



# LA FRANCE EN COURANT

28ème Tour du 16 au 30 juillet 2016

samedi 16 juillet 2016

## Prologue

CIREY sur Vezouze

8,0 km 195

| km          |           |     | Lieu                            | ROUTE | Altitude | Heures de passages |              |              |              |              |
|-------------|-----------|-----|---------------------------------|-------|----------|--------------------|--------------|--------------|--------------|--------------|
| à parcourir | parcourus |     |                                 |       |          | 16km/h             | 15km/h       | 14 km/h      | 13 km/h      | 12 km/h      |
|             |           |     | <b>MEURTHE ET MOSELLE (54)</b>  |       |          |                    |              |              |              |              |
| 0,0         | 8,0       | 0   | <b>Cirey sur Vezouze</b>        | D8    | 300      | <b>16:00</b>       | <b>16:00</b> | <b>16:00</b> | <b>16:00</b> | <b>16:00</b> |
| 0,5         | 7,5       | 0,5 | Inter D8 D130                   | D130  | 302      | 16:01              | 16:02        | 16:02        | 16:02        | 16:02        |
| 2,5         | 5,0       | 3,0 | Intt D130 VC (Cne de Petitmont) | VC    | 314      | 16:11              | 16:12        | 16:12        | 16:13        | 16:15        |
| 2,0         | 3,0       | 5,0 | Petitmont                       | D8    | 375      | 16:18              | 16:20        | 16:21        | 16:23        | 16:25        |
| 2,5         | 0,5       | 7,5 | Inte D130 D8                    | D8    | 302      | 16:28              | 16:30        | 16:32        | 16:34        | 16:37        |
| 0,5         | 0,0       | 8,0 | Arrivée                         | D8    | 300      | 16:30              | 16:32        | 16:34        | 16:36        | 16:40        |



# LA FRANCE EN COURANT

28ème Tour du 16 au 30 juillet 2016

dimanche 17 juillet 2016

1ère Etape

CIREY sur Vezouze – St DIE des Vosges(88)

189,5 km

| km                           |           |       | Commune - Lieu Dit                 | ROUTE | Altitude | Heures de passages |        |        |         |         |
|------------------------------|-----------|-------|------------------------------------|-------|----------|--------------------|--------|--------|---------|---------|
| à parcourir                  | parcourus |       |                                    |       |          | Suivie             | 16km/h | 15km/h | 14 km/h | 13 km/h |
|                              |           |       | MEURTHE ET MOSELLE (54)            |       |          |                    |        |        |         |         |
| 0,0                          | 189,5     | 0     | 🔴 CIREY sur Vezouze                | D993  | 288      | 03:00              | 03:00  | 03:00  | 03:00   | 03:00   |
| 6,0                          | 183,5     | 6,0   | MOSELLE (57)                       |       |          | 374                | 03:22  | 03:24  | 03:25   | 03:27   |
| 1,0                          | 182,5     | 7,0   | Lafrimbolle                        | D993  | 317      | 03:26              | 03:28  | 03:30  | 03:32   | 03:35   |
| 4,0                          | 178,5     | 11,0  | INT D993 D96                       | D96   | 306      | 03:41              | 03:44  | 03:47  | 03:50   | 03:55   |
| 2,0                          | 176,5     | 13,0  | St Quirin                          | D96F  | 306      | 03:48              | 03:52  | 03:55  | 04:00   | 04:05   |
| 3,0                          | 173,5     | 16,0  | Vasperviller                       | D96F  | 307      | 04:00              | 04:04  | 04:08  | 04:13   | 04:20   |
| 1,0                          | 172,5     | 17,0  | Int d96F D44                       | D44   | 284      | 04:03              | 04:08  | 04:12  | 04:18   | 04:25   |
| 2,5                          | 170,0     | 19,5  | 🔴 Abreschviller                    | D44   | 297      | 04:13              | 04:18  | 04:23  | 04:30   | 04:37   |
| 2,0                          | 168,0     | 21,5  | 🔴 Int D44 D96                      | D96   | 302      | 04:20              | 04:26  | 04:32  | 04:39   | 04:47   |
| 5,5                          | 162,5     | 27,0  | 🔴 Walscheid                        | D96   | 324      | 04:41              | 04:48  | 04:55  | 05:04   | 05:15   |
| 2,5                          | 160,0     | 29,5  | Int D96 D97C Sitifort              | D97C  | 308      | 04:50              | 04:58  | 05:06  | 05:16   | 05:27   |
| 1,5                          | 158,5     | 31,0  | Int D97C D97                       | D97   | 383      | 04:56              | 05:04  | 05:12  | 05:23   | 05:35   |
| 2,5                          | 156,0     | 33,5  | Hommert                            | D97   | 404      | 05:05              | 05:14  | 05:23  | 05:34   | 05:47   |
| 1,5                          | 154,5     | 35,0  | Int D97 D45                        | D45   | 260      | 05:11              | 05:20  | 05:30  | 05:41   | 05:55   |
| 1,0                          | 153,5     | 36,0  | Int D45 D98C                       | D98C  | 244      | 05:15              | 05:24  | 05:34  | 05:46   | 06:00   |
| 2,5                          | 151,0     | 38,5  | Int D98c D98D                      | D98D  | 235      | 05:24              | 05:34  | 05:45  | 05:57   | 06:12   |
| 2,0                          | 149,0     | 40,5  | 🔴 Haselbourg                       | D98D  | 401      | 05:31              | 05:42  | 05:53  | 06:06   | 06:22   |
| 8,0                          | 141,0     | 48,5  | Int D98d D45                       | D57   | 623      | 06:01              | 06:14  | 06:27  | 06:43   | 07:02   |
| 1,5                          | 139,5     | 50,0  | BAS-RHIN (67)                      |       |          | D143               | 650    | 06:07  | 06:20   | 06:34   |
| 5,5                          | 134,0     | 55,5  | Int D143 D218                      | D218  | 448      | 06:28              | 06:42  | 06:57  | 07:16   | 07:37   |
| 4,0                          | 130,0     | 59,5  | Wangenbourg-Engenthal              | D218  | 461      | 06:43              | 06:58  | 07:15  | 07:34   | 07:57   |
| 4,5                          | 125,5     | 64,0  | Col des Pandours                   | D218  | 661      | 07:00              | 07:16  | 07:34  | 07:55   | 08:20   |
| 13,0                         | 112,5     | 77,0  | Oberhaslach                        | D218  | 275      | 07:48              | 08:08  | 08:30  | 08:55   | 09:25   |
| 1,0                          | 111,5     | 78,0  | Niederhaslach                      | D218  | 250      | 07:52              | 08:12  | 08:34  | 09:00   | 09:30   |
| 2,0                          | 109,5     | 80,0  | Int D218 D392                      | D392  | 235      | 08:00              | 08:20  | 08:42  | 09:09   | 09:40   |
| 3,0                          | 106,5     | 83,0  | 🔴 Heiligenberg                     | D704  | 282      | 08:11              | 08:32  | 08:55  | 09:23   | 09:55   |
| 3,0                          | 103,5     | 86,0  | Mollkirch                          | D217  | 324      | 08:22              | 08:44  | 09:08  | 09:36   | 10:10   |
| 1,0                          | 102,5     | 87,0  | Int D217 D 204                     | D204  | 356      | 08:26              | 08:48  | 09:12  | 09:41   | 10:15   |
| 4,5                          | 98,0      | 91,5  | Klingenthal                        | D426  | 316      | 08:43              | 09:06  | 09:32  | 10:02   | 10:37   |
| 2,0                          | 96,0      | 93,5  | Int D214 426                       | D426  | 347      | 08:50              | 09:14  | 09:40  | 10:11   | 10:47   |
| 6,0                          | 90,0      | 99,5  | 🔴 Int D 426 D33 Mont St Odile      | D33   | 767      | 09:13              | 09:38  | 10:06  | 10:39   | 11:17   |
| 3,0                          | 87,0      | 102,5 | Int D33 D109                       | D109  | 571      | 09:24              | 09:50  | 10:19  | 10:53   | 11:32   |
| 2,5                          | 84,5      | 105,0 | Int D109 D854                      | D854  | 649      | 09:33              | 10:00  | 10:30  | 11:04   | 11:45   |
| 7,5                          | 77,0      | 112,5 | 🔴 BARR                             |       | 211      | 10:01              | 10:30  | 11:02  | 11:39   | 12:22   |
|                              |           |       | Départ 2ème demi étape             |       |          |                    |        |        |         |         |
| 0,0                          | 77,0      | 112,5 | BARR                               | D362  | 211      | 11:15              | 11:15  | 11:15  | 11:15   | 11:15   |
| 1,5                          | 75,5      | 114,0 | Mittelbergheim                     | D62   | 237      | 11:20              | 11:21  | 11:21  | 11:21   | 11:22   |
| 2,5                          | 73,0      | 116,5 | Andlau                             | D425  | 225      | 11:30              | 11:31  | 11:32  | 11:33   | 11:35   |
| 9,0                          | 64,0      | 125,5 | 🔴 Le Hohwald                       | D425  | 543      | 12:03              | 12:07  | 12:10  | 12:15   | 12:20   |
| 9,5                          | 54,5      | 135,0 | Breitenbach                        | D425  | 376      | 12:39              | 12:45  | 12:51  | 12:58   | 13:07   |
| 3,0                          | 51,5      | 138,0 | 🔴 St Martin                        | D424  | 283      | 12:50              | 12:57  | 13:04  | 13:12   | 13:22   |
| 1,0                          | 50,5      | 139,0 | Villé                              | D39   | 265      | 12:54              | 13:01  | 13:08  | 13:17   | 13:27   |
| 2,0                          | 48,5      | 141,0 | Bassemberg                         | D39   | 282      | 13:01              | 13:09  | 13:17  | 13:26   | 13:37   |
| 1,5                          | 47,0      | 142,5 | Fouchy                             | D39   | 327      | 13:07              | 13:15  | 13:23  | 13:33   | 13:45   |
| 4,5                          | 42,5      | 147,0 | Urbeis                             | D39   | 386      | 13:24              | 13:33  | 13:42  | 13:54   | 14:07   |
| 2,0                          | 40,5      | 149,0 | Int D 39 D156                      | D156  | 498      | 13:31              | 13:41  | 13:51  | 14:03   | 14:17   |
| 3,0                          | 37,5      | 152,0 | Int D156 D214                      | D214  | 679      | 13:43              | 13:53  | 14:04  | 14:17   | 14:32   |
| 3,0                          | 34,5      | 155,0 | VOSGES (88)                        |       |          |                    | 13:54  | 14:05  | 14:17   | 14:31   |
| 0,0                          | 34,5      | 155,0 | 🔴 Col d'Urbeis                     | D23   | 602      | 13:54              | 14:05  | 14:17  | 14:31   | 14:47   |
| 4,5                          | 30,0      | 159,5 | 🔴 Lubine                           | D23   | 468      | 14:11              | 14:23  | 14:36  | 14:51   | 15:10   |
| 3,5                          | 26,5      | 163,0 | Colroy La Grande                   | D23   | 424      | 14:24              | 14:37  | 14:51  | 15:08   | 15:27   |
| 2,0                          | 24,5      | 165,0 | Int D 23 D420                      | D420  | 408      | 14:31              | 14:45  | 15:00  | 15:17   | 15:37   |
| 0,5                          | 24,0      | 165,5 | Provencheres sur Fave              | D420  | 405      | 14:33              | 14:47  | 15:02  | 15:19   | 15:40   |
| 1,0                          | 23,0      | 166,5 | Le Beulay                          | D420  | 392      | 14:37              | 14:51  | 15:06  | 15:24   | 15:45   |
| 1,0                          | 22,0      | 167,5 | Int D420 D23A                      | D23A  | 392      | 14:41              | 14:55  | 15:10  | 15:28   | 15:50   |
| 0,5                          | 21,5      | 168,0 | Lesseux                            | VC    | 410      | 14:43              | 14:57  | 15:12  | 15:31   | 15:52   |
| 2,0                          | 19,5      | 170,0 | Combrimont                         | VC    | 400      | 14:50              | 15:05  | 15:21  | 15:40   | 16:02   |
| 1,0                          | 18,5      | 171,0 | 🔴 Bertrimoutier                    | D23   | 400      | 14:54              | 15:09  | 15:25  | 15:45   | 16:07   |
| 1,5                          | 17,0      | 172,5 | Int D23 D420                       | D420  | 380      | 15:00              | 15:15  | 15:32  | 15:51   | 16:15   |
| 1,5                          | 15,5      | 174,0 | Neuvillers sur Fave                | D420  | 372      | 15:05              | 15:21  | 15:38  | 15:58   | 16:22   |
| 3,0                          | 12,5      | 177,0 | Remomeix                           | D420  | 356      | 15:16              | 15:33  | 15:51  | 16:12   | 16:37   |
| 1,5                          | 11,0      | 178,5 | 🔴 Sainte Marguerite Rue de la Fave | VC    | 359      | 15:22              | 15:39  | 15:57  | 16:19   | 16:45   |
| 4,5                          | 6,5       | 183,0 | Nayemont les Fosses                | D82   | 454      | 15:39              | 15:57  | 16:17  | 16:40   | 17:07   |
| 6,5                          | 0,0       | 189,5 | 🔴 ST DIE DES VOSGES                |       | 340      | 16:03              | 16:23  | 16:45  | 17:10   | 17:40   |
| 🔴 AH QUE LA France EST BELLE |           |       |                                    |       |          |                    |        |        |         |         |



# LA FRANCE EN COURANT

28ème Tour du 16 au 30 juillet 2016

lundi 18 juillet 2016

2ème Etape

ST DIE DES VOSGES(88) BELFORT(90)

