

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

Prologue
COURNONTERRAL (34)

8.5 km

km à parcourir	Km parcourus	ROUTE Suivie	Heures de passages				
			16km/h	15km/h	14 km/h	13 km/h	12 km/h
0.0	0.0	Plan De La Croix	16:00	16:00	16:00	16:00	16:00
0.1	0.1	Chemin De L'Amour	16:00	16:00	16:00	16:00	16:00
0.6	0.7	Grand Rue	16:02	16:02	16:03	16:03	16:03
0.4	1.1	Place De L'Église	16:04	16:04	16:04	16:05	16:05
0.1	1.2	Boulevard Du Théron	16:04	16:04	16:05	16:05	16:06
0.8	2.0	Rue Bastide De L'Oulieu	16:07	16:08	16:08	16:09	16:10
1.0	3.0	Rue Des Devèzes	16:11	16:12	16:12	16:13	16:15
0.6	3.6	Avenue De La République	16:13	16:14	16:15	16:16	16:18
	3.6	Rue Hector Berlioz	16:13	16:14	16:15	16:16	16:18
0.3	3.9	Place Jacques Brel	16:14	16:15	16:16	16:18	16:19
0.1	4.0	Route De Murviel	16:15	16:16	16:17	16:18	16:20
1.0	5.0	Route De Fabrègues	16:18	16:20	16:21	16:23	16:25
	5.0	Rue Des Bleuets	16:18	16:20	16:21	16:23	16:25
0.5	5.5	Rue Henri Barbusse	16:20	16:22	16:23	16:25	16:27
	5.5	Rue Annibal	16:20	16:22	16:23	16:25	16:27
	5.5	Rue Du Vieux Pressoir	16:20	16:22	16:23	16:25	16:27
	5.5	Allée Du Lac	16:20	16:22	16:23	16:25	16:27
0.5	6.0	Chemin Des Condamines	16:22	16:24	16:25	16:27	16:30
0.5	6.5	Avenue Du 8 Mai 1945	16:24	16:26	16:27	16:30	16:32
0.5	7.0	Chemin D'Antonègre	16:26	16:28	16:29	16:32	16:35
0.2	7.2	Rue Mallet	16:27	16:28	16:30	16:33	16:36
0.5	7.7	Rue Des Colverts	16:28	16:30	16:32	16:35	16:38
0.8	8.5	Plan De La Croix	16:31	16:34	16:36	16:39	16:42

Départ décalé une équipe toutes les 3 minutes



LA FRANCE EN COURANT
36ème Tour du 19 Juillet au 2 août 2025
dimanche, 20 juillet 2025

1ère Etape

Etape de 195 Km

COURNONTERRAL (34) CLAIRA (66)

Dis-Part	km	parcours	Commune - Lieu Dît	Commune Traversée	ROUTE	Altitude	Heures de passages				
							Suivie	16km/h	15km/h	14 km/h	13 km/h
34 HERAULT											
0.0	195.0	0	Cournonterral	Cournonterral	M5	50	03:00	03:00	03:00	03:00	03:00
2.0	193.0	2.0	Cournonsec	Cournonsec	M5	50	03:07	03:08	03:08	03:09	03:10
4.5	188.5	6.5	Inter D6 D2	Montbazin	D5	30	03:24	03:26	03:27	03:30	03:32
	188.5	6.5		Poussan			03:24	03:26	03:27	03:30	03:32
6.5	182.0	13.0	Villeveyrac	Villeveyrac	D5	55	03:48	03:52	03:55	04:00	04:05
12.0	170.0	25.0	Montagnac	Montagnac	D161A	50	04:33	04:40	04:47	04:55	05:05
	170.0	25.0		Aumes	D161		04:33	04:40	04:47	04:55	05:05
5.5	164.5	30.5	Inter D161 D32E5	Castelnau-de-Guers	D32E5		04:54	05:02	05:10	05:20	05:32
2.0	162.5	32.5	D32 VC Ch Carriere Mercada	Pézenas	VC	18	05:01	05:10	05:19	05:30	05:42
5.0	157.5	37.5	Nézignan-l'Évêque	Nézignan-l'Évêque	D13E15	30	05:20	05:30	05:40	05:53	06:07
3.0	154.5	40.5	Saint-Thibéry	Saint-Thibéry	D18	18	05:31	05:42	05:53	06:06	06:22
4.5	150.0	45.0	Montblanc	Montblanc	D15	38	05:48	06:00	06:12	06:27	06:45
3.5	146.5	48.5	Inter DN2009 D18e4	Servian	D18e4	65	06:01	06:14	06:27	06:43	07:02
4.0	142.5	52.5	Servian	Servian	D39		06:16	06:30	06:45	07:02	07:22
5.0	137.5	57.5	Bassan	Bassan	D39	80	06:35	06:50	07:06	07:25	07:47
1.0	136.5	58.5	Inter D39 D15		D15	60	06:39	06:54	07:10	07:30	07:52
1.5	135.0	60.0	Inter D18 VC vers La Gare	Lieuran-lès-Béziers	VC		06:45	07:00	07:17	07:36	08:00
0.5	134.5	60.5	Int VC D909 D39		D39	84	06:46	07:02	07:19	07:39	08:02
3.5	131.0	64.0	Corneilhan	Corneilhan	D39	100	07:00	07:16	07:34	07:55	08:20
4.0	127.0	68.0	Lignan-sur-Orb	Lignan-sur-Orb	D39	19	07:15	07:32	07:51	08:13	08:40
2.5	124.5	70.5	Maraussan	Maraussan	D39	30	07:24	07:42	08:02	08:25	08:52
	124.5	70.5		Cazouls-lès-Béziers	D39		07:24	07:42	08:02	08:25	08:52
	124.5	70.5		Cazouls-lès-Béziers	D162	50	07:24	07:42	08:02	08:25	08:52
4.5	120.0	75.0	Maureilhan	Maureilhan	D162	40	07:41	08:00	08:21	08:46	09:15
7.5	112.5	82.5	Capestang	Capestang	D16	20	08:09	08:30	08:53	09:20	09:52
3.5	109.0	86.0	Inter D16 D16e1	Montels	D16e1	8	08:22	08:44	09:08	09:36	10:10
2.0	107.0	88.0			D418	20	08:30	08:52	09:17	09:46	10:20
3.0	104.0	91.0	Ouveillan	Ouveillan	VC		08:41	09:04	09:30	10:00	10:35
	104.0	91.0	Rue Led Pelletier de St Fargeau		VC		08:41	09:04	09:30	10:00	10:35
5.5	98.5	96.5	Zone Industrielle de Truihas	Sallèles-d'Aude	VC	38	09:01	09:26	09:53	10:25	11:02
1.5	97.0	98.0	Mirepeisset	Mirepeisset	D326	40	09:07	09:32	10:00	10:32	11:10
1.5	95.5	99.5	Inter D602 D326		D326	42	09:13	09:38	10:06	10:39	11:17
2.0	93.5	101.5	Ginestas	Ginestas	D26	56	09:20	09:46	10:15	10:48	11:27
3.5	90.0	105.0	Ventenac-en-Minervois	Ventenac-en-Minervois	D124	35	09:33	10:00	10:30	11:04	11:45
1.5	88.5	106.5	Paraza	Paraza	D124	31	09:39	10:06	10:36	11:11	11:52
3.0	85.5	109.5	Roubia	Roubia	D124	35	09:50	10:18	10:49	11:25	12:07
2.5	83.0	112.0	Argens-Minervois	Argens-Minervois		38	10:00	10:28	11:00	11:36	12:20
1.0	82.0	113.0	Inter D424 D611 D11 D611		D611	35	10:03	10:32	11:04	11:41	12:25
	82.0	113.0					10:03	10:32	11:04	11:41	12:25
	82.0	113.0					10:03	10:32	11:04	11:41	12:25
	82.0	113.0					10:03	10:32	11:04	11:41	12:25
5.0	77.0	118.0	Lézignan-Corbières	Lézignan-Corbières		49	10:22	10:52	11:25	12:04	12:50
Départ de la 2ème demi étape											
0.0	77.0	118.0	Lézignan-Corbières	Lézignan-Corbières	D611		11:00	11:00	11:00	11:00	11:00
4.0	73.0	122.0	Passage SUP A61	Conilhac-Corbières	D611	63	11:15	11:16	11:17	11:18	11:20
2.5	70.5	124.5	Ferrals-les-Corbières	Ferrals-les-Corbières	D106		11:24	11:26	11:27	11:30	11:32
4.5	66.0	129.0	Villeroque La Crémade	Fabrezan	D106	117	11:41	11:44	11:47	11:50	11:55
0.5	65.5	129.5	Inter D106 D 611		D611	110	11:43	11:46	11:49	11:53	11:57
1.5	64.0	131.0	Inter D613 D 611	Thézan-des-Corbières	D611	98	11:48	11:52	11:55	12:00	12:05
1.5	62.5	132.5	Thézan-des-Corbières		D611	107	11:54	11:58	12:02	12:06	12:12
	62.5	132.5		Fontjoncouse	D611	115	11:54	11:58	12:02	12:06	12:12
	62.5	132.5		Villesèque-des-Corbières	D611	72	11:54	11:58	12:02	12:06	12:12
15.0	47.5	147.5		Durban-Corbières	D27	90	12:50	12:58	13:06	13:16	13:27
5.5	42.0	153.0	Saint-Jean-de-Barrou	Saint-Jean-de-Barrou	D27	128	13:11	13:20	13:30	13:41	13:55
	42.0	153.0		Fraissé-des-Corbières	D27	193	13:11	13:20	13:30	13:41	13:55
4.5	37.5	157.5	Col de Feulla	Feulla	D27	250	13:28	13:38	13:49	14:02	14:17
2.0	35.5	159.5	Inter D27 D227		D227	170	13:35	13:46	13:57	14:11	14:27
	35.5	159.5		Treilles	D227		13:35	13:46	13:57	14:11	14:27
	35.5	159.5		Fitou	D227		13:35	13:46	13:57	14:11	14:27
66 PYRENEES ORIENTALES											
5.5	30.0	165.0			D5	243	13:56	14:08	14:21	14:36	14:55
5.0	25.0	170.0	Opoul-	Opoul-Pénillos	D5	155	14:15	14:28	14:42	15:00	15:20
	25.0	170.0		Salses-le-Château	D5	55	14:15	14:28	14:42	15:00	15:20
10.0	15.0	180.0	Inter D5 D12	Rivesaltes	D12	30	14:52	15:08	15:25	15:46	16:10
2.0	13.0	182.0	Inter D12 D5		D5	22	15:00	15:16	15:34	15:55	16:20
2.5	10.5	184.5	Inter D5 D614		D614	20	15:09	15:26	15:45	16:06	16:32
4.0	6.5	188.5	Ch de Rivesaltes à la Salanq	Pia	VC	15	15:24	15:42	16:02	16:25	16:52
	6.5	188.5					15:24	15:42	16:02	16:25	16:52
	6.5	188.5					15:24	15:42	16:02	16:25	16:52
	6.5	188.5					15:24	15:42	16:02	16:25	16:52
	6.5	188.5					15:24	15:42	16:02	16:25	16:52
6.5	0.0	195.0	Claira	Claira	D1	10	15:48	16:08	16:30	16:55	17:25



