 Lande de la Croix	Massérac	VC		12:01	12:10	12:19	12:30	12:42	
1.0	44.0	146.0		Inter VC D46			D46	25	12:05	12:14	12:23	12:34	
5.5	38.5	151.5		Avessac	Avessac	D255	56	12:26	12:36	12:47	13:00	13:15	
3.5	35.0	155.0		35 - Ile-et-Vilaine					12:39	12:50	13:02	13:16	
1.5	33.5	156.5		D255 VC Groussibais	Sainte-Marie	VC	10	12:45	12:56	13:08	13:23	13:40	
1.0	32.5	157.5		Inter VC D65			D65		12:48	13:00	13:12	13:27	
2.5	30.0	160.0		Maupertuis			D65	30	12:58	13:10	13:23	13:39	
	30.0	160.0			Redon			12:58	13:10	13:23	13:39	13:57	
2	28.0	162.0		R de la Bigotaie > R De Sainte Marie > R Jean Vinouze		VC		13:05	13:18	13:32	13:48	14:07	
2.0	26.0	164.0		R Louis Guilloux > D3117 > R de la Visille Ville > D873		D873	25	13:13	13:26	13:40	13:57	14:17	
	26.0	164.0		R de Cotio > R de Mussain > D 65		D65		13:13	13:26	13:40	13:57	14:17	
	26.0	164.0		Bains-sur-Oust				13:13	13:26	13:40	13:57	14:17	
	26.0	164.0		56 - Morbihan					13:13	13:26	13:40	13:57	
2.5	23.5	166.5		La Graë	Saint-Perreux	D764	20	13:22	13:36	13:51	14:09	14:30	
6.5	17.0	173.0		Saint-Vincent-sur-Oust	Saint-Vincent-sur-Oust	D764	50	13:46	14:02	14:19	14:39	15:02	
3.5	13.5	176.5		Peillac	Peillac	D764	63	14:00	14:16	14:34	14:55	15:20	
5.0	8.5	181.5		Saint-Gravé	Saint-Gravé	D764	76	14:18	14:36	14:55	15:18	15:45	
1.0	7.5	182.5		Inter D764 D112			D112	81	14:22	14:40	15:00	15:23	
4.5	3.0	187.0		Inter D112 D774	Pluherlin	D774		14:39	14:58	15:19	15:43	16:12	
3.0	0.0	190.0		Pleucadeuc	Pleucadeuc		70	14:50	15:10	15:32	15:57	16:27	



LA FRANCE EN COURANT
36ème Tour du 19 Juillet au 2 août 2025
mercredi, 30 juillet 2025

11ème Etape

Etape de 191 Km BRISSAC-LOIRE-AUBANCE (49) PLEUCADEUC (56)

Etape de	km	parcourus	Commune - Lieu Dit	Commune Traversée	ROUTE	Altitude	Heures de passages									
							Dis-Part	parcourus	Suivie	16km/h	15km/h	14 km/h	13 km/h	12 km/h		
			56 - Morbihan													
0.0	191.0	0	Pleucadeuc	Pleucadeuc	D774	70	03:00	03:00	03:00	03:00	03:00	03:00	03:00	03:00	03:00	03:00
2.5	188.5	2.5	Inter D774 D112	Pluherlin	D112	85	03:09	03:10	03:10	03:10	03:11	03:11	03:12	03:12	03:12	03:12
5.0	183.5	7.5	Inter D112 D764	Saint-Gravé	D764	81	03:28	03:30	03:32	03:34	03:37	03:37	03:37	03:37	03:37	03:37
1.0	182.5	8.5	Saint-Gravé		D777	76	03:31	03:34	03:36	03:39	03:42	03:42	03:42	03:42	03:42	03:42
3.5	179.0	12.0	Saint-Martin-sur-Oust	Saint-Martin-sur-Oust	D777	20	03:45	03:48	03:51	03:55	04:00	04:00	04:00	04:00	04:00	04:00