187,5 km

| km                                  |          |       | Commune - Lieu Dit              | ROUTE | Altitude | Heures de passages |              |              |              |              |
|-------------------------------------|----------|-------|---------------------------------|-------|----------|--------------------|--------------|--------------|--------------|--------------|
| à parcourir                         | parcours |       |                                 |       |          | 16km/h             | 15km/h       | 14 km/h      | 13 km/h      | 12 km/h      |
|                                     |          |       | <b>VOSGES (88)</b>              |       |          |                    |              |              |              |              |
| 0,0                                 | 187,5    | 0,0   | <b>ST DIE DES VOSGES</b>        | D420  | 340      | <b>03:00</b>       | <b>03:00</b> | <b>03:00</b> | <b>03:00</b> | <b>03:00</b> |
| 4,5                                 | 183,0    | 4,5   | Ste Marguerite                  | D58   | 360      | 03:16              | 03:18        | 03:19        | 03:20        | 03:22        |
| 4,5                                 | 178,5    | 9,0   | Int D58a VC Rt de Contramoulin  | VC    | 388      | 03:33              | 03:36        | 03:38        | 03:41        | 03:45        |
| 2,5                                 | 176,0    | 11,5  | Int D58b vc Rte de Ribeaupierre | VC    | 423      | 03:43              | 03:46        | 03:49        | 03:53        | 03:57        |
| 3,0                                 | 173,0    | 14,5  | Anould                          | D415  | 458      | 03:54              | 03:58        | 04:02        | 04:06        | 04:12        |
| 1,5                                 | 171,5    | 16,0  | Int D415 D73                    | D73   | 466      | 04:00              | 04:04        | 04:08        | 04:13        | 04:20        |
| 5,5                                 | 166,0    | 21,5  | Sachemont                       | D73   | 538      | 04:20              | 04:26        | 04:32        | 04:39        | 04:47        |
| 8,0                                 | 158,0    | 29,5  | Int D 73 D23                    | D23   | 808      | 04:50              | 04:58        | 05:06        | 05:16        | 05:27        |
| 3,5                                 | 154,5    | 33,0  | Le Valtin Int D23 D23H          | D23H  | 786      | 05:03              | 05:12        | 05:21        | 05:32        | 05:45        |
| 5,0                                 | 149,5    | 38,0  | Int D23H D417                   | D417  | 1110     | 05:22              | 05:32        | 05:42        | 05:55        | 06:10        |
| 0,0                                 | 149,5    | 38,0  | Col de la Schlucht              | D430  | 1135     | 05:22              | 05:32        | 05:42        | 05:55        | 06:10        |
| 10,5                                | 139,0    | 48,5  | <b>HAUT RHIN (68)</b>           | D430  | 1200     | 06:01              | 06:14        | 06:27        | 06:43        | 07:02        |
| 12,5                                | 126,5    | 61,0  | Int D430 D431                   | D431  | 1184     | 06:48              | 07:04        | 07:21        | 07:41        | 08:05        |
| 14,0                                | 112,5    | 75,0  | Int D431 D13 B6 Col Amic        | D13b6 | 828      | 07:41              | 08:00        | 08:21        | 08:46        | 09:15        |
| 3,0                                 | 109,5    | 78,0  | Goldbach                        | D13B6 | 665      | 07:52              | 08:12        | 08:34        | 09:00        | 09:30        |
| 6,0                                 | 103,5    | 84,0  | Willer sur thur R du Lt Fayolle | VC    | 368      | 08:15              | 08:36        | 09:00        | 09:27        | 10:00        |
| 2,0                                 | 101,5    | 86,0  | Bitschwiller les Thann          | N66   | 359      | 08:22              | 08:44        | 09:08        | 09:36        | 10:10        |
| 2,5                                 | 99,0     | 88,5  | Thann                           | D57   | 336      | 08:31              | 08:54        | 09:19        | 09:48        | 10:22        |
| 4,5                                 | 94,5     | 93,0  | Roderen                         | D35   | 357      | 08:48              | 09:12        | 09:38        | 10:09        | 10:45        |
| 4,5                                 | 90,0     | 97,5  | Bourbach Le Bas                 | D37   | 385      | 09:05              | 09:30        | 09:57        | 10:30        | 11:07        |
| 4,0                                 | 86,0     | 101,5 | Bourbach Le Haut                | D14B4 | 556      | 09:20              | 09:46        | 10:15        | 10:48        | 11:27        |
| 5,5                                 | 80,5     | 107,0 | <b>MASEVAUX</b>                 | D14B4 | 405      | 09:41              | 10:08        | 10:38        | 11:13        | 11:55        |
|                                     |          |       | <b>Départ 2ème demi étape</b>   |       |          |                    |              |              |              |              |
| 0,0                                 | 80,5     | 107,0 | <b>MASEVAUX</b>                 | D466  | 405      | <b>11:00</b>       | <b>11:00</b> | <b>11:00</b> | <b>11:00</b> | <b>11:00</b> |
| 3,5                                 | 77,0     | 110,5 | Lauw                            | D466  | 379      | 11:13              | 11:14        | 11:15        | 11:16        | 11:17        |
| 2,5                                 | 74,5     | 113,0 | Sentheim                        | D466  | 361      | 11:22              | 11:24        | 11:25        | 11:27        | 11:30        |
| 3,0                                 | 71,5     | 116,0 | Guewenheim                      | D34 3 | 334      | 11:33              | 11:36        | 11:38        | 11:41        | 11:45        |
| 4,5                                 | 67,0     | 120,5 | Soppe Le Bas                    | D25   | 312      | 11:50              | 11:54        | 11:57        | 12:02        | 12:07        |
| 2,0                                 | 65,0     | 122,5 | Diefmatten                      | D25   | 300      | 11:58              | 12:02        | 12:06        | 12:11        | 12:17        |
| 2,5                                 | 62,5     | 125,0 | Hecken                          | D26   | 298      | 12:07              | 12:12        | 12:17        | 12:23        | 12:30        |
| 0,5                                 | 62,0     | 125,5 | Int D 26 D26 2                  | D26 2 | 323      | 12:09              | 12:14        | 12:19        | 12:25        | 12:32        |
| 3,5                                 | 58,5     | 129,0 | Ammerzwiller                    | D26 2 | 302      | 12:22              | 12:28        | 12:34        | 12:41        | 12:50        |
| 2,0                                 | 56,5     | 131,0 | Bernwiller                      | D18 2 | 284      | 12:30              | 12:36        | 12:42        | 12:50        | 13:00        |
| 3,5                                 | 53,0     | 134,5 | Galtingue                       | D19   | 294      | 12:43              | 12:50        | 12:57        | 13:06        | 13:17        |
| 3,0                                 | 50,0     | 137,5 | Spechbach Le Haut               | D466  | 278      | 12:54              | 13:02        | 13:10        | 13:20        | 13:32        |
| 2,0                                 | 48,0     | 139,5 | Spechbach Le Bas                | D18 1 | 270      | 13:01              | 13:10        | 13:19        | 13:30        | 13:42        |
| 3,0                                 | 45,0     | 142,5 | Illfurth                        | D18   | 261      | 13:13              | 13:22        | 13:32        | 13:43        | 13:57        |
| 4,0                                 | 41,0     | 146,5 | Heidwiller                      | D18   | 279      | 13:28              | 13:38        | 13:49        | 14:02        | 14:17        |
| 1,0                                 | 40,0     | 147,5 | Int D466 D18                    | D18   | 275      | 13:31              | 13:42        | 13:53        | 14:06        | 14:22        |
| 3,0                                 | 37,0     | 150,5 | Eglingen                        | D18   | 290      | 13:43              | 13:54        | 14:06        | 14:20        | 14:37        |
| 2,5                                 | 34,5     | 153,0 | Hagenbach                       | D103  | 290      | 13:52              | 14:04        | 14:17        | 14:32        | 14:50        |
| 2,0                                 | 32,5     | 155,0 | Gommersdorf                     | D103  | 313      | 14:00              | 14:12        | 14:25        | 14:41        | 15:00        |
| 2,0                                 | 30,5     | 157,0 | Dannemarie                      | D14 b | 310      | 14:07              | 14:20        | 14:34        | 14:50        | 15:10        |
| 4,0                                 | 12,0     | 175,5 | Lacollonge                      | D31   | 361      | 15:16              | 15:34        | 15:53        | 16:16        | 16:42        |
| 2,5                                 | 9,5      | 178,0 | Bessoncourt                     | D25   | 350      | 15:26              | 15:44        | 16:04        | 16:27        | 16:55        |
| 2,0                                 | 7,5      | 180,0 | Chevremont                      | D28   | 346      | 15:33              | 15:52        | 16:12        | 16:36        | 17:05        |
| 2,0                                 | 5,5      | 182,0 | Perouse                         | D419  | 370      | 15:41              | 16:00        | 16:21        | 16:46        | 17:15        |
| 5,5                                 | 0,0      | 187,5 | <b>BELFORT</b>                  |       | 423      | 16:01              | 16:22        | 16:45        | 17:11        | 17:42        |
| <b>O AH QUE LA France EST BELLE</b> |          |       |                                 |       |          |                    |              |              |              |              |



# LA FRANCE EN COURANT

28 ème Tour du 16 au 30 juillet 2016

mardi 19 juillet 2016

3ème Etape

BELFORT (90) – MOREZ (39)

198,0 km

| km                                  |           |       | Commune - Lieu Dit                 | ROUTE | Altitude | Heures de passages |              |              |              |              |
|-------------------------------------|-----------|-------|------------------------------------|-------|----------|--------------------|--------------|--------------|--------------|--------------|
| à parcourir                         | parcourus |       |                                    |       |          | 16km/h             | 15km/h       | 14 km/h      | 13 km/h      | 12 km/h      |
|                                     |           |       | <b>TERRITOIRE DE BELFORT (90)</b>  |       |          |                    |              |              |              |              |
| 0                                   | 198,0     | 0,0   | <b>BELFORT</b>                     | D83   | 370      | <b>03:00</b>       | <b>03:00</b> | <b>03:00</b> | <b>03:00</b> | <b>03:00</b> |
| 0                                   | 198,0     | 0,0   | ○ Bavilliers                       | D83   | 356      | 03:00              | 03:00        | 03:00        | 03:00        | 03:00        |
| 0                                   | 198,0     | 0,0   | Argésans                           | D83   | 360      | 03:00              | 03:00        | 03:00        | 03:00        | 03:00        |
| 0                                   | 198,0     | 0,0   | <b>HAUTE SAONE (70)</b>            |       |          | 03:00              | 03:00        | 03:00        | 03:00        | 03:00        |
| 0                                   | 198,0     | 0,0   | <b>Int D130 D683 Départ Décalé</b> | D683  | 378      | 03:00              | 03:00        | 03:00        | 03:00        | 03:00        |
| 3                                   | 195,0     | 3,0   | ○ Héricourt                        | D683  | 330      | 03:11              | 03:12        | 03:12        | 03:13        | 03:15        |
| 1,5                                 | 193,5     | 4,5   | Tavey                              | D683  | 360      | 03:16              | 03:18        | 03:19        | 03:20        | 03:22        |
| 2,5                                 | 191,0     | 7,0   | Trémoins                           | D683  | 383      | 03:26              | 03:28        | 03:30        | 03:32        | 03:35        |
| 0,5                                 | 190,5     | 7,5   | <b>DOUBS (25)</b>                  |       |          | 03:28              | 03:30        | 03:32        | 03:34        | 03:37        |
| 1                                   | 189,5     | 8,5   | Aibre                              | D683  | 550      | 03:31              | 03:34        | 03:36        | 03:39        | 03:42        |
| 1                                   | 188,5     | 9,5   | Semondans                          | D683  | 360      | 03:35              | 03:38        | 03:40        | 03:43        | 03:47        |
| 1,5                                 | 187,0     | 11,0  | Désandans                          | D683  | 380      | 03:41              | 03:44        | 03:47        | 03:50        | 03:55        |
| 2                                   | 185,0     | 13,0  | ○ Arcey                            | D683  | 385      | 03:48              | 03:52        | 03:55        | 04:00        | 04:05        |
| 9                                   | 176,0     | 22,0  | Médière                            | D683  | 300      | 04:22              | 04:28        | 04:34        | 04:41        | 04:50        |
| 2,5                                 | 173,5     | 24,5  | ○ L'Isle sur le Doubs              | D683  | 310      | 04:31              | 04:38        | 04:45        | 04:53        | 05:02        |
| 4                                   | 169,5     | 28,5  | Rang                               | D683  | 293      | 04:46              | 04:54        | 05:02        | 05:11        | 05:22        |
| 6,5                                 | 163,0     | 35,0  | ○ Clerval                          | D683  | 285      | 05:11              | 05:20        | 05:30        | 05:41        | 05:55        |
| 3                                   | 160,0     | 38,0  | Branne                             | D57   | 280      | 05:22              | 05:32        | 05:42        | 05:55        | 06:10        |
| 4,5                                 | 155,5     | 42,5  | ○ Hyèvre-Paroisse                  | D683  |          | 05:39              | 05:50        | 06:02        | 06:16        | 06:32        |
| 7,5                                 | 148,0     | 50,0  | ○ Baume les Dames                  | D50   | 275      | 06:07              | 06:20        | 06:34        | 06:50        | 07:10        |
| 5                                   | 143,0     | 55,0  | Pont les Moulins                   | D50   | 281      | 06:26              | 06:40        | 06:55        | 07:13        | 07:35        |
| 3,5                                 | 139,5     | 58,5  | Int D50 D492                       | D492  | 460      | 06:39              | 06:54        | 07:10        | 07:30        | 07:52        |
| 1                                   | 138,5     | 59,5  | Adam les Passavant                 | D492  | 450      | 06:43              | 06:58        | 07:15        | 07:34        | 07:57        |
| 1                                   | 137,5     | 60,5  | Saint Juan                         | D492  | 480      | 06:46              | 07:02        | 07:19        | 07:39        | 08:02        |
| 2,5                                 | 135,0     | 63,0  | Int D492 D464                      | D464  | 500      | 06:56              | 07:12        | 07:30        | 07:50        | 08:15        |
| 1                                   | 134,0     | 64,0  | Aissey                             | D464  | 340      | 07:00              | 07:16        | 07:34        | 07:55        | 08:20        |
| 0,5                                 | 133,5     | 64,5  | Int D464 D492                      | D492  | 418      | 07:01              | 07:18        | 07:36        | 07:57        | 08:22        |
| 1                                   | 132,5     | 65,5  | Côtebrune                          | D492  | 448      | 07:05              | 07:22        | 07:40        | 08:02        | 08:27        |
| 3,5                                 | 129,0     | 69,0  | Gonsans                            | D942  | 527      | 07:18              | 07:36        | 07:55        | 08:18        | 08:45        |
| 3,5                                 | 125,5     | 72,5  | Verrières du Grosbois              | D492  | 595      | 07:31              | 07:50        | 08:10        | 08:34        | 09:02        |
| 5                                   | 120,5     | 77,5  | Int D492 VC                        | VC    | 600      | 07:50              | 08:10        | 08:32        | 08:57        | 09:27        |
| 1,5                                 | 119,0     | 79,0  | ○ Etalans                          | D133  | 590      | 07:56              | 08:16        | 08:38        | 09:04        | 09:35        |
| 5                                   | 114,0     | 84,0  | Guyans Durnes                      | D133  | 599      | 08:15              | 08:36        | 09:00        | 09:27        | 10:00        |
| 1,5                                 | 112,5     | 85,5  | Durnes                             | D392  | 590      | 08:20              | 08:42        | 09:06        | 09:34        | 10:07        |
| 3,5                                 | 109,0     | 89,0  | Lavans Vuillafans                  | D27   | 616      | 08:33              | 08:56        | 09:21        | 09:50        | 10:25        |
| 1,5                                 | 107,5     | 90,5  | ○ Echevannes                       | D27   | 648      | 08:39              | 09:02        | 09:27        | 09:57        | 10:32        |
| 5,5                                 | 102,0     | 96,0  | ○ Vuillafans                       | D67   | 350      | 09:00              | 09:24        | 09:51        | 10:23        | 11:00        |
| 4                                   | 98,0      | 100,0 | ○ Lods                             | D27   | 420      | 09:15              | 09:40        | 10:08        | 10:41        | 11:20        |
| 5,5                                 | 92,5      | 105,5 | Longeville                         | D27   | 660      | 09:35              | 10:02        | 10:32        | 11:06        | 11:47        |
| 5,5                                 | 87,0      | 111,0 | Evillers                           | D27   | 744      | 09:56              | 10:24        | 10:55        | 11:32        | 12:15        |
| 2                                   | 85,0      | 113,0 | Int D27 D6                         | D6    | 714      | 10:03              | 10:32        | 11:04        | 11:41        | 12:25        |
| 6                                   | 79,0      | 119,0 | ○ <b>SOMBACOUR</b>                 |       | 750      | 10:26              | 10:56        | 11:30        | 12:09        | 12:55        |
|                                     |           |       | <b>Départ 2ème demi étape</b>      |       |          |                    |              |              |              |              |
| 0                                   | 79,0      | 119,0 | <b>SOMBACOUR</b>                   | D6    | 750      | <b>11:45</b>       | <b>11:45</b> | <b>11:45</b> | <b>11:45</b> | <b>11:45</b> |
| 5                                   | 74,0      | 124,0 | Dommartin                          | D72   | 810      | 12:03              | 12:05        | 12:06        | 12:08        | 12:10        |
| 5                                   | 69,0      | 129,0 | ○ Pontarlier                       | D437  | 830      | 12:22              | 12:25        | 12:27        | 12:31        | 12:35        |
| 7                                   | 62,0      | 136,0 | Oye et Pallet                      | D129  | 850      | 12:48              | 12:53        | 12:57        | 13:03        | 13:10        |
| 4,5                                 | 57,5      | 140,5 | Les Grangettes                     | D129  | 875      | 13:05              | 13:11        | 13:17        | 13:24        | 13:32        |
| 2                                   | 55,5      | 142,5 | Saint Point Lac                    | D129  | 870      | 13:13              | 13:19        | 13:25        | 13:33        | 13:42        |
| 3,5                                 | 52,0      | 146,0 | Int D129 D9                        | D9    | 852      | 13:26              | 13:33        | 13:40        | 13:49        | 14:00        |
| 0,5                                 | 51,5      | 146,5 | Int D9 D437                        | D437  | 858      | 13:28              | 13:35        | 13:42        | 13:51        | 14:02        |
| 1,5                                 | 50,0      | 148,0 | ○ Labergement Saint Marie          | D437  | 856      | 13:33              | 13:41        | 13:49        | 13:58        | 14:10        |
| 4,5                                 | 45,5      | 152,5 | Brey et Maison du Bois             | D437  | 914      | 13:50              | 13:59        | 14:08        | 14:19        | 14:32        |
| 2                                   | 43,5      | 154,5 | Gellin                             | D437  | 923      | 13:58              | 14:07        | 14:17        | 14:28        | 14:42        |
| 2                                   | 41,5      | 156,5 | Sarrageois                         | D437  | 933      | 14:05              | 14:15        | 14:25        | 14:38        | 14:52        |
| 2                                   | 39,5      | 158,5 | ○ Mouthe                           | D437  | 935      | 14:13              | 14:23        | 14:34        | 14:47        | 15:02        |
| 3                                   | 36,5      | 161,5 | Petite Chaux                       | D437  | 982      | 14:24              | 14:35        | 14:47        | 15:01        | 15:17        |
| 3                                   | 33,5      | 164,5 | Chaux Neuve                        | D46   | 982      | 14:35              | 14:47        | 15:00        | 15:15        | 15:32        |
| 11,5                                | 22,0      | 176,0 | Chapelle des Bois                  | D46   | 1050     | 15:18              | 15:33        | 15:49        | 16:08        | 16:30        |
| 2,5                                 | 19,5      | 178,5 | <b>JURA (39)</b>                   | D18   | 1085     | 15:28              | 15:43        | 16:00        | 16:19        | 16:42        |
| 4,5                                 | 15,0      | 183,0 | Bellefontaine                      | D18   | 1033     | 15:45              | 16:01        | 16:19        | 16:40        | 17:05        |
| 5                                   | 10,0      | 188,0 | ○ Morbier                          | D126  | 800      | 16:03              | 16:21        | 16:40        | 17:03        | 17:30        |
| 3                                   | 7,0       | 191,0 | ○ <b>MOREZ</b>                     |       | 705      | 16:15              | 16:33        | 16:53        | 17:17        | 17:45        |
| <b>○ AH QUE LA France EST BELLE</b> |           |       |                                    |       |          |                    |              |              |              |              |