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	parcours	Commune - Lieu Dit	Commune Traversée	ROUTE	Altitude	Heures de passages				
							16km/h	15km/h	14 km/h	13 km/h	12 km/h
66 PYRENNEES 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	12 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'Alieu	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	



LA FRANCE EN COURANT
36ème Tour du 19 Juillet au 2 août 2025
mercredi, 23 juillet 2025

4ème Etape

Etape de 190 Km LOUDENVIELLE (65) OLORON St MARIE (64)

Dis-Part	km	parcours	Commune - Lieu Dit	Commune Traversée	ROUTE Suivie	Altitude	Heures de passages				
							16km/h	15km/h	14 km/h	13 km/h	12 km/h
65 HAUTE PYRENEES											
0.0	190.0	0	Loudenvielle	Loudenvielle	D25	960	03:00	03:00	03:00	03:00	03:00
2.0	188.0	2.0	Génos	Génos	D225	965	03:07	03:08	03:08	03:09	03:10
6.0	182.0	8.0	Inter D225a D225	Adervielle-Pouchergues	D225		03:30	03:32	03:34	03:36	03:40
1.5	180.5	9.5	Col d'Azet	Azet	D225	1585	03:35	03:38	03:40	03:43	03:47
5.5	175.0	15.0	Azet		D225	1100	03:56	04:00	04:04	04:09	04:15
2.0	173.0	17.0	Estensan	Estensan	D225	990	04:03	04:08	04:12	04:18	04:25
	173.0	17.0		Bourisp	D25		04:03	04:08	04:12	04:18	04:25
2.5	170.5	19.5	Camparan	Camparan	D25	914	04:13	04:18	04:23	04:30	04:37
	170.5	19.5		Guchan	D25		04:13	04:18	04:23	04:30	04:37
2.0	168.5	21.5	Bazus-Aure	Bazus-Aure	D19	774	04:20	04:26	04:32	04:39	04:47
	168.5	21.5		Grézian	D19		04:20	04:26	04:32	04:39	04:47
3.0	165.5	24.5	Inter D19 D929		D929		04:31	04:38	04:45	04:53	05:02
1.5	164.0	26.0		Cadéac	D19		04:37	04:44	04:51	05:00	05:10
1.5	162.5	27.5	Arreau	Arreau	D929	700	04:43	04:50	04:57	05:06	05:17
0.5	162.0	28.0	Inter D929 D918		D918		04:45	04:52	05:00	05:09	05:20
2.0	160.0	30.0	Inter D918 D110	Aspin-Aure	D110	773	04:52	05:00	05:08	05:18	05:30
1.5	158.5	31.5	Aspin-Aure		D110	900	04:58	05:06	05:15	05:25	05:37
1.5	157.0	33.0	Inter D110 D918		D918	1024	05:03	05:12	05:21	05:32	05:45
	157.0	33.0		Beyrède-Jumet-Camous			05:03	05:12	05:21	05:32	05:45
7.0	150.0	40.0	Col d'Aspin	Aspin-Aure	D918	1489	05:30	05:40	05:51	06:04	06:20
	150.0	40.0		Campan	D918		05:30	05:40	05:51	06:04	06:20
11.5	138.5	51.5	Ste Marie de Campan		D918	851	06:13	06:26	06:40	06:57	07:17
4.5	134.0	56.0	Grip		D918	1027	06:30	06:44	07:00	07:18	07:40
8.5	125.5	64.5	La Mongie	Bagnères-de-Bigorre	D918		07:01	07:18	07:36	07:57	08:22
	125.5	64.5	Col du Tourmalet		D918	2115	07:01	07:18	07:36	07:57	08:22
	125.5	64.5		Barèges	D918		07:01	07:18	07:36	07:57	08:22
	125.5	64.5		Sers	D918		07:01	07:18	07:36	07:57	08:22
	125.5	64.5		Barèges	D918		07:01	07:18	07:36	07:57	08:22
	125.5	64.5		Sers	D918		07:01	07:18	07:36	07:57	08:22
15.5	110.0	80.0	Barèges	Barèges	D918	1200	08:00	08:20	08:42	09:09	09:40
	110.0	80.0		Betpouey	D918		08:00	08:20	08:42	09:09	09:40
	110.0	80.0		Viella	D918		08:00	08:20	08:42	09:09	09:40
	110.0	80.0		Esterre	D918		08:00	08:20	08:42	09:09	09:40
7.5	102.5	87.5	Luz-Saint-Sauveur	Luz-Saint-Sauveur	D921	680	08:28	08:50	09:15	09:43	10:17
	102.5	87.5		Esquièze-Sère	D921		08:28	08:50	09:15	09:43	10:17
	102.5	87.5		Sassis	D921		08:28	08:50	09:15	09:43	10:17
	102.5	87.5		Saligos	D921		08:28	08:50	09:15	09:43	10:17
	102.5	87.5		Chèze	D921		08:28	08:50	09:15	09:43	10:17
	102.5	87.5		Villelongue	D921		08:28	08:50	09:15	09:43	10:17
11.5	91.0	99.0	Soulom	Soulom	D921		09:11	09:36	10:04	10:36	11:15
1.0	90.0	100.0	Pierrefitte-Nestalas	Pierrefitte-Nestalas	D921	490	09:15	09:40	10:08	10:41	11:20
2.5	87.5	102.5	Saint-Savin	Saint-Savin	D13	453	09:24	09:50	10:19	10:53	11:32
1.5	86.0	104.0	Arcizans-Avant	Arcizans-Avant	D13	635	09:30	09:56	10:25	11:00	11:40
2.5	83.5	106.5	Inter D613 D13	Arras-en-Lavedan	D13	685	09:39	10:06	10:36	11:11	11:52
	83.5	106.5		Sireix	D13		09:39	10:06	10:36	11:11	11:52
3.5	80.0	110.0	Bun	Bun	D13	800	09:52	10:20	10:51	11:27	12:10
	80.0	110.0		Aucun	D13		09:52	10:20	10:51	11:27	12:10
2.0	78.0	112.0	Inter D13 D918	Gaillagos	D918	824	10:00	10:28	11:00	11:36	12:20
1.5	76.5	113.5	Aucun	Aucun	D918	847	10:05	10:34	11:06	11:43	12:27
2.0	74.5	115.5	Marsous	Arrens-Marsous	D918	857	10:13	10:42	11:15	11:53	12:37
Départ de la 2ème demi étape											
0.0	74.5	115.5	Marsous	Arrens-Marsous	D918	857	11:15	11:15	11:15	11:15	11:15
0.5	74.0	116.0	Arrens		D918	870	11:16	11:17	11:17	11:17	11:17
8.0	66.0	124.0	Col du Soulor	Arbéost	D918	1471	11:46	11:49	11:51	11:54	11:57
	66.0	124.0			D918		11:46	11:49	11:51	11:54	11:57
9.5	56.5	133.5	Col d'Aubisque	Béost	D918	1709	12:22	12:27	12:32	12:38	12:45
4.5	52.0	138.0	Gourette	Eaux-Bonnes	D918	1350	12:39	12:45	12:51	12:58	13:07
8.0	44.0	146.0	Eaux-Bonnes		D240	720	13:09	13:17	13:25	13:35	13:47
4.0	40.0	150.0	Béost	Béost	D240		13:24	13:33	13:42	13:54	14:07
	40.0	150.0		Louvie-Soubiron	D240		13:24	13:33	13:42	13:54	14:07
	40.0	150.0		Aste-Béon	D240		13:24	13:33	13:42	13:54	14:07
	40.0	150.0		Laruns	D240		13:24	13:33	13:42	13:54	14:07
4.0	36.0	154.0	Aste	Aste-Béon	D240	496	13:39	13:49	14:00	14:12	14:27
1.5	34.5	155.5	Beon		D240		13:45	13:55	14:06	14:19	14:35
	34.5	155.5		Bielle	D240	429	13:45	13:55	14:06	14:19	14:35
4.0	30.5	159.5	Castet	Castet	D240	426	14:00	14:11	14:23	14:38	14:55
2.0	28.5	161.5	Louvie-Juzon	Louvie-Juzon		420	14:07	14:19	14:32	14:47	15:05
0.5	28.0	162.0	Ave des Chenes	Izeste	VC		14:09	14:21	14:34	14:49	15:07
1.0	27.0	163.0	Rue de Bordeu		VC		14:13	14:25	14:38	14:54	15:12
	27.0	163.0		Arudy	D920		14:13	14:25	14:38	14:54	15:12
1.0	26.0	164.0	Inter D920 D918		D918	413	14:16	14:29	14:42	14:58	15:17
12.0	14.0	176.0	Inter D918 D338	Oloron-Sainte-Marie	D338	415	15:01	15:17	15:34	15:54	16:17
	14.0	176.0		Eysus	D338		15:01	15:17	15:34	15:54	16:17
14.0	0.0	190.0	Oloron-Sainte-Marie				15:54	16:13	16:34	16:58	17:27