4.0	175.0	16.0	Inter D137 D777	Les Fougerêts	D777	43	04:00	04:04	04:08	04:13	04:20	04:20	04:20	04:20	04:20	04:20
6.0	169.0	22.0	La Gacilly	La Gacilly	D8	20	04:22	04:28	04:34	04:41	04:50	04:50	04:50	04:50	04:50	04:50
2.5	166.5	24.5	Inter D8 D137		D137	47	04:31	04:38	04:45	04:53	05:02	05:02	05:02	05:02	05:02	05:02
1.5	165.0	26.0	Inter D137 D161		D161	16	04:37	04:44	04:51	05:00	05:10	05:10	05:10	05:10	05:10	05:10
1.5	163.5	27.5	Inter D14 D161	Carentoir	D161	32	04:43	04:50	04:57	05:06	05:17	05:17	05:17	05:17	05:17	05:17
5.0	158.5	32.5	Inter D161 D118	Tréal	D118	40	05:01	05:10	05:19	05:30	05:42	05:42	05:42	05:42	05:42	05:42
1.5	157.0	34.0	D118 VC Le Monty		VC	46	05:07	05:16	05:25	05:36	05:50	05:50	05:50	05:50	05:50	05:50
4.0	153.0	38.0	Inter VC D171	Monteneuf	D171	109	05:22	05:32	05:42	05:55	06:10	06:10	06:10	06:10	06:10	06:10
4.0	149.0	42.0	Monteneuf		D124	103	05:37	05:48	06:00	06:13	06:30	06:30	06:30	06:30	06:30	06:30
5.5	143.5	47.5	Porcaro	Porcaro	D124	64	05:58	06:10	06:23	06:39	06:57	06:57	06:57	06:57	06:57	06:57
1.0	142.5	48.5	La Belle Alouette	Inter D772 D124	D124	70	06:01	06:14	06:27	06:43	07:02	07:02	07:02	07:02	07:02	07:02
1.5	141.0	50.0	P inf N24		D124	109	06:07	06:20	06:34	06:50	07:10	07:10	07:10	07:10	07:10	07:10
6.5	134.5	56.5	Beignon	Beignon	D124	120	06:31	06:46	07:02	07:20	07:42	07:42	07:42	07:42	07:42	07:42
1.5	133.0	58.0	35-Ille et VILAINE			D71		06:37	06:52	07:08	07:27	07:27	07:27	07:27	07:27	07:27
4.5	128.5	62.5	Paimpont	Paimpont	D773	154	06:54	07:10	07:27	07:48	08:12	08:12	08:12	08:12	08:12	08:12
5.0	123.5	67.5	56 - Morbihan			D773d	118	07:13	07:30	07:49	08:11	08:37	08:37	08:37	08:37	08:37
1.0	122.5	68.5	InterD2 D773d	Concoret	D773d	120	07:16	07:34	07:53	08:16	08:42	08:42	08:42	08:42	08:42	08:42
	122.5	68.5	35-Ille et VILAINE			D773		07:16	07:34	07:53	08:16	08:42	08:42	08:42	08:42	08:42
8.5	114.0	77.0	Gaël	Gaël			07:48	08:08	08:30	08:55	09:25	09:25	09:25	09:25	09:25	09:25
	114.0	77.0	R du Bois Viel > Réé Judicael >Ch de Beaulieu			VC		07:48	08:08	08:30	08:55	09:25	09:25	09:25	09:25	09:25
	114.0	77.0	Ch Clémentin > La Chapelle			VC		07:48	08:08	08:30	08:55	09:25	09:25	09:25	09:25	09:25
	114.0	77.0	22 - Côtes-d'Armor					07:48	08:08	08:30	08:55	09:25	09:25	09:25	09:25	09:25
	114.0	77.0	(la Vilaine) Rue du Poncet	Loscouët-sur-Meu	VC	94	07:48	08:08	08:30	08:55	09:25	09:25	09:25	09:25	09:25	09:25
