



# LA FRANCE EN COURANT

20 ème Tour

Dimanche 20 juillet 2008

## Feuille d'itinéraire détaillé

1ère étape : ORCINES ANGLARDS DE SALERS

190.5 km

km			Lieu	ROUTE	Altitude	Heures de passages				
Int	à parcourir	parcourus				Suivie	16km/h	15km/h	14 km/h	13 km/h
			<b>63 - PUY DE DOME</b>							
0	190.5	0.0	<b>ORCINES</b> D90	D 90	820	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>
2	188.5	2.0	La Font de l'Arbre D 68	D 68		03:07	03:08	03:08	03:09	03:10
0.5	188.0	2.5	Inter D941A D68	D 68		03:09	03:10	03:10	03:11	03:12
4.5	183.5	7.0	Col de Ceyssat	D 68	1078	03:26	03:28	03:30	03:32	03:35
4.5	179.0	11.5	Ceyssat D 554	D 554		03:43	03:46	03:49	03:53	03:57
2	177.0	13.5	Inter D554 VC	VC		03:50	03:54	03:57	04:02	04:07
2	175.0	15.5	Bravant	VC		03:58	04:02	04:06	04:11	04:17
1	174.0	16.5	Int VC D 2089 D216	D 216	803	04:01	04:06	04:10	04:16	04:22
7.5	166.5	24.0	Orcival D 27	D 27	870	04:30	04:36	04:42	04:50	05:00
1.5	165.0	25.5	Inter D 27 D 74	D 74		04:35	04:42	04:49	04:57	05:07
3	162.0	28.5	Bessat	D 74		04:46	04:54	05:02	05:11	05:22
2.5	159.5	31.0	Vernines	D 74		04:56	05:04	05:12	05:23	05:35
3	156.5	34.0	Inter D983 D74	D 74		05:07	05:16	05:25	05:36	05:50
3	153.5	37.0	Saulzet-le-Froid	D 74	1040	05:18	05:28	05:38	05:50	06:05
2.5	151.0	39.5	Inter D74 D5 Zanières	D 5		05:28	05:38	05:49	06:02	06:17
1	150.0	40.5	Inter D5 D74	D 74		05:31	05:42	05:53	06:06	06:22
5	145.0	45.5	Inter D 74 D 643	D 643		05:50	06:02	06:15	06:30	06:47
0.5	144.5	46.0	Les Arnats D 639	D 639		05:52	06:04	06:17	06:32	06:50
2	142.5	48.0	Inter D639 D150	D 150		06:00	06:12	06:25	06:41	07:00
2	140.5	50.0	Inter D150 D 639	D 639		06:07	06:20	06:34	06:50	07:10
6	134.5	56.0	Montaigut-le-Blanc	D71	500	06:30	06:44	07:00	07:18	07:40
0.5	134.0	56.5	Inter D 71 D 631	D 631		06:31	06:46	07:02	07:20	07:42
4.5	129.5	61.0	St Floret D 26	D 26		06:48	07:04	07:21	07:41	08:05
6	123.5	67.0	Saurier D 621	D 621	560	07:11	07:28	07:47	08:09	08:35
4.5	119.0	71.5	Le Cheix D 978	D 978		07:28	07:46	08:06	08:30	08:57
8.5	110.5	80.0	BESSE et St ANASTAISE	D 978		08:00	08:20	08:42	09:09	09:40
4.5	106.0	84.5	Inter D978 D149	D 149		08:16	08:38	09:02	09:30	10:02
3	103.0	87.5	Super-Besse	D 149		08:28	08:50	09:15	09:43	10:17
4.5	98.5	92.0	Col de Geneste	D 149	1372	08:45	09:08	09:34	10:04	10:40
7	91.5	99.0	<b>Picherande</b>			09:11	09:36	10:04	10:36	11:15
			<b>Départ 2è demi étape</b>							
0	91.5	99.0	<b>Picherande</b> D203	D 203		<b>10:15</b>	<b>10:15</b>	<b>10:15</b>	<b>10:15</b>	<b>10:15</b>
4	87.5	103.0	Inter D 203 D 25	D 25		10:30	10:31	10:32	10:33	10:35
1.5	86.0	104.5	St Donat	D 25		10:35	10:37	10:38	10:40	10:42
1	85.0	105.5	Inter D25 D88	D 88		10:39	10:41	10:42	10:45	10:47
6.5	78.5	112.0	St Genest Champespe	D 88	1043	11:03	11:07	11:10	11:15	11:20
3	75.5	115.0	<b>15 - CANTAL D 62</b>			11:15	11:19	11:23	11:28	11:35
3	72.5	118.0	Montboudif	D 62		11:26	11:31	11:36	11:42	11:50
6	66.5	124.0	CONDAT D 679	D 679		11:48	11:55	12:02	12:10	12:20
10	56.5	134.0	Coindre D 679 D 47	D 47	640	12:26	12:35	12:45	12:56	13:10
2	54.5	136.0	Inter D 47 D 678	D 678	840	12:33	12:43	12:53	13:05	13:20
10	44.5	146.0	RIOM es MONTAGNES	D 678	843	13:11	13:23	13:36	13:51	14:10
6	38.5	152.0	Valette	D 678		13:33	13:47	14:02	14:19	14:40
7	31.5	159.0	Trizac	D 678		14:00	14:15	14:32	14:51	15:15
1	30.5	160.0	Inter D 678 D 30	D 30		14:03	14:19	14:36	14:56	15:20
8	22.5	168.0	Col d'Aulac D30	D 30	1242	14:33	14:51	15:10	15:33	16:00
5	17.5	173.0	Int D 30 D 12Le Falgoux D 12	D 12		14:52	15:11	15:32	15:56	16:25
9	8.5	182.0	St Vincent de Salers	D 12	920	15:26	15:47	16:10	16:38	17:10
4.5	4.0	186.5	Inter D12 D 212	D 212		15:43	16:05	16:30	16:58	17:32
4	0.0	190.5	<b>Anglards de Salers</b>		820	15:58	16:21	16:47	17:17	17:52