**LA FRANCE EN COURANT**  
28 ème Tour du 16 au 30 juillet 2016  
mercredi 20 juillet 2016

4ème Etape

**MOREZ (39) - TANINGES (74)**

**186,0 km**

| km                           |           |       | Commune - Lieu Dit | ROUTE                             | Altitude | Heures de passages |        |         |         |         |       |
|------------------------------|-----------|-------|--------------------|-----------------------------------|----------|--------------------|--------|---------|---------|---------|-------|
| à parcourir                  | parcourus |       |                    | Suivie                            |          | 16km/h             | 15km/h | 14 km/h | 13 km/h | 12 km/h |       |
|                              |           |       |                    | JURA (39)                         |          |                    |        |         |         |         |       |
| 0,0                          | 186,0     | 0,0   |                    | MOREZ                             | D25      | 705                | 03:00  | 03:00   | 03:00   | 03:00   | 03:00 |
| 4,0                          | 182,0     | 4,0   | ○                  | Les rivières                      | D25      | 710                | 03:15  | 03:16   | 03:17   | 03:18   | 03:20 |
| 6,0                          | 176,0     | 10,0  | ○                  | Prémanon                          | D25      | 1111               | 03:37  | 03:40   | 03:42   | 03:46   | 03:50 |
| 2,0                          | 174,0     | 12,0  |                    | Int D25 D29                       | D29      | 1160               | 03:45  | 03:48   | 03:51   | 03:55   | 04:00 |
| 1,5                          | 172,5     | 13,5  |                    | Int D29 D29 e3                    | D29 e3   | 1124               | 03:50  | 03:54   | 03:57   | 04:02   | 04:07 |
| 1,0                          | 171,5     | 14,5  |                    | Int D 26 e 3 D1005                | D1005    | 1200               | 03:54  | 03:58   | 04:02   | 04:06   | 04:12 |
| 2,0                          | 169,5     | 16,5  |                    | Col de Vac                        | D1005    | 1239               | 04:01  | 04:06   | 04:10   | 04:16   | 04:22 |
| 2,0                          | 167,5     | 18,5  |                    | Int D313 D1005                    | D1005    | 1255               | 04:09  | 04:14   | 04:19   | 04:25   | 04:32 |
| 1,5                          | 166,0     | 20,0  |                    | AIN (01)                          | D1005    | 1269               | 04:15  | 04:20   | 04:25   | 04:32   | 04:40 |
| 4,0                          | 162,0     | 24,0  | ○                  | La Vattay                         | D1005    | 1261               | 04:30  | 04:36   | 04:42   | 04:50   | 05:00 |
| 5,0                          | 157,0     | 29,0  | ○                  | Le Col de la Faucille             | D1005    | 1320               | 04:48  | 04:56   | 05:04   | 05:13   | 05:25 |
| 8,5                          | 148,5     | 37,5  |                    | Int D1005 VC Rue du Creux du Loup | VC       | 733                | 05:20  | 05:30   | 05:40   | 05:53   | 06:07 |
| 2,0                          | 146,5     | 39,5  | ○                  | Gex                               | D15 h    | 602                | 05:28  | 05:38   | 05:49   | 06:02   | 06:17 |
| 2,5                          | 144,0     | 42,0  |                    | Vesancy                           | D15 h    | 680                | 05:37  | 05:48   | 06:00   | 06:13   | 06:30 |
| 1,5                          | 142,5     | 43,5  |                    | Int D15h D984c                    | D984c    | 631                | 05:43  | 05:54   | 06:06   | 06:20   | 06:37 |
| 4,0                          | 138,5     | 47,5  | ○                  | Divonne les Bains                 | D15      | 467                | 05:58  | 06:10   | 06:23   | 06:39   | 06:57 |
| 2,5                          | 136,0     | 50,0  | ○                  | Grilly                            | D15      | 513                | 06:07  | 06:20   | 06:34   | 06:50   | 07:10 |
| 2,0                          | 134,0     | 52,0  |                    | Int D15 D15c                      | D57      | 517                | 06:15  | 06:28   | 06:42   | 07:00   | 07:20 |
| 3,5                          | 130,5     | 55,5  | ○                  | Cessy                             | D15g     | 538                | 06:28  | 06:42   | 06:57   | 07:16   | 07:37 |
| 2,5                          | 128,0     | 58,0  |                    | Vernonnex                         | D15      | 477                | 06:37  | 06:52   | 07:08   | 07:27   | 07:50 |
| 2,0                          | 126,0     | 60,0  |                    | Maconnex                          | D78d     | 480                | 06:45  | 07:00   | 07:17   | 07:36   | 08:00 |
| 2,0                          | 124,0     | 62,0  |                    | Bretigny                          | D78d     | 466                | 06:52  | 07:08   | 07:25   | 07:46   | 08:10 |
| 1,0                          | 123,0     | 63,0  |                    | Int D78d D78a Veraz               | D78a     | 466                | 06:56  | 07:12   | 07:30   | 07:50   | 08:15 |
| 5,0                          | 118,0     | 68,0  | ○                  | Saint Genis Pouilly               | D89a     | 450                | 07:15  | 07:32   | 07:51   | 08:13   | 08:40 |
| 2,0                          | 116,0     | 70,0  |                    | Sergy                             | D89a     | 519                | 07:22  | 07:40   | 08:00   | 08:23   | 08:50 |
| 3,0                          | 113,0     | 73,0  |                    | Thoiry                            | D89      | 470                | 07:33  | 07:52   | 08:12   | 08:36   | 09:05 |
| 3,5                          | 109,5     | 76,5  | ○                  | Saint Jean de Gonville            | D89e     | 492                | 07:46  | 08:06   | 08:27   | 08:53   | 09:22 |
| 3,5                          | 106,0     | 80,0  |                    | Péron                             | D89e     | 550                | 08:00  | 08:20   | 08:42   | 09:09   | 09:40 |
| 1,5                          | 104,5     | 81,5  |                    | Int D89e D984                     | D984     | 519                | 08:05  | 08:26   | 08:49   | 09:16   | 09:47 |
| 2,0                          | 102,5     | 83,5  | ○                  | Farges                            | D984     | 518                | 08:13  | 08:34   | 08:57   | 09:25   | 09:57 |
| 3,5                          | 99,0      | 87,0  |                    | Collonges                         | VC       | 492                | 08:26  | 08:48   | 09:12   | 09:41   | 10:15 |
| 1,0                          | 98,0      | 88,0  |                    | Int VC D1206                      | D1206    | 382                | 08:30  | 08:52   | 09:17   | 09:46   | 10:20 |
| 1,5                          | 96,5      | 89,5  |                    | HAUTE SAVOIE (74)                 | D1206    | 347                | 08:35  | 08:58   | 09:23   | 09:53   | 10:27 |
| 2,0                          | 94,5      | 91,5  |                    | Int D237 D 1206 Chevrier          | D1206    | 347                | 08:43  | 09:06   | 09:32   | 10:02   | 10:37 |
| 1,5                          | 93,0      | 93,0  |                    | Vulbens                           | D1208    | 479                | 08:48  | 09:12   | 09:38   | 10:09   | 10:45 |
| 3,0                          | 90,0      | 96,0  |                    | Valleiry                          | D23      | 472                | 09:00  | 09:24   | 09:51   | 10:23   | 11:00 |
| 2,0                          | 88,0      | 98,0  |                    | Chênex                            | D23      | 520                | 09:07  | 09:32   | 10:00   | 10:32   | 11:10 |
| 3,0                          | 85,0      | 101,0 |                    | Int D992 D23                      | D23      | 633                | 09:18  | 09:44   | 10:12   | 10:46   | 11:25 |
| 1,0                          | 84,0      | 102,0 | ○                  | Vers                              | D23      | 670                | 09:22  | 09:48   | 10:17   | 10:50   | 11:30 |
| 4,0                          | 80,0      | 106,0 |                    | int D23 D223 Charly               | D223     | 758                | 09:37  | 10:04   | 10:34   | 11:09   | 11:50 |
| 3,5                          | 76,5      | 109,5 | ○                  | SAINT BLAISE                      |          | 863                | 09:50  | 10:18   | 10:49   | 11:25   | 12:07 |
|                              |           |       |                    | Départ 2ème demi étape            |          |                    |        |         |         |         |       |
| 0,0                          | 76,5      | 109,5 |                    | SAINT BLAISE                      | D341     | 863                | 11:15  | 11:15   | 11:15   | 11:15   | 11:15 |
| 2,5                          | 74,0      | 112,0 |                    | Int D341 D41                      | D41      | 998                | 11:24  | 11:25   | 11:25   | 11:26   | 11:27 |
| 5,0                          | 69,0      | 117,0 |                    | Chalet du Plan                    | D41      | 1267               | 11:43  | 11:45   | 11:47   | 11:49   | 11:52 |
| 7,0                          | 62,0      | 124,0 |                    | La Croisette                      | D215     | 1175               | 12:09  | 12:13   | 12:17   | 12:21   | 12:27 |
| 3,0                          | 59,0      | 127,0 |                    | Int D215 D48                      | D48      | 643                | 12:20  | 12:25   | 12:30   | 12:35   | 12:42 |
| 4,5                          | 54,5      | 131,5 |                    | La Muraz                          | D48      | 643                | 12:37  | 12:43   | 12:49   | 12:56   | 13:05 |
| 4,0                          | 50,5      | 135,5 |                    | Esery                             | VC       | 607                | 12:52  | 12:59   | 13:06   | 13:15   | 13:25 |
| 1,0                          | 49,5      | 136,5 |                    | Marsinge                          | VC       | 493                | 12:56  | 13:03   | 13:10   | 13:19   | 13:30 |
| 1,5                          | 48,0      | 138,0 |                    | Int VC D302                       | D302     | 498                | 13:01  | 13:09   | 13:17   | 13:26   | 13:37 |
| 1,0                          | 47,0      | 139,0 | ○                  | Reignier                          | D19      | 480                | 13:05  | 13:13   | 13:21   | 13:31   | 13:42 |
| 3,0                          | 44,0      | 142,0 |                    | Int D19 D19a                      | D19a     | 455                | 13:16  | 13:25   | 13:34   | 13:45   | 13:57 |
| 1,5                          | 42,5      | 143,5 |                    | D19a D903                         | D903     | 434                | 13:22  | 13:31   | 13:40   | 13:51   | 14:05 |
| 2,0                          | 40,5      | 145,5 |                    | Findrol                           | D9       | 482                | 13:30  | 13:39   | 13:49   | 14:01   | 14:15 |
| 1,5                          | 39,0      | 147,0 |                    | Arpigny                           | D9       | 560                | 13:35  | 13:45   | 13:55   | 14:08   | 14:22 |
| 2,0                          | 37,0      | 149,0 |                    | Int D9 D20                        | D20      | 605                | 13:43  | 13:53   | 14:04   | 14:17   | 14:32 |
| 0,5                          | 36,5      | 149,5 |                    | Marcellaz                         | D20      | 670                | 13:45  | 13:55   | 14:06   | 14:19   | 14:35 |
| 2,5                          | 34,0      | 152,0 |                    | Int D12 D20                       | D20      | 676                | 13:54  | 14:05   | 14:17   | 14:31   | 14:47 |
| 3,5                          | 30,5      | 155,5 |                    | Saint Jean de Tolome              | D20      | 800                | 14:07  | 14:19   | 14:32   | 14:47   | 15:05 |
| 4,0                          | 26,5      | 159,5 | ○                  | La Tour D9                        | D9       | 630                | 14:22  | 14:35   | 14:49   | 15:05   | 15:25 |
| 2,0                          | 24,5      | 161,5 | ○                  | ST Jeoire D26                     | D26      | 570                | 14:30  | 14:43   | 14:57   | 15:15   | 15:35 |
| 5,5                          | 19,0      | 167,0 |                    | Onnion                            | D26      | 810                | 14:50  | 15:05   | 15:21   | 15:40   | 16:02 |
| 1,0                          | 18,0      | 168,0 |                    | Amoulin VC                        | VC       | 826                | 14:54  | 15:09   | 15:25   | 15:45   | 16:07 |
| 1,5                          | 16,5      | 169,5 |                    | Laitraz D226                      | D226     | 863                | 15:00  | 15:15   | 15:32   | 15:51   | 16:15 |
| 8,0                          | 8,5       | 177,5 | ○                  | Mieussy D907                      | D907     | 626                | 15:30  | 15:47   | 16:06   | 16:28   | 16:55 |
| 8,5                          | 0,0       | 186,0 | ○                  | TANINGES                          |          | 642                | 16:01  | 16:21   | 16:42   | 17:08   | 17:37 |
| ○ AH OUE LA France EST BELLE |           |       |                    |                                   |          |                    |        |         |         |         |       |



**LA FRANCE EN COURANT**  
 28 ème Tour du 16 au 30 juillet 2016  
 jeudi 21 juillet 2016

5ème Etape

**TANINGES (74) LANSLEBOURG Mont Cenis (73) 194,0 km**

| km                           |           |       | Commune - Lieu Dit | ROUTE                    | Altitude | Heures de passages |       |        |        |         |         |
|------------------------------|-----------|-------|--------------------|--------------------------|----------|--------------------|-------|--------|--------|---------|---------|
| à parcourir                  | parcourus |       |                    |                          |          | Suivie             |       | 16km/h | 15km/h | 14 km/h | 13 km/h |
|                              |           |       |                    | HAUTE SAVOIE (74)        |          |                    |       |        |        |         |         |
| 0                            | 194,0     | 0,0   |                    | TANINGES                 |          | 643                | 03:00 | 03:00  | 03:00  | 03:00   | 03:00   |
| 0                            | 194,0     | 0,0   |                    | Le Reposoir              | D4       | 1000               | 03:00 | 03:00  | 03:00  | 03:00   | 03:00   |
| 0                            | 194,0     | 0,0   |                    | Départ Col de Colombière | D4       | 1613               | 03:00 | 03:00  | 03:00  | 03:00   | 03:00   |
| 12,0                         | 182,0     | 12,0  |                    | Le Grand Bornand         | D4       | 923                | 03:45 | 03:48  | 03:51  | 03:55   | 04:00   |
| 3,0                          | 179,0     | 15,0  |                    | Saint Jean de Sixt       | D909     | 900                | 03:56 | 04:00  | 04:04  | 04:09   | 04:15   |
| 2,5                          | 176,5     | 17,5  |                    | La Clusaz                | D909     | 1050               | 04:05 | 04:10  | 04:15  | 04:20   | 04:27   |
| 7,5                          | 169,0     | 25,0  |                    | Col des Aravis           | D909     | 1486               | 04:33 | 04:40  | 04:47  | 04:55   | 05:05   |
| 0,0                          | 169,0     | 25,0  |                    | SAVOIE (73)              | D909     | 1080               | 04:33 | 04:40  | 04:47  | 04:55   | 05:05   |
| 5,5                          | 163,5     | 30,5  |                    | Le Giettaz               | D909     | 1063               | 04:54 | 05:02  | 05:10  | 05:20   | 05:32   |
| 5,5                          | 158,0     | 36,0  |                    | Flumet                   | D218a    | 958                | 05:15 | 05:24  | 05:34  | 05:46   | 06:00   |
| 1,5                          | 156,5     | 37,5  | 0                  | Notre Dame de Bellecombe | D218b    | 1100               | 05:20 | 05:30  | 05:40  | 05:53   | 06:07   |
| 13,0                         | 143,5     | 50,5  | 0                  | Col des Saisies          | D218b    | 1650               | 06:09 | 06:22  | 06:36  | 06:53   | 07:12   |
| 13,5                         | 130,0     | 64,0  |                    | Int D 218 b D 925        | D 925    | 700                | 07:00 | 07:16  | 07:34  | 07:55   | 08:20   |
| 3,0                          | 127,0     | 67,0  | 0                  | BEAUFORT D925            | D 925    | 750                | 07:11 | 07:28  | 07:47  | 08:09   | 08:35   |
| 11,5                         | 115,5     | 78,5  |                    | Col de Mérallet          | D 925    | 1605               | 07:54 | 08:14  | 08:36  | 09:02   | 09:32   |
| 8,0                          | 107,5     | 86,5  | 0                  | Cormet de Roselend D 902 | D57      | 1968               | 08:24 | 08:46  | 09:10  | 09:39   | 10:12   |
| 22,0                         | 85,5      | 108,5 | 0                  | BOURG St MAURICE         |          | 900                | 09:46 | 10:14  | 10:45  | 11:20   | 12:02   |
|                              |           |       |                    | Départ 2ème demi étape   |          |                    |       |        |        |         |         |
| 0,0                          | 85,5      | 108,5 |                    | BOURG St MAURICE         | D84      | 900                | 10:45 | 10:45  | 10:45  | 10:45   | 10:45   |
| 2,0                          | 83,5      | 110,5 |                    | Séez                     | D1090    | 981                | 10:52 | 10:53  | 10:53  | 10:54   | 10:55   |
| 4,5                          | 79,0      | 115,0 |                    | Inter D1090 D84          | D84      | 1363               | 11:09 | 11:11  | 11:12  | 11:15   | 11:17   |
| 2,0                          | 77,0      | 117,0 |                    | Montvalezan              | D84      | 1200               | 11:16 | 11:19  | 11:21  | 11:24   | 11:27   |
| 7,0                          | 70,0      | 124,0 |                    | Sainte Foy Tarentaise    | D902     | 1090               | 11:43 | 11:47  | 11:51  | 11:56   | 12:02   |
| 13,0                         | 57,0      | 137,0 |                    | Barrage de Tignes        | D 902    | 1780               | 12:31 | 12:39  | 12:47  | 12:56   | 13:07   |
| 7,0                          | 50,0      | 144,0 | 0                  | Val d'Isere              | D 902    | 1850               | 12:58 | 13:07  | 13:17  | 13:28   | 13:42   |
| 16,0                         | 34,0      | 160,0 |                    | Col de l'Iseran          | D 902    | 2764               | 13:58 | 14:11  | 14:25  | 14:42   | 15:02   |
| 14,0                         | 20,0      | 174,0 | 0                  | Bonneval sur Arc         | D 902    | 1790               | 14:50 | 15:07  | 15:25  | 15:47   | 16:12   |
| 8,5                          | 11,5      | 182,5 | 0                  | Bessans                  | D 902    | 1730               | 15:22 | 15:41  | 16:02  | 16:26   | 16:55   |
| 8,5                          | 3,0       | 191,0 |                    | Lanslevillard            | D 902    | 1460               | 15:54 | 16:15  | 16:38  | 17:05   | 17:37   |
| 3,0                          | 0,0       | 194,0 |                    | LANSLEBOURG Mont Cenis   |          | 1400               | 16:05 | 16:27  | 16:51  | 17:19   | 17:52   |
| 0 AH QUE LA France EST BELLE |           |       |                    |                          |          |                    |       |        |        |         |         |