7.5	106.5	84.5	Loscouët-sur-Meu				08:16	08:38	09:02	09:30	10:02	10:02	10:02	10:02	10:02	10:02
	106.5	84.5	La Rabine > D764		D764		08:16	08:38	09:02	09:30	10:02	10:02	10:02	10:02	10:02	10:02
3.0	103.5	87.5	P Inf N164				08:28	08:50	09:15	09:43	10:17	10:17	10:17	10:17	10:17	10:17
2.5	101.0	90.0	Les Treize Chênes	Trémoriel	D76	130	08:37	09:00	09:25	09:55	10:30	10:30	10:30	10:30	10:30	10:30
	101.0	90.0		Lanrelas	D76		08:37	09:00	09:25	09:55	10:30	10:30	10:30	10:30	10:30	10:30
8.0	93.0	98.0	Saint-Launeuc	Saint-Launeuc	D76	146	09:07	09:32	10:00	10:32	11:10	11:10	11:10	11:10	11:10	11:10
	93.0	98.0		Mérillac	D76		09:07	09:32	10:00	10:32	11:10	11:10	11:10	11:10	11:10	11:10
4.0	89.0	102.0	Inter 76 D16	Saint-Vran	D161		09:22	09:48	10:17	10:50	11:30	11:30	11:30	11:30	11:30	11:30
3.5	85.5	105.5	Mérillac		D39	147	09:35	10:02	10:32	11:06	11:47	11:47	11:47	11:47	11:47	11:47
4.0	81.5	109.5	Langourla	Le Mené	D46		09:50	10:18	10:49	11:25	12:07	12:07	12:07	12:07	12:07	12:07
	81.5	109.5					09:50	10:18	10:49	11:25	12:07	12:07	12:07	12:07	12:07	12:07
	81.5	109.5					09:50	10:18	10:49	11:25	12:07	12:07	12:07	12:07	12:07	12:07
	81.5	109.5					09:50	10:18	10:49	11:25	12:07	12:07	12:07	12:07	12:07	12:07
8.5	73.0	118.0	Le Mené			220	10:22	10:52	11:25	12:04	12:50	12:50	12:50	12:50	12:50	12:50
			Départ de la 2ème demi étape													
0.0	73.0	118.0	Le Mené	Le Mené	D6		11:15	11:15	11:15	11:15	11:15	11:15	11:15	11:15	11:15	11:15
	73.0	118.0		Saint-Glen	D6	239	11:15	11:15	11:15	11:15	11:15	11:15	11:15	11:15	11:15	11:15
5.0	68.0	123.0	St Mieux	Trébry	D6	257	11:33	11:35	11:36	11:38	11:40	11:40	11:40	11:40	11:40	11:40
5.5	62.5	128.5	Inter D25 D6	Trédaniel	D6	127	11:54	11:57	12:00	12:03	12:07	12:07	12:07	12:07	12:07	12:07
1.0	61.5	129.5	Inter D44 D6		D6	132	11:58	12:01	12:04	12:08	12:12	12:12	12:12	12:12	12:12	12:12
1.0	60.5	130.5	Inter D6 D768		D768	91	12:01	12:05	12:08	12:12	12:17	12:17	12:17	12:17	12:17	12:17
	60.5	130.5		Hénon	D768		12:01	12:05	12:08	12:12	12:17	12:17	12:17	12:17	12:17	12:17
1.0	59.5	131.5	Moncontour	Moncontour	D768	112	12:05	12:09	12:12	12:17	12:22	12:22	12:22	12:22	12:22	12:22
1.0	58.5	132.5	InterD 768 D44	Plémy	D44		12:09	12:13	12:17	12:21	12:27	12:27	12:27	12:27	12:27	12:27
3.5	55.0	136.0	Inter D103 D44		D44		12:22	12:27	12:32	12:38	12:45	12:45	12:45	12:45	12:45	12:45