LA FRANCE EN COURANT
36ème Tour du 19 Juillet au 2 août 2025
jeudi, 24 juillet 2025

5ème Etape

Etape de 188 Km OLORON St MARIE (64) CAZAUBON (32)

Dis-Part	km parcouru	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	
64-PYRENES-ATLANTIQUES												
0.0	188.0	0	Oloron-Sainte-Marie	Oloron-Sainte-Marie		415	03:00	03:00	03:00	03:00	03:00	
2.5	185.5	2.5	Rue NAVARROT		VC	230	03:09	03:10	03:10	03:11	03:12	
1.0	184.5	3.5	Estos	Estos	D9	220	03:13	03:14	03:15	03:16	03:17	
1.0	183.5	4.5	Ledeuix	Ledeuix	D9		03:16	03:18	03:19	03:20	03:22	
1.5	182.0	6.0	Inter D9 D110		D110	245	03:22	03:24	03:25	03:27	03:30	
	182.0	6.0		Verdets	D110	230	03:22	03:24	03:25	03:27	03:30	
9.0	173.0	15.0	Lucq-de-Béarn	Lucq-de-Béarn	D110	190	03:56	04:00	04:04	04:09	04:15	
1.5	171.5	16.5	Inter D110 D2		D2	267	04:01	04:06	04:10	04:16	04:22	
1.0	170.5	17.5	Inter D110 D2		D2	288	04:05	04:10	04:15	04:20	04:27	
2.5	168.0	20.0	Inter D2 Ch De Coustette	Monein	VC	250	04:15	04:20	04:25	04:32	04:40	
0.5	167.5	20.5	Int Ch du Moulin d'Ayres		VC	140	04:16	04:22	04:27	04:34	04:42	
2.0	165.5	22.5	Int Ch M D'Ayres D109		D109	145	04:24	04:30	04:36	04:43	04:52	
	165.5	22.5		Lucq-de-Béarn	D109	150	04:24	04:30	04:36	04:43	04:52	
	165.5	22.5		Monein	D109	160	04:24	04:30	04:36	04:43	04:52	
6.0	159.5	28.5	Cardesse	Cardesse	D9	180	04:46	04:54	05:02	05:11	05:22	
9.5	150.0	38.0	Monein	Monein	D9	145	05:22	05:32	05:42	05:55	06:10	
1.5	148.5	39.5	Inter D2 D9		D9	135	05:28	05:38	05:49	06:02	06:17	
3.5	145.0	43.0	Lahourcade	Lahourcade	D9	125	05:41	05:52	06:04	06:18	06:35	
2.0	143.0	45.0	Mourenx	Mourenx	D281	105	05:48	06:00	06:12	06:27	06:45	
2.5	140.5	47.5	Inter D281 D33		D33	103	05:58	06:10	06:23	06:39	06:57	
	140.5	47.5		Os-Marsillon	D33	102	05:58	06:10	06:23	06:39	06:57	
2.0	138.5	49.5	Abidos	Abidos	D33	93	06:05	06:18	06:32	06:48	07:07	
2.5	136.0	52.0	Int D33 D817	Lacq	D817		06:15	06:28	06:42	07:00	07:20	
1.0	135.0	53.0	Int D817 D31		D31	91	06:18	06:32	06:47	07:04	07:25	
2.0	133.0	55.0	Passage sur A64	Mont	D31	121	06:26	06:40	06:55	07:13	07:35	
4.5	128.5	59.5	Arthez-de-Béarn	Arthez-de-Béarn	D946	208	06:43	06:58	07:15	07:34	07:57	
2.5	126.0	62.0	Inter D946 D31		D31	122	06:52	07:08	07:25	07:46	08:10	
3.5	122.5	65.5	Inter D31 D945	Hagetaubin	D945	114	07:05	07:22	07:40	08:02	08:27	
4.0	118.5	69.5	Inter D945 D946	Morlanne	D946	126	07:20	07:38	07:57	08:20	08:47	
	118.5	69.5		Casteide-Candau	D946		07:20	07:38	07:57	08:20	08:47	
4.5	114.0	74.0	Morlanne	Morlanne	D946	170	07:37	07:56	08:17	08:41	09:10	
3.0	111.0	77.0	Inter D262 D945	Garos	D946	185	07:48	08:08	08:30	08:55	09:25	
	111.0	77.0		Piets-Plasence-Moustrou	D946		07:48	08:08	08:30	08:55	09:25	
5.0	106.0	82.0	Inter D270 D946	Louvigny	D946	100	08:07	08:28	08:51	09:18	09:50	
5.0	101.0	87.0	Arzacq-Arraziguet	Arzacq-Arraziguet	D944	233	08:26	08:48	09:12	09:41	10:15	
3.0	98.0	90.0	40 LANDES		D944	174	08:37	09:00	09:25	09:55	10:30	
1.5	96.5	91.5	Inter D432 D944	Philondenx	D944	171	08:43	09:06	09:32	10:02	10:37	
2.0	94.5	93.5	Inter D449 D944	Lacajunte	D944	166	08:50	09:14	09:40	10:11	10:47	
	94.5	93.5		Arboucave	D944	157	08:50	09:14	09:40	10:11	10:47	
7.5	87.0	101.0	Samadet	Samadet	D944	126	09:18	09:44	10:12	10:46	11:25	
4.0	83.0	105.0	Aubagnan	Aubagnan	D944	134	09:33	10:00	10:30	11:04	11:45	
3.5	79.5	108.5	Coudures	Coudures	D944	100	09:46	10:14	10:45	11:20	12:02	
4.5	75.0	113.0	Eyres-Moncube	Eyres-Moncube	D944		10:03	10:32	11:04	11:41	12:25	
5.0	70.0	118.0	Saint-Sever	Saint-Sever	D944	100	10:22	10:52	11:25	12:04	12:50	
Départ de la 2ème demi étape												
0.0	70.0	118.0	Saint-Sever	Saint-Sever			11:30	11:30	11:30	11:30	11:30	
	70.0	118.0	Ch de Pouraille		VC		11:30	11:30	11:30	11:30	11:30	
	70.0	118.0	VC Alexis		VC		11:30	11:30	11:30	11:30	11:30	
4.5	65.5	122.5	Inter VC D25		D25	112	11:46	11:48	11:49	11:50	11:52	
2.5	63.0	125.0	Montsoué	Montsoué	D52	97	11:56	11:58	12:00	12:02	12:05	
1.5	61.5	126.5	Inter 52 D387	Montgaillard	D387	55	12:01	12:04	12:06	12:09	12:12	
3.5	58.0	130.0	Inter D387 D352		D352		12:15	12:18	12:21	12:25	12:30	
6.5	51.5	136.5	Larrivière-Saint-Savin	Larrivière-Saint-Savin	D11	55	12:39	12:44	12:49	12:55	13:02	
1.0	50.5	137.5	Grenade-sur-l'Adour	Grenade-sur-l'Adour	D11		12:43	12:48	12:53	13:00	13:07	
7.5	43.0	145.0	Maurrin	Maurrin	D11	101	13:11	13:18	13:25	13:34	13:45	
1.5	41.5	146.5	Int D11 D30 D11		D11	114	13:16	13:24	13:32	13:41	13:52	
3.0	38.5	149.5	Pas Inf A65	Pujo-le-Plan	D11		13:28	13:36	13:45	13:55	14:07	
4.0	34.5	153.5	Int D11 D934 D354	Villeneuve-de-Marsan	D354	90	13:43	13:52	14:02	14:13	14:27	
3.0	31.5	156.5	Perquie	Perquie	D354		13:54	14:04	14:15	14:27	14:42	
2.5	29.0	159.0	Arthez-d'Armagnac	Arthez-d'Armagnac	D354	95	14:03	14:14	14:25	14:39	14:55	
5.5	23.5	164.5	Inter D354 D11	Le Frêche	D11		14:24	14:36	14:49	15:04	15:22	
	23.5	164.5		Saint-Justin	D11		14:24	14:36	14:49	15:04	15:22	
6.0	17.5	170.5	Labastide-d'Armagnac	Labastide-d'Armagnac	D11	95	14:46	15:00	15:15	15:32	15:52	
2.0	15.5	172.5	Betbezer-d'Armagnac	Betbezer-d'Armagnac	D11	121	14:54	15:08	15:23	15:41	16:02	
1.5	14.0	174.0	Inter D11 D35	Saint-Julien-d'Armagnac	D35	134	15:00	15:14	15:30	15:48	16:10	
4.5	9.5	178.5	Créon-d'Armagnac	Créon-d'Armagnac	D51	150	15:16	15:32	15:49	16:09	16:32	
3.0	6.5	181.5	Lagrange	Lagrange	D51	112	15:28	15:44	16:02	16:23	16:47	
	6.5	181.5		32-GERS	D235	100	15:28	15:44	16:02	16:23	16:47	
	6.5	181.5					15:28	15:44	16:02	16:23	16:47	
6.5	0.0	188.0	Cazaubon	Cazaubon			15:52	16:10	16:30	16:53	17:20	



