

LA FRANCE EN COURANT
31 ème Tour du 13 juillet au 27 juillet 2019
dimanche, 14 juillet 2019

1ère Etape

Etape de 185 Km

MAUGUIO (34) - FONDAMENTE (12)

| km | | | Commune - Lieu Dît | Commune Traversée | ROUTE | Altitude | Heures de passages | | | | |
|-------------------------------------|----------|-------|---------------------------------------|---------------------------------------|--------|----------|--------------------|--------------|--------------|--------------|--------------|
| à parcourir | parcours | | | | Suivre | | 16km/h | 15km/h | 14 km/h | 13 km/h | 12 km/h |
| HERAULT (34) | | | | | | | | | | | |
| 0,0 | 185,0 | 0 | MAUGUIO | Maugio | D112 | 12 | 03:00 | 03:00 | 03:00 | 03:00 | 03:00 |
| 5,0 | 180,0 | 5,0 | Passage Sup A9 | Saint-Aunès | D113 | 36 | 03:18 | 03:20 | 03:21 | 03:23 | 03:25 |
| 1,5 | 178,5 | 6,5 | Vendargues Rue de la Monnaie | Vendargues | D145 | 45 | 03:24 | 03:26 | 03:27 | 03:30 | 03:32 |
| 6,0 | 172,5 | 12,5 | Teyran >D21 et D145 | Teyran | D145 | 60 | 03:46 | 03:50 | 03:53 | 03:57 | 04:02 |
| 2,0 | 170,5 | 14,5 | Inter D109 D145 | Assas | D145 | 66 | 03:54 | 03:58 | 04:02 | 04:06 | 04:12 |
| 4,5 | 166,0 | 19,0 | Prades le Lez | Prades le Lez | D145 | 80 | 04:11 | 04:16 | 04:21 | 04:27 | 04:35 |
| 1,0 | 165,0 | 20,0 | Inter D145 D112 | Saint-Clément-de-Rivière | D112 | 65 | 04:15 | 04:20 | 04:25 | 04:32 | 04:40 |
| 3,5 | 161,5 | 23,5 | Pas-Inf D68 D112 | Les Matelles | D112 | 85 | 04:28 | 04:34 | 04:40 | 04:48 | 04:57 |
| 2,5 | 159,0 | 26,0 | Les Matelles | Les Matelles | D17e3 | 100 | 04:37 | 04:44 | 04:51 | 05:00 | 05:10 |
| | 159,0 | 26,0 | | Saint-Jean-de-Cuculles | D17e3 | | 04:37 | 04:44 | 04:51 | 05:00 | 05:10 |
| 4,0 | 155,0 | 30,0 | Inter D17e3 D17 | Le Triadou | D17 | 81 | 04:52 | 05:00 | 05:08 | 05:18 | 05:30 |
| 2,5 | 152,5 | 32,5 | St Mathieu de Trévières | St Mathieu de Trévières | D17 | 97 | 05:01 | 05:10 | 05:19 | 05:30 | 05:42 |
| 1,5 | 151,0 | 34,0 | Inter D17 D1 | St Mathieu de Trévières | D1 | 110 | 05:07 | 05:16 | 05:25 | 05:36 | 05:50 |
| 2,5 | 148,5 | 36,5 | Inter D1e9 D1 | Valflaunès | D1 | 127 | 05:16 | 05:26 | 05:36 | 05:48 | 06:02 |
| 4,0 | 144,5 | 40,5 | Inter D122 D1 | Mas-de-Londres | D1 | 235 | 05:31 | 05:42 | 05:53 | 06:06 | 06:22 |
| 3,0 | 141,5 | 43,5 | Inter D122e6 D1 | Mas-de-Londres | D1 | 180 | 05:43 | 05:54 | 06:06 | 06:20 | 06:37 |
| 3,0 | 138,5 | 46,5 | Notre Dame de Londres | Notre Dame de Londres | D1e6 | 192 | 05:54 | 06:06 | 06:19 | 06:34 | 06:52 |
| 2,5 | 136,0 | 49,0 | Le Pous | Notre Dame de Londres | D1e6 | 229 | 06:03 | 06:16 | 06:30 | 06:46 | 07:05 |