5.5	49.5	141.5	Ploeur sur lié	Plœuc-L'Hermitage	D27	195	12:43	12:49	12:55	13:03	13:12	13:12	13:12	13:12	13:12	13:12
	49.5	141.5		Hénon	D27		12:43	12:49	12:55	13:03	13:12	13:12	13:12	13:12	13:12	13:12
7.5	42.0	149.0	Saint-Carreuc	Saint-Carreuc	D28	192	13:11	13:19	13:27	13:38	13:50	13:50	13:50	13:50	13:50	13:50
	42.0	149.0		Hénon	D28		13:11	13:19	13:27	13:38	13:50	13:50	13:50	13:50	13:50	13:50
6.0	36.0	155.0	Quessoy	Quessoy	D28	85	13:33	13:43	13:53	14:05	14:20	14:20	14:20	14:20	14:20	14:20
2.5	33.5	157.5	Inter D28 D765		D765	59	13:43	13:53	14:04	14:17	14:32	14:32	14:32	14:32	14:32	14:32
1.5	32.0	159.0	St Blaise VC vers Les Montiers		VC	76	13:48	13:59	14:10	14:24	14:40	14:40	14:40	14:40	14:40	14:40
	32.0	159.0	VC > Clos de la Fontaine	Bréhand	VC		13:48	13:59	14:10	14:24	14:40	14:40	14:40	14:40	14:40	14:40
2.0	30.0	161.0	Inter VC D35		D35	74	13:56	14:07	14:19	14:33	14:50	14:50	14:50	14:50	14:50	14:50
1.5	28.5	162.5	Int D35 D768 > VC Bréhand				14:01	14:13	14:25	14:40	14:57	14:57	14:57	14:57	14:57	14:57
1.0	27.5	163.5	Bréhand		D80		14:05	14:17	14:30	14:45	15:02	15:02	15:02	15:02	15:02	15:02
3.5	24.0	167.0		Trébry	D44	136	14:18	14:31	14:45	15:01	15:20	15:20	15:20	15:20	15:20	15:20
1.0	23.0	168.0	Inter F46 D44	Saint-Trimoël	D44	130	14:22	14:35	14:49	15:05	15:25	15:25	15:25	15:25	15:25	15:25
2.0	21.0	170.0	La Forge Cordel	Saint-Glen	D44	141	14:30	14:43	14:57</							



LA FRANCE EN COURANT
36ème Tour du 19 Juillet au 2 août 2025
jeudi, 31 juillet 2025
12ème Etape

Etape de 187 Km LAMBALLE ARMOR (22) VIRE NORMANDIE (14)

Dis-Part	km parcourus	km parcourus	Commune - Lieu Dit	Commune Traversée	ROUTE Suivie	Altitude	Heures de passages				
							16km/h	15km/h	14 km/h	13 km/h	12 km/h
22 - Côtes-d'Armor											
0.0	187.0	0	Lamballe	Lamballe-Armor	D28	50	03:00	03:00	03:00	03:00	03:00
3.5	183.5	3.5	La Poterie		D28		03:13	03:14	03:15	03:16	03:17
0.5	183.0	4.0	Inter D28 VC Ch des Haïches >Ch du Gabbro		VC	83	03:15	03:16	03:17	03:18	03:20
3.0	180.0	7.0	Inter Ch du Gabbro > l'Ecobue > D28		VC	98	03:26	03:28	03:30	03:32	03:35
1.0	179.0	8.0	VC D28		D28	100	03:30	03:32	03:34	03:36	03:40
0.5	178.5	8.5	Inter D52 D28	Plédéliac	D28		03:31	03:34	03:36	03:39	03:42
5.5	173.0	14.0	Inter D28 D16 >D28	Pléven	D28	106	03:52	03:56	04:00	04:04	04:10
1.0	172.0	15.0	Inter D18D28				03:56	04:00	04:04	04:09	04:15
