

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

**1ère Etape**

Etape de 186 Km

MAUGUIO (34) - FONDAMENTE (12)

| km                            |          |       |   | Commune - Lieu Dit                    | Commune Traversée                     | ROUTE  | Altitude | Heures de passages |        |         |         |         |
|-------------------------------|----------|-------|---|---------------------------------------|---------------------------------------|--------|----------|--------------------|--------|---------|---------|---------|
| à parcourir                   | parcours |       |   |                                       |                                       |        |          | 16km/h             | 15km/h | 14 km/h | 13 km/h | 12 km/h |
| HERAULT (34)                  |          |       |   |                                       |                                       |        |          |                    |        |         |         |         |
| 0.0                           | 186.0    | 0     |   | MAUGUIO                               | Maugio                                | D112   | 12       | 03:00              | 03:00  | 03:00   | 03:00   | 03:00   |
| 4.0                           | 182.0    | 4.0   |   | Passage Sup A9                        | Saint-Aunès                           | D113   | 36       | 03:15              | 03:16  | 03:17   | 03:18   | 03:20   |
| 1.5                           | 180.5    | 5.5   |   | Vendargues Rue de la Monnaie          | Vendargues                            | D145   | 45       | 03:20              | 03:22  | 03:23   | 03:25   | 03:27   |
| 6.0                           | 174.5    | 11.5  |   | Teyran >D21 et D145                   | Teyran                                | D145   | 60       | 03:43              | 03:46  | 03:49   | 03:53   | 03:57   |
| 2.0                           | 172.5    | 13.5  |   | Inter D109 D145                       | Assas                                 | D145   | 66       | 03:50              | 03:54  | 03:57   | 04:02   | 04:07   |
| 4.5                           | 168.0    | 18.0  |   | Prades le Lez                         | Prades le Lez                         | D145   | 80       | 04:07              | 04:12  | 04:17   | 04:23   | 04:30   |
| 1.0                           | 167.0    | 19.0  |   | Inter D145 D112                       | Saint-Clément-de-Rivière              | D112   | 65       | 04:11              | 04:16  | 04:21   | 04:27   | 04:35   |
| 3.5                           | 163.5    | 22.5  |   | Pas-Inf D68 D112                      | Les Matelles                          | D112   | 85       | 04:24              | 04:30  | 04:36   | 04:43   | 04:52   |
| 2.5                           | 161.0    | 25.0  |   | Les Matelles                          | Les Matelles                          | D17e3  | 100      | 04:33              | 04:40  | 04:47   | 04:55   | 05:05   |
|                               | 161.0    | 25.0  |   |                                       | Saint-Jean-de-Cuculles                | D17e3  |          | 04:33              | 04:40  | 04:47   | 04:55   | 05:05   |
| 4.0                           | 157.0    | 29.0  |   | Inter D17e3 D17                       | Le Triadou                            | D17    | 81       | 04:48              | 04:56  | 05:04   | 05:13   | 05:25   |
| 2.5                           | 154.5    | 31.5  |   | St Mathieu de Trévières               | St Mathieu de Trévières               | D17    | 97       | 04:58              | 05:06  | 05:15   | 05:25   | 05:37   |
| 1.5                           | 153.0    | 33.0  |   | Inter D17 D1                          | St Mathieu de Trévières               | D1     | 110      | 05:03              | 05:12  | 05:21   | 05:32   | 05:45   |
| 2.5                           | 150.5    | 35.5  |   | Inter D1e9 D1                         | Valflaunès                            | D1     | 127      | 05:13              | 05:22  | 05:32   | 05:43   | 05:57   |
| 4.0                           | 146.5    | 39.5  |   | Inter D122 D1                         | Mas-de-Londres                        | D1     | 235      | 05:28              | 05:38  | 05:49   | 06:02   | 06:17   |
| 3.0                           | 143.5    | 42.5  |   | Inter D122e6 D1                       | Mas-de-Londres                        | D1     | 180      | 05:39              | 05:50  | 06:02   | 06:16   | 06:32   |
| 3.0                           | 140.5    | 45.5  |   | Notre Dame de Londres                 | Notre Dame de Londres                 | D1e6   | 192      | 05:50              | 06:02  | 06:15   | 06:30   | 06:47   |
| 2.5                           | 138.0    | 48.0  |   | Le Pous                               | Notre Dame de Londres                 | D1e6   | 229      | 06:00              | 06:12  | 06:25   | 06:41   | 07:00   |
| 4.5                           | 133.5    | 52.5  |   | Inter D1e6 D107e4                     | Ferrières -les-Verreries              | D107E4 | 267      | 06:16              | 06:30  | 06:45   | 07:02   | 07:22   |
| 6.0                           | 127.5    | 58.5  |   | Inter D107E4 D986                     | Brissac                               | D986   | 186      | 06:39              | 06:54  | 07:10   | 07:30   | 07:52   |
| 2.0                           | 125.5    | 60.5  |   | St Bauzille de Putois                 | St Bauzille de Putois                 | D108e5 | 129      | 06:46              | 07:02  | 07:19   | 07:39   | 08:02   |
| 1.0                           | 124.5    | 61.5  |   | Inter D108e2 D108                     | Agonès                                | D108   | 129      | 06:50              | 07:06  | 07:23   | 07:43   | 08:07   |
| 3.5                           | 121.0    | 65.0  |   | Brissac                               | Brissac                               | D108   | 132      | 07:03              | 07:20  | 07:38   | 08:00   | 08:25   |
| 3.0                           | 118.0    | 68.0  |   | Inter D108 D1                         | Brissac                               | D1     | 186      | 07:15              | 07:32  | 07:51   | 08:13   | 08:40   |
| 2.5                           | 115.5    | 70.5  |   | Inter D1e1 D1                         | St André de Buèges                    | D1     | 138      | 07:24              | 07:42  | 08:02   | 08:25   | 08:52   |
| 5.0                           | 110.5    | 75.5  |   | St Jean de Buèges                     | St Jean de Buèges                     | D1     | 168      | 07:43              | 08:02  | 08:23   | 08:48   | 09:17   |
| 0.5                           | 110.0    | 76.0  |   | Int D1 D122                           | St Jean de Buèges                     | D122   | 161      | 07:45              | 08:04  | 08:25   | 08:50   | 09:20   |
| 5.5                           | 104.5    | 81.5  |   | Causse de La Selle                    | Causse de La Selle                    | D4     | 244      | 08:05              | 08:26  | 08:49   | 09:16   | 09:47   |
| 14.0                          | 90.5     | 95.5  | O | Saint-Guilhem-le-Désert               | Saint-Guilhem-le-Désert               | D4     | 79       | 08:58              | 09:22  | 09:49   | 10:20   | 10:57   |
| 3.0                           | 87.5     | 98.5  |   | Pont du Diable                        | Saint-Jean-de-Fos                     | D27    | 66       | 09:09              | 09:34  | 10:02   | 10:34   | 11:12   |
| 3.0                           | 84.5     | 101.5 |   | Aniane                                | Aniane                                | D32    | 65       | 09:20              | 09:46  | 10:15   | 10:48   | 11:27   |
|                               | 84.5     | 101.5 |   |                                       |                                       |        |          | 09:20              | 09:46  | 10:15   | 10:48   | 11:27   |
|                               | 84.5     | 101.5 |   |                                       |                                       |        |          | 09:20              | 09:46  | 10:15   | 10:48   | 11:27   |
|                               | 84.5     | 101.5 |   |                                       |                                       |        |          | 09:20              | 09:46  | 10:15   | 10:48   | 11:27   |