LA FRANCE EN COURANT
36ème Tour du 19 Juillet au 2 août 2025
vendredi, 25 juillet 2025

6ème Etape

Etape de 192 Km

CAZAUBON (32) MONFLANQUIN (47)

Dis-Part	km	parcours	parcours	Commune - Lieu Dit	Commune Traversée	ROUTE	Altitude	Heures de passages					
								Suivie	16km/h	15km/h	14 km/h	13 km/h	12 km/h
				9 GERS									
0.0	192.0	0		Cazaubon	Cazaubon	D626	140	03:00	03:00	03:00	03:00	03:00	
	192.0	0.0			40 LANDES					03:00	03:00	03:00	03:00
	192.0	0.0			Labastide-d'Armagnac	D626		03:00	03:00	03:00	03:00	03:00	
	192.0	0.0			9 GERS					03:00	03:00	03:00	03:00
4.0	188.0	4.0		Inter D33 D626	Monclar	D626	137	03:15	03:16	03:17	03:18	03:20	
	188.0	4.0			40 LANDES					03:15	03:16	03:17	03:18
7.5	180.5	11.5		Labastide-d'Armagnac	Labastide-d'Armagnac	D11	95	03:43	03:46	03:49	03:53	03:57	
2.0	178.5	13.5		Betbezer-d'Armagnac	Betbezer-d'Armagnac	D11	100	03:50	03:54	03:57	04:02	04:07	
2.0	176.5	15.5		D11 D35	Saint-Julien-d'Armagnac	D35		03:58	04:02	04:06	04:11	04:17	
4.0	172.5	19.5		Créon-d'Armagnac	Créon-d'Armagnac	D51	150	04:13	04:18	04:23	04:30	04:37	
4.0	168.5	23.5		Inter D51 D933n > D323	Estigarde	D323	140	04:28	04:34	04:40	04:48	04:57	
5.5	163.0	29.0		Vielle-Soubiran	Vielle-Soubiran	VC		04:48	04:56	05:04	05:13	05:25	
7.0	156.0	36.0		VC S24									
4.0	152.0	40.0		Losse	N524 Piste	VC	145	05:30	05:40	05:51	06:04	06:20	
	152.0	40.0			47 LOT et GARONNE					05:30	05:40	05:51	06:04
12.0	140.0	52.0		Allons	Allons	D433	122	06:15	06:28	06:42	07:00	07:20	
	140.0	52.0			33 GIRONDE					06:15	06:28	06:42	07:00
7.0	133.0	59.0			Lartigue	D12e4	121	06:41	06:56	07:12	07:32	07:55	
2.0	131.0	61.0		Inter D12E4 D12E5		D12e5	108	06:48	07:04	07:21	07:41	08:05	
	131.0	61.0			47 LOT et GARONNE					06:48	07:04	07:21	07:41
3.0	128.0	64.0		Inter D445 VC	Pindères	VC		07:00	07:16	07:34	07:55	08:20	
5.0	123.0	69.0		Sauméjan	Sauméjan	D 157	135	07:18	07:36	07:55	08:18	08:45	
4.5	118.5	73.5		Pindères VC Préjouans	Pindères	VC		07:35	07:54	08:15	08:39	09:07	
3.0	115.5	76.5		Ptéjouans	Beauziac	D291	116	07:46	08:06	08:27	08:53	09:22	
5.0	110.5	81.5		Casteljaloux	Casteljaloux	D261	70	08:05	08:26	08:49	09:16	09:47	
	110.5	81.5			La Réunion	D261	111	08:05	08:26	08:49	09:16	09:47	
	110.5	81.5			Anzex	D261	144	08:05	08:26	08:49	09:16	09:47	
10.0	100.5	91.5		Villefranche-du-Queyran	Villefranche-du-Queyran	D120	65	08:43	09:06	09:32	10:02	10:37	
	100.5	91.5			Leyritz-Moncassin	D120		08:43	09:06	09:32	10:02	10:37	
7.0	93.5	98.5		Inter D143 D120	Razimet	D120	51	09:09	09:34	10:02	10:34	11:12	
2.5	91.0	101.0		Inter D300 D120	Villeton	D120	28	09:18	09:44	10:12	10:46	11:25	
	91.0	101.0				D120		09:18	09:44	10:12	10:46	11:25	
	91.0	101.0						09:18	09:44	10:12	10:46	11:25	
5.0	86.0	106.0		Tonneins	Tonneins			09:37	10:04	10:34	11:09	11:50	
				Départ de la 2ème demi étape									
0.0	86.0	106.0		Tonneins	Tonneins	D120		10:15	10:15	10:15	10:15	10:15	
5.0	81.0	111.0		Varès	Varès	D120	48	10:33	10:35	10:36	10:38	10:40	
3.0	78.0	114.0		Inter D301 D120	Grateloup-Saint-Gayrand	D120	44	10:45	10:47	10:49	10:51	10:55	
2.0	76.0	116.0		Inter D120 D299	Verteuil-d'Agenais	D299	48	10:52	10:55	10:57	11:01	11:05	
4.5	71.5	120.5		Hautesvignes	Hautesvignes	D299		11:09	11:13	11:17	11:21	11:27	
0.5	71.0	121.0		Inter D299 VC5 vers AGNE		VC	137	11:11	11:15	11:19	11:24	11:30	
	71.0	121.0			Labretonie			11:11	11:15	11:19	11:24	11:30	
4.0	67.0	125.0		Agmé	Agmé	D265	71	11:26	11:31	11:36	11:42	11:50	
4.0	63.0	129.0		Saint-Barthélemy-d'Agenais	Saint-Barthélemy-d'Agenais	D124	90	11:41	11:47	11:53	12:01	12:10	
6.0	57.0	135.0		Inter D124 D275	Tourtrès	D275		12:03	12:11	12:19	12:28	12:40	
1.0	56.0	136.0		Inter D667 D254	Tombebœuf	D254	128	12:07	12:15	12:23	12:33	12:45	
	56.0	136.0			Villebramar			12:07	12:15	12:23	12:33	12:45	
1.0	55.0	137.0		Inter D275 D 254	Tombebœuf	D254	127	12:11	12:19	12:27	12:38	12:50	
2.0	53.0	139.0		Inter D254 VC		VC		12:18	12:27	12:36	12:47	13:00	
3.0	50.0	142.0		Inter VC VC	Lavergne	VC		12:30	12:39	12:49	13:01	13:15	
1.5	48.5	143.5		Inter VC D266	Laperche	D266	121	12:35	12:45	12:55	13:08	13:22	
3.5	45.0	147.0		Inter D266 D227	Lavergne	D227		12:48	12:59	13:10	13:24	13:40	
1.0	44.0	148.0		La Mothe d'Alès		D227	85	12:52	13:03	13:15	13:28	13:45	
2.5	41.5	150.5		Montignac-de-Lauzun	Montignac-de-Lauzun	D227		13:01	13:13	13:25	13:40	13:57	
2.5	39.0	153.0		Inter D227 D254 D145	Monbahus	D145	134	13:11	13:23	13:36	13:51	14:10	
5.0	34.0	158.0		Monbahus		D145		13:30	13:43	13:57	14:15	14:35	
0.5	33.5	158.5		Inter D145 D241		D241	143	13:31	13:45	14:00	14:17	14:37	
	33.5	158.5			Monviel	D241		13:31	13:45	14:00	14:17	14:37	
	33.5	158.5			Moulinet	D241		13:31	13:45	14:00	14:17	14:37	
	33.5	158.5			Saint Maurice de lestapel	D241		13:31	13:45	14:00	14:17	14:37	
9.0	24.5	167.5		Lougratte	Lougratte	D218	135	14:05	14:21	14:38	14:58	15:22	
	24.5	167.5			Saint Eutrope de Born	D218		14:05	14:21	14:38	14:58	15:22	
5.0	19.5	172.5		Montaut	Montaut	D218	155	14:24	14:41	15:00	15:21	15:47	
5.0	14.5	177.5		Inter D218 D2	Bournel	D2	99	14:43	15:01	15:21	15:45	16:12	
2.0	12.5	179.5		Villereal	Villereal	D676	80	14:50	15:09	15:30	15:54	16:22	
2.5	10.0	182.0		Inter D153 D676	Saint-Etienne-de-Villereal	D676	107	15:00	15:19	15:40	16:05	16:35	
	10.0	182.0			Laussou	D676		15:00	15:19	15:40	16:05	16:35	
	10.0	182.0			Saint Eutrope de Born	D676		15:00	15:19	15:40	16:05	16:35	
10.0	0.0	192.0		Monflanquin	Monflanquin	D676	142	15:37	15:59	16:23	16:51	17:25	