| 4,0 | 132,0 | 53,0 | Inter D1e6 D107e4 | Ferrières - Verreries | D107E4 | 267 | 06:18 | 06:32 | 06:47 | 07:04 | 07:25 |
| 6,0 | 126,0 | 59,0 | Inter D107E4 D986 | Brissac | D986 | 186 | 06:41 | 06:56 | 07:12 | 07:32 | 07:55 |
| 2,0 | 124,0 | 61,0 | St Bauzille de Putois | St Bauzille de Putois | D108e5 | 129 | 06:48 | 07:04 | 07:21 | 07:41 | 08:05 |
| 1,0 | 123,0 | 62,0 | Inter D108e2 D108 | Agonès | D108 | 129 | 06:52 | 07:08 | 07:25 | 07:46 | 08:10 |
| 3,5 | 119,5 | 65,5 | Brissac | Brissac | D108 | 132 | 07:05 | 07:22 | 07:40 | 08:02 | 08:27 |
| 3,0 | 116,5 | 68,5 | Inter D108 D1 | Brissac | D1 | 186 | 07:16 | 07:34 | 07:53 | 08:16 | 08:42 |
| 2,5 | 114,0 | 71,0 | Inter D1e1 D1 | St André de Buèges | D1 | 138 | 07:26 | 07:44 | 08:04 | 08:27 | 08:55 |
| 5,0 | 109,0 | 76,0 | St Jean de Buèges | St Jean de Buèges | D1 | 168 | 07:45 | 08:04 | 08:25 | 08:50 | 09:20 |
| 0,5 | 108,5 | 76,5 | Int D1 D122 | St Jean de Buèges | D122 | 161 | 07:46 | 08:06 | 08:27 | 08:53 | 09:22 |
| 5,5 | 103,0 | 82,0 | Causse de La Selle | Causse de La Selle | D4 | 244 | 08:07 | 08:28 | 08:51 | 09:18 | 09:50 |
| 14,0 | 89,0 | 96,0 | Saint-Guilhem-le-Désert | Saint-Guilhem-le-Désert | D4 | 79 | 09:00 | 09:24 | 09:51 | 10:23 | 11:00 |
| 3,0 | 86,0 | 99,0 | Pont du Diable | Saint-Jean-de-Fos | D27 | 66 | 09:11 | 09:36 | 10:04 | 10:36 | 11:15 |
| 3,0 | 83,0 | 102,0 | Aniane | Aniane | D32 | 65 | 09:22 | 09:48 | 10:17 | 10:50 | 11:30 |
| | 83,0 | 102,0 | | | | | 09:22 | 09:48 | 10:17 | 10:50 | 11:30 |
| | 83,0 | 102,0 | | | | | 09:22 | 09:48 | 10:17 | 10:50 | 11:30 |
| | 83,0 | 102,0 | | | | | 09:22 | 09:48 | 10:17 | 10:50 | 11:30 |
| | 83,0 | 102,0 | | | | | 09:22 | 09:48 | 10:17 | 10:50 | 11:30 |
| | 83,0 | 102,0 | | | | | 09:22 | 09:48 | 10:17 | 10:50 | 11:30 |
| | 83,0 | 102,0 | | | | | 09:22 | 09:48 | 10:17 | 10:50 | 11:30 |
| | 83,0 | 102,0 | | | | | 09:22 | 09:48 | 10:17 | 10:50 | 11:30 |
| | 83,0 | 102,0 | | | | | 09:22 | 09:48 | 10:17 | 10:50 | 11:30 |
| | 83,0 | 102,0 | | | | | 09:22 | 09:48 | 10:17 | 10:50 | 11:30 |
| 5,5 | 77,5 | 107,5 | GIGNAC | Gignac | | 70 | 09:43 | 10:10 | 10:40 | 11:16 | 11:57 |
| Départ de la 2ème demi étape | | | | | | | | | | | |
| 0,0 | 77,5 | 107,5 | GIGNAC | Gignac | D9 | | 11:15 | 11:15 | 11:15 | 11:15 | 11:15 |
| 2,0 | 75,5 | 109,5 | Lagamas | Lagamas | D9 | 98 | 11:22 | 11:23 | 11:23 | 11:24 | 11:25 |
| 5,0 | 70,5 | 114,5 | Montpeyroux | Montpeyroux | D9 | 150 | 11:41 | 11:43 | 11:45 | 11:47 | 11:50 |
| 2,5 | 68,0 | 117,0 | Arboras | Arboras | D9 | 252 | 11:50 | 11:53 | 11:55 | 11:58 | 12:02 |
| 5,0 | 63,0 | 122,0 | Inter D153e1 D9 | Saint-Saturnin-de-Lucian | D9 | 512 | 12:09 | 12:13 | 12:17 | 12:21 | 12:27 |