|                               | 84.5     | 101.5 |   |                                       |                                       |        |          | 09:20              | 09:46  | 10:15   | 10:48   | 11:27   |
|                               | 84.5     | 101.5 |   |                                       |                                       |        |          | 09:20              | 09:46  | 10:15   | 10:48   | 11:27   |
|                               | 84.5     | 101.5 |   |                                       |                                       |        |          | 09:20              | 09:46  | 10:15   | 10:48   | 11:27   |
|                               | 84.5     | 101.5 |   |                                       |                                       |        |          | 09:20              | 09:46  | 10:15   | 10:48   | 11:27   |
|                               | 84.5     | 101.5 |   |                                       |                                       |        |          | 09:20              | 09:46  | 10:15   | 10:48   | 11:27   |
|                               | 84.5     | 101.5 |   |                                       |                                       |        |          | 09:20              | 09:46  | 10:15   | 10:48   | 11:27   |
|                               | 84.5     | 101.5 |   |                                       |                                       |        |          | 09:20              | 09:46  | 10:15   | 10:48   | 11:27   |
| 6.5                           | 78.0     | 108.0 |   | GIGNAC                                | Gignac                                |        | 70       | 09:45              | 10:12  | 10:42   | 11:18   | 12:00   |
| Départ de la 2ème demi étape  |          |       |   |                                       |                                       |        |          |                    |        |         |         |         |
| 0.0                           | 78.0     | 108.0 |   | GIGNAC                                | Gignac                                | D9     |          | 11:15              | 11:15  | 11:15   | 11:15   | 11:15   |
| 2.0                           | 76.0     | 110.0 |   | Lagamas                               | Lagamas                               | D9     | 98       | 11:22              | 11:23  | 11:23   | 11:24   | 11:25   |
| 5.0                           | 71.0     | 115.0 |   | Montpeyroux                           | Montpeyroux                           | D9     | 150      | 11:41              | 11:43  | 11:45   | 11:47   | 11:50   |
| 2.5                           | 68.5     | 117.5 |   | Arboras                               | Arboras                               | D9     | 252      | 11:50              | 11:53  | 11:55   | 11:58   | 12:02   |
| 5.0                           | 63.5     | 122.5 |   | Inter D153e1 D9                       | Saint-Saturnin-de-Lucian              | D9     | 512      | 12:09              | 12:13  | 12:17   | 12:21   | 12:27   |
| 3.0                           | 60.5     | 125.5 |   | Col du Vent                           | Saint-Privat                          | D9     | 703      | 12:20              | 12:25  | 12:30   | 12:35   | 12:42   |
| 3.5                           | 57.0     | 129.0 |   | Inter D130 D9                         | Saint-Privat                          | D9     | 700      | 12:33              | 12:39  | 12:45   | 12:51   | 13:00   |
| 2.0                           | 55.0     | 131.0 |   | La Vacquerie et St Martin de Castries | La Vacquerie et St Martin de Castries | D9     | 640      | 12:41              | 12:47  | 12:53   | 13:01   | 13:10   |
| 1.0                           | 54.0     | 132.0 |   | Inter D25 D9                          | La Vacquerie et St Martin de Castries | D9     | 611      | 12:45              | 12:51  | 12:57   | 13:05   | 13:15   |
| 1.5                           | 52.5     | 133.5 |   | St Pierre de La Fage                  | St Pierre de La Fage                  | D9     | 620      | 12:50              | 12:57  | 13:04   | 13:12   | 13:22   |
| 3.0                           | 49.5     | 136.5 |   | Inter D152e5 D9                       | St Pierre de La Fage                  | D9     |          | 13:01              | 13:09  | 13:17   | 13:26   | 13:37   |
|                               | 49.5     | 136.5 |   |                                       | Saint-Michel                          | D9     |          | 13:01              | 13:09  | 13:17   | 13:26   | 13:37   |
|                               | 49.5     | 136.5 |   |                                       | Pégairolles-de-l'Escalette            | D9     |          | 13:01              | 13:09  | 13:17   | 13:26   | 13:37   |
| 7.0                           | 42.5     | 143.5 |   | Intr D155 D9                          | Le Cros                               | D9     | 726      | 13:28              | 13:37  | 13:47   | 13:58   | 14:12   |
| 3.0                           | 39.5     | 146.5 |   | Le Caylar                             | Le Caylar                             | D609   | 760      | 13:39              | 13:49  | 14:00   | 14:12   | 14:27   |
| 2.0                           | 37.5     | 148.5 |   | Inter D609 D142e5                     | Le Caylar                             | D142e  | 763      | 13:46              | 13:57  | 14:08   | 14:21   | 14:37   |
| 1.5                           | 36.0     | 150.0 |   | AVEYRON (12)                          |                                       | D55    | 795      | 13:52              | 14:03  | 14:15   | 14:28   | 14:45   |
| 2.5                           | 33.5     | 152.5 | O | Inter D185 D55                        | La Couvertoirade                      | D55    | 770      | 14:01              | 14:13  | 14:25   | 14:40   | 14:57   |
|                               | 33.5     | 152.5 |   |                                       | Nant                                  | D55    |          | 14:01              | 14:13  | 14:25   | 14:40   | 14:57   |
| 5.5                           | 28.0     | 158.0 |   | Inter D55 D7                          | La Couvertoirade                      | D7     | 779      | 14:22              | 14:35  | 14:49   | 15:05   | 15:25   |
| 3.5                           | 24.5     | 161.5 |   | Inter D7 VC (La Blaquérie)            | La Couvertoirade                      | VC     | 793      | 14:35              | 14:49  | 15:04   | 15:21   | 15:42   |
| 3.5                           | 21.0     | 165.0 |   | La Salvétat                           | La Couvertoirade                      | VC     | 750      | 14:48              | 15:03  | 15:19   | 15:38   | 16:00   |
| 2.0                           | 19.0     | 167.0 |   | Inter VC D9 (Les Infruts)             | La Couvertoirade                      | D9     | 780      | 14:56              | 15:11  | 15:27   | 15:47   | 16:10   |
| 1.5                           | 17.5     | 168.5 |   | La Pezade                             | La Couvertoirade                      | D140   | 773      | 15:01              | 15:17  | 15:34   | 15:54   | 16:17   |
| 3.0                           | 14.5     | 171.5 | R | Canals                                | Cornus                                | D140   | 764      | 15:13              | 15:29  | 15:47   | 16:08   | 16:32   |
| 0.5                           | 14.0     | 172.0 |   | Inter D140 VC                         | Cornus                                | VC     | 790      | 15:15              | 15:31  | 15:49   | 16:10   | 16:35   |
| 7.5                           | 6.5      | 179.5 | R | Cornus                                | Cornus                                | D7     | 730      | 15:43              | 16:01  | 16:21   | 16:45   | 17:12   |
|                               | 6.5      | 179.5 |   |                                       |                                       |        |          | 15:43              | 16:01  | 16:21   | 16:45   | 17:12   |
| 6.5                           | 0.0      | 186.0 |   | FONDAMENTE                            | FONDAMENTE                            |        | 480      | 16:07              | 16:27  | 16:49   | 17:15   | 17:45   |
| O Plus Beau Village de France |          |       |   |                                       |                                       |        |          |                    |        |         |         |         |