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)				Heures de passages				
Dis-Part	km	parcou	arcours	Commune - Lieu Dit	Commune Traversée	ROUTE	Altitude	16km/h	15km/h	14 km/h	13 km/h	12 km/h
						Suivie						
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 BOURGOUGNAQUE		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				03:00	03:00	03:00	03:00	03:00
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		47 LOT et GARONNE				07:07	07:24	07:42	08:04	08:30
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				12:20	12:27	12:34	12:42	12:52
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	Neuvicq			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 Tâtrec			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	parcouru	Commune - Lieu Dit	Commune Traversée	ROUTE	Altitude	16km/h	15km/h	14 km/h	13 km/h	12 km/h
km	parcouru	commune			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				D52		04:41	04:48	04:55	05:04	05:15
17 CHARENTE MARITIME											
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-Savant	Saint-Savant	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	D129e2		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			D151		14:16	14:36	14:57	15:23	15:52
85 VENDEE											
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



LA FRANCE EN COURANT
36ème Tour du 19 Juillet au 2 août 2025
lundi, 28 juillet 2025

9ème Etape

Etape de 191 Km XANTON-CHASSENON (85) BRISSAC-LOIRE-AUBANCE (49)

Dis-Part	km	parcouru	parcours	Commune - Lieu Dit	Commune Traversée	ROUTE	Suivie	Altitude	Heures de passages						
									16km/h	15km/h	14 km/h	13 km/h	12 km/h		
85 VENDEE															
0.0	191.0		0	Saint-Hilaire-des-Loges	Saint-Hilaire-des-Loges	D15		48	03:00	03:00	03:00	03:00	03:00		
3.5	187.5	3.5		Xanton-Chassenon	Xanton-Chassenon	D104		21	03:13	03:14	03:15	03:16	03:17		
5.5	182.0	9.0		Saint-Michel-le-Cloucq	Saint-Michel-le-Cloucq	D104			03:33	03:36	03:38	03:41	03:45		
2.0	180.0	11.0		Inter D104 D65	L'Orbrie	D65		99	03:41	03:44	03:47	03:50	03:55		
2.5	177.5	13.5		Inter D65 D116	Mervent	D116		90	03:50	03:54	03:57	04:02	04:07		
2.0	175.5	15.5		Inter D116 D99		D99		39	03:58	04:02	04:06	04:11	04:17		
0.5	175.0	16.0		Mervent		D99		72	04:00	04:04	04:08	04:13	04:20		
	175.0	16.0			Pissotte	D99		80	04:00	04:04	04:08	04:13	04:20		
	175.0	16.0			Sérigné				04:00	04:04	04:08	04:13	04:20		
4.0	171.0	20.0		Int D938t D99	Bourneau	D99		88	04:15	04:20	04:25	04:32	04:40		
2.0	169.0	22.0		Bourneau		D99		90	04:22	04:28	04:34	04:41	04:50		
2.0	167.0	24.0		Borseguin	Bourneau	D110		108	04:30	04:36	04:42	04:50	05:00		
3.0	164.0	27.0		Inter D63 D110	Saint-Cyr-des-Gâts	D110		126	04:41	04:48	04:55	05:04	05:15		
4.5	159.5	31.5		Inter D110 D31	Rives-du-Fougerais	D31		80	04:58	05:06	05:15	05:25	05:37		
2.0	157.5	33.5		Thouarsais Bouildroux		D39		75	05:05	05:14	05:23	05:34	05:47		
3.0	154.5	36.5		Inter D39 D8	Bazoges-en-Pareds	D8		90	05:16	05:26	05:36	05:48	06:02		
5.0	149.5	41.5		Mouilleron-Saint-Germain	Mouilleron-en Pareds	D89			05:35	05:46	05:57	06:11	06:27		
0.5	149.0	42.0		Inter D949b D89		D89		110	05:37	05:48	06:00	06:13	06:30		
2.0	147.0	44.0		Int D114 D89	Tallud-Sainte-Gemme	D89		120	05:45	05:56	06:08	06:23	06:40		
5.0	142.0	49.0		Chavagnes-les-Redoux	Chavagnes-les-Redoux	D23		99	06:03	06:16	06:30	06:46	07:05		
4.0	138.0	53.0		Monsireigne	Monsireigne	D23		99	06:18	06:32	06:47	07:04	07:25		
2.0	136.0	55.0		D25 D960b D25	Saint-Prouant			100	06:26	06:40	06:55	07:13	07:35		
0.5	135.5	55.5		Int D25 D26		D26			06:28	06:42	06:57	07:16	07:37		
5.0	130.5	60.5		Le Boupère	Le Boupère	D79		140	06:46	07:02	07:19	07:39	08:02		
6.5	124.0	67.0		Inter D755 D79	Sèvremont	D79			07:11	07:28	07:47	08:09	08:35		
1.0	123.0	68.0		Saint-Mars-la-Réorthe	Saint-Mars-la-Réorthe	D79		140	07:15	07:32	07:51	08:13	08:40		
4.0	119.0	72.0		Les Epesses	Les Epesses	D11		190	07:30	07:48	08:08	08:32	09:00		
4.0	115.0	76.0		Inter D11 D72		D72		140	07:45	08:04	08:25	08:50	09:20		
3.5	111.5	79.5		Saint-Malô-du-Bois	Saint-Malô-du-Bois	D752		198	07:58	08:18	08:40	09:06	09:37		
4.0	107.5	83.5		Saint-Laurent-sur-Sèvre	Saint-Laurent-sur-Sèvre	D752		113	08:13	08:34	08:57	09:25	09:57		
	107.5	83.5							08:13	08:34	08:57	09:25	09:57		
79 - Deux-Sèvres															
1.0	106.5	84.5		La Trique	Mauléon	D752		143	08:16	08:38	09:02	09:30	10:02		
	106.5	84.5			Mortagne-sur-Sèvre				08:16	08:38	09:02	09:30	10:02		
	106.5	84.5							08:16	08:38	09:02	09:30	10:02		
49 - Maine-et-Loire															
	106.5	84.5			Cholet	D732			08:16	08:38	09:02	09:30	10:02		
5.0	101.5	89.5		Le Puy St Bonnet	VCR ue du Ruisseaux	VC 2		147	08:35	08:58	09:23	09:53	10:27		
	101.5	89.5		Rue du Poitou	Saint-Christophe-du-Bois				08:35	08:58	09:23	09:53	10:27		
4.5	97.0	94.0		Saint-Christophe-du-Bois		D202		102	08:52	09:16	09:42	10:13	10:50		
	97.0	94.0							08:52	09:16	09:42	10:13	10:50		
85 VENDEE															
4.5	92.5	98.5		Inter D63 D149	Mortagne-sur-Sèvre	D149		136	09:09	09:34	10:02	10:34	11:12		
	92.5	98.5							09:09	09:34	10:02	10:34	11:12		
4.5	88.0	103.0		Inter D949 D91	Sèvremoine	D91		120	09:26	09:52	10:21	10:55	11:35		
4.5	83.5	107.5		Inter D91 D753 >> D91	La Romagne	D91		120	09:43	10:10	10:40	11:16	11:57		
6.5	77.0	114.0		St André La Marche	Sèvremoine	D91		104	10:07	10:36	11:08	11:46	12:30		
2.0	75.0	116.0		St Macaire en Mauges		D91		96	10:15	10:44	11:17	11:55	12:40		
Départ de la 2ème demi étape															
0.0	75.0	116.0		St Macaire en Mauges	Sèvremoine	D147			11:15	11:15	11:15	11:15	11:15		
4.5	70.5	120.5		Bégrolles-en-Mauges	Bégrolles-en-Mauges	D147		101	11:31	11:33	11:34	11:35	11:37		
4.0	66.5	124.5		Le May-sur-Èvre	Le May-sur-Èvre	D15		107	11:46	11:49	11:51	11:54	11:57		
3.5	63.0	128.0		La Jubaudière	Beaupréau-en-Mauges	D15			12:00	12:03	12:06	12:10	12:15		
3.5	59.5	131.5		Jallais		D756		90	12:13	12:17	12:21	12:26	12:32		
5.5	54.0	137.0		La Chapelle Roussein	Chemillé-en-Anjou	D349		107	12:33	12:39	12:45	12:51	13:00		
5.0	49.0	142.0		St Lézin		D199		100	12:52	12:59	13:06	13:15	13:25		
1.5	47.5	143.5		Inter D121 D199		D199		100	12:58	13:05	13:12	13:21	13:32		
4.5	43.0	148.0		La Jumellière		D199		86	13:15	13:23	13:32	13:42	13:55		
3.5	39.5	151.5		Inter D199 D121		D121		97	13:28	13:37	13:47	13:58	14:12		
2.0	37.5	153.5		Inter D160 D121		D121		90	13:35	13:45	13:55	14:08	14:22		
2.5	35.0	156.0		Chanzeau		D212		60	13:45	13:55	14:06	14:19	14:35		
6.5	28.5	162.5		Valajou		D54			14:09	14:21	14:34	14:49	15:07		
3.5	25.0	166.0		Int D54 VC Des Chailloux	Bellevigne-en-Layon	VC			14:22	14:35	14:49	15:05	15:25		
2.5	22.5	168.5		Inter VC D199		D199		70	14:31	14:45	15:00	15:17	15:37		
0.5	22.0	169.0		Inter D199 D208		D208		63	14:33	14:47	15:02	15:19	15:40		
3.5	18.5	172.5		Int D208 D133 VC La Maison Neuve		VC		59	14:46	15:01	15:17	15:35	15:57		
2.5	16.0	175.0		Thouarsais		D24		38	14:56	15:11	15:27	15:47	16:10		
2.0	14.0	177.0		Bonnezeaux		D24		84	15:03	15:19	15:36	15:56	16:20		
1.0	13.0	178.0		Int D24 VCLa Coucheyière	Terranjou	VC		90	15:07	15:23	15:40	16:01	16:25		
3.5	9.5	181.5		Le Sablon D55	Bellevigne-en-Layon	D55		96	15:20	15:37	15:55	16:17	16:42		
5.5	4.0	187.0		Vauchrézien	Brissac Loire Aubance	D55		67	15:41	15:59	16:19	16:42	17:10		
	4.0	187.0							15:41	15:59	16:19	16:42	17:10		
	4.0	187.0							15:41	15:59	16:19	16:42	17:10		
	4.0	187.0							15:41	15:59	16:19	16:42	17:10		
4.0	0.0	191.0		Brissac Loire Aubance				44	15:56	16:15	16:36	17:01	17:30		