**LA FRANCE EN COURANT**  
**28 ème Tour du 16 au 30 juillet 2016**  
**vendredi 22 juillet 2016**

6ème Etape

**LANSLEBOURG Mont Cenis (73) La MURE (38)**

**186,5 km**

| km                           |       |           |   | Commune - Lieu Dit            | ROUTE | Altitude | Heures de passages |       |        |        |         |         |         |
|------------------------------|-------|-----------|---|-------------------------------|-------|----------|--------------------|-------|--------|--------|---------|---------|---------|
| à parcourir                  |       | parcourus |   |                               |       |          | Suivie             |       | 16km/h | 15km/h | 14 km/h | 13 km/h | 12 km/h |
|                              |       |           |   |                               |       |          |                    |       |        |        |         |         |         |
| SAVOIE (73)                  |       |           |   |                               |       |          |                    |       |        |        |         |         |         |
| 0,0                          | 186,5 | 0,0       | ○ | LANSLEBOURG Mont Cenis        | D1006 | 1400     | 03:00              | 03:00 | 03:00  | 03:00  | 03:00   |         |         |
| 5,5                          | 181,0 | 5,5       | ○ | Termignon                     | D1006 | 1287     | 03:20              | 03:22 | 03:23  | 03:25  | 03:27   |         |         |
| 2,0                          | 179,0 | 7,5       | ○ | Sollières Sardières           | D83   | 1272     | 03:28              | 03:30 | 03:32  | 03:34  | 03:37   |         |         |
| 4,5                          | 174,5 | 12,0      |   | Sardières                     | D83   | 1500     | 03:45              | 03:48 | 03:51  | 03:55  | 04:00   |         |         |
| 4,0                          | 170,5 | 16,0      | ○ | Aussois                       | D215  | 1480     | 04:00              | 04:04 | 04:08  | 04:13  | 04:20   |         |         |
| 4,0                          | 166,5 | 20,0      |   | Le Bourget                    | D215  | 1220     | 04:15              | 04:20 | 04:25  | 04:32  | 04:40   |         |         |
| 3,5                          | 163,0 | 23,5      | ○ | Modane                        | D1006 | 1092     | 04:28              | 04:34 | 04:40  | 04:48  | 04:57   |         |         |
| 17,0                         | 146,0 | 40,5      | ○ | St MICHEL de MAURIENNE D 1006 | D1006 | 718      | 05:31              | 05:42 | 05:53  | 06:06  | 06:22   |         |         |
| 0,0                          | 146,0 | 40,5      |   |                               | D1006 | 686      | 05:31              | 05:42 | 05:53  | 06:06  | 06:22   |         |         |
| 7,0                          | 139,0 | 47,5      |   | Saint Julien Mony Denis       | D1006 | 649      | 05:58              | 06:10 | 06:23  | 06:39  | 06:57   |         |         |
| 5,0                          | 134,0 | 52,5      |   | Saint Jean de Maurienne D926  | D926  | 540      | 06:16              | 06:30 | 06:45  | 07:02  | 07:22   |         |         |
| 20,5                         | 113,5 | 73,0      |   | Saint Jean d'Arves            | D926  | 1397     | 07:33              | 07:52 | 08:12  | 08:36  | 09:05   |         |         |
| 3,5                          | 110,0 | 76,5      |   | Saint Sorlin d'Arves          | D926  | 1510     | 07:46              | 08:06 | 08:27  | 08:53  | 09:22   |         |         |
| 9,0                          | 101,0 | 85,5      |   | Col de la Croix de Fer        | D926  | 2064     | 08:20              | 08:42 | 09:06  | 09:34  | 10:07   |         |         |
| 2,5                          | 98,5  | 88,0      |   | Int D927 D926                 | D926  | 1907     | 08:30              | 08:52 | 09:17  | 09:46  | 10:20   |         |         |
| 3,5                          | 95,0  | 91,5      |   | 38 ISERE                      | D526  | 1700     | 08:43              | 09:06 | 09:32  | 10:02  | 10:37   |         |         |
| 17,5                         | 77,5  | 109,0     |   | Int D526 D43                  | D43   | 852      | 09:48              | 10:16 | 10:47  | 11:23  | 12:05   |         |         |
| 4,0                          | 73,5  | 113,0     |   | ALLEMONT                      | D526  | 772      | 10:03              | 10:32 | 11:04  | 11:41  | 12:25   |         |         |
| Départ 2ème demi étape       |       |           |   |                               |       |          |                    |       |        |        |         |         |         |
| 0,0                          | 73,5  | 113,0     |   | ALLEMONT                      | D44C  |          | 11:45              | 11:45 | 11:45  | 11:45  | 11:45   |         |         |
| 1,0                          | 72,5  | 114,0     |   | Int D44C D44                  | D44   | 810      | 11:48              | 11:49 | 11:49  | 11:49  | 11:50   |         |         |
| 1,5                          | 71,0  | 115,5     |   | Int D44 D44B                  | D44b  | 844      | 11:54              | 11:55 | 11:55  | 11:56  | 11:57   |         |         |
| 10,0                         | 61,0  | 125,5     |   | Villard Reculas               | D211b | 1430     | 12:31              | 12:35 | 12:38  | 12:42  | 12:47   |         |         |
| 4,0                          | 57,0  | 129,5     |   | Huez                          | D211  | 1500     | 12:46              | 12:51 | 12:55  | 13:01  | 13:07   |         |         |
| 5,5                          | 51,5  | 135,0     |   | La Garde                      | D211  | 980      | 13:07              | 13:13 | 13:19  | 13:26  | 13:35   |         |         |
| 3,0                          | 48,5  | 138,0     | ○ | Le Bourg d'Oisans             | D1091 | 1999     | 13:18              | 13:25 | 13:32  | 13:40  | 13:50   |         |         |
| 2,5                          | 46,0  | 140,5     |   | Int D1091 D526                | D526  | 1827     | 13:28              | 13:35 | 13:42  | 13:51  | 14:02   |         |         |
| 1,5                          | 44,5  | 142,0     |   | Int D221 D526                 | D526  | 806      | 13:33              | 13:41 | 13:49  | 13:58  | 14:10   |         |         |
| 4,5                          | 40,0  | 146,5     |   | Int D221a D526                | D526  | 1032     | 13:50              | 13:59 | 14:08  | 14:19  | 14:32   |         |         |
| 6,0                          | 34,0  | 152,5     | ○ | Col d'Ornon                   | D526  | 1367     | 14:13              | 14:23 | 14:34  | 14:47  | 15:02   |         |         |
| 2,5                          | 31,5  | 155,0     |   | Chantelouve                   | D526  | 1023     | 14:22              | 14:33 | 14:45  | 14:58  | 15:15   |         |         |
| 6,5                          | 25,0  | 161,5     |   | Le Périer                     | D526  | 890      | 14:46              | 14:59 | 15:12  | 15:28  | 15:47   |         |         |
| 4,5                          | 20,5  | 166,0     |   | Entraigues                    | D526  | 807      | 15:03              | 15:17 | 15:32  | 15:49  | 16:10   |         |         |
| 5,0                          | 15,5  | 171,0     | ○ | Valbonnais                    | D526  | 790      | 15:22              | 15:37 | 15:53  | 16:12  | 16:35   |         |         |
| 2,5                          | 13,0  | 173,5     |   | Int D526 D26                  | D26   | 670      | 15:31              | 15:47 | 16:04  | 16:24  | 16:47   |         |         |
| 3,5                          | 9,5   | 177,0     |   | Siévoz                        | D26   | 755      | 15:45              | 16:01 | 16:19  | 16:40  | 17:05   |         |         |
| 3,0                          | 6,5   | 180,0     |   | La Bas Roizan                 | D26   | 800      | 15:56              | 16:13 | 16:32  | 16:54  | 17:20   |         |         |
| 3,5                          | 3,0   | 183,5     |   | Int D26 D114                  | D114  | 863      | 16:09              | 16:27 | 16:47  | 17:10  | 17:37   |         |         |
| 3,0                          | 0,0   | 186,5     | ○ | LA MURE                       |       | 860      | 16:20              | 16:39 | 17:00  | 17:24  | 17:52   |         |         |
| ○ AH QUE LA France EST BELLE |       |           |   |                               |       |          |                    |       |        |        |         |         |         |





# LA FRANCE EN COURANT

28ème Tour du 16 au 30 juillet 2016

samedi 23 juillet 2016

7ème Etape

La MURE (38) LABEGUDE (07)

193,5 km

| km          |          |       | Commune - Lieu Dit                   | Suivie | Altitude | Heures de passages |              |              |              |              |
|-------------|----------|-------|--------------------------------------|--------|----------|--------------------|--------------|--------------|--------------|--------------|
| à parcourir | parcours |       |                                      |        |          | 16km/h             | 15km/h       | 14 km/h      | 13 km/h      | 12 km/h      |
|             |          |       | <b>ISERE (38)</b>                    |        |          |                    |              |              |              |              |
| 0,0         | 193,5    | 0,0   | <b>LA MURE</b>                       | D1005  | 860      | <b>03:00</b>       | <b>03:00</b> | <b>03:00</b> | <b>03:00</b> | <b>03:00</b> |
| 1,5         | 192,0    | 1,5   | Int D1085 D 526                      | D526   | 750      | 03:05              | 03:06        | 03:06        | 03:06        | 03:07        |
| 0,5         | 191,5    | 2,0   | Int vc D 526                         | D526   | 738      | 03:07              | 03:08        | 03:08        | 03:09        | 03:10        |
| 2,5         | 189,0    | 4,5   | Int D526 D227                        | D227   | 597      | 03:16              | 03:18        | 03:19        | 03:20        | 03:22        |
| 5,5         | 183,5    | 10,0  | Saint Sébastien                      | D227   | 864      | 03:37              | 03:40        | 03:42        | 03:46        | 03:50        |
| 0,5         | 183,0    | 10,5  | Int D227 D227a                       | D227a  | 880      | 03:39              | 03:42        | 03:45        | 03:48        | 03:52        |
| 0,5         | 182,5    | 11,0  | int D227a D66                        | D66    | 912      | 03:41              | 03:44        | 03:47        | 03:50        | 03:55        |
| 2,0         | 180,5    | 13,0  | Col St Sébastien.                    | D66    | 983      | 03:48              | 03:52        | 03:55        | 04:00        | 04:05        |
| 4,0         | 176,5    | 17,0  | Mensac                               | D66    | 775      | 04:03              | 04:08        | 04:12        | 04:18        | 04:25        |
| 11,5        | 165,0    | 28,5  | Avers                                | D66    | 785      | 04:46              | 04:54        | 05:02        | 05:11        | 05:22        |
| 4,5         | 160,5    | 33,0  | Lalley                               | D66    | 842      | 05:03              | 05:12        | 05:21        | 05:32        | 05:45        |
| 0,5         | 160,0    | 33,5  | Int D66 D1075                        | D1075  | 932      | 05:05              | 05:14        | 05:23        | 05:34        | 05:47        |
| 4,5         | 155,5    | 38,0  | Col de la Croix Haute                | D1075  | 1176     | 05:22              | 05:32        | 05:42        | 05:55        | 06:10        |
| 0,0         | 155,5    | 38,0  | <b>DROME (26)</b>                    | D1075  |          | 05:22              | 05:32        | 05:42        | 05:55        | 06:10        |
| 3,0         | 152,5    | 41,0  | Les Lussettes                        | D539   | 1068     | 05:33              | 05:44        | 05:55        | 06:09        | 06:25        |
| 4,0         | 148,5    | 45,0  | Col de Grimone                       | D539   | 1318     | 05:48              | 06:00        | 06:12        | 06:27        | 06:45        |
| 4,0         | 144,5    | 49,0  | Grimone                              | D539   | 1100     | 06:03              | 06:16        | 06:30        | 06:46        | 07:05        |
| 2,5         | 142,0    | 51,5  | Les Combes                           | D57    | 947      | 06:13              | 06:26        | 06:40        | 06:57        | 07:17        |
| 2,5         | 139,5    | 54,0  | Glandage                             | D539   | 858      | 06:22              | 06:36        | 06:51        | 07:09        | 07:30        |
| 6,5         | 133,0    | 60,5  | int D624 D 539                       | D539   | 663      | 06:46              | 07:02        | 07:19        | 07:39        | 08:02        |
| 3,5         | 129,5    | 64,0  | Mensac                               | D539   | 605      | 07:00              | 07:16        | 07:34        | 07:55        | 08:20        |
| 6,0         | 123,5    | 70,0  | Chatillon en Diois                   | D539   | 575      | 07:22              | 07:40        | 08:00        | 08:23        | 08:50        |
| 1,5         | 122,0    | 71,5  | Saint Roman                          | D539   | 533      | 07:28              | 07:46        | 08:06        | 08:30        | 08:57        |
| 3,5         | 118,5    | 75,0  | Pont de Quart                        | D93    | 440      | 07:41              | 08:00        | 08:21        | 08:46        | 09:15        |
| 2,0         | 116,5    | 77,0  | Molières Glandaz                     | D93    | 429      | 07:48              | 08:08        | 08:30        | 08:55        | 09:25        |
| 4,5         | 112,0    | 81,5  | Die                                  | D93    | 400      | 08:05              | 08:26        | 08:49        | 09:16        | 09:47        |
| 0,5         | 111,5    | 82,0  | Int D129 D93 Sainte Croix            | D93    | 355      | 08:07              | 08:28        | 08:51        | 09:18        | 09:50        |
| 10,0        | 101,5    | 92,0  | Pontaix                              | D93    | 400      | 08:45              | 09:08        | 09:34        | 10:04        | 10:40        |
| 8,0         | 93,5     | 100,0 | (Espenel)                            | D93    | 285      | 09:15              | 09:40        | 10:08        | 10:41        | 11:20        |
| 3,5         | 90,0     | 103,5 | Saillans                             | D93    | 272      | 09:28              | 09:54        | 10:23        | 10:57        | 11:37        |
| 8,5         | 81,5     | 112,0 | Mirabel et Blacons                   | D93    | 220      | 10:00              | 10:28        | 11:00        | 11:36        | 12:20        |
| 3,5         | 78,0     | 115,5 | Aouste sur Sye                       | D93    | 205      | 10:13              | 10:42        | 11:15        | 11:53        | 12:37        |
| 3,0         | 75,0     | 118,5 | <b>CREST</b>                         |        | 190      | 10:24              | 10:54        | 11:27        | 12:06        | 12:52        |
|             |          |       | <b>Départ 2ème demi étape</b>        |        |          |                    |              |              |              |              |
| 0,0         | 75,0     | 118,5 | <b>CREST</b>                         | D93    | 190      | <b>11:30</b>       | <b>11:30</b> | <b>11:30</b> | <b>11:30</b> | <b>11:30</b> |
| 6,5         | 68,5     | 125,0 | Allex                                | D93a   | 140      | 11:54              | 11:56        | 11:57        | 12:00        | 12:02        |
| 10,0        | 58,5     | 135,0 | Livron sur Drome                     |        | 120      | 12:31              | 12:36        | 12:40        | 12:46        | 12:52        |
|             |          |       | <b>Neutralisation</b>                |        |          | 12:31              | 12:36        | 12:40        | 12:46        | 12:52        |
| 0,0         | 58,5     | 135,0 | <b>ARDECHE (07)</b>                  |        | 100      | 12:31              | 12:36        | 12:40        | 12:46        | 12:52        |
| 0,0         | 58,5     | 135,0 | Le Pouzin                            | D86    | 95       | 12:31              | 12:36        | 12:40        | 12:46        | 12:52        |
| 3,0         | 55,5     | 138,0 | Int D86 D22                          | D22    | 112      | 12:43              | 12:48        | 12:53        | 13:00        | 13:07        |
|             | 55,5     | 138,0 |                                      | D22    |          | 12:43              | 12:48        | 12:53        | 13:00        | 13:07        |
| 8,0         | 47,5     | 146,0 | Chromerac                            | D22    | 190      | 13:13              | 13:20        | 13:27        | 13:36        | 13:47        |
| 3,0         | 44,5     | 149,0 | Alissas                              | D22    | 190      | 13:24              | 13:32        | 13:40        | 13:50        | 14:02        |
| 2,0         | 42,5     | 151,0 | Veyras                               | D22    | 233      | 13:31              | 13:40        | 13:49        | 14:00        | 14:12        |
| 2,0         | 40,5     | 153,0 | Privas Bd de Paste                   |        | 254      | 13:39              | 13:48        | 13:57        | 14:09        | 14:22        |
| 0,5         | 40,0     | 153,5 | Privas                               | D7     | 281      | 13:41              | 13:50        | 14:00        | 14:11        | 14:25        |
|             | 40,0     | 153,5 |                                      | D7     | 368      | 13:41              | 13:50        | 14:00        | 14:11        | 14:25        |
| 12,5        | 27,5     | 166,0 | Freyssenet Col de Benas              | 224    | 795      | 14:28              | 14:40        | 14:53        | 15:09        | 15:27        |
| 7,5         | 20,0     | 173,5 | Darbres                              | 224    | 442      | 14:56              | 15:10        | 15:25        | 15:43        | 16:05        |
| 5,0         | 15,0     | 178,5 | Lussas                               | D259   | 293      | 15:15              | 15:30        | 15:47        | 16:06        | 16:30        |
| 7,0         | 8,0      | 185,5 | Saint Privat                         | D578b  | 200      | 15:41              | 15:58        | 16:17        | 16:39        | 17:05        |
| 4,0         | 4,0      | 189,5 | Ucel                                 | D578b  | 232      | 15:56              | 16:14        | 16:34        | 16:57        | 17:25        |
| 2,0         | 2,0      | 191,5 | Vals les Bains                       | D578   | 250      | 16:03              | 16:22        | 16:42        | 17:06        | 17:35        |
| 2,0         | 0,0      | 193,5 | <b>LABEGUDE</b>                      |        | 248      | 16:11              | 16:30        | 16:51        | 17:16        | 17:45        |
|             |          |       | <b>OH AH QUE LA France EST BELLE</b> |        |          |                    |              |              |              |              |