1.5	170.5	16.5	Pléven		D68	75	04:01	04:06	04:10	04:16	04:22
2.5	168.0	19.0	Plorec-sur-Arguenon	Plorec-sur-Arguenon	D68	62	04:11	04:16	04:21	04:27	04:35
3.5	164.5	22.5	Bourseul	Bourseul	D792	60	04:24	04:30	04:36	04:43	04:52
	164.5	22.5		Pluduno	D792		04:24	04:30	04:36	04:43	04:52
5.5	159.0	28.0	Plancoët	Plancoët	D794	50	04:45	04:52	05:00	05:09	05:20
	159.0	28.0	Inter D794 D28		D28		04:45	04:52	05:00	05:09	05:20
4.5	154.5	32.5	Inter D62 D28	Créhen	D28	62	05:01	05:10	05:19	05:30	05:42
5.0	149.5	37.5	Languenan	Languenan	D28	97	05:20	05:30	05:40	05:53	06:07
3.5	146.0	41.0	Inter D2 D28	Pleslin-Trigavou	D28		05:33	05:44	05:55	06:09	06:25
1.0	145.0	42.0	Trigavou		D28	62	05:37	05:48	06:00	06:13	06:30
2.0	143.0	44.0	Pleslin		D366		05:45	05:56	06:08	06:23	06:40
4.5	138.5	48.5	Les Landes	Plouër-sur-Rance	D366	60	06:01	06:14	06:27	06:43	07:02
2.5	136.0	51.0	Pont St Jean				06:11	06:24	06:38	06:55	07:15
	136.0	51.0		35 - Ille-et-Vilaine			06:11	06:24	06:38	06:55	07:15
2.5	133.5	53.5	La Ville-ès-Nonais	La Ville-ès-Nonais	D366	40	06:20	06:34	06:49	07:06	07:27
2.0	131.5	55.5	Châteauneuf-d'Ille-et-Vilaine	Châteauneuf-d'Ille-et-Vilaine	D366		06:28	06:42	06:57	07:16	07:37
1.0	130.5	56.5		Saint-Père-Marc-en-Poulet	D7	22	06:31	06:46	07:02	07:20	07:42
3.0	127.5	59.5	Saint-Guinoux	Saint-Guinoux	D7		06:43	06:58	07:15	07:34	07:57
	127.5	59.5		Lillemer	D7	6	06:43	06:58	07:15	07:34	07:57
4.5	123.0	64.0	La Fresnais	La Fresnais	D7		07:00	07:16	07:34	07:55	08:20
2.5	120.5	66.5	Inter D7 D155	Hirel	D155	10	07:09	07:26	07:45	08:06	08:32
3.0	117.5	69.5	Hirel		D155		07:20	07:38	07:57	08:20	08:47
2.0	115.5	71.5	Le Vivier-sur-Mer	Le Vivier-sur-Mer	D155	8	07:28	07:46	08:06	08:30	08:57
0.5	115.0	72.0		Mont-Dol			07:30	07:48	08:08	08:32	09:00
4.0	111.0	76.0	Inter D82 D797	Cherruix	D797	6	07:45	08:04	08:25	08:50	09:20
	111.0	76.0	Saint-Broladre	Saint-Broladre	D797	9	07:45	08:04	08:25	08:50	09:20
	111.0	76.0		Saint-Marcan	D797	15	07:45	08:04	08:25	08:50	09:20
	111.0	76.0		Roz-sur-Couesnon	D797		07:45	08:04	08:25	08:50	09:20
	111.0	76.0		Saint-Georges-de-Gréhaigne	D797	9	07:45	08:04	08:25	08:50	09:20
16.0	95.0	92.0	Pas Sup N176	Pleine-Fougères	D797	14	08:45	09:08	09:34	10:04	10:40
	95.0	92.0		50 - Manche			08:45	09:08	09:34	10:04	10:40
2.0	93.0	94.0	Pontorson	Pontorson	D776	9	08:52	09:16	09:42	10:13	10:50
	93.0	94.0		Beauvoir	D776		08:52	09:16	09:42	10:13	10:50