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
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	03:55
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	05:17
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	06:17
	150.5	39.5			Val d'Erdre-Auxence	D102	60	05:28	05:38	05:49	06:02	06:17
8.5	142.0	48.0		Villemoisan		D102	60	06:00	06:12	06:25	06:41	07:00
	142.0	48.0			Champtocé-sur-Loire	D102		06:00	06:12	06:25	06:41	07:00
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	08:57
	118.5	71.5			Pouillé-les-Côteaux	D22	58	07:28	07:46	08:06	08:30	08:57
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	09:35
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	11:20
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	10:35
0.5	70.0	120.0		Inter D39 VC Les Plachette		VC		10:28	10:30	10:32	10:34	10:37
1.5	68.5	121.5		Passage Sup N137		PS		10:33	10:36	10:38	10:41	10:45
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		Guémené-Penfao	Guémené-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	12:10
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	12:47
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 - Ille-et-Vilaine				12:39	12:50	13:02	13:16	13:32
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	13:45
2.5	30.0	160.0		Maupertuis		D65	30	12:58	13:10	13:23	13:39	13:57
	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	14:17
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	15:50
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				
							Suivie	16km/h	15km/h	14 km/h	13 km/h
56 - Morbihan											
0.0	191.0	0	Pleucadeuc	Pleucadeuc	D774	70	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	03:11	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
1.0	182.5	8.5	Saint-Gravé		D777	76	03:31	03:34	03:36	03:39	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
4.0	175.0	16.0	Inter D137 D777	Les Fougerêts	D777	43	04:00	04:04	04:08	04:13	04:20
6.0	169.0	22.0	La Gacilly	La Gacilly	D8	20	04:22	04:28	04:34	04:41	04:50
2.5	166.5	24.5	Inter D8 D137		D137	47	04:31	04:38	04:45	04:53	05:02
1.5	165.0	26.0	Inter D137 D161		D161	16	04:37	04:44	04:51	05:00	05:10
1.5	163.5	27.5	Inter D14 D161	Carentoir	D161	32	04:43	04:50	04:57	05:06	05:17
5.0	158.5	32.5	Inter D161 D118	Tréal	D118	40	05:01	05:10	05:19	05:30	05:42
1.5	157.0	34.0	D118 VC Le Monty		VC	46	05:07	05:16	05:25	05:36	05:50
4.0	153.0	38.0	Inter VC D171	Monteneuf	D171	109	05:22	05:32	05:42	05:55	06:10
4.0	149.0	42.0	Monteneuf		D124	103	05:37	05:48	06:00	06:13	06:30
5.5	143.5	47.5	Porcaro	Porcaro	D124	64	05:58	06:10	06:23	06:39	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
1.5	141.0	50.0	P inf N24		D124	109	06:07	06:20	06:34	06:50	07:10
6.5	134.5	56.5	Beignon	Beignon	D124	120	06:31	06:46	07:02	07:20	07:42
1.5	133.0	58.0		35-Ille et VILAINE	D71		06:37	06:52	07:08	07:27	07:50
4.5	128.5	62.5	Paimpont	Paimpont	D773	154	06:54	07:10	07:27	07:48	08:12
5.0	123.5	67.5		56 - Morbihan	D773	118	07:13	07:30	07:49	08:11	08:37
1.0	122.5	68.5	InterD2 D773d	Concoret	D773	120	07:16	07:34	07:53	08:16	08:42
	122.5	68.5		35-Ille et VILAINE	D773		07:16	07:34	07:53	08:16	08:42
8.5	114.0	77.0	Gaël	Gaël			07:48	08:08	08:30	08:55	09:25
	114.0	77.0		R du Bois Viel > Rée Judicael >Ch de Beaulieu	VC		07:48	08:08	08:30	08:55	09:25
	114.0	77.0		Ch Clémentin > La Chapelle	VC		07:48	08:08	08:30	08:55	09:25
	114.0	77.0		22 - Côtes-d'Armor			07:48	08:08	08:30	08:55	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
7.5	106.5	84.5	Loscouët-sur-Meu				08:16	08:38	09:02	09:30	10:02
	106.5	84.5	La Rabine > D764		D764		08:16	08:38	09:02	09:30	10:02
3.0	103.5	87.5	P Inf N164				08:28	08:50	09:15	09:43	10:17
2.5	101.0	90.0	Les Treize Chènes	Trémoriel	D76	130	08:37	09:00	09:25	09:55	10:30
	101.0	90.0		Lanrelas	D76		08:37	09:00	09:25	09:55	10:30
8.0	93.0	98.0	Saint-Launeuc	Saint-Launeuc	D76	146	09:07	09:32	10:00	10:32	11:10
	93.0	98.0		Mérillac	D76		09:07	09:32	10:00	10:32	11:10
4.0	89.0	102.0	Inter 76 D16	Saint-Vran	D161		09:22	09:48	10:17	10:50	11:30
3.5	85.5	105.5	Mérillac		D39	147	09:35	10:02	10:32	11:06	11:47
4.0	81.5	109.5	Langourla	Le Mené	D46		09:50	10:18	10:49	11:25	12:07
	81.5	109.5					09:50	10:18	10:49	11:25	12:07
	81.5	109.5					09:50	10:18	10:49	11:25	12:07
8.5	73.0	118.0	Le Mené			220	10:22	10:52	11:25	12:04	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
	73.0	118.0		Saint-Glen	D6	239	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
5.5	62.5	128.5	Inter D25 D6	Trédaniel	D6	127	11:54	11:57	12:00	12:03	12:07
1.0	61.5	129.5	Inter D44 D6		D6	132	11:58	12:01	12:04	12:08	12:12
1.0	60.5	130.5	Inter D6 D768		D768	91	12:01	12:05	12:08	12:12	12:17
	60.5	130.5		Hénon	D768		12:01	12:05	12:08	12:12	12:17
1.0	59.5	131.5	Moncontour	Moncontour	D768	112	12:05	12:09	12:12	12:17	12:22
1.0	58.5	132.5	InterD 768 D44	Plémy	D44		12:09	12:13	12:17	12:21	12:27
3.5	55.0	136.0	Inter D103 D44		D44		12:22	12:27	12:32	12:38	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
	49.5	141.5		Hénon	D27		12:43	12:49	12:55	13:03	13:12
7.5	42.0	149.0	Saint-Carreuc	Saint-Carreuc	D28	192	13:11	13:19	13:27	13:38	13:50
	42.0	149.0		Hénon	D28		13:11	13:19	13:27	13:38	13:50
6.0	36.0	155.0	Quessoy	Quessoy	D28	85	13:33	13:43	13:53	14:05	14:20
2.5	33.5	157.5	Inter D28 D765		D765	59	13:43	13:53	14:04	14:17	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
	32.0	159.0	VC > Clos de la Fontaine	Bréhand	VC		13:48	13:59	14:10	14:24	14:40
2.0	30.0	161.0	Inter VC D35		D35	74	13:56	14:07	14:19	14:33	14:50
1.5	28.5	162.5	Int D35 D768 > VC Bréhand				14:01	14:13	14:25	14:40	14:57
1.0	27.5	163.5	Bréhand		D80		14:05	14:17	14:30	14:45	15:02
3.5	24.0	167.0		Trébry	D44	136	14:18	14:31	14:45	15:01	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
2.0	21.0	170.0	La Forge Cordel	Saint-Glen	D44	141	14:30	14:43	14:57	15:15	15:35
1.5	19.5	171.5	Inter D44 >d14 > D44	Penguilly	D44		14:35	14:49	15:04	15:21	15:42
	19.5	171.5		La Malhoure	D44	141	14:35	14:49	15:04	15:21	15:42
5.0	14.5	176.5	Inter D44 D59	Plénée-Jugon	D55	135	14:54	15:09	15:25	15:45	16:07
5.5	9.0	182.0	Plestan	Plestan	D55		15:15	15:31	15:49	16:10	16:35
0.5	8.5	182.5	D55 VC La Pite Brenand		VC	97	15:16	15:33	15:51	16:12	16:37
1.0	7.5	183.5	Inter VC Le Grand Lais VC La Chesnaye		VC	98	15:20	15:37	15:55	16:17	16:42
3.5	4.0	187.0	Noyal	Noyal	D712	56	15:33	15:51	16:10	16:33	17:00
4.0	0.0	191.0	Lamballe	Lamballe-Armor		50	15:48	16:07	16:27	16:51	17:20