**LA FRANCE EN COURANT**  
28 ème Tour du 16 Juillet au 30 juillet 2016  
dimanche 24 juillet 2016

8ème Etape

**LABEGUDE (07) – MILLAU (12)**

**190,0 km**

| km                           |          |       |   | Commune - Lieu Dit                 | ROUTE | Altitude | Heures de passages |       |        |        |         |         |
|------------------------------|----------|-------|---|------------------------------------|-------|----------|--------------------|-------|--------|--------|---------|---------|
| à parcourir                  | parcours |       |   |                                    |       |          | Suivie             |       | 16km/h | 15km/h | 14 km/h | 13 km/h |
|                              |          |       |   | ARDECHE (07)                       |       |          |                    |       |        |        |         |         |
| 0,0                          | 190,0    | 0,0   |   | LABEGUDE                           | D578  | 260      | 03:00              | 03:00 | 03:00  | 03:00  | 03:00   |         |
| 0,0                          | 190,0    | 0,0   |   | Départ CD 235 (Chaberterie) Cne de | D233  | 443      | 03:00              | 03:00 | 03:00  | 03:00  | 03:00   |         |
| 3,5                          | 186,5    | 3,5   |   | Int D235 D223                      | D223  | 322      | 03:13              | 03:14 | 03:15  | 03:16  | 03:17   |         |
| 5,0                          | 181,5    | 8,5   |   | InttD 223 D103                     | D103  | 242      | 03:31              | 03:34 | 03:36  | 03:39  | 03:42   |         |
| 4,0                          | 177,5    | 12,5  | ○ | Largentière                        | D5    | 212      | 03:46              | 03:50 | 03:53  | 03:57  | 04:02   |         |
| 1,5                          | 176,0    | 14,0  |   | Int D 5 D212                       | D212  | 195      | 03:52              | 03:56 | 04:00  | 04:04  | 04:10   |         |
| 3,5                          | 172,5    | 17,5  | ○ | Laurac en Vivarais                 | D212  | 196      | 04:05              | 04:10 | 04:15  | 04:20  | 04:27   |         |
| 4,0                          | 168,5    | 21,5  |   | Int D212 D 104 Rosières            | D104  | 161      | 04:20              | 04:26 | 04:32  | 04:39  | 04:47   |         |
| 2,0                          | 166,5    | 23,5  | ○ | Joyeuse                            | D104b | 200      | 04:28              | 04:34 | 04:40  | 04:48  | 04:57   |         |
| 2,5                          | 164,0    | 26,0  | ○ | Lablachère                         | D104a | 255      | 04:37              | 04:44 | 04:51  | 05:00  | 05:10   |         |
| 5,5                          | 158,5    | 31,5  | ○ | Les Assions                        | D104a | 173      | 04:58              | 05:06 | 05:15  | 05:25  | 05:37   |         |
| 5,5                          | 153,0    | 37,0  | ○ | Les Vans                           | D901  | 169      | 05:18              | 05:28 | 05:38  | 05:50  | 06:05   |         |
| 4,5                          | 148,5    | 41,5  |   | La Chappelle                       | D901  | 350      | 05:35              | 05:46 | 05:57  | 06:11  | 06:27   |         |
| 1,5                          | 147,0    | 43,0  |   | Folcheran                          | D901  | 418      | 05:41              | 05:52 | 06:04  | 06:18  | 06:35   |         |
| 4,5                          | 142,5    | 47,5  |   | GARD (30)                          |       |          |                    |       |        |        |         |         |
| 3,5                          | 139,0    | 51,0  |   | Int D901 D155                      | D155  | 808      | 06:11              | 06:24 | 06:38  | 06:55  | 07:15   |         |
| 2,0                          | 137,0    | 53,0  |   | Malons et Elze                     | D155  | 842      | 06:18              | 06:32 | 06:47  | 07:04  | 07:25   |         |
| 7,5                          | 129,5    | 60,5  |   | Int D51 D155                       | D155  | 383      | 06:46              | 07:02 | 07:19  | 07:39  | 08:02   |         |
| 5                            | 124,5    | 65,5  |   | Int D318 D155                      | D155  | 608      | 07:05              | 07:22 | 07:40  | 08:02  | 08:27   |         |
| 1,5                          | 123,0    | 67,0  |   | Int D155 D906                      | D906  | 624      | 07:11              | 07:28 | 07:47  | 08:09  | 08:35   |         |
| 4,0                          | 119,0    | 71,0  | ○ | Génolhac                           | D906  | 494      | 07:26              | 07:44 | 08:04  | 08:27  | 08:55   |         |
| 2,5                          | 116,5    | 73,5  |   | D906 D998                          | D998  | 457      | 07:35              | 07:54 | 08:15  | 08:39  | 09:07   |         |
| 1,0                          | 115,5    | 74,5  |   | LOZERE (48)                        |       |          |                    |       |        |        |         |         |
| 3,0                          | 112,5    | 77,5  |   | Int D37 D998                       | D998  | 566      | 07:50              | 08:10 | 08:32  | 08:57  | 09:27   |         |
| 3,5                          | 109,0    | 81,0  | ○ | Vialas                             | D998  | 595      | 08:03              | 08:24 | 08:47  | 09:13  | 09:45   |         |
| 8,0                          | 101,0    | 89,0  |   | Saint Maurice de Ventalon          | D998  | 983      | 08:33              | 08:56 | 09:21  | 09:50  | 10:25   |         |
| 1,0                          | 100,0    | 90,0  |   | La Croix de Berthé                 | D998  | 1088     | 08:37              | 09:00 | 09:25  | 09:55  | 10:30   |         |
| 9,5                          | 90,5     | 99,5  | ○ | Le Pont de Montvert                | D998  | 875      | 09:13              | 09:38 | 10:06  | 10:39  | 11:17   |         |
| 15,0                         | 75,5     | 114,5 |   | Cocures                            | D998  | 651      | 10:09              | 10:38 | 11:10  | 11:48  | 12:32   |         |
| 2,0                          | 73,5     | 116,5 |   | Bédoues                            | D998  | 560      | 10:16              | 10:46 | 11:19  | 11:57  | 12:42   |         |
| 3,0                          | 70,5     | 119,5 | ○ | FLORAC                             |       | 546      | 10:28              | 10:58 | 11:32  | 12:11  | 12:57   |         |
|                              |          |       |   | Départ 2ème demi étape             |       |          |                    |       |        |        |         |         |
| 0,0                          | 70,5     | 119,5 |   | FLORAC                             | D16   | 546      | 12:00              | 12:00 | 12:00  | 12:00  | 12:00   |         |
| 5,0                          | 65,5     | 124,5 |   | Dolmen                             | D16   | 1012     | 12:18              | 12:20 | 12:21  | 12:23  | 12:25   |         |
| 11,5                         | 54,0     | 136,0 |   | Int D16 D63                        | D63   | 932      | 13:01              | 13:06 | 13:10  | 13:16  | 13:22   |         |
| 2,5                          | 51,5     | 138,5 |   | Nivoliers                          | D63   | 950      | 13:11              | 13:16 | 13:21  | 13:27  | 13:35   |         |
| 3,5                          | 48,0     | 142,0 | ○ | Hures                              | D63   | 1000     | 13:24              | 13:30 | 13:36  | 13:43  | 13:52   |         |
| 2,5                          | 45,5     | 144,5 |   | Drigas                             | D63   | 1023     | 13:33              | 13:40 | 13:47  | 13:55  | 14:05   |         |
| 5,0                          | 40,5     | 149,5 |   | Int D63 D986                       | D996  | 957      | 13:52              | 14:00 | 14:08  | 14:18  | 14:30   |         |
| 3,0                          | 37,5     | 152,5 |   | La Parade                          | D63   | 987      | 14:03              | 14:12 | 14:21  | 14:32  | 14:45   |         |
| 10,0                         | 27,5     | 162,5 | ○ | La Caze                            | D63   | 450      | 14:41              | 14:52 | 15:04  | 15:18  | 15:35   |         |
| 6,0                          | 21,5     | 168,5 | ○ | Le Rozier                          | D187  | 404      | 15:03              | 15:16 | 15:30  | 15:46  | 16:05   |         |
| 0,0                          | 21,5     | 168,5 |   | AVEYRON (12)                       |       |          |                    |       |        |        |         |         |
| 0,5                          | 21,0     | 169,0 | ○ | Peyreleau                          | D187  | 400      | 15:05              | 15:18 | 15:32  | 15:48  | 16:07   |         |
| 9,0                          | 12,0     | 178,0 | ○ | La Cresse                          | D187  | 412      | 15:39              | 15:54 | 16:10  | 16:30  | 16:52   |         |
| 3,5                          | 8,5      | 181,5 | ○ | Paulhe                             | D187  | 400      | 15:52              | 16:08 | 16:25  | 16:46  | 17:10   |         |
| 8,5                          | 0,0      | 190,0 | ○ | MILLAU                             |       | 364      | 16:24              | 16:42 | 17:02  | 17:25  | 17:52   |         |
| ○ AH QUE LA France EST BELLE |          |       |   |                                    |       |          |                    |       |        |        |         |         |



**LA FRANCE EN COURANT**  
**28 ème Tour du 16 juillet au 30 juillet 2016**  
**lundi 25 juillet 2016**

9ème Etape

**MILLAU (12) – CAHORS (46)**

**196,0 km**

| km          |          |       |        | Commune - Lieu Dit         | ROUTE | Altitude | Heures de passages |        |         |         |         |
|-------------|----------|-------|--------|----------------------------|-------|----------|--------------------|--------|---------|---------|---------|
| à parcourir | parcours |       | Suivie |                            |       |          | 16km/h             | 15km/h | 14 km/h | 13 km/h | 12 km/h |
|             |          |       |        | AVEYRON (12)               |       |          |                    |        |         |         |         |
| 0,0         | 196,0    | 0,0   |        | MILLAU                     | D41   | 364      | 03:00              | 03:00  | 03:00   | 03:00   | 03:00   |
| 7,0         | 189,0    | 7,0   | ○      | Peyre                      | D41   | 379      | 03:26              | 03:28  | 03:30   | 03:32   | 03:35   |
| 5,0         | 184,0    | 12,0  | ○      | Comprégnac                 | D41   | 380      | 03:45              | 03:48  | 03:51   | 03:55   | 04:00   |
| 4,0         | 180,0    | 16,0  |        | Candas                     | D41   | 381      | 04:00              | 04:04  | 04:08   | 04:13   | 04:20   |
| 1,0         | 179,0    | 17,0  |        | Saint Hippolyte            | D96   | 339      | 04:03              | 04:08  | 04:12   | 04:18   | 04:25   |
| 5,0         | 174,0    | 22,0  |        | Int D96 D993               | D993  | 331      | 04:22              | 04:28  | 04:34   | 04:41   | 04:50   |
| 1,0         | 173,0    | 23,0  | ○      | Saint Rome de Tarn         | D31   | 394      | 04:26              | 04:32  | 04:38   | 04:46   | 04:55   |
| 11,0        | 162,0    | 34,0  | ○      | Saint Victor et Melvieu    | D3    | 622      | 05:07              | 05:16  | 05:25   | 05:36   | 05:50   |
| 4,0         | 158,0    | 38,0  | ○      | Melvieu                    | D3    | 478      | 05:22              | 05:32  | 05:42   | 05:55   | 06:10   |
| 4,0         | 154,0    | 42,0  | ○      | Le Truel                   | D1    | 288      | 05:37              | 05:48  | 06:00   | 06:13   | 06:30   |
| 7,0         | 147,0    | 49,0  |        | Int D200 D25               | D25   | 300      | 06:03              | 06:16  | 06:30   | 06:46   | 07:05   |
| 1,5         | 145,5    | 50,5  | ○      | Broquiès                   | D200e | 386      | 06:09              | 06:22  | 06:36   | 06:53   | 07:12   |
| 3,0         | 142,5    | 53,5  |        | Int D200e D200             | D200  | 255      | 06:20              | 06:34  | 06:49   | 07:06   | 07:27   |
| 1,5         | 141,0    | 55,0  |        | Int D200 D902              | D902  | 250      | 06:26              | 06:40  | 06:55   | 07:13   | 07:35   |
| 3,5         | 137,5    | 58,5  | ○      | Brousse le Château         | D902  | 245      | 06:39              | 06:54  | 07:10   | 07:30   | 07:52   |
| 2,5         | 135,0    | 61,0  |        | Int D902 D200              | D200  | 250      | 06:48              | 07:04  | 07:21   | 07:41   | 08:05   |
| 0,5         | 134,5    | 61,5  |        | Int D524 D200              | D200  | 245      | 06:50              | 07:06  | 07:23   | 07:43   | 08:07   |
| 3,5         | 131,0    | 65,0  |        | Int D200 D902              | D902  | 250      | 07:03              | 07:20  | 07:38   | 08:00   | 08:25   |
| 5,0         | 126,0    | 70,0  | ○      | Réquista                   | D57   | 560      | 07:22              | 07:40  | 08:00   | 08:23   | 08:50   |
| 3,5         | 122,5    | 73,5  |        | Saint Jean Delnous         | D903  | 520      | 07:35              | 07:54  | 08:15   | 08:39   | 09:07   |
| 0,5         | 122,0    | 74,0  |        | Int D903 D10               | D10   | 520      | 07:37              | 07:56  | 08:17   | 08:41   | 09:10   |
| 7,0         | 115,0    | 81,0  | ○      | Lédergues                  | D10   | 495      | 08:03              | 08:24  | 08:47   | 09:13   | 09:45   |
| 2,0         | 113,0    | 83,0  |        | Int D10 D263               | D263  | 493      | 08:11              | 08:32  | 08:55   | 09:23   | 09:55   |
| 2,0         | 111,0    | 85,0  |        | TARN (81)                  | D69   | 491      | 08:18              | 08:40  | 09:04   | 09:32   | 10:05   |
| 2,0         | 109,0    | 87,0  |        | Int D69 D53                | D53   | 486      | 08:26              | 08:48  | 09:12   | 09:41   | 10:15   |
| 2,0         | 107,0    | 89,0  |        | Tréban                     | D53   | 488      | 08:33              | 08:56  | 09:21   | 09:50   | 10:25   |
| 2,5         | 104,5    | 91,5  | ○      | Tanus                      | D53   | 441      | 08:43              | 09:06  | 09:32   | 10:02   | 10:37   |
| 7,5         | 97,0     | 99,0  | ○      | Pampelonne                 | D78   | 425      | 09:11              | 09:36  | 10:04   | 10:36   | 11:15   |
| 2,0         | 95,0     | 101,0 |        | Int D78 D53                | D905  | 399      | 09:18              | 09:44  | 10:12   | 10:46   | 11:25   |
| 6,0         | 89,0     | 107,0 |        | Int D53 D905               | D905  | 393      | 09:41              | 10:08  | 10:38   | 11:13   | 11:55   |
| 1,5         | 87,5     | 108,5 | ○      | MIRANDOL BOURGNOUNAC       |       | 392      | 09:46              | 10:14  | 10:45   | 11:20   | 12:02   |
|             |          |       |        | Départ 2ème demi étape     |       |          |                    |        |         |         |         |
| 0,0         | 87,5     | 108,5 |        | MIRANDOL BOURGNOUNAC       | D905  | 392      | 10:30              | 10:30  | 10:30   | 10:30   | 10:30   |
| 1,0         | 86,5     | 109,5 |        | Int D905 D53               | D53   | 419      | 10:33              | 10:34  | 10:34   | 10:34   | 10:35   |
| 2,5         | 84,0     | 112,0 |        | Int D153 D53 D9            | D9    | 419      | 10:43              | 10:44  | 10:45   | 10:46   | 10:47   |
| 2,0         | 82,0     | 114,0 |        | Int D119 D73 D9            | D9    | 430      | 10:50              | 10:52  | 10:53   | 10:55   | 10:57   |
| 1,5         | 80,5     | 115,5 |        | Montirat                   | D9    | 344      | 10:56              | 10:58  | 11:00   | 11:02   | 11:05   |
| 4,5         | 76,0     | 120,0 |        | Int D9 D73                 | D73   | 178      | 11:13              | 11:16  | 11:19   | 11:23   | 11:27   |
| 1,0         | 75,0     | 121,0 |        |                            | D239  | 176      | 11:16              | 11:20  | 11:23   | 11:27   | 11:32   |
| 2,0         | 73,0     | 123,0 |        | Saint André de Najac       | D239  | 332      | 11:24              | 11:28  | 11:32   | 11:36   | 11:42   |
| 1,0         | 72,0     | 124,0 |        | Int D922 D239              | D239  | 376      | 11:28              | 11:32  | 11:36   | 11:41   | 11:47   |
| 6,0         | 66,0     | 130,0 | ○      | Najac                      | D39   | 363      | 11:50              | 11:56  | 12:02   | 12:09   | 12:17   |
| 2,0         | 64,0     | 132,0 |        | Int D594 D39               | D39   | 239      | 11:58              | 12:04  | 12:10   | 12:18   | 12:27   |
| 5,0         | 59,0     | 137,0 |        | Int D47 D39                | D39   | 482      | 12:16              | 12:24  | 12:32   | 12:41   | 12:52   |
| 1,0         | 58,0     | 138,0 |        | TARN ET GARONNE (82)       |       | 450      | 12:20              | 12:28  | 12:36   | 12:46   | 12:57   |
| 0,5         | 57,5     | 138,5 |        | Int D39 D75 D84            | D84   | 463      | 12:22              | 12:30  | 12:38   | 12:48   | 13:00   |
| 8,5         | 49,0     | 147,0 | ○      | Parisot                    | D33   | 340      | 12:54              | 13:04  | 13:15   | 13:27   | 13:42   |
| 0,5         | 48,5     | 147,5 |        | Int D33 D926               | D926  | 399      | 12:56              | 13:06  | 13:17   | 13:30   | 13:45   |
| 1,5         | 47,0     | 149,0 |        | Int D926 D33               | D33   | 398      | 13:01              | 13:12  | 13:23   | 13:36   | 13:52   |
| 2,0         | 45,0     | 151,0 |        | Puylagarde                 | D33   | 410      | 13:09              | 13:20  | 13:32   | 13:46   | 14:02   |
| 5,0         | 40,0     | 156,0 | ○      | Saint Projet               | D33   | 355      | 13:28              | 13:40  | 13:53   | 14:09   | 14:27   |
| 1,0         | 39,0     | 157,0 |        | LOT (46)                   | D52   | 342      | 13:31              | 13:44  | 13:57   | 14:13   | 14:32   |
| 3,0         | 36,0     | 160,0 |        | Saillac                    | D52   | 363      | 13:43              | 13:56  | 14:10   | 14:27   | 14:47   |
| 5,0         | 31,0     | 165,0 | ○      | Varaire                    | D19   | 316      | 14:01              | 14:16  | 14:32   | 14:50   | 15:12   |
| 4,5         | 26,5     | 169,5 | ○      | Bach                       | D22   | 317      | 14:18              | 14:34  | 14:51   | 15:11   | 15:35   |
| 3,5         | 23,0     | 173,0 | ○      | Escamps                    | D22   | 283      | 14:31              | 14:48  | 15:06   | 15:27   | 15:52   |
| 5,0         | 18,0     | 178,0 |        | Int D26 D22                | D22   | 229      | 14:50              | 15:08  | 15:27   | 15:50   | 16:17   |
| 1,0         | 17,0     | 179,0 |        | Int D26 D22                | D22   | 216      | 14:54              | 15:12  | 15:32   | 15:55   | 16:22   |
| 4,0         | 13,0     | 183,0 |        | Laburgade                  | D22   | 368      | 15:09              | 15:28  | 15:49   | 16:13   | 16:42   |
| 6,5         | 6,5      | 189,5 |        | Flaujac Pujols             | D22   | 239      | 15:33              | 15:54  | 16:17   | 16:43   | 17:15   |
| 6,5         | 0,0      | 196,0 | ○      | CAHORS                     |       | 135      | 15:58              | 16:20  | 16:45   | 17:13   | 17:47   |
|             |          |       |        | AH QUE LA France EST BELLE |       |          |                    |        |         |         |         |