**LA FRANCE EN COURANT**  
31 ème Tour du 13 juillet au 27 juillet 2019  
lundi, 15 juillet 2019

**2ème Etape**

Etape de 181.5 Km

FONDATEMENTE (12) – NARBONNE (11)

| km          |          |        | Commune - Lieu Dit              | Commune Traversée        | 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         | 181.5    | 0.0    | FONDATEMENTE                    | Fondamente               | D7     | 473      | 03:00              | 03:00  | 03:00   | 03:00   | 03:00   |
| 8.5         | 173.0    | 8.5    | Latour sur Sorgues              | Marnhagues-et-Latour     | D7     | 425      | 03:31              | 03:34  | 03:36   | 03:39   | 03:42   |
| 4.0         | 169.0    | 12.5   | Inter D7 D540                   | St Félix de Sorgues      | D540   | 405      | 03:46              | 03:50  | 03:53   | 03:57   | 04:02   |
| 9.0         | 160.0    | 21.5   | Sylvanès                        | Sylvanès                 | D540   | 454      | 04:20              | 04:26  | 04:32   | 04:39   | 04:47   |
| 0.5         | 159.5    | 22.0   | Inter D10 D92                   | Sylvanès                 | D92    | 448      | 04:22              | 04:28  | 04:34   | 04:41   | 04:50   |
| 3.0         | 156.5    | 25.0   | Inter D92 D902                  | Fayet                    | D902   | 422      | 04:33              | 04:40  | 04:47   | 04:55   | 05:05   |
| 0.5         | 156.0    | 25.5   | Fayet                           | Fayet                    | D92    | 435      | 04:35              | 04:42  | 04:49   | 04:57   | 05:07   |
| 1.0         | 155.0    | 26.5   | Inter D92 D12                   | Fayet                    | D12    | 440      | 04:39              | 04:46  | 04:53   | 05:02   | 05:12   |
| 3.5         | 151.5    | 30.0   | Brusque                         | Brusque                  | D12    | 450      | 04:52              | 05:00  | 05:08   | 05:18   | 05:30   |
| 5.5         | 146.0    | 35.5   | Inter D252 D12                  | Brusque                  | D12    | 732      | 05:13              | 05:22  | 05:32   | 05:43   | 05:57   |
| 4.0         | 142.0    | 39.5   | Inter D174 D12                  | Arnac-sur-Dourdou        | D12    |          | 05:28              | 05:38  | 05:49   | 06:02   | 06:17   |
| 5.0         | 137.0    | 44.5   | Col de Coustel                  | Mélagues                 | D12    | 880      | 05:46              | 05:58  | 06:10   | 06:25   | 06:42   |
| 0.0         | 137.0    | 44.5   | HERAULT (34)                    |                          | D53    |          | 05:46              | 05:58  | 06:10   | 06:25   | 06:42   |
| 2.0         | 135.0    | 46.5   | Inter D53 D922                  | Castanet-le-Haut         | D922   | 800      | 05:54              | 06:06  | 06:19   | 06:34   | 06:52   |
| 0.5         | 134.5    | 47.0   | La Croix de Mounis              | Castanet-le-Haut         | D922   | 794      | 05:56              | 06:08  | 06:21   | 06:36   | 06:55   |
| 2.5         | 132.0    | 49.5   | Inter D22e11 D922               | Castanet-le-Haut         | D922   | 340      | 06:05              | 06:18  | 06:32   | 06:48   | 07:07   |
|             | 132.0    | 49.5   |                                 | Rosis                    | D922   |          | 06:05              | 06:18  | 06:32   | 06:48   | 07:07   |
| 5.0         | 127.0    | 54.5   | Inter D22e12 D22e14 D922        | Saint-Geniès-de-Varensal | D922   | 362      | 06:24              | 06:38  | 06:53   | 07:11   | 07:32   |
| 3.0         | 124.0    | 57.5   | St Gervais sur Mare             | St Gervais sur Mare      | D22    | 329      | 06:35              | 06:50  | 07:06   | 07:25   | 07:47   |
| 4.5         | 119.5    | 62.0   | Inter D180e3 D22 C de P-Plantée | Rosis                    | D22    | 500      | 06:52              | 07:08  | 07:25   | 07:46   | 08:10   |
| 1.5         | 118.0    | 63.5   | Inter D22e8 D22                 | Rosis                    | D22    | 450      | 06:58              | 07:14  | 07:32   | 07:53   | 08:17   |
| 4.5         | 113.5    | 68.0   | Inter D22e12 D22 l'Horte        | Taussac-la-Billière      | D22    | 254      | 07:15              | 07:32  | 07:51   | 08:13   | 08:40   |
| 3.5         | 110.0    | 71.5   | Lamalou les Bains               | Lamalou les Bains        | D22    | 190      | 07:28              | 07:46  | 08:06   | 08:30   | 08:57   |
| 0.5         | 109.5    | 72.0   | Inter D22 D908                  | Lamalou les Bains        | D908   | 175      | 07:30              | 07:48  | 08:08   | 08:32   | 09:00   |
| 1.5         | 108.0    | 73.5   | Le Poujol sur Orb               | Le Poujol sur Orb        | D908   | 170      | 07:35              | 07:54  | 08:15   | 08:39   | 09:07   |
| 5.5         | 102.5    | 79.0   | Colombières sur Orb             | Colombières sur Orb      | D908   | 215      | 07:56              | 08:16  | 08:38   | 09:04   | 09:35   |
| 3.5         | 99.0     | 82.5   | Inter D14e23 D908               | Saint-Martin-de-l'Arçon  | D908   | 191      | 08:09              | 08:30  | 08:53   | 09:20   | 09:52   |
| 0.5         | 98.5     | 83.0   | Inter D908 D14                  | Mons                     | D14    | 153      | 08:11              | 08:32  | 08:55   | 09:23   | 09:55   |
| 4.5         | 94.0     | 87.5   | Inter D177 D14                  | Vieussan                 | D14    | 116      | 08:28              | 08:50  | 09:15   | 09:43   | 10:17   |
| 9.0         | 85.0     | 96.5   | Roquebrun                       | Roquebrun                | D14    | 88       | 09:01              | 09:26  | 09:53   | 10:25   | 11:02   |
|             | 85.0     | 96.5   |                                 |                          |        |          | 09:01              | 09:26  | 09:53   | 10:25   | 11:02   |
|             | 85.0     | 96.5   |                                 |                          |        |          | 09:01              | 09:26  | 09:53   | 10:25   | 11:02   |
|             | 85.0     | 96.5   |                                 |                          |        |          | 09:01              | 09:26  | 09:53   | 10:25   | 11:02   |
|             | 85.0     | 96.5   |                                 |                          |        |          | 09:01              | 09:26  | 09:53   | 10:25   | 11:02   |
|             | 85.0     | 96.5   |                                 |                          |        |          | 09:01              | 09:26  | 09:53   | 10:25   | 11:02   |
|             | 85.0     | 96.5   |                                 |                          |        |          | 09:01              | 09:26  | 09:53   | 10:25   | 11:02   |
|             | 85.0     | 96.5   |                                 |                          |        |          | 09:01              | 09:26  | 09:53   | 10:25   | 11:02   |
|             | 85.0     | 96.5   |                                 |                          |        |          | 09:01              | 09:26  | 09:53   | 10:25   | 11:02   |
|             | 85.0     | 96.5   |                                 |                          |        |          | 09:01              | 09:26  | 09:53   | 10:25   | 11:02   |
| 9.5         | 75.5     | 106.0  | CESSENON SUR ORB                | Cessenon-sur-Orb         |        | 56       | 09:37              | 10:04  | 10:34   | 11:09   | 11:50   |
|             |          |        | Départ 2ème demi étape          |                          |        |          |                    |        |         |         |         |
| 0.0         | 75.5     | 106.0  | CESSENON SUR ORB                |                          | D20    |          | 11:30              | 11:30  | 11:30   | 11:30   | 11:30   |
| 5.5         | 70.0     | 111.5  | Inter D177e2 D20 Comneyras      | Prades-sur-Vernazobre    | D20    | 80       | 11:50              | 11:52  | 11:53   | 11:55   | 11:57   |
| 2.5         | 67.5     | 114.0  | Inter D34 D20                   | Pierrerue                | D20    | 106      | 12:00              | 12:02  | 12:04   | 12:06   | 12:10   |
| 2.5         | 65.0     | 116.5  | St Chinian                      | St Chinian               | D20    | 119      | 12:09              | 12:12  | 12:15   | 12:18   | 12:22   |
| 2.5         | 62.5     | 119.0  | Inter D178e1 D20                | St Chinian               | D20    | 229      | 12:18              | 12:22  | 12:25   | 12:30   | 12:35   |
| 5.5         | 57.0     | 124.5  | Villespassans                   | Villespassans            | D20    | 251      | 12:39              | 12:44  | 12:49   | 12:55   | 13:02   |
| 3.0         | 54.0     | 127.5  | AUDE (11)                       |                          | D20    | 170      | 12:50              | 12:56  | 13:02   | 13:09   | 13:17   |
| 2.0         | 52.0     | 129.5  | Inter D26 D20                   | Bize-Minervois           | D20    | 87       | 12:58              | 13:04  | 13:10   | 13:18   | 13:27   |
| 1.5         | 50.5     | 131.0  | HERAULT (34)                    |                          | D20    | 77       | 13:03              | 13:10  | 13:17   | 13:25   | 13:35   |
| 2.5         | 48.0     | 133.5  | Agel                            | Agel                     | D20    | 87       | 13:13              | 13:20  | 13:27   | 13:36   | 13:47   |
| 2.0         | 46.0     | 135.5  | Inter D175 D20                  | Aigues-Vives             | D20    | 103      | 13:20              | 13:28  | 13:36   | 13:46   | 13:57   |
| 1.0         | 45.0     | 136.5  | Aigues-Vives                    | Aigues-Vives             | D907   | 132      | 13:24              | 13:32  | 13:40   | 13:50   | 14:02   |
|             | 45.0     | 136.5  |                                 | Aigne                    |        |          | 13:24              | 13:32  | 13:40   | 13:50   | 14:02   |
| 2.5         | 42.5     | 139.0  | Inter D907 D10e5                | La Caunette              | D10e5  | 127      | 13:33              | 13:42  | 13:51   | 14:02   | 14:15   |
| 1.5         | 41.0     | 140.5  | Inter D10e5 D10                 | La Caunette              | D10    | 139      | 13:39              | 13:48  | 13:57   | 14:09   | 14:22   |
| 0.5         | 40.5     | 141.0  | Inter D10e2 D10                 | La Caunette              | D10    | 162      | 13:41              | 13:50  | 14:00   | 14:11   | 14:25   |
| 3.0         | 37.5     | 144.0  | Minerve                         | Minerve                  | D10    | 150      | 13:52              | 14:02  | 14:12   | 14:25   | 14:40   |
| 4.5         | 33.0     | 148.5  | Azillanet                       | Azillanet                | D177   | 114      | 14:09              | 14:20  | 14:32   | 14:46   | 15:02   |
| 5.0         | 28.0     | 153.5  | Inter D117 D910                 | Aigne                    | d910   | 162      | 14:28              | 14:40  | 14:53   | 15:09   | 15:27   |
| 0.5         | 27.5     | 154.0  | Inter D910 D177E5               | Aigne                    | D117e5 | 148      | 14:30              | 14:42  | 14:55   | 15:11   | 15:30   |
| 2.5         | 25.0     | 156.5  | La Prade                        | Aigne                    | D117E5 | 127      | 14:39              | 14:52  | 15:06   | 15:23   | 15:42   |
| 2.0         | 23.0     | 158.5  | AUDE (11)                       |                          | D605   | 78       | 14:46              | 15:00  | 15:15   | 15:32   | 15:52   |
| 1.0         | 22.0     | 159.5  | Mailhac                         | Mailhac                  | D605   | 65       | 14:50              | 15:04  | 15:19   | 15:36   | 15:57   |
| 3.5         | 18.5     | 163.0  | Inter D605 D5 D607              | Bize-Minervois           | D607   | 52       | 15:03              | 15:18  | 15:34   | 15:53   | 16:15   |
| 2.5         | 16.0     | 165.5  | Inter D326 D607                 | Ginestas                 | D607   | 45       | 15:13              | 15:28  | 15:45   | 16:04   | 16:27   |
| 1.0         | 15.0     | 166.5  | Inter D926 D607                 | Ginestas                 | D607   | 37       | 15:16              | 15:32  | 15:49   | 16:09   | 16:32   |
| 1.0         | 14.0     | 167.5  | Inter D207 D607                 | Saint-Nazaire-d'Aude     | D607   | 32       | 15:20              | 15:36  | 15:53   | 16:13   | 16:37   |
| 3.0         | 11.0     | 170.5  | St Marcel sur Aude              | St Marcel sur Aude       | D607   | 17       | 15:31              | 15:48  | 16:06   | 16:27   | 16:52   |
| 3.0         | 8.0      | 173.5  | Marcorignan                     | Marcorignan              | D607   | 19       | 15:43              | 16:00  | 16:19   | 16:41   | 17:07   |
| 8.0         | 0.0      | 181.5  | NARBONNE                        | NARBONNE                 |        | 13       | 16:13              | 16:32  | 16:53   | 17:18   | 17:47   |
|             |          |        | Plus Beau Village de France     |                          |        |          |                    |        |         |         |         |