6.0	87.0	100.0	Inter D776 D275	Pontorson	D275	8	09:15	09:40	10:08	10:41	11:20
	87.0	100.0		Huisnes-sur-Mer	D275	8	09:15	09:40	10:08	10:41	11:20
7.0	80.0	107.0	Inter D78 D43	Courtills	D43		09:41	10:08	10:38	11:13	11:55
2.0	78.0	109.0	Courtills		D43	24	09:48	10:16	10:47	11:23	12:05
1.5	76.5	110.5	Les Forges Inter D113 D43	Céaux	D43	31	09:54	10:22	10:53	11:30	12:12
	76.5	110.5		Pontaubault	D43		09:54	10:22	10:53	11:30	12:12
	76.5	110.5		Précey	D43		09:54	10:22	10:53	11:30	12:12
4.0	72.5	114.5	Inter D998 D43	Juilly	D43	70	10:09	10:38	11:10	11:48	12:32
1.0	71.5	115.5	Inter D43 D107	Poilly	D107	71	10:13	10:42	11:15	11:53	12:37
3.0	68.5	118.5	Poilly		D107	24	10:24	10:54	11:27	12:06	12:52
1.5	67.0	120.0	Ducey	Ducey-Les Chéris		30	10:30	11:00	11:34	12:13	13:00
Départ de la 2ème demi étape											
0.0	67.0	120.0	Ducey	Ducey-Les Chéris	D78		12:00	12:00	12:00	12:00	12:00
3.5	63.5	123.5	Saint-Quentin-sur-le-Homme	Saint-Quentin-sur-le-Homme	D103	40	12:13	12:14	12:15	12:16	12:17
2.5	61.0	126.0	Inter D310 D103				12:22	12:24	12:25	12:27	12:30
	61.0	126.0		Marcilly	D103	95	12:22	12:24	12:25	12:27	12:30
4.0	57.0	130.0	Inter D103D5	Saint-Ovin	D5	148	12:37	12:40	12:42	12:46	12:50
3.0	54.0	133.0		Le Petit-Celland	D106		12:48	12:52	12:55	13:00	13:05
	54.0	133.0		Le Grand-Celland	D106		12:48	12:52	12:55	13:00	13:05
7.0	47.0	140.0	Brécey	Brécey	D39		13:15	13:20	13:25	13:32	13:40
5.0	42.0	145.0	Saint-Laurent-de-Cuves	Saint-Laurent-de-Cuves	D39	75	13:33	13:40	13:47	13:55	14:05
5.0	37.0	150.0	Saint-Pois	Saint-Pois	D33	184	13:52	14:00	14:08	14:18	14:30
1.5	35.5	151.5	Inter D491 D33		D33	136	13:58	14:06	14:15	14:25	14:37
	35.5	151.5		Lingéard	D33		13:58	14:06	14:15	14:25	14:37
	35.5	151.5		Le Mesnil-Gilbert	D33		13:58	14:06	14:15	14:25	14:37
5.5	30.0	157.0	Inter D33 D911	Juvigny les Vallées	D911	75	14:18	14:28	14:38	14:50	15:05
	30.0	157.0		Brouains	D911		14:18	14:28	14:38	14:50	15:05
9.0	21.0	166.0	Sourdeval	Sourdeval	D911		14:52	15:04	15:17	15:32	15:50
5.5	15.5	171.5	Inter D39 D911	Chaulieu	D911		15:13	15:26	15:40	15:57	16:17
1.5	14.0	173.0	Inter D911 D498		D498		15:18	15:32	15:47	16:04	16:25
	14.0	173.0		14 - Calvados			15:18	15:32	15:47	16:04	16:25
	14.0	173.0		Vire Normandie			15:18	15:32	15:47	16:04	16:25
4.0	10.0	177.0	Truttemer le Grand		D175		15:33	15:48	16:04	16:23	16:45
10.0	0.0	187.0	Vire Normandie			130	16:11	16:28	16:47	17:09	17:35