**LA FRANCE EN COURANT**  
**28ème Tour du 16 juillet au 30 juillet 2016**  
**mardi 26 juillet 2016**

10ème Etape

**CAHORS (46) – RIBERAC (24))**

**192,5 km**

| km                                  |          |       | Commune - Lieu Dit                       | ROUTE | Altitude | Heures de passages |              |              |              |              |
|-------------------------------------|----------|-------|------------------------------------------|-------|----------|--------------------|--------------|--------------|--------------|--------------|
| à parcourir                         | parcours |       |                                          |       |          | 16km/h             | 15km/h       | 14 km/h      | 13 km/h      | 12 km/h      |
|                                     |          |       | <b>LOT (46)</b>                          |       |          |                    |              |              |              |              |
| 0,0                                 | 192,5    | 0,0   | <b>CAHORS</b>                            | D811  | 135      | <b>03:00</b>       | <b>03:00</b> | <b>03:00</b> | <b>03:00</b> | <b>03:00</b> |
| 8,0                                 | 184,5    | 8,0   | ○ Mercuès                                | D811  | 150      | 03:30              | 03:32        | 03:34        | 03:36        | 03:40        |
| 1,5                                 | 183,0    | 9,5   | Espère                                   | D811  | 140      | 03:35              | 03:38        | 03:40        | 03:43        | 03:47        |
| 2,5                                 | 180,5    | 12,0  | Int D811 D6                              | D6    | 250      | 03:45              | 03:48        | 03:51        | 03:55        | 04:00        |
| 5,5                                 | 175,0    | 17,5  | ○ Catus                                  | D6    | 168      | 04:05              | 04:10        | 04:15        | 04:20        | 04:27        |
| 3,0                                 | 172,0    | 20,5  | Int D46 D6                               | D6    | 287      | 04:16              | 04:22        | 04:27        | 04:34        | 04:42        |
| 7,5                                 | 164,5    | 28,0  | ○ Lavercantière                          | D6    | 296      | 04:45              | 04:52        | 05:00        | 05:09        | 05:20        |
| 3,5                                 | 161,0    | 31,5  | ○ Dégagnac                               | D6    | 185      | 04:58              | 05:06        | 05:15        | 05:25        | 05:37        |
| 2,0                                 | 159,0    | 33,5  | Int D2 D6                                | D6    | 161      | 05:05              | 05:14        | 05:23        | 05:34        | 05:47        |
| 2,0                                 | 157,0    | 35,5  | Int D6 D673                              | D673  | 143      | 05:13              | 05:22        | 05:32        | 05:43        | 05:57        |
| 1,5                                 | 155,5    | 37,0  | Int D673 D6                              | D6    | 134      | 05:18              | 05:28        | 05:38        | 05:50        | 06:05        |
| 1,0                                 | 154,5    | 38,0  | <b>DORDOGNE (24)</b>                     | D46   | 131      | 05:22              | 05:32        | 05:42        | 05:55        | 06:10        |
| 5,5                                 | 149,0    | 43,5  | ○ Saint Martial de Nabirat               | D46   | 212      | 05:43              | 05:54        | 06:06        | 06:20        | 06:37        |
| 8,0                                 | 141,0    | 51,5  | ○ Cénac et Saint Julien                  | D46   | 81       | 06:13              | 06:26        | 06:40        | 06:57        | 07:17        |
| 1,0                                 | 140,0    | 52,5  | Int D46 D703                             | D703  | 75       | 06:16              | 06:30        | 06:45        | 07:02        | 07:22        |
| 3,0                                 | 137,0    | 55,5  | ○ La Roque Gageac                        | D703  | 70       | 06:28              | 06:42        | 06:57        | 07:16        | 07:37        |
| 2,0                                 | 135,0    | 57,5  | Int D703 D57                             | D57   | 79       | 06:35              | 06:50        | 07:06        | 07:25        | 07:47        |
| 1,5                                 | 133,5    | 59,0  | ○ Vézac                                  | D57   | 80       | 06:41              | 06:56        | 07:12        | 07:32        | 07:55        |
| 8,0                                 | 125,5    | 67,0  | Int D57 D25                              | D25   | 241      | 07:11              | 07:28        | 07:47        | 08:09        | 08:35        |
| 10,5                                | 115,0    | 77,5  | Int D25 D35                              | D35   | 215      | 07:50              | 08:10        | 08:32        | 08:57        | 09:27        |
| 4,0                                 | 111,0    | 81,5  | ○ Meyrals                                | D35   | 155      | 08:05              | 08:26        | 08:49        | 09:16        | 09:47        |
| 1,0                                 | 110,0    | 82,5  | Int D35 D48                              | D48   | 175      | 08:09              | 08:30        | 08:53        | 09:20        | 09:52        |
| 4,0                                 | 106,0    | 86,5  | Int D48 D47                              | D47   | 85       | 08:24              | 08:46        | 09:10        | 09:39        | 10:12        |
| 3,5                                 | 102,5    | 90,0  | ○ Les Eyzies de Tayac Sireuil            | D47   | 60       | 08:37              | 09:00        | 09:25        | 09:55        | 10:30        |
| 4,0                                 | 98,5     | 94,0  | ○ Manaurie                               | D31   | 78       | 08:52              | 09:16        | 09:42        | 10:13        | 10:50        |
| 6,0                                 | 92,5     | 100,0 | ○ Fleurac                                | D31   | 256      | 09:15              | 09:40        | 10:08        | 10:41        | 11:20        |
| 6,0                                 | 86,5     | 106,0 | ○ <b>ROUFFIGNAC St CERNIN de REILHAC</b> |       | 273      | 09:37              | 10:04        | 10:34        | 11:09        | 11:50        |
|                                     |          |       | <b>Départ 2ème demi étape</b>            |       |          |                    |              |              |              |              |
| 0,0                                 | 86,5     | 106,0 | <b>ROUFFIGNAC St CERNIN de RE</b>        | D6    | 273      | <b>10:30</b>       | <b>10:30</b> | <b>10:30</b> | <b>10:30</b> | <b>10:30</b> |
| 2,5                                 | 84,0     | 108,5 | Int D45 D6                               | D6    | 274      | 10:39              | 10:40        | 10:40        | 10:41        | 10:42        |
| 5,0                                 | 79,0     | 113,5 | Saint Geyrac                             | D6    | 176      | 10:58              | 11:00        | 11:02        | 11:04        | 11:07        |
| 5,0                                 | 74,0     | 118,5 | Int D710 D45e Les Versannes              | D45e  | 149      | 11:16              | 11:20        | 11:23        | 11:27        | 11:32        |
| 3,5                                 | 70,5     | 122,0 | Int D45e D2                              | D2    | 192      | 11:30              | 11:34        | 11:38        | 11:43        | 11:50        |
| 1,0                                 | 69,5     | 123,0 | Int D2 D45e                              | D45e  | 186      | 11:33              | 11:38        | 11:42        | 11:48        | 11:55        |
| 11,0                                | 58,5     | 134,0 | ○ Vergt                                  | D8    | 130      | 12:15              | 12:22        | 12:30        | 12:39        | 12:50        |
| 2,0                                 | 56,5     | 136,0 | Int D8 D43                               | D43   | 124      | 12:22              | 12:30        | 12:38        | 12:48        | 13:00        |
| 5,5                                 | 51,0     | 141,5 | Bordas <b>Carrefour RN21 Neutralisé</b>  | VC    | 112      | 12:43              | 12:52        | 13:02        | 13:13        | 13:27        |
| 2,0                                 | 49,0     | 143,5 | Int Vc D43                               | D43   | 109      | 12:50              | 13:00        | 13:10        | 13:23        | 13:37        |
| 5,5                                 | 43,5     | 149,0 | ○ Manzac sur Vern                        | D4    | 90       | 13:11              | 13:22        | 13:34        | 13:48        | 14:05        |
| 1,0                                 | 42,5     | 150,0 | Int D4 D43                               | D43   | 117      | 13:15              | 13:26        | 13:38        | 13:53        | 14:10        |
| 5,5                                 | 37,0     | 155,5 | Int D107 D43                             | D43   | 87       | 13:35              | 13:48        | 14:02        | 14:18        | 14:37        |
| 4,0                                 | 33,0     | 159,5 | ○ Saint Astier                           | D43   | 65       | 13:50              | 14:04        | 14:19        | 14:36        | 14:57        |
| 5,5                                 | 27,5     | 165,0 | Int D43 D103                             | D103  | 211      | 14:11              | 14:26        | 14:42        | 15:02        | 15:25        |
| 5,0                                 | 22,5     | 170,0 | Chantepoule                              | D103  | 227      | 14:30              | 14:46        | 15:04        | 15:25        | 15:50        |
| 1,0                                 | 21,5     | 171,0 | Int D103 D109                            | D109  | 210      | 14:33              | 14:50        | 15:08        | 15:30        | 15:55        |
| 6,0                                 | 15,5     | 177,0 | ○ Segonzac                               | D104  | 200      | 14:56              | 15:14        | 15:34        | 15:57        | 16:25        |
| 5,5                                 | 10,0     | 182,5 | Saint Méard de Drôme                     | D104  | 70       | 15:16              | 15:36        | 15:57        | 16:23        | 16:52        |
| 1,5                                 | 8,5      | 184,0 | Int D104e D104                           | D104  | 76       | 15:22              | 15:42        | 16:04        | 16:30        | 17:00        |
| 4,0                                 | 4,5      | 188,0 | ○ Villeteureix                           | D104  | 63       | 15:37              | 15:58        | 16:21        | 16:48        | 17:20        |
| 1,5                                 | 3,0      | 189,5 | Int D104 D708                            | D708  | 62       | 15:43              | 16:04        | 16:27        | 16:55        | 17:27        |
| 3,0                                 | 0,0      | 192,5 | ○ <b>RIBERAC</b>                         |       | 75       | 15:54              | 16:16        | 16:40        | 17:09        | 17:42        |
| <b>○ AH QUE LA France EST BELLE</b> |          |       |                                          |       |          |                    |              |              |              |              |



# LA FRANCE EN COURANT

28ème Tour du 16 au 30 juillet 2016

mercredi 27 juillet 2016

11ème Etape

RIBERAC (24) SURGERES (17)