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		Commune - Lieu Dit	Commune Traversée	ROUTE	Altitude	Heures de passages					
	parcourus	à parcourir					Suivie	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	Languevan	Languevan	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	Cherrueix	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			D-997		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	Juilley	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		Lingoard	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	



LA FRANCE EN COURANT
36ème Tour du 19 Juillet au 2 août 2025
vendredi, 01 août 2025

13ème Etape

Etape de 191 Km

VIRE NORMANDIE (14) FALAISE (14)

Dis-Part	km	parcourarcours	Commune - Lieu Dit	Commune Traversée	ROUTE Suivie	Altitude	Heures de passages					
							16km/h	15km/h	14 km/h	13 km/h	12 km/h	
14 - Calvados												
0.0	191.0	0	Vire Normandie	Vire Normandie	D55	130	03:00	03:00	03:00	03:00	03:00	
3.0	188.0	3.0	Inter D407 D55		D55	126	03:11	03:12	03:12	03:13	03:15	
7.0	181.0	10.0	Inter D294 D55	Valdallière	D55	231	03:37	03:40	03:42	03:46	03:50	
4.0	177.0	14.0	Inter D56 D55		D55	216	03:52	03:56	04:00	04:04	04:10	
4.0	173.0	18.0	Inter D55 D255	Terres de Druance	D105	205	04:07	04:12	04:17	04:23	04:30	
5.0	168.0	23.0	St Vigor des Mérzerets		D105	210	04:26	04:32	04:38	04:46	04:55	
	168.0	23.0		Condé-en-Normandie			04:26	04:32	04:38	04:46	04:55	
6.5	161.5	29.5	Pontécoulant	Pontécoulant	D105	104	04:50	04:58	05:06	05:16	05:27	
6.0	155.5	35.5	Condé sur Noireau	Condé-en-Normandie	D511	85	05:13	05:22	05:32	05:43	05:57	
2.0	153.5	37.5	Pont Erembourg	Saint-Denis-de-Méré			05:20	05:30	05:40	05:53	06:07	
	153.5	37.5		61 - Orne	D256		05:20	05:30	05:40	05:53	06:07	
0.5	153.0	38.0		Saint-Pierre-du-Regard		77	05:22	05:32	05:42	05:55	06:10	
2.0	151.0	40.0	Iter D224 D15	Berjou	D15	155	05:30	05:40	05:51	06:04	06:20	
3.0	148.0	43.0	Sainte-Honorine-la-Chardonne	Sainte-Honorine-la-Chardonne	D15	196	05:41	05:52	06:04	06:18	06:35	
6.0	142.0	49.0	Taillebois Inter D15 D43	Athis-Val de Rouvre	D43	165	06:03	06:16	06:30	06:46	07:05	
3.5	138.5	52.5	La Carneille Inter D20		D43	185	06:16	06:30	06:45	07:02	07:22	
5.0	133.5	57.5	Landigou	Landigou	D43	253	06:35	06:50	07:06	07:25	07:47	
2.0	131.5	59.5	Inter D43 D255	Échalou	D255		06:43	06:58	07:15	07:34	07:57	
1.0	130.5	60.5	Échalou		D118		06:46	07:02	07:19	07:39	08:02	
1.5	129.0	62.0	Inter D118 D255		D255	213	06:52	07:08	07:25	07:46	08:10	
2.5	126.5	64.5	Saires-la-Verrerie	Saires-la-Verrerie			07:01	07:18	07:36	07:57	08:22	
1.0	125.5	65.5	Inter D255 D21		D21	252	07:05	07:22	07:40	08:02	08:27	
	125.5	65.5		Saint-André-de-Messei			07:05	07:22	07:40	08:02	08:27	
4.0	121.5	69.5	La Ferrière-aux-Étangs	La Ferrière-aux-Étangs	D21		07:20	07:38	07:57	08:20	08:47	
	121.5	69.5		Banvou	D21		07:20	07:38	07:57	08:20	08:47	
4.5	117.0	74.0	Dompierre	Dompierre	D21	223	07:37	07:56	08:17	08:41	09:10	
2.5	114.5	76.5	Inter D21 D 260	Champcerie	D260		07:46	08:06	08:27	08:53	09:22	
2.5	112.0	79.0	Champcerie		D160		07:56	08:16	08:38	09:04	09:35	
5.5	106.5	84.5	L'Etoile	Les Monts d'Andaine	D355		08:16	08:38	09:02	09:30	10:02	
	106.5	84.5		Juvigny Val d'Andaine	D355		08:16	08:38	09:02	09:30	10:02	
7.5	99.0	92.0	Bagnoles de l'Orne Normandie	Bagnoles de l'Orne Normandie	D335	170	08:45	09:08	09:34	10:04	10:40	
2.5	96.5	94.5	Inter D335 D816 D850	Rives d'Andaine	D850		08:54	09:18	09:45	10:16	10:52	
3.0	93.5	97.5	Inter D850 D20	La Ferté Macé	D20		09:05	09:30	09:57	10:30	11:07	
2.5	91.0	100.0	Inter D20 D975 D20	Méhoudin			09:15	09:40	10:08	10:41	11:20	
				53 - Mayenne			09:15	09:40	10:08	10:41	11:20	
0.5	90.5	100.5	Inter D218 D265	Madré	D265		09:16	09:42	10:10	10:43	11:22	
3.5	87.0	104.0	Saint-Julien-du-Terroux	Saint-Julien-du-Terroux	D147	157	09:30	09:56	10:25	11:00	11:40	
	87.0	104.0		Lassay-les-Châteaux	D147		09:30	09:56	10:25	11:00	11:40	
4.5	82.5	108.5	Inter D242 D147	Chevaigné-du-Maine	D147		09:46	10:14	10:45	11:20	12:02	
3.5	79.0	112.0	Charchigné	Charchigné	D33	238	10:00	10:28	11:00	11:36	12:20	
2.0	77.0	114.0	Inter D33 D264	Chevaigné-du-Maine	D264	208	10:07	10:36	11:08	11:46	12:30	
2.5	74.5	116.5	Chevaigné-du-Maine		D242	177	10:16	10:46	11:19	11:57	12:42	
2.0	72.5	118.5	Inter D242 D218	Javron-les-Chapelles	D218	200	10:24	10:54	11:27	12:06	12:52	
3.5	69.0	122.0	Javron-les-Chapelles			160	10:37	11:08	11:42	12:23	13:10	
Départ de la 2ème demi étape												
0.0	69.0	122.0	Javron-les-Chapelles	Javron-les-Chapelles	D3		11:45	11:45	11:45	11:45	11:45	
5.5	63.5	127.5	Saint-Aignan-de-Couptrain	Saint-Aignan-de-Couptrain	D3	170	12:05	12:07	12:08	12:10	12:12	
3.0	60.5	130.5	Couptrain	Couptrain	D3	188	12:16	12:19	12:21	12:24	12:27	
	60.5	130.5		Neuilly-le-Vendin	D3		12:16	12:19	12:21	12:24	12:27	
3.5	57.0	134.0	Inter D244 D3	Saint-Calais-du-Désert	D3	215	12:30	12:33	12:36	12:40	12:45	
	57.0	134.0		La Pallu	D3		12:30	12:33	12:36	12:40	12:45	
7.0	50.0	141.0	Lignièrès-Orgères	Lignièrès-Orgères	D221	280	12:56	13:01	13:06	13:12	13:20	
2.0	48.0	143.0		61 - Orne	D511		13:03	13:09	13:15	13:21	13:30	
3.5	44.5	146.5	Joué-du-Bois	Joué-du-Bois	D202	300	13:16	13:23	13:30	13:38	13:47	
3.5	41.0	150.0	Le Champ-de-la-Pierre	Le Champ-de-la-Pierre	D202		13:30	13:37	13:45	13:54	14:05	
1.0	40.0	151.0	Inter D202 D909	Rânes	D909	251	13:33	13:41	13:49	13:58	14:10	
3.0	37.0	154.0	Rânes		D909		13:45	13:53	14:02	14:12	14:25	
4.5	32.5	158.5	Inter D909 VC Dr la Bruyère		VC		14:01	14:11	14:21	14:33	14:47	
2.5	30.0	161.0	Lougé-sur-Maire	Lougé-sur-Maire	D865	175	14:11	14:21	14:32	14:45	15:00	
3.0	27.0	164.0	Inter D924 D865 VC N°5		VC5		14:22	14:33	14:45	14:58	15:15	
2.0	25.0	166.0	Inter D781 D783	Putanges-le-Lac	D783		14:30	14:41	14:53	15:08	15:25	
2.5	22.5	168.5	Inter D783 D909		D909	158	14:39	14:51	15:04	15:19	15:37	
2.5	20.0	171.0	Putanges-Pont Ecrepin		D909	130	14:48	15:01	15:15	15:31	15:50	
4.0	16.0	175.0	Inter D873 D909	Champcerie	D909	206	15:03	15:17	15:32	15:49	16:10	
2.0	14.0	177.0	Bazoche-au-Houlme	Bazoche-au-Houlme			15:11	15:25	15:40	15:58	16:20	
	14.0	177.0		14 - Calvados			15:11	15:25	15:40	15:58	16:20	
4.0	10.0	181.0	Cordey	Cordey	D244	171	15:26	15:41	15:57	16:17	16:40	
1.5	8.5	182.5	Inter D244 VC Les Beaux				15:31	15:47	16:04	16:24	16:47	
0.5	8.0	183.0	Les Beaux				15:33	15:49	16:06	16:26	16:50	
	8.0	183.0		61 - Orne			15:33	15:49	16:06	16:26	16:50	
	8.0	183.0		Neuvy-au-Houlme			15:33	15:49	16:06	16:26	16:50	
0.5	7.5	183.5		14 - Calvados			15:35	15:51	16:08	16:28	16:52	
	7.5	183.5	vc Rte du Bois Pantou	La Hoguette	VC		15:35	15:51	16:08	16:28	16:52	
1.5	6.0	185.0	Inter VC D243	Saint Pierre du Bu	D243	202	15:41	15:57	16:15	16:35	17:00	
1.5	4.5	186.5	Saint Pierre du Bu		D509	204	15:46	16:03	16:21	16:42	17:07	
4.5	0.0	191.0	Falaise	Falaise			16:03	16:21	16:40	17:03	17:30	