**LA FRANCE EN COURANT**  
31 ème Tour du 13 juillet au 27 juillet 2019  
mardi, 16 juillet 2019

**3ème Etape**

NARBONNE (11) – LAVELANET (09)

| Etape de 194 Km        |          |       | NARBONNE (11) – LAVELANET (09) |                             |       |          |                    |        |        |         |         |         |
|------------------------|----------|-------|--------------------------------|-----------------------------|-------|----------|--------------------|--------|--------|---------|---------|---------|
| km                     |          |       | Commune - Lieu Dit             | Commune Traversée           | ROUTE | Altitude | Heures de passages |        |        |         |         |         |
| à parcourir            | parcours |       |                                |                             |       |          | Suivie             | 16km/h | 15km/h | 14 km/h | 13 km/h | 12 km/h |
| AUDE (11)              |          |       |                                |                             |       |          |                    |        |        |         |         |         |
| 0.0                    | 194.0    | 0.0   | NARBONNE                       | Narbonne                    | D6009 | 20       | 03:00              | 03:00  | 03:00  | 03:00   | 03:00   |         |
| 4.5                    | 189.5    | 4.5   | Inter D6009 D6113              | Narbonne                    | D6113 | 29       | 03:16              | 03:18  | 03:19  | 03:20   | 03:22   |         |
| 3.0                    | 186.5    | 7.5   | Inter D6113 D613               | Montredon des Corbières     | D613  | 32       | 03:28              | 03:30  | 03:32  | 03:34   | 03:37   |         |
| 2.5                    | 184.0    | 10.0  | Inter D613 D224                | Montredon des Corbières     | D224  | 54       | 03:37              | 03:40  | 03:42  | 03:46   | 03:50   |         |
| 4.5                    | 179.5    | 14.5  | Bizanet                        | Bizanet                     | D423  | 50       | 03:54              | 03:58  | 04:02  | 04:06   | 04:12   |         |
| 4.5                    | 175.0    | 19.0  | Inter D613 D423                | St André de Roquelongue     | D423  | 63       | 04:11              | 04:16  | 04:21  | 04:27   | 04:35   |         |
| 2.0                    | 173.0    | 21.0  | St André de Roquelongue        | St André de Roquelongue     | D423  | 65       | 04:18              | 04:24  | 04:30  | 04:36   | 04:45   |         |
| 3.0                    | 170.0    | 24.0  | Montsérét                      | Montsérét                   | D123  | 85       | 04:30              | 04:36  | 04:42  | 04:50   | 05:00   |         |
| 3.0                    | 167.0    | 27.0  | Inter D123 D611                | Thézan-des-Corbières        | D611  | 118      | 04:41              | 04:48  | 04:55  | 05:04   | 05:15   |         |
| 3.0                    | 164.0    | 30.0  | Inter D611 D123 Montplaisir    | Fontjoncouse                | D123  | 121      | 04:52              | 05:00  | 05:08  | 05:18   | 05:30   |         |
| 3.5                    | 160.5    | 33.5  | Inter D123 D323                | Fontjoncouse                | D323  | 223      | 05:05              | 05:14  | 05:23  | 05:34   | 05:47   |         |
| 1.0                    | 159.5    | 34.5  | Fontjoncouse                   | Fontjoncouse                | D323  | 210      | 05:09              | 05:18  | 05:27  | 05:39   | 05:52   |         |
| 4.0                    | 155.5    | 38.5  | Coustouge                      | Coustouge                   | D106  | 185      | 05:24              | 05:34  | 05:45  | 05:57   | 06:12   |         |
| 6.5                    | 149.0    | 45.0  | Inter D106 D613                | St Laurent de la Cabrerisse | D613  | 100      | 05:48              | 06:00  | 06:12  | 06:27   | 06:45   |         |
| 2.5                    | 146.5    | 47.5  | St Laurent de la Cabrerisse    | St Laurent de la Cabrerisse | D3    | 102      | 05:58              | 06:10  | 06:23  | 06:39   | 06:57   |         |
| 3.0                    | 143.5    | 50.5  | Tournissan                     | Tournissan                  | D3    | 137      | 06:09              | 06:22  | 06:36  | 06:53   | 07:12   |         |
| 4.5                    | 139.0    | 55.0  | Inter D23 D3                   | Lagrasse                    | D3    | 160      | 06:26              | 06:40  | 06:55  | 07:13   | 07:35   |         |
| 3.5                    | 135.5    | 58.5  | O Lagrasse                     | Lagrasse                    | D3    | 120      | 06:39              | 06:54  | 07:10  | 07:30   | 07:52   |         |
| 8.5                    | 127.0    | 67.0  | Inter D110 D3 Villemagne       | Lagrasse                    | D3    | 171      | 07:11              | 07:28  | 07:47  | 08:09   | 08:35   |         |
| 1.0                    | 126.0    | 68.0  | Inter D3 D603                  | Serviès en Val              | D603  | 179      | 07:15              | 07:32  | 07:51  | 08:13   | 08:40   |         |
| 1.5                    | 124.5    | 69.5  | Serviès en Val                 | Serviès en Val              | D110  | 200      | 07:20              | 07:38  | 07:57  | 08:20   | 08:47   |         |
| 3.0                    | 121.5    | 72.5  | Inter D310 D110                | Villetreilouls              | D110  | 214      | 07:31              | 07:50  | 08:10  | 08:34   | 09:02   |         |
| 1.0                    | 120.5    | 73.5  | Inter D114 D110                | Labastide-en-Val            | D110  | 226      | 07:35              | 07:54  | 08:15  | 08:39   | 09:07   |         |
| 1.5                    | 119.0    | 75.0  | Villar en Val                  | Villar en Val               | D110  | 271      | 07:41              | 08:00  | 08:21  | 08:46   | 09:15   |         |
| 4.0                    | 115.0    | 79.0  | Col de Taurize                 | Fajac-en-Val                | D110  | 498      | 07:56              | 08:16  | 08:38  | 09:04   | 09:35   |         |
| 5.5                    | 109.5    | 84.5  | Molières sur l'Alberte         | Ladem-sur-Lauquet           | D110  | 311      | 08:16              | 08:38  | 09:02  | 09:30   | 10:02   |         |
| 4.5                    | 105.0    | 89.0  | Inter D56 D110                 | Ladem-sur-Lauquet           | D110  | 205      | 08:33              | 08:56  | 09:21  | 09:50   | 10:25   |         |
| 2.5                    | 102.5    | 91.5  | Ladern sur Lauquet             | Ladern-sur-Lauquet          | D110  | 190      | 08:43              | 09:06  | 09:32  | 10:02   | 10:37   |         |
| 1.0                    | 101.5    | 92.5  | Inter D343 D110                | Ladem-sur-Lauquet           | D110  | 188      | 08:46              | 09:10  | 09:36  | 10:06   | 10:42   |         |
| 5.5                    | 96.0     | 98.0  | St Hilaire                     | St Hilaire                  | D104  | 167      | 09:07              | 09:32  | 10:00  | 10:32   | 11:10   |         |
| 9.0                    | 87.0     | 107.0 | Inter D504 D104                | Pieusse                     | D104  | 185      | 09:41              | 10:08  | 10:38  | 11:13   | 11:55   |         |
|                        | 87.0     | 107.0 |                                |                             |       |          | 09:41              | 10:08  | 10:38  | 11:13   | 11:55   |         |
|                        | 87.0     | 107.0 |                                |                             |       |          | 09:41              | 10:08  | 10:38  | 11:13   | 11:55   |         |
|                        | 87.0     | 107.0 |                                |                             |       |          | 09:41              | 10:08  | 10:38  | 11:13   | 11:55   |         |
|                        | 87.0     | 107.0 |                                |                             |       |          | 09:41              | 10:08  | 10:38  | 11:13   | 11:55   |         |
|                        | 87.0     | 107.0 |                                |                             |       |          | 09:41              | 10:08  | 10:38  | 11:13   | 11:55   |         |
|                        | 87.0     | 107.0 |                                |                             |       |          | 09:41              | 10:08  | 10:38  | 11:13   | 11:55   |         |
|                        | 87.0     | 107.0 |                                |                             |       |          | 09:41              | 10:08  | 10:38  | 11:13   | 11:55   |         |