192,0 km

| km          |          |       | Commune - Lieu Dit                     | ROUTE  | Altitude | Heures de passages |              |              |              |              |
|-------------|----------|-------|----------------------------------------|--------|----------|--------------------|--------------|--------------|--------------|--------------|
| à parcourir | parcours |       |                                        |        |          | 16km/h             | 15km/h       | 14 km/h      | 13 km/h      | 12 km/h      |
|             |          |       | <b>DORDOGNE (24)</b>                   |        |          |                    |              |              |              |              |
| 0,0         | 192,0    | 0,0   | <b>RIBERAC</b>                         | D20    | 75       | <b>03:00</b>       | <b>03:00</b> | <b>03:00</b> | <b>03:00</b> | <b>03:00</b> |
| 8,0         | 184,0    | 8,0   | ○ Bourg du Bost                        | D20    | 81       | 03:30              | 03:32        | 03:34        | 03:36        | 03:40        |
| 0,5         | 183,5    | 8,5   | Int D20e4 D20                          | D20    | 74       | 03:31              | 03:34        | 03:36        | 03:39        | 03:42        |
| 5,0         | 178,5    | 13,5  | int D43 D20                            | D20    | 49       | 03:50              | 03:54        | 03:57        | 04:02        | 04:07        |
| 0,5         | 178,0    | 14,0  | <b>CHARENTE(16)</b>                    | D2     | 50       | 03:52              | 03:56        | 04:00        | 04:04        | 04:10        |
| 2,5         | 175,5    | 16,5  | ○ Aubeterre sur Dronne                 | D2     | 47       | 04:01              | 04:06        | 04:10        | 04:16        | 04:22        |
| 3,0         | 172,5    | 19,5  | St Romain                              | D2     | 100      | 04:13              | 04:18        | 04:23        | 04:30        | 04:37        |
| 5,5         | 167,0    | 25,0  | Rouffiac                               | D2     | 147      | 04:33              | 04:40        | 04:47        | 04:55        | 05:05        |
| 3,5         | 163,5    | 28,5  | Chalais <b>Hauteur Limité 2,6</b>      | D20    | 47       | 04:46              | 04:54        | 05:02        | 05:11        | 05:22        |
| 2,0         | 161,5    | 30,5  | Int D20 D134                           | D134   | 77       | 04:54              | 05:02        | 05:10        | 05:20        | 05:32        |
| 2,0         | 159,5    | 32,5  | ○ Yviers                               | D134   | 70       | 05:01              | 05:10        | 05:19        | 05:30        | 05:42        |
| 4,0         | 155,5    | 36,5  | Int D134 D191                          | D191   | 117      | 05:16              | 05:26        | 05:36        | 05:48        | 06:02        |
| 2,0         | 153,5    | 38,5  | ○ St Vallier                           | VC     | 121      | 05:24              | 05:34        | 05:45        | 05:57        | 06:12        |
| 2,0         | 151,5    | 40,5  | Int D7 VC                              | VC     | 129      | 05:31              | 05:42        | 05:53        | 06:06        | 06:22        |
| 2,0         | 149,5    | 42,5  | Int VC D195                            | D195   | 90       | 05:39              | 05:50        | 06:02        | 06:16        | 06:32        |
| 0,5         | 149,0    | 43,0  | ○ Guizengard                           | D127   | 83       | 05:41              | 05:52        | 06:04        | 06:18        | 06:35        |
| 2,5         | 146,5    | 45,5  | Int D127 D2                            | D2     | 103      | 05:50              | 06:02        | 06:15        | 06:30        | 06:47        |
| 1,0         | 145,5    | 46,5  | Les Poteries                           | D57    | 98       | 05:54              | 06:06        | 06:19        | 06:34        | 06:52        |
| 1,5         | 144,0    | 48,0  | ○ Int D452 D2                          | D2     | 140      | 06:00              | 06:12        | 06:25        | 06:41        | 07:00        |
| 4,0         | 140,0    | 52,0  | Int N10 D2 <b>Carrefour Neutralisé</b> | D2     | 141      | 06:15              | 06:28        | 06:42        | 07:00        | 07:20        |
| 6,5         | 133,5    | 58,5  | ○ Baignes Ste Radegonde                | D100   | 75       | 06:39              | 06:54        | 07:10        | 07:30        | 07:52        |
| 2,0         | 131,5    | 60,5  | <b>CHARENTE MARITIME (17)</b>          | D152e1 | 90       | 06:46              | 07:02        | 07:19        | 07:39        | 08:02        |
| 2,0         | 129,5    | 62,5  | St Maigrin                             | D152   | 86       | 06:54              | 07:10        | 07:27        | 07:48        | 08:12        |
| 5,0         | 124,5    | 67,5  | Int D1252 D2                           | D2     | 59       | 07:13              | 07:30        | 07:49        | 08:11        | 08:37        |
| 1,0         | 123,5    | 68,5  | ○ St Ciers Champagne                   | D2     | 62       | 07:16              | 07:34        | 07:53        | 08:16        | 08:42        |
| 1,0         | 122,5    | 69,5  | Int D2 D250                            | D250   | 58       | 07:20              | 07:38        | 07:57        | 08:20        | 08:47        |
| 4,5         | 118,0    | 74,0  | Allas Champagne                        | D250   | 67       | 07:37              | 07:56        | 08:17        | 08:41        | 09:10        |
| 2,5         | 115,5    | 76,5  | ○ Moings                               | D250   | 49       | 07:46              | 08:06        | 08:27        | 08:53        | 09:22        |
| 0,5         | 115,0    | 77,0  | Int D699 D250                          | D250   | 48       | 07:48              | 08:08        | 08:30        | 08:55        | 09:25        |
| 4,0         | 111,0    | 81,0  | Int D250e2 D250                        | D250   | 36       | 08:03              | 08:24        | 08:47        | 09:13        | 09:45        |
| 2,5         | 108,5    | 83,5  | Int Voie Romaine D148                  | D148   | 38       | 08:13              | 08:34        | 08:57        | 09:25        | 09:57        |
| 2,0         | 106,5    | 85,5  | Int D148 D250                          | D250   | 47       | 08:20              | 08:42        | 09:06        | 09:34        | 10:07        |
| 3,5         | 103,0    | 89,0  | ○ Chadenac                             | D250   | 41       | 08:33              | 08:56        | 09:21        | 09:50        | 10:25        |
| 4,5         | 98,5     | 93,5  | Int D250 D144                          | D144   | 39       | 08:50              | 09:14        | 09:40        | 10:11        | 10:47        |
| 1,5         | 97,0     | 95,0  | Biron                                  | D144   | 42       | 08:56              | 09:20        | 09:47        | 10:18        | 10:55        |
| 7,5         | 89,5     | 102,5 | ○ Pérignac                             | D128   | 40       | 09:24              | 09:50        | 10:19        | 10:53        | 11:32        |
| 3,0         | 86,5     | 105,5 | Int D128 D136                          | D136   | 19       | 09:35              | 10:02        | 10:32        | 11:06        | 11:47        |
| 2,0         | 84,5     | 107,5 | ○ Montils                              | D136   | 40       | 09:43              | 10:10        | 10:40        | 11:16        | 11:57        |
| 1,5         | 83,0     | 109,0 | Int D136 D134                          | D134   | 11       | 09:48              | 10:16        | 10:47        | 11:23        | 12:05        |
| 6,0         | 77,0     | 115,0 | Beillant                               | D134   | 7        | 10:11              | 10:40        | 11:12        | 11:50        | 12:35        |
| 1,5         | 75,5     | 116,5 | Int D134 D138e2                        | D138e2 | 9        | 10:16              | 10:46        | 11:19        | 11:57        | 12:42        |
| 2,5         | 73,0     | 119,0 | ○ <b>CHANIERES</b>                     |        | 6        | 10:26              | 10:56        | 11:30        | 12:09        | 12:55        |
|             |          |       | <b>Départ 2ème demi étape</b>          |        |          |                    |              |              |              |              |
| 0,0         | 73,0     | 119,0 | <b>CHANIERES</b>                       | D234   | 6        | <b>11:45</b>       | <b>11:45</b> | <b>11:45</b> | <b>11:45</b> | <b>11:45</b> |
| 3,0         | 70,0     | 122,0 | Int N141 D234                          | D234   | 67       | 11:56              | 11:57        | 11:57        | 11:58        | 12:00        |
| 3,0         | 67,0     | 125,0 | Int D150 D234                          | D234   | 68       | 12:07              | 12:09        | 12:10        | 12:12        | 12:15        |
| 1,0         | 66,0     | 126,0 | ○ Fontcouverte                         | D234   | 53       | 12:11              | 12:13        | 12:15        | 12:17        | 12:20        |
| 4,0         | 62,0     | 130,0 | D234 D114                              | D114   | 30       | 12:26              | 12:29        | 12:32        | 12:35        | 12:40        |
| 1,5         | 60,5     | 131,5 | Bussac sur Charente                    | D114   | 10       | 12:31              | 12:35        | 12:38        | 12:42        | 12:47        |
| 2,5         | 58,0     | 134,0 | Saint Vaize                            | D114   | 10       | 12:41              | 12:45        | 12:49        | 12:54        | 13:00        |
| 3,0         | 55,0     | 137,0 | Taillebourg                            | D127   | 6        | 12:52              | 12:57        | 13:02        | 13:08        | 13:15        |
| 3,0         | 52,0     | 140,0 | Annepont                               | D127   | 31       | 13:03              | 13:09        | 13:15        | 13:21        | 13:30        |
| 4,0         | 48,0     | 144,0 | GrandJean                              | VC     | 10       | 13:18              | 13:25        | 13:32        | 13:40        | 13:50        |
| 2,0         | 46,0     | 146,0 | ○ Fenioux                              | VC     | 60       | 13:26              | 13:33        | 13:40        | 13:49        | 14:00        |
| 3,0         | 43,0     | 149,0 | Int VC D217                            | D217   | 51       | 13:37              | 13:45        | 13:53        | 14:03        | 14:15        |
| 1,0         | 42,0     | 150,0 | Bignay                                 | D217   | 37       | 13:41              | 13:49        | 13:57        | 14:08        | 14:20        |
| 3,0         | 39,0     | 153,0 | Int D217 D739e D119                    | D119   | 25       | 13:52              | 14:01        | 14:10        | 14:21        | 14:35        |
| 2,0         | 37,0     | 155,0 | Torxé                                  | D120e4 | 10       | 14:00              | 14:09        | 14:19        | 14:31        | 14:45        |
| 5,5         | 31,5     | 160,5 | Int D120e4 D739 D218e2                 | D218e2 | 15       | 14:20              | 14:31        | 14:42        | 14:56        | 15:12        |
| 2,0         | 29,5     | 162,5 | Chantemerle sur la Soie                | D218e2 | 11       | 14:28              | 14:39        | 14:51        | 15:05        | 15:22        |
| 3,0         | 26,5     | 165,5 | Int D2118e2 D213                       | D213   | 13       | 14:39              | 14:51        | 15:04        | 15:19        | 15:37        |
| 2,5         | 24,0     | 168,0 | ○ Saint Loup VC Ex Voie ferrée         | VC     | 20       | 14:48              | 15:01        | 15:15        | 15:31        | 15:50        |
| 2,0         | 22,0     | 170,0 | Int Vc D212                            | D212   | 15       | 14:56              | 15:09        | 15:23        | 15:40        | 16:00        |
| 2,5         | 19,5     | 172,5 | Les Cantinauds VC                      | VC     | 11       | 15:05              | 15:19        | 15:34        | 15:51        | 16:12        |
| 0,5         | 19,0     | 173,0 | Eglise de Puyrolland                   | VC     | 55       | 15:07              | 15:21        | 15:36        | 15:54        | 16:15        |
| 0,5         | 18,5     | 173,5 | Int Vc D212                            | D212   | 17       | 15:09              | 15:23        | 15:38        | 15:56        | 16:17        |
| 1,5         | 17,0     | 175,0 | Varzay                                 | D212e1 | 23       | 15:15              | 15:29        | 15:45        | 16:03        | 16:25        |
| 2,0         | 15,0     | 177,0 | Breuil la Réorte                       | D212e1 | 32       | 15:22              | 15:37        | 15:53        | 16:12        | 16:35        |
| 2,0         | 13,0     | 179,0 | Int D939 D212e1                        | D212e1 | 60       | 15:30              | 15:45        | 16:02        | 16:21        | 16:45        |
| 4,0         | 9,0      | 183,0 | Boisseuil                              | D115   | 42       | 15:45              | 16:01        | 16:19        | 16:40        | 17:05        |
| 9,0         | 0,0      | 192,0 | ○ <b>SURGERES</b>                      |        | 26       | 16:18              | 16:37        | 16:57        | 17:21        | 17:50        |
|             |          |       | <b>○ AH QUE LA France EST BELLE</b>    |        |          |                    |              |              |              |              |



# LA FRANCE EN COURANT

28ème Tour du 16 au 30 juillet 2016

jeudi 28 juillet 2016

12ème Etape

SURGERES (17) – THOUARCE (49)

195,0 km

| km          |          |       | Commune - Lieu Dit                | ROUTE  | Altitude | Heures de passages |              |              |              |              |
|-------------|----------|-------|-----------------------------------|--------|----------|--------------------|--------------|--------------|--------------|--------------|
| à parcourir | parcours |       |                                   |        |          | 16km/h             | 15km/h       | 14 km/h      | 13 km/h      | 12 km/h      |
|             |          |       | <b>CHARENTE-MARITIME (17)</b>     |        |          |                    |              |              |              |              |
| 0,0         | 195,0    | 0,0   | <b>SURGERES</b>                   | D115   | 26       | <b>03:00</b>       | <b>03:00</b> | <b>03:00</b> | <b>03:00</b> | <b>03:00</b> |
| 7,0         | 188,0    | 7,0   | Vouhé                             | 208    | 25       | 03:26              | 03:28        | 03:30        | 03:32        | 03:35        |
| 6,5         | 181,5    | 13,5  | La Roulière                       | D116   | 15       | 03:50              | 03:54        | 03:57        | 04:02        | 04:07        |
| 1,0         | 180,5    | 14,5  | Benon                             | D116   | 19       | 03:54              | 03:58        | 04:02        | 04:06        | 04:12        |
| 3,5         | 177,0    | 18,0  | Courçon                           | D116e2 | 19       | 04:07              | 04:12        | 04:17        | 04:23        | 04:30        |
| 5,0         | 172,0    | 23,0  | La Grève sur Mignon               | D116e2 | 7        | 04:26              | 04:32        | 04:38        | 04:46        | 04:55        |
| 0,5         | 171,5    | 23,5  | <b>DEUX SEVRES (79)</b>           | D3     | 7        | 04:28              | 04:34        | 04:40        | 04:48        | 04:57        |
| 4,0         | 167,5    | 27,5  | Saint Hilaire la Palud            | D3     | 10       | 04:43              | 04:50        | 04:57        | 05:06        | 05:17        |
| 7,5         | 160,0    | 35,0  | Armuré                            | D3     | 10       | 05:11              | 05:20        | 05:30        | 05:41        | 05:55        |
| 3,5         | 156,5    | 38,5  | Sansais                           | D1     | 13       | 05:24              | 05:34        | 05:45        | 05:57        | 06:12        |
| 6,0         | 150,5    | 44,5  | Coulon                            | D123   | 9        | 05:46              | 05:58        | 06:10        | 06:25        | 06:42        |
| 5,5         | 145,0    | 50,0  | Int D648 D123                     | D123   | 76       | 06:07              | 06:20        | 06:34        | 06:50        | 07:10        |
| 2,0         | 143,0    | 52,0  | Saint Rémy                        | D123   | 66       | 06:15              | 06:28        | 06:42        | 07:00        | 07:20        |
| 2,5         | 140,5    | 54,5  | Int D744 D123                     | D123   | 66       | 06:24              | 06:38        | 06:53        | 07:11        | 07:32        |
| 3,0         | 137,5    | 57,5  | Saint Maxire                      | D126   | 72       | 06:35              | 06:50        | 07:06        | 07:25        | 07:47        |
| 6,5         | 131,0    | 64,0  | Faye sur Ardin                    | D126   | 33       | 07:00              | 07:16        | 07:34        | 07:55        | 08:20        |
| 3,0         | 128,0    | 67,0  | Béceleuf                          | D126   | 84       | 07:11              | 07:28        | 07:47        | 08:09        | 08:35        |
| 9,5         | 118,5    | 76,5  | Fenioux                           | D57    | 96       | 07:46              | 08:06        | 08:27        | 08:53        | 09:22        |
| 1,0         | 117,5    | 77,5  | Int D25 D128                      | D128   | 107      | 07:50              | 08:10        | 08:32        | 08:57        | 09:27        |
| 3,5         | 114,0    | 81,0  | Le Beugnon                        | D128   | 191      | 08:03              | 08:24        | 08:47        | 09:13        | 09:45        |
| 5,5         | 108,5    | 86,5  | Scillé                            | D744   | 195      | 08:24              | 08:46        | 09:10        | 09:39        | 10:12        |
| 4,0         | 104,5    | 90,5  | Int D949 b D744 D179 l'Absie      | D179   | 243      | 08:39              | 09:02        | 09:27        | 09:57        | 10:32        |
| 6,0         | 98,5     | 96,5  | La Chapelle St Etienne            | D179   | 188      | 09:01              | 09:26        | 09:53        | 10:25        | 11:02        |
| 6,0         | 92,5     | 102,5 | Moncoutant                        | D150   | 195      | 09:24              | 09:50        | 10:19        | 10:53        | 11:32        |
| 6,5         | 86,0     | 109,0 | Courlay                           | D175   | 195      | 09:48              | 10:16        | 10:47        | 11:23        | 12:05        |
| 4,0         | 82,0     | 113,0 | Clazay Int D938t D175             | D175   | 194      | 10:03              | 10:32        | 11:04        | 11:41        | 12:25        |
| 2,0         | 80,0     | 115,0 | Le Magny                          | VC     | 196      | 10:11              | 10:40        | 11:12        | 11:50        | 12:35        |
| 4,5         | 75,5     | 119,5 | <b>BRESSUIRE</b>                  |        | 170      | 10:28              | 10:58        | 11:32        | 12:11        | 12:57        |
|             |          |       | <b>Départ 2ème demi étape</b>     |        |          |                    |              |              |              |              |
| 0,0         | 75,5     | 119,5 | <b>BRESSUIRE</b>                  | D35    | 170      | <b>11:30</b>       | <b>11:30</b> | <b>11:30</b> | <b>11:30</b> | <b>11:30</b> |
| 5,5         | 70,0     | 125,0 | Beaulieu sous Bressuire           | D35    | 183      | 11:50              | 11:52        | 11:53        | 11:55        | 11:57        |
| 4,0         | 66,0     | 129,0 | Int D35 D150                      | D150   | 136      | 12:05              | 12:08        | 12:10        | 12:13        | 12:17        |
| 4,5         | 61,5     | 133,5 | Voultegon                         | D154   | 100      | 12:22              | 12:26        | 12:30        | 12:34        | 12:40        |
| 1,5         | 60,0     | 135,0 | St Clémentin                      | D28    | 121      | 12:28              | 12:32        | 12:36        | 12:41        | 12:47        |
| 6,0         | 54,0     | 141,0 | Nueil les Aubiers                 | D28    | 152      | 12:50              | 12:56        | 13:02        | 13:09        | 13:17        |
| 5,0         | 49,0     | 146,0 | Int D28 VC la Hardière            | D153   | 173      | 13:09              | 13:16        | 13:23        | 13:32        | 13:42        |
| 2,5         | 46,5     | 148,5 | <b>MAINE ET LOIRE (49)</b>        | D167   | 154      | 13:18              | 13:26        | 13:34        | 13:43        | 13:55        |
| 0,5         | 46,0     | 149,0 | Les Cerqueux                      | D167   | 163      | 13:20              | 13:28        | 13:36        | 13:46        | 13:57        |
| 4,5         | 41,5     | 153,5 | Somloire                          | D171   | 122      | 13:37              | 13:46        | 13:55        | 14:06        | 14:20        |
| 5,0         | 36,5     | 158,5 | La Plaine                         | D158   | 180      | 13:56              | 14:06        | 14:17        | 14:30        | 14:45        |
| 5,5         | 31,0     | 164,0 | Chanteloup les Bois               | D147   | 166      | 14:16              | 14:28        | 14:40        | 14:55        | 15:12        |
| 3,5         | 27,5     | 167,5 | Vezins                            | D65    | 145      | 14:30              | 14:42        | 14:55        | 15:11        | 15:30        |
| 3,0         | 24,5     | 170,5 | La Tourlandry                     | D133   | 185      | 14:41              | 14:54        | 15:08        | 15:25        | 15:45        |
| 3,0         | 21,5     | 173,5 | Cossé d'Anjou                     | D133   | 150      | 14:52              | 15:06        | 15:21        | 15:39        | 16:00        |
| 1,5         | 20,0     | 175,0 | Int D756 D133                     | D133   | 120      | 14:58              | 15:12        | 15:27        | 15:46        | 16:07        |
| 4,0         | 16,0     | 179,0 | Int D133 D84                      | D84    | 95       | 15:13              | 15:28        | 15:45        | 16:04        | 16:27        |
| 3,0         | 13,0     | 182,0 | Joué (Valanjou)                   | D54    | 72       | 15:24              | 15:40        | 15:57        | 16:18        | 16:42        |
| 6,5         | 6,5      | 188,5 | Champ sur Layon                   | D199   | 72       | 15:48              | 16:06        | 16:25        | 16:48        | 17:15        |
| 3,5         | 3,0      | 192,0 | Int D133 D199                     | D199   | 60       | 16:01              | 16:20        | 16:40        | 17:04        | 17:32        |
| 3,0         | 0,0      | 195,0 | <b>THOUARCE</b>                   |        | 35       | 16:13              | 16:32        | 16:53        | 17:18        | 17:47        |
|             |          |       | <b>OH QUE LA France EST BELLE</b> |        |          |                    |              |              |              |              |