| 3,0 | 60,0 | 125,0 | Col du Vent | Saint-Privat | D9 | 703 | 12:20 | 12:25 | 12:30 | 12:35 | 12:42 |
| 3,5 | 56,5 | 128,5 | Inter D130 D9 | Saint-Privat | D9 | 700 | 12:33 | 12:39 | 12:45 | 12:51 | 13:00 |
| 2,0 | 54,5 | 130,5 | La Vacquerie et St Martin de Castries | La Vacquerie et St Martin de Castries | D9 | 640 | 12:41 | 12:47 | 12:53 | 13:01 | 13:10 |
| 1,0 | 53,5 | 131,5 | Inter D25 D9 | La Vacquerie et St Martin de Castries | D9 | 611 | 12:45 | 12:51 | 12:57 | 13:05 | 13:15 |
| 1,5 | 52,0 | 133,0 | St Pierre de La Fage | St Pierre de La Fage | D9 | 620 | 12:50 | 12:57 | 13:04 | 13:12 | 13:22 |
| 3,0 | 49,0 | 136,0 | Inter D152e5 D9 | St Pierre de La Fage | D9 | | 13:01 | 13:09 | 13:17 | 13:26 | 13:37 |
| | 49,0 | 136,0 | | Saint-Michel | D9 | | 13:01 | 13:09 | 13:17 | 13:26 | 13:37 |
| | 49,0 | 136,0 | | Pégairolles-de-l'Escalette | D9 | | 13:01 | 13:09 | 13:17 | 13:26 | 13:37 |
| 7,0 | 42,0 | 143,0 | Intr D155 D9 | Le Cros | D9 | 726 | 13:28 | 13:37 | 13:47 | 13:58 | 14:12 |
| 3,0 | 39,0 | 146,0 | Le Caylar | Le Caylar | D609 | 760 | 13:39 | 13:49 | 14:00 | 14:12 | 14:27 |
| 2,0 | 37,0 | 148,0 | Inter D609 D142e5 | Le Caylar | D142e | 763 | 13:46 | 13:57 | 14:08 | 14:21 | 14:37 |
| 1,5 | 35,5 | 149,5 | AVEYRON (12) | | D55 | 795 | 13:52 | 14:03 | 14:15 | 14:28 | 14:45 |
| 2,5 | 33,0 | 152,0 | Inter D185 D55 | La Couvertoirade | D55 | 770 | 14:01 | 14:13 | 14:25 | 14:40 | 14:57 |
| | 33,0 | 152,0 | | Nant | D55 | | 14:01 | 14:13 | 14:25 | 14:40 | 14:57 |
| 5,5 | 27,5 | 157,5 | Inter D55 D7 | La Couvertoirade | D7 | 779 | 14:22 | 14:35 | 14:49 | 15:05 | 15:25 |
| 3,5 | 24,0 | 161,0 | Inter D7 VC (La Blaquérie) | La Couvertoirade | VC | 793 | 14:35 | 14:49 | 15:04 | 15:21 | 15:42 |
| 3,5 | 20,5 | 164,5 | La Salvétat | La Couvertoirade | VC | 750 | 14:48 | 15:03 | 15:19 | 15:38 | 16:00 |
| 2,0 | 18,5 | 166,5 | Inter VC D9 (Les Infruts) | La Couvertoirade | D9 | 780 | 14:56 | 15:11 | 15:27 | 15:47 | 16:10 |
| 1,5 | 17,0 | 168,0 | La Pezade | La Couvertoirade | D140 | 773 | 15:01 | 15:17 | 15:34 | 15:54 | 16:17 |
| 3,0 | 14,0 | 171,0 | Canals | Cornus | D140 | 764 | 15:13 | 15:29 | 15:47 | 16:08 | 16:32 |
| 0,5 | 13,5 | 171,5 | Inter D140 VC | Cornus | VC | 790 | 15:15 | 15:31 | 15:49 | 16:10 | 16:35 |
| 7,5 | 6,0 | 179,0 | Cornus | Cornus | D7 | 730 | 15:43 | 16:01 | 16:21 | 16:45 | 17:12 |
| | 6,0 | 179,0 | | | | | 15:43 | 16:01 | 16:21 | 16:45 | 17:12 |
| 6,0 | 0,0 | 185,0 | FONDAMENTE | FONDAMENTE | | 480 | 16:05 | 16:25 | 16:47 | 17:12 | 17:42 |
| Plus Beau Village de France | | | | | | | | | | | |