|                        | 87.0     | 107.0 |                                |                             |       |          | 09:41              | 10:08  | 10:38  | 11:13   | 11:55   |         |
|                        | 87.0     | 107.0 |                                |                             |       |          | 09:41              | 10:08  | 10:38  | 11:13   | 11:55   |         |
|                        | 87.0     | 107.0 |                                |                             |       |          | 09:41              | 10:08  | 10:38  | 11:13   | 11:55   |         |
| 4.5                    | 82.5     | 111.5 | LIMOUX                         |                             |       | 160      | 09:58              | 10:26  | 10:57  | 11:34   | 12:17   |         |
| Départ 2ème demi étape |          |       |                                |                             |       |          |                    |        |        |         |         |         |
| 0.0                    | 82.5     | 111.5 | LIMOUX                         | Limoux                      |       | 160      | 11:00              | 11:00  | 11:00  | 11:00   | 11:00   |         |
|                        | 82.5     | 111.5 |                                | La Digne-d'Aval             | D620  |          | 11:00              | 11:00  | 11:00  | 11:00   | 11:00   |         |
|                        | 82.5     | 111.5 |                                | La Digne-d'Amont            | D620  |          | 11:00              | 11:00  | 11:00  | 11:00   | 11:00   |         |
| 4.5                    | 78.0     | 116.0 | Inter D620 D626                | Ajac                        | D626  | 235      | 11:16              | 11:18  | 11:19  | 11:20   | 11:22   |         |
| 3.5                    | 74.5     | 119.5 | Loupia                         | Loupia                      | D626  | 254      | 11:30              | 11:32  | 11:34  | 11:36   | 11:40   |         |
| 2.0                    | 72.5     | 121.5 | Inter D44 D626                 | Villalongue-d'Aude          | D626  | 290      | 11:37              | 11:40  | 11:42  | 11:46   | 11:50   |         |
| 4.0                    | 68.5     | 125.5 | Inter D463 D626                | Pomy                        | D626  | 442      | 11:52              | 11:56  | 12:00  | 12:04   | 12:10   |         |
| 3.0                    | 65.5     | 128.5 | Intr D30 D626                  | Peyrefitte du Razès         | D626  | 389      | 12:03              | 12:08  | 12:12  | 12:18   | 12:25   |         |
| 1.0                    | 64.5     | 129.5 | Peyrefitte du Razès            | Peyrefitte du Razès         | D626  | 374      | 12:07              | 12:12  | 12:17  | 12:23   | 12:30   |         |
|                        |          |       |                                | Gueytes-et-Labastide        |       |          | 12:07              | 12:12  | 12:17  | 12:23   | 12:30   |         |
| 3.5                    | 61.0     | 133.0 | Inter D18 D626                 | Caudeval                    | D626  | 347      | 12:20              | 12:26  | 12:32  | 12:39   | 12:47   |         |
| 1.0                    | 60.0     | 134.0 | Caudeval                       | Caudeval                    | D626  | 350      | 12:24              | 12:30  | 12:36  | 12:43   | 12:52   |         |
| 1.5                    | 58.5     | 135.5 | ARIEGE (09)                    |                             | D626  | 334      | 12:30              | 12:36  | 12:42  | 12:50   | 13:00   |         |
| 1.0                    | 57.5     | 136.5 | Moulin Neuf                    | Moulin Neuf                 | D106  | 330      | 12:33              | 12:40  | 12:47  | 12:55   | 13:05   |         |
| 1.0                    | 56.5     | 137.5 | AUDE (11)                      |                             | D1625 | 128      | 12:37              | 12:44  | 12:51  | 13:00   | 13:10   |         |
| 1.5                    | 55.0     | 139.0 | Tréziers                       | Tréziers                    | D125  | 380      | 12:43              | 12:50  | 12:57  | 13:06   | 13:17   |         |
| 3.5                    | 51.5     | 142.5 | Inter D125 D18                 | Corbières                   | D18   | 491      | 12:56              | 13:04  | 13:12  | 13:23   | 13:35   |         |
| 4.5                    | 47.0     | 147.0 | Inter D18 D16 Camp Limoux      | Sonnac-sur-l'Hers           | D16   | 357      | 13:13              | 13:22  | 13:32  | 13:43   | 13:57   |         |
| 1.5                    | 45.5     | 148.5 | ARIEGE (09)                    |                             | D7    | 351      | 13:18              | 13:28  | 13:38  | 13:50   | 14:05   |         |
| 2.0                    | 43.5     | 150.5 | O Camon                        | Camon                       | D7    | 347      | 13:26              | 13:36  | 13:47  | 14:00   | 14:15   |         |
| 4.0                    | 39.5     | 154.5 | Inter D207 D7                  | Lagarde                     | D7    | 329      | 13:41              | 13:52  | 14:04  | 14:18   | 14:35   |         |
| 1.5                    | 38.0     | 156.0 | Inter D507 D7                  | Lagarde                     | D7    | 323      | 13:46              | 13:58  | 14:10  | 14:25   | 14:42   |         |
| 3.5                    | 34.5     | 159.5 | La Bastide de Bousignac        | La Bastide de Bousignac     | D7a   | 336      | 14:00              | 14:12  | 14:25  | 14:41   | 15:00   |         |
| 3.5                    | 31.0     | 163.0 | Int D7b D7a                    | Saint-Julien-de-Gras-Capou  | D7a   | 350      | 14:13              | 14:26  | 14:40  | 14:57   | 15:17   |         |
| 3.0                    | 28.0     | 166.0 | Limbrassac                     | Limbrassac                  | VC    | 381      | 14:24              | 14:38  | 14:53  | 15:11   | 15:32   |         |
| 2.0                    | 26.0     | 168.0 | Le Pape                        | Dun                         | VC    | 386      | 14:31              | 14:46  | 15:02  | 15:20   | 15:42   |         |
| 3.0                    | 23.0     | 171.0 | Inter VC D13                   | Dun                         | D13   | 335      | 14:43              | 14:58  | 15:15  | 15:34   | 15:57   |         |
| 1.5                    | 21.5     | 172.5 | Inter D513 D13                 | Dun                         | D13   | 322      | 14:48              | 15:04  | 15:21  | 15:41   | 16:05   |         |
| 0.5                    | 21.0     | 173.0 | Int D13 VC                     | Dun                         | VC    | 320      | 14:50              | 15:06  | 15:23  | 15:43   | 16:07   |         |
| 1.0                    | 20.0     | 174.0 | St Pastou                      | Dun                         | D12   | 325      | 14:54              | 15:10  | 15:27  | 15:48   | 16:12   |         |
| 1.5                    | 18.5     | 175.5 | Dun                            | Dun                         | D12   | 332      | 15:00              | 15:16  | 15:34  | 15:55   | 16:20   |         |
| 5.5                    | 13.0     | 181.0 | Lieurac                        | Lieurac                     | D1    | 365      | 15:20              | 15:38  | 15:57  | 16:20   | 16:47   |         |
| 1.5                    | 11.5     | 182.5 | Inter D301 D1                  | Carla-de-Roquefort          | D1    | 382      | 15:26              | 15:44  | 16:04  | 16:27   | 16:55   |         |
| 1.5                    | 10.0     | 184.0 | Inter D10 D1                   | Carla-de-Roquefort          | D1    | 394      | 15:31              | 15:50  | 16:10  | 16:34   | 17:02   |         |
| 1.0                    | 9.0      | 185.0 | Inter D1 D10                   | Ilhat                       | D10   | 432      | 15:35              | 15:54  | 16:15  | 16:39   | 17:07   |         |
| 4.0                    | 5.0      | 189.0 | Raissac                        | Raissac                     | D10   | 550      | 15:50              | 16:10  | 16:32  | 16:57   | 17:27   |         |
| 5.0                    | 0.0      | 194.0 | LAVELANET                      | LAVELANET                   |       | 536      | 16:09              | 16:30  | 16:53  | 17:20   | 17:52   |         |
|                        |          |       | O Plus Beau Village de France  |                             |       |          |                    |        |        |         |         |         |