**LA FRANCE EN COURANT**  
27 ème Tour du 18 juillet au 1er aout 2015  
vendredi 29 juillet 2016

13ème Etape  
**THOUARCE (49) - SEES (61)**

**192,5 km**

| km                           |          |       | Commune - Lieu Dit | ROUTE                           | Altitude | Heures de passages |        |        |         |         |         |
|------------------------------|----------|-------|--------------------|---------------------------------|----------|--------------------|--------|--------|---------|---------|---------|
| à parcourir                  | parcours |       |                    |                                 |          | Suivie             | 16km/h | 15km/h | 14 km/h | 13 km/h | 12 km/h |
| MAINE ET LOIRE (49)          |          |       |                    |                                 |          |                    |        |        |         |         |         |
| 0,0                          | 192,5    | 0,0   |                    | THOUARCE                        | D24      | 35                 | 03:00  | 03:00  | 03:00   | 03:00   | 03:00   |
| 2,0                          | 190,5    | 2,0   |                    | Bonnezeaux                      | D24      | 82                 | 03:07  | 03:08  | 03:08   | 03:09   | 03:10   |
| 4,0                          | 186,5    | 6,0   |                    | Notre Dame d'Allençon           | D90      | 68                 | 03:22  | 03:24  | 03:25   | 03:27   | 03:30   |
| 4,0                          | 182,5    | 10,0  | O                  | Les Alleuds                     | D90      | 65                 | 03:37  | 03:40  | 03:42   | 03:46   | 03:50   |
| 2,0                          | 180,5    | 12,0  |                    | Int D90 D128                    | D128     | 53                 | 03:45  | 03:48  | 03:51   | 03:55   | 04:00   |
| 3,0                          | 177,5    | 15,0  |                    | Int D128 VC                     | VC       | 83                 | 03:56  | 04:00  | 04:04   | 04:09   | 04:15   |
| 2,0                          | 175,5    | 17,0  | O                  | Coutures                        | VC       | 70                 | 04:03  | 04:08  | 04:12   | 04:18   | 04:25   |
| 3,0                          | 172,5    | 20,0  |                    | Int VC D55 Bourgdion            | D55      | 75                 | 04:15  | 04:20  | 04:25   | 04:32   | 04:40   |
| 2,5                          | 170,0    | 22,5  | O                  | Int D132 D55                    | D55      | 25                 | 04:24  | 04:30  | 04:36   | 04:43   | 04:52   |
| 1,5                          | 168,5    | 24,0  | O                  | Saint Mathurin sur Loire        | D55      | 26                 | 04:30  | 04:36  | 04:42   | 04:50   | 05:00   |
| 7,5                          | 161,0    | 31,5  | O                  | Mazé                            | D244     | 30                 | 04:58  | 05:06  | 05:15   | 05:25   | 05:37   |
| 3,0                          | 158,0    | 34,5  |                    | Int D244 VC                     | VC       | 28                 | 05:09  | 05:18  | 05:27   | 05:39   | 05:52   |
| 4,5                          | 153,5    | 39,0  | O                  | Fontaine Milon                  | VC       | 53                 | 05:26  | 05:36  | 05:47   | 06:00   | 06:15   |
| 4,5                          | 149,0    | 43,5  |                    | Jarzé                           | D82      | 60                 | 05:43  | 05:54  | 06:06   | 06:20   | 06:37   |
| 6,5                          | 142,5    | 50,0  | O                  | Cheviré le Rouge                | D82      | 70                 | 06:07  | 06:20  | 06:34   | 06:50   | 07:10   |
| 4,0                          | 138,5    | 54,0  |                    | Fougeré                         | D82      | 34                 | 06:22  | 06:36  | 06:51   | 07:09   | 07:30   |
| 1,0                          | 137,5    | 55,0  |                    | SARTHE (72)                     | D37      | 36                 | 06:26  | 06:40  | 06:55   | 07:13   | 07:35   |
| 9,5                          | 128,0    | 64,5  | O                  | La Flèche                       | D12      | 30                 | 07:01  | 07:18  | 07:36   | 07:57   | 08:22   |
| 9,0                          | 119,0    | 73,5  |                    | Int D102 D12                    | D12      | 83                 | 07:35  | 07:54  | 08:15   | 08:39   | 09:07   |
| 4,5                          | 114,5    | 78,0  |                    | Int D8 D12                      | D12      | 53                 | 07:52  | 08:12  | 08:34   | 09:00   | 09:30   |
| 3,0                          | 111,5    | 81,0  | O                  | Mézeray                         | D12      | 40                 | 08:03  | 08:24  | 08:47   | 09:13   | 09:45   |
| 6,5                          | 105,0    | 87,5  |                    | Int D23 D12 VC                  | VC       | 71                 | 08:28  | 08:50  | 09:15   | 09:43   | 10:17   |
| 1,5                          | 103,5    | 89,0  | O                  | La Suze sur Sarthe              | D233     | 40                 | 08:33  | 08:56  | 09:21   | 09:50   | 10:25   |
| 8,0                          | 95,5     | 97,0  | O                  | Louplande                       | D212     | 70                 | 09:03  | 09:28  | 09:55   | 10:27   | 11:05   |
| 3,5                          | 92,0     | 100,5 |                    | Souigné Flacé                   | D88      | 70                 | 09:16  | 09:42  | 10:10   | 10:43   | 11:22   |
| 6,5                          | 85,5     | 107,0 | O                  | Coulans sur Gée                 | D88      | 90                 | 09:41  | 10:08  | 10:38   | 11:13   | 11:55   |
| 5,0                          | 80,5     | 112,0 |                    | Saint Julien Le Pauvre          | D88      | 129                | 10:00  | 10:28  | 11:00   | 11:36   | 12:20   |
| 2,0                          | 78,5     | 114,0 |                    | Int D28 D88 Souvré              | D88      | 127                | 10:07  | 10:36  | 11:08   | 11:46   | 12:30   |
| 3,5                          | 75,0     | 117,5 |                    | Cures                           | D88      | 125                | 10:20  | 10:50  | 11:23   | 12:02   | 12:47   |
| 3,0                          | 72,0     | 120,5 | O                  | CONLIE                          |          | 123                | 10:31  | 11:02  | 11:36   | 12:16   | 13:02   |
|                              |          |       |                    | Départ 2ème demi étape          |          |                    |        |        |         |         |         |
| 0,0                          | 72,0     | 120,5 |                    | CONLIE                          | D21      | 123                | 11:45  | 11:45  | 11:45   | 11:45   | 11:45   |
| 4,0                          | 68,0     | 124,5 | O                  | Neuvillealais                   | D21      | 90                 | 12:00  | 12:01  | 12:02   | 12:03   | 12:05   |
| 4,0                          | 64,0     | 128,5 |                    | Vernie                          | D21      | 80                 | 12:15  | 12:17  | 12:19   | 12:21   | 12:25   |
| 2,0                          | 62,0     | 130,5 |                    | Ségrie                          | D21      | 85                 | 12:22  | 12:25  | 12:27   | 12:31   | 12:35   |
| 4,5                          | 57,5     | 135,0 | O                  | Saint Christophe du Jambet      | D21      | 149                | 12:39  | 12:43  | 12:47   | 12:51   | 12:57   |
| 5,0                          | 52,5     | 140,0 |                    | Saint Aubin de Locquenay        | D21      | 79                 | 12:58  | 13:03  | 13:08   | 13:15   | 13:22   |
| 1,0                          | 51,5     | 141,0 | O                  | Fresnay sur Sarthe              | D15      | 90                 | 13:01  | 13:07  | 13:12   | 13:19   | 13:27   |
| 6,0                          | 45,5     | 147,0 |                    | Assé le Boisne                  | D21      | 144                | 13:24  | 13:31  | 13:38   | 13:47   | 13:57   |
| 0,5                          | 45,0     | 147,5 |                    | Int D21 D200                    | D200     | 151                | 13:26  | 13:33  | 13:40   | 13:49   | 14:00   |
| 5,0                          | 40,0     | 152,5 |                    | Moulins le Carbonnel            | D150     | 180                | 13:45  | 13:53  | 14:02   | 14:12   | 14:25   |
| 3,5                          | 36,5     | 156,0 |                    | ORNE (61)                       | D315     | 160                | 13:58  | 14:07  | 14:17   | 14:28   | 14:42   |
| 2,0                          | 34,5     | 158,0 | O                  | Héloup                          | D315     | 195                | 14:05  | 14:15  | 14:25   | 14:38   | 14:52   |
| 4,5                          | 30,0     | 162,5 |                    | Saint Germain du Corbéis        | D521     | 129                | 14:22  | 14:33  | 14:45   | 14:58   | 15:15   |
| 1,5                          | 28,5     | 164,0 |                    | Int D113 D529                   | D529     | 158                | 14:28  | 14:39  | 14:51   | 15:05   | 15:22   |
| 1,5                          | 27,0     | 165,5 |                    | Int D530 D2                     | D2       | 167                | 14:33  | 14:45  | 14:57   | 15:12   | 15:30   |
| 2,0                          | 25,0     | 167,5 | O                  | Lonrai                          | D1       | 155                | 14:41  | 14:53  | 15:06   | 15:21   | 15:40   |
| 2,0                          | 23,0     | 169,5 |                    | Colombiers                      | D1       | 155                | 14:48  | 15:01  | 15:15   | 15:31   | 15:50   |
| 3,0                          | 20,0     | 172,5 |                    | Int D1 D26                      | D26      | 178                | 15:00  | 15:13  | 15:27   | 15:45   | 16:05   |
| 7,5                          | 12,5     | 180,0 |                    | Carrefour de la Croix de Médavy | D226     | 392                | 15:28  | 15:43  | 16:00   | 16:19   | 16:42   |
| 6,0                          | 6,5      | 186,0 |                    | Int D226 D908                   | D908     | 255                | 15:50  | 16:07  | 16:25   | 16:47   | 17:12   |
| 6,5                          | 0,0      | 192,5 | O                  | SEES                            |          | 193                | 16:15  | 16:33  | 16:53   | 17:17   | 17:45   |
| O AH QUE LA France EST BELLE |          |       |                    |                                 |          |                    |        |        |         |         |         |





**LA FRANCE EN COURANT**  
**27 ème Tour du 18 juillet au 1er aout 2015**  
**samedi 30 juillet 2016**

14ème Etape

**SEES (61)-- BERNAY (27)**

**143,0 km**

| km                           |           |       | Commune - Lieu Dit | ROUTE                            | Altitude | Heures de passages |       |        |        |         |
|------------------------------|-----------|-------|--------------------|----------------------------------|----------|--------------------|-------|--------|--------|---------|
| à parcourir                  | parcourus |       |                    |                                  |          | Suivie             |       | 16km/h | 15km/h | 14 km/h |
|                              |           |       |                    | ORNE (61)                        |          |                    |       |        |        |         |
| 0,0                          | 143,0     | 0,0   |                    | SEES                             | D238     | 193                | 04:30 | 04:30  | 04:30  | 04:30   |
| 5,0                          | 138,0     | 5,0   |                    | Macé                             | D238     | 185                | 04:48 | 04:50  | 04:51  | 04:53   |
| 3,0                          | 135,0     | 8,0   |                    | Surdon                           | D238     | 173                | 05:00 | 05:02  | 05:04  | 05:06   |
| 2,0                          | 133,0     | 10,0  | 🔴                  | Le Château d' Almenêches         | D238     | 184                | 05:07 | 05:10  | 05:12  | 05:16   |
| 2,5                          | 130,5     | 12,5  |                    | Almenêche                        | D26      | 180                | 05:16 | 05:20  | 05:23  | 05:27   |
| 4,0                          | 126,5     | 16,5  |                    | Int D26 D729                     | D729     | 179                | 05:31 | 05:36  | 05:40  | 05:46   |
| 2,0                          | 124,5     | 18,5  | 🔴                  | Le Haras du Pin (Le Vieux Pin)   | D729     | 177                | 05:39 | 05:44  | 05:49  | 05:55   |
| 3,5                          | 121,0     | 22,0  | 🔴                  | Le Bourg Saint Léonard           | D16      | 205                | 05:52 | 05:58  | 06:04  | 06:11   |
| 5,0                          | 116,0     | 27,0  | 🔴                  | Fel                              | D16      | 105                | 06:11 | 06:18  | 06:25  | 06:34   |
| 0,5                          | 115,5     | 27,5  | 🔴                  | Chambois                         | D16      | 104                | 06:13 | 06:20  | 06:27  | 06:36   |
| 6,5                          | 109,0     | 34,0  |                    | Int D242 D16                     | D16      | 249                | 06:37 | 06:46  | 06:55  | 07:06   |
| 3,5                          | 105,5     | 37,5  |                    | Int D16 D704                     | D704     | 227                | 06:50 | 07:00  | 07:10  | 07:23   |
| 2,5                          | 103,0     | 40,0  | 🔴                  | Camembert                        | D246     | 125                | 07:00 | 07:10  | 07:21  | 07:34   |
| 3,5                          | 99,5      | 43,5  |                    | Int D246 D16                     | D16      | 107                | 07:13 | 07:24  | 07:36  | 07:50   |
| 2,0                          | 97,5      | 45,5  | 🔴                  | Vimoutiers                       | D16      | 100                | 07:20 | 07:32  | 07:45  | 08:00   |
| 7,5                          | 90,0      | 53,0  |                    | Int D16 D33                      | D33      | 124                | 07:48 | 08:02  | 08:17  | 08:34   |
| 1,0                          | 89,0      | 54,0  |                    | CALVADOS (14)                    | D57      | 123                | 07:52 | 08:06  | 08:21  | 08:39   |
| 1,0                          | 88,0      | 55,0  |                    | Les Moutiers Hubert              | D64      | 120                | 07:56 | 08:10  | 08:25  | 08:43   |
| 2,0                          | 86,0      | 57,0  | 🔴                  | Notre Dame de Courson            | D64      | 114                | 08:03 | 08:18  | 08:34  | 08:53   |
| 1,0                          | 85,0      | 58,0  |                    | Int D64 D61b                     | D61b     | 214                | 08:07 | 08:22  | 08:38  | 08:57   |
| 2,5                          | 82,5      | 60,5  |                    | Int D61b D164                    | D164     | 187                | 08:16 | 08:32  | 08:49  | 09:09   |
| 7,0                          | 75,5      | 67,5  | 🔴                  | Saint Cyr du Ronceray            | D164     | 165                | 08:43 | 09:00  | 09:19  | 09:41   |
| 1,0                          | 74,5      | 68,5  |                    | Int D164 D135                    | D135     | 136                | 08:46 | 09:04  | 09:23  | 09:46   |
| 3,5                          | 71,0      | 72,0  |                    | Int D519 D135                    | D135     | 94                 | 09:00 | 09:18  | 09:38  | 10:02   |
| 3,0                          | 68,0      | 75,0  |                    | Int D266 D135                    | D135     | 161                | 09:11 | 09:30  | 09:51  | 10:16   |
| 1,0                          | 67,0      | 76,0  |                    | Int D135 D75                     | D75      | 115                | 09:15 | 09:34  | 09:55  | 10:20   |
| 6,0                          | 61,0      | 82,0  | 🔴                  | Courtonne la Meurdrac            | D75      | 80                 | 09:37 | 09:58  | 10:21  | 10:48   |
| 2,0                          | 59,0      | 84,0  |                    | Int D75 D137                     | D137     | 65                 | 09:45 | 10:06  | 10:30  | 10:57   |
| 2,5                          | 56,5      | 86,5  |                    | Int D613 D137                    | D137     | 157                | 09:54 | 10:16  | 10:40  | 11:09   |
| 1,5                          | 55,0      | 88,0  |                    | Firfol                           | D137     | 149                | 10:00 | 10:22  | 10:47  | 11:16   |
| 1,5                          | 53,5      | 89,5  | 🔴                  | Ouilly du Houley                 | D137     | 84                 | 10:05 | 10:28  | 10:53  | 11:23   |
| 4,5                          | 49,0      | 94,0  | 🔴                  | Moyaux                           | D137     | 157                | 10:22 | 10:46  | 11:12  | 11:43   |
| 2,5                          | 46,5      | 96,5  |                    | EURE (27)                        | D810     | 148                | 10:31 | 10:56  | 11:23  | 11:55   |
| 3,0                          | 43,5      | 99,5  | 🔴                  | Saint Pierre de Corneilles       | D810     | 89                 | 10:43 | 11:08  | 11:36  | 12:09   |
| 1,5                          | 42,0      | 101,0 | 🔴                  | Corneilles                       | D139     | 65                 | 10:48 | 11:14  | 11:42  | 12:16   |
| 3,0                          | 39,0      | 104,0 |                    | Int D87 D139                     | D139     | 160                | 11:00 | 11:26  | 11:55  | 12:30   |
| 3,0                          | 36,0      | 107,0 | 🔴                  | EPAIGNES                         |          | 153                | 11:11 | 11:38  | 12:08  | 12:43   |
|                              |           |       |                    | Départ 2ème demi étape           |          |                    |       |        |        |         |
| 0,0                          | 36,0      | 107,0 |                    | EPAIGNES                         | D98      | 153                | 13:00 | 13:00  | 13:00  | 13:00   |
| 6,5                          | 29,5      | 113,5 |                    | Int D810 D98 La Noë Poulain      | D98      | 156                | 13:24 | 13:26  | 13:27  | 13:30   |
| 3,5                          | 26,0      | 117,0 | 🔴                  | Saint Etienne l'Allier           | D98      | 147                | 13:37 | 13:40  | 13:42  | 13:46   |
| 1,0                          | 25,0      | 118,0 |                    | Int D98 D29                      | D29      | 149                | 13:41 | 13:44  | 13:47  | 13:50   |
| 3,0                          | 22,0      | 121,0 | 🔴                  | Saint Georges du Vièvre          | D29      | 140                | 13:52 | 13:56  | 14:00  | 14:04   |
| 2,5                          | 19,5      | 123,5 |                    | Int D29 D31                      | D31      | 121                | 14:01 | 14:06  | 14:10  | 14:16   |
| 3,0                          | 16,5      | 126,5 | 🔴                  | Saint Victor d'Epine             | D31      | 149                | 14:13 | 14:18  | 14:23  | 14:30   |
| 1,5                          | 15,0      | 128,0 |                    | Int D31 D526                     | D26      | 134                | 14:18 | 14:24  | 14:30  | 14:36   |
| 1,0                          | 14,0      | 129,0 |                    | Morsan                           | D43      | 166                | 14:22 | 14:28  | 14:34  | 14:41   |
| 1,5                          | 12,5      | 130,5 |                    | Int D587 D43                     | D43      | 164                | 14:28 | 14:34  | 14:40  | 14:48   |
| 2,5                          | 10,0      | 133,0 |                    | Int D48 D43                      | D43      | 166                | 14:37 | 14:44  | 14:51  | 15:00   |
| 1,0                          | 9,0       | 134,0 |                    | Int D613 D43                     | D43      | 178                | 14:41 | 14:48  | 14:55  | 15:04   |
| 3,5                          | 5,5       | 137,5 |                    | Valailles                        | D43      | 157                | 14:54 | 15:02  | 15:10  | 15:20   |
| 1,0                          | 4,5       | 138,5 |                    | Int D418 D43 (Passage Inférieur) | D43      | 165                | 14:58 | 15:06  | 15:15  | 15:25   |
| 3,0                          | 1,5       | 141,5 |                    | BERNAY Rue de Gaulle             |          | 112                | 15:09 | 15:18  | 15:27  | 15:39   |
| 1,5                          | 0,0       | 143,0 | 🔴                  | BERNAY Rue du Stade              |          | 160                | 15:15 | 15:24  | 15:34  | 15:46   |
| 🔴 AH QUE LA FRANCE EST BELLE |           |       |                    |                                  |          |                    |       |        |        |         |