



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		Lingeard	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	Juigny 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