**LA FRANCE EN COURANT**  
31 ème Tour du 13 juillet au 27 juillet 2019  
mercredi, 17 juillet 2019

**4ème Etape**

Etape de 181 Km

LAVELANET (09) - PIERREFITTE NESTALAS (65)

| km          |          |       | Commune - Lieu Dit                |  | Commune Traversée      |  | ROUTE  | Altitude | Heures de passages |        |         |         |         |
|-------------|----------|-------|-----------------------------------|--|------------------------|--|--------|----------|--------------------|--------|---------|---------|---------|
| à parcourir | parcours |       |                                   |  |                        |  | Suivie |          | 16km/h             | 15km/h | 14 km/h | 13 km/h | 12 km/h |
|             |          |       | ARIEGE (09)                       |  |                        |  |        |          |                    |        |         |         |         |
| 0.0         | 181.0    | 0.0   | Foix                              |  |                        |  |        |          | 03:00              | 03:00  | 03:00   | 03:00   | 03:00   |
|             | 181.0    | 0.0   | Saint Paul de Jarrat              |  |                        |  |        |          | 03:00              | 03:00  | 03:00   | 03:00   | 03:00   |
|             | 181.0    | 0.0   | St Girons                         |  |                        |  |        |          | 03:00              | 03:00  | 03:00   | 03:00   | 03:00   |
|             | 181.0    | 0.0   | Lacourt                           |  | Départ décalé 77,5 Km  |  |        |          | 03:00              | 03:00  | 03:00   | 03:00   | 03:00   |
| 0.0         | 181.0    | 0.0   | LACOURT                           |  | Départ de l'étape      |  | D3     |          | 03:00              | 03:00  | 03:00   | 03:00   | 03:00   |
|             | 181.0    | 0.0   | Lacourt                           |  | Lacourt                |  | D3     | 420      | 03:00              | 03:00  | 03:00   | 03:00   | 03:00   |
|             | 181.0    | 0.0   |                                   |  | Encourtiech            |  | D3     |          | 03:00              | 03:00  | 03:00   | 03:00   | 03:00   |
| 5.0         | 176.0    | 5.0   | Saint Girons                      |  | Saint Girons           |  | D117   | 390      | 03:18              | 03:20  | 03:21   | 03:23   | 03:25   |
| 1.5         | 174.5    | 6.5   | Saint Girons Bd Charles de gaulle |  | Saint Girons           |  | D618   | 390      | 03:24              | 03:26  | 03:27   | 03:30   | 03:32   |
| 4.0         | 170.5    | 10.5  | Moulis                            |  | Moulis                 |  | D618   | 444      | 03:39              | 03:42  | 03:45   | 03:48   | 03:52   |
| 4.0         | 166.5    | 14.5  | Engomer                           |  | Engomer                |  | D618   | 462      | 03:54              | 03:58  | 04:02   | 04:06   | 04:12   |
| 1.5         | 165.0    | 16.0  | Inter D204 D618                   |  | Balaguères             |  | D618   | 487      | 04:00              | 04:04  | 04:08   | 04:13   | 04:20   |
| 1.0         | 164.0    | 17.0  | Inter D404 D618                   |  | Cescau                 |  | D618   | 506      | 04:03              | 04:08  | 04:12   | 04:18   | 04:25   |
| 2.0         | 162.0    | 19.0  | Audressein                        |  | Audressein             |  | D618   | 520      | 04:11              | 04:16  | 04:21   | 04:27   | 04:35   |
| 3.0         | 159.0    | 22.0  | Argein                            |  | Argein                 |  | D618   | 530      | 04:22              | 04:28  | 04:34   | 04:41   | 04:50   |
| 1.5         | 157.5    | 23.5  | Aucazein                          |  | Aucazein               |  | D618   | 551      | 04:28              | 04:34  | 04:40   | 04:48   | 04:57   |
| 0.5         | 157.0    | 24.0  | Illartein                         |  | Illartein              |  | D618   | 565      | 04:30              | 04:36  | 04:42   | 04:50   | 05:00   |
| 3.0         | 154.0    | 27.0  | Orgibet                           |  | Orgibet                |  | D618   | 650      | 04:41              | 04:48  | 04:55   | 05:04   | 05:15   |
| 2.0         | 152.0    | 29.0  | Augirein                          |  | Augirein               |  | D618   | 520      | 04:48              | 04:56  | 05:04   | 05:13   | 05:25   |
| 2.0         | 150.0    | 31.0  | St Lary                           |  | St Lary                |  | D618   | 680      | 04:56              | 05:04  | 05:12   | 05:23   | 05:35   |
| 1.5         | 148.5    | 32.5  | HAUTE-GARONNE (31)                |  |                        |  | D618   | 733      | 05:01              | 05:10  | 05:19   | 05:30   | 05:42   |
| 2.0         | 146.5    | 34.5  | Porte d'Aspet                     |  | Porte d'Aspet          |  | D618   | 870      | 05:09              | 05:18  | 05:27   | 05:39   | 05:52   |
| 2.5         | 144.0    | 37.0  | Col Porte d'Aspet                 |  | Porte d'Aspet          |  | D618   | 1070     | 05:18              | 05:28  | 05:38   | 05:50   | 06:05   |
| 4.0         | 140.0    | 41.0  | Inter D618 D85                    |  | Boutx                  |  | D85    | 634      | 05:33              | 05:44  | 05:55   | 06:09   | 06:25   |
| 4.5         | 135.5    | 45.5  | Inter D85 D44 Cote de la Mole     |  | Boutx                  |  | D44    | 781      | 05:50              | 06:02  | 06:15   | 06:30   | 06:47   |
| 7.0         | 128.5    | 52.5  | Col de MENTE                      |  | Boutx                  |  | D44    | 1346     | 06:16              | 06:30  | 06:45   | 07:02   | 07:22   |
| 6.5         | 122.0    | 59.0  | Boutx                             |  | Boutx                  |  | D44    | 708      | 06:41              | 06:56  | 07:12   | 07:32   | 07:55   |
|             | 122.0    | 59.0  |                                   |  | Lez                    |  |        | 601      | 06:41              | 06:56  | 07:12   | 07:32   | 07:55   |
| 3.0         | 119.0    | 62.0  | Saint Béal                        |  | Saint Béal             |  | D44    | 500      | 06:52              | 07:08  | 07:25   | 07:46   | 08:10   |
| 2.5         | 116.5    | 64.5  | Marigniac                         |  |                        |  | D44    | 491      | 07:01              | 07:18  | 07:36   | 07:57   | 08:22   |
| 1.5         | 115.0    | 66.0  | Inter D44 D125                    |  | Neutralisation D125    |  |        |          | 07:07              | 07:24  | 07:42   | 08:04   | 08:30   |
|             | 115.0    | 66.0  | Décalage 16,5Km                   |  | Décalage 16,5Km        |  |        |          | 07:07              | 07:24  | 07:42   | 08:04   | 08:30   |
|             | 115.0    | 66.0  | Reprise D618                      |  | Bagnères-de-Luchon     |  | D618   |          | 07:07              | 07:24  | 07:42   | 08:04   | 08:30   |
|             | 115.0    | 66.0  |                                   |  | Cazarilh-Laspènes      |  | D618   |          | 07:07              | 07:24  | 07:42   | 08:04   | 08:30   |