LA FRANCE EN COURANT
36ème Tour du 19 Juillet au 2 août 2025
samedi, 02 août 2025

14ème Etape

Etape de **120 Km** **FALAISE (14) Stade BERNAY (27)**

Dis-Part	km	parcours	Commune - Lieu Dit	Commune Traversée	ROUTE	Altitude	Heures de passages				
							16km/h	15km/h	14 km/h	13 km/h	12 km/h
14 CALVADOS											
0.0	120.0	0	Falaise	Falaise	D511	155	06:00	06:00	06:00	06:00	06:00
	120.0	0.0		Versainville	D511	145	06:00	06:00	06:00	06:00	06:00
	120.0	0.0		Épaney	D511	126	06:00	06:00	06:00	06:00	06:00
	120.0	0.0		Perrières	D511	55	06:00	06:00	06:00	06:00	06:00
	120.0	0.0		Bernières-d'Ailly	D511		06:00	06:00	06:00	06:00	06:00
	120.0	0.0		Jort	D511	40	06:00	06:00	06:00	06:00	06:00
	120.0	0.0		Vendeuvre	D511		06:00	06:00	06:00	06:00	06:00
14.5	105.5	14.5	Jort	Jort	D511		06:54	06:58	07:02	07:06	07:12
	105.5	14.5		Vendeuvre	D511	45	06:54	06:58	07:02	07:06	07:12
6.0	99.5	20.5	Saint Pierre sur Dives	Saint-Pierre-en-Auge	D4	29	07:16	07:22	07:27	07:34	07:42
1.0	98.5	21.5	Inter-D4 D511		D511		07:20	07:26	07:32	07:39	07:47
5.0	93.5	26.5	Inter D252 Et D154 avec D511		D511	42	07:39	07:46	07:53	08:02	08:12
5.5	88.0	32.0	St Julirn le Faucon	Mézidon Vallée d'Auge	D511	36	08:00	08:08	08:17	08:27	08:40
	88.0	32.0		Le Mesnil-Simon	D511	89	08:00	08:08	08:17	08:27	08:40
5.5	82.5	37.5	Inter D511 VC Ch des Aniers	Les Monceaux	VC		08:20	08:30	08:40	08:53	09:07
0.5	82.0	38.0	Inter VC D103	Saint-Pierre-des-Ifs	D103	168	08:22	08:32	08:42	08:55	09:10
	82.0	38.0		Le Mesnil-Eudes	D103	170	08:22	08:32	08:42	08:55	09:10
	82.0	38.0		Lessard-et-le-Chêne	D103		08:22	08:32	08:42	08:55	09:10
5.5	76.5	43.5	Inter D103 D579 D47	Saint-Germain-de-Livet	D47	179	08:43	08:54	09:06	09:20	09:37
1.0	75.5	44.5	La Chapelle Noiremare	Livarot-Pays-d'Auge	VC	174	08:46	08:58	09:10	09:25	09:42
0.5	75.0	45.0	Inter D265 VC		VC		08:48	09:00	09:12	09:27	09:45
2.5	72.5	47.5	Inter VC D149 Auquenville		D149	159	08:58	09:10	09:23	09:39	09:57
3.0	69.5	50.5	Inter D64 D149	Prêteville	D149	67	09:09	09:22	09:36	09:53	10:12
3.0	66.5	53.5	Inter D164 D149	Saint-Martin-de-Mailloc	D149	158	09:20	09:34	09:49	10:06	10:27
2.0	64.5	55.5	Saint-Martin-de-Mailloc		D149	112	09:28	09:42	09:57	10:16	10:37
	64.5	55.5	Inter D149 D519	Saint-Denis-de-Mailloc	D519		09:28	09:42	09:57	10:16	10:37
1.5	63.0	57.0	Inter D519 VC Croix Rocher		VC	74	09:33	09:48	10:04	10:23	10:45
2.5	60.5	59.5	Inter VC Rte de La Gare	Courtonne-la-Meurdrac	VC		09:43	09:58	10:15	10:34	10:57
2.0	58.5	61.5	Inetr VC D75		D75		09:50	10:06	10:23	10:43	11:07
1.0	57.5	62.5	Inter D75 D75a		D75a	83	09:54	10:10	10:27	10:48	11:12
3.0	54.5	65.5	Inter D75a D613	Firfol	D613	156	10:05	10:22	10:40	11:02	11:27
0.5	54.0	66.0	Inter D613 D137		D137		10:07	10:24	10:42	11:04	11:30
3.0	51.0	69.0	Ouilly-du-Houley	Ouilly-du-Houley	D262	84	10:18	10:36	10:55	11:18	11:45
2.5	48.5	71.5	La Mourinière	Hermival-les-Vaux	D510	104	10:28	10:46	11:06	11:30	11:57
	48.5	71.5		Fauguernon	D510		10:28	10:46	11:06	11:30	11:57
	48.5	71.5		Saint-Philbert-des-Champs	D510		10:28	10:46	11:06	11:30	11:57
	48.5	71.5		Moyaux	D510		10:28	10:46	11:06	11:30	11:57
6.0	42.5	77.5	Inter D51 D510	Le Pin	D510	145	10:50	11:10	11:32	11:57	12:27
	42.5	77.5	27 EURE		D810		10:50	11:10	11:32	11:57	12:27
5.0	37.5	82.5	Inter D22 D810	Saint-Pierre-de-Cormeilles	D810		11:09	11:30	11:53	12:20	12:52
1.0	36.5	83.5	Cormeilles	Cormeilles	D139		11:13	11:34	11:57	12:25	12:57
3.5	33.0	87.0	Inter D87 D139	La Chapelle-Bayvel	D139	138	11:26	11:48	12:12	12:41	13:15
3.0	30.0	90.0	Épaignes	Épaignes		153	11:37	12:00	12:25	12:55	13:30
Départ de la 2ème demi étape											
0.0	30.0	90.0	Épaignes Rue du Stade	Épaignes	VC		13:45	13:45	13:45	13:45	13:45
1.0	29.0	91.0	Inter R Stade D27		D27	166	13:48	13:49	13:49	13:49	13:50
	29.0	91.0		Morainville-Jouveaux			13:48	13:49	13:49	13:49	13:50
7.0	22.0	98.0	Lieurey	Lieurey	D28	164	14:15	14:17	14:19	14:21	14:25
2.5	19.5	100.5	Inter D38 D28	Noards	D28	172	14:24	14:27	14:30	14:33	14:37
1.0	18.5	101.5	Inter D47 D28	Fresne-Cauverville		169	14:28	14:31	14:34	14:38	14:42
1.0	17.5	102.5		Heudreville-en-Lieuvain			14:31	14:35	14:38	14:42	14:47
1.0	16.5	103.5	Inter D28 VCRue l'Abbe	Saint-Aubin-de-Scellon	VC		14:35	14:39	14:42	14:47	14:52
1.0	15.5	104.5	Inter D26 VC		VC		14:39	14:43	14:47	14:51	14:57
1.0	14.5	105.5	Int VC D41		D41	171	14:43	14:47	14:51	14:56	15:02
	14.5	105.5		Barville	D41		14:43	14:47	14:51	14:56	15:02
	14.5	105.5		Folleville	D41		14:43	14:47	14:51	14:56	15:02
3.0	11.5	108.5	Duranville	Duranville	D41		14:54	14:59	15:04	15:10	15:17
	11.5	108.5		Le Theil-Nolent	D41		14:54	14:59	15:04	15:10	15:17
2.5	9.0	111.0	Malouy	Malouy	D41		15:03	15:09	15:15	15:21	15:30
	9.0	111.0		Saint-Martin-du-Tilleul	D41		15:03	15:09	15:15	15:21	15:30
2.0	7.0	113.0	Inter D42 VC R du Pt PUIITS	Bernay	VC		15:11	15:17	15:23	15:31	15:40
1.5	5.5	114.5	Inter VC D138		D138		15:16	15:23	15:30	15:38	15:47
2.5	3.0	117.0	Inter D438 D138		D138		15:26	15:33	15:40	15:49	16:00
1.5	1.5	118.5	Rue De Gaulle		VC		15:31	15:39	15:47	15:56	16:07
	1.5	118.5	Rue de la Défense		VC		15:31	15:39	15:47	15:56	16:07
	1.5	118.5	Rue du Stade		VC		15:31	15:39	15:47	15:56	16:07
1.5	0.0	120.0	Stade Bernay	Bernay			15:37	15:45	15:53	16:03	16:15