|             | 115.0    | 66.0  |                                   |  | Trébons-de-Luchon      |  | D618   |          | 07:07              | 07:24  | 07:42   | 08:04   | 08:30   |
| 4.5         | 110.5    | 70.5  |                                   |  | Saint-Aventin          |  | D618   |          | 07:24              | 07:42  | 08:02   | 08:25   | 08:52   |
| 1.0         | 109.5    | 71.5  |                                   |  | Castillon-de-Larboust  |  | D618   |          | 07:28              | 07:46  | 08:06   | 08:30   | 08:57   |
| 1.5         | 108.0    | 73.0  |                                   |  | Garin                  |  | D618   |          | 07:33              | 07:52  | 08:12   | 08:36   | 09:05   |
| 5.5         | 102.5    | 78.5  | Col de Peyresoude                 |  | Portet-de-Luchon       |  | D618   |          | 07:54              | 08:14  | 08:36   | 09:02   | 09:32   |
| 0.0         | 102.5    | 78.5  | HAUTES-PYRENEES (65)              |  |                        |  | D618   |          | 07:54              | 08:14  | 08:36   | 09:02   | 09:32   |
| 5.5         | 97.0     | 84.0  |                                   |  | Loudervielle           |  | D618   |          | 08:15              | 08:36  | 09:00   | 09:27   | 10:00   |
| 7.0         | 90.0     | 91.0  | LOUDENVIELLE Balnéo               |  | Génos                  |  | D618   | 961      | 08:41              | 09:04  | 09:30   | 10:00   | 10:35   |
|             |          |       | Départ de la 2ème demi étape      |  |                        |  |        |          |                    |        |         |         |         |
| 0.0         | 90.0     | 91.0  | LOUDENVIELLE Balnéo               |  | Génos                  |  | D25    | 961      | 10:15              | 10:15  | 10:15   | 10:15   | 10:15   |
| 2.0         | 88.0     | 93.0  | Génos                             |  | Génos                  |  | D25    | 965      | 10:22              | 10:23  | 10:23   | 10:24   | 10:25   |
| 1.0         | 87.0     | 94.0  | Adervielle-Pouchergues            |  | Adervielle-Pouchergues |  | D25    | 948      | 10:26              | 10:27  | 10:27   | 10:28   | 10:30   |
| 0.5         | 86.5     | 94.5  | Vielle-Louron                     |  | Vielle-Louron          |  | D25    | 950      | 10:28              | 10:29  | 10:30   | 10:31   | 10:32   |
| 2.5         | 84.0     | 97.0  | Avajan                            |  | Avajan                 |  | D618   | 910      | 10:37              | 10:39  | 10:40   | 10:42   | 10:45   |
| 3.5         | 80.5     | 100.5 | Bordères Louron                   |  | Bordères Louron        |  | D618   | 846      | 10:50              | 10:53  | 10:55   | 10:58   | 11:02   |
| 2.0         | 78.5     | 102.5 | La Prade                          |  | Cazaux-Debat           |  | D618   | 783      | 10:58              | 11:01  | 11:04   | 11:08   | 11:12   |
| 4.0         | 74.5     | 106.5 | Arreau                            |  | Arreau                 |  | D918   | 720      | 11:13              | 11:17  | 11:21   | 11:26   | 11:32   |
| 12.0        | 62.5     | 118.5 | Col d'Aspin                       |  | Aspin-Aure             |  | D918   | 1489     | 11:58              | 12:05  | 12:12   | 12:21   | 12:32   |
| 5.5         | 57.0     | 124.0 | Espiadet                          |  | Campan                 |  | D918   | 1096     | 12:18              | 12:27  | 12:36   | 12:47   | 13:00   |
| 1.0         | 56.0     | 125.0 | Inter D113 D918                   |  | Campan                 |  | D918   | 1080     | 12:22              | 12:31  | 12:40   | 12:51   | 13:05   |
| 7.0         | 49.0     | 132.0 | Ste Marie de Campan               |  | Campan                 |  | D918   | 851      | 12:48              | 12:59  | 13:10   | 13:24   | 13:40   |
| 5.0         | 44.0     | 137.0 | Gripp                             |  | Campan                 |  | D918   | 1227     | 13:07              | 13:19  | 13:32   | 13:47   | 14:05   |
| 7.5         | 36.5     | 144.5 | La Mongie                         |  | Bagnères-de-Bigorre    |  | D918   | 1800     | 13:35              | 13:49  | 14:04   | 14:21   | 14:42   |
| 4.0         | 32.5     | 148.5 | Col du Tourmalet                  |  | Bagnères-de-Bigorre    |  | D918   | 2115     | 13:50              | 14:05  | 14:21   | 14:40   | 15:02   |
|             | 32.5     | 148.5 |                                   |  | Sers                   |  | D918   |          | 13:50              | 14:05  | 14:21   | 14:40   | 15:02   |
| 11.0        | 21.5     | 159.5 | Barèges                           |  | Barèges                |  | D918   | 1200     | 14:31              | 14:49  | 15:08   | 15:31   | 15:57   |
|             | 21.5     | 159.5 |                                   |  | Betpouey               |  | D918   |          | 14:31              | 14:49  | 15:08   | 15:31   | 15:57   |
|             | 21.5     | 159.5 |                                   |  | Viella                 |  | D918   |          | 14:31              | 14:49  | 15:08   | 15:31   | 15:57   |
|             | 21.5     | 159.5 |                                   |  | Ester                  |  | D918   |          | 14:31              | 14:49  | 15:08   | 15:31   | 15:57   |
| 8.0         | 13.5     | 167.5 | Luz Saint Sauveur                 |  | Luz Saint Sauveur      |  | D918   | 711      | 15:01              | 15:21  | 15:42   | 16:08   | 16:37   |
|             | 13.5     | 167.5 |                                   |  | Esquièze-Sère          |  | D921   |          | 15:01              | 15:21  | 15:42   | 16:08   | 16:37   |
| 2.0         | 11.5     | 169.5 | Inter D12 D921                    |  | Sassis                 |  | D921   | 650      | 15:09              | 15:29  | 15:51   | 16:17   | 16:47   |
|             | 11.5     | 169.5 |                                   |  | Saligos                |  | D921   |          | 15:09              | 15:29  | 15:51   | 16:17   | 16:47   |
|             | 11.5     | 169.5 |                                   |  | Chèze                  |  | D921   |          | 15:09              | 15:29  | 15:51   | 16:17   | 16:47   |
|             | 11.5     | 169.5 |                                   |  | Villelongue            |  | D921   |          | 15:09              | 15:29  | 15:51   | 16:17   | 16:47   |
|             | 11.5     | 169.5 |                                   |  | Soulom                 |  | D921   |          | 15:09              | 15:29  | 15:51   | 16:17   | 16:47   |
|             | 11.5     | 169.5 |                                   |  |                        |  | D921   |          | 15:09              | 15:29  | 15:51   | 16:17   | 16:47   |
| 11.5        | 0.0      | 181.0 | PIERREFITTE NESTALAS              |  | PIERREFITTE NESTALAS   |  |        | 492      | 15:52              | 16:15  | 16:40   | 17:10   | 17:45   |
|             |          |       | O Plus Beau Village de France     |  |                        |  |        |          |                    |        |         |         |         |

**LA FRANCE EN COURANT**  
31 ème Tour du 13 juillet au 27 juillet 2019  
jeudi, 18 juillet 2019

**5ème Etape**

Etape de 188.5 Km PIERREFITTE NESTALAS (65) – HASPARREN (64)

| 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 |
|             |          |       | HAUTES PYRENEES (65)         |                             |        |          |                    |        |         |         |         |
| 0.0         | 188.5    | 0.0   | PIERREFITTE-NESTALAS         |                             | D13    | 492      | 03:00              | 03:00  | 03:00   | 03:00   | 03:00   |
| 4.5         | 184.0    | 4.5   | Saint Savin                  |                             | D13    | 543      | 03:16              | 03:18  | 03:19   | 03:20   | 03:22   |
|             | 184.0    | 4.5   | Arcizans Avant               |                             | D13    | 635      | 03:16              | 03:18  | 03:19   | 03:20   | 03:22   |
|             | 184.0    | 4.5   | Inter D13 D616               |                             | D613   | 686      | 03:16              | 03:18  | 03:19   | 03:20   | 03:22   |
| 4.0         | 180.0    | 8.5   | Sreix                        |                             | D613   | 800      | 03:31              | 03:34  | 03:36   | 03:39   | 03:42   |
|             | 180.0    | 8.5   | Inter D613 D13               |                             | D13    | 804      | 03:31              | 03:34  | 03:36   | 03:39   | 03:42   |
| 2.5         | 177.5    | 11.0  | Bun                          |                             | D13    | 800      | 03:41              | 03:44  | 03:47   | 03:50   | 03:55   |
| 2.0         | 175.5    | 13.0  | Inter D13 D918               |                             | D918   | 824      | 03:48              | 03:52  | 03:55   | 04:00   | 04:05   |
| 2.0         | 173.5    | 15.0  | Aucun                        |                             | D918   | 867      | 03:56              | 04:00  | 04:04   | 04:09   | 04:15   |
| 3.0         | 170.5    | 18.0  | Arrens Marsous               |                             | D918   | 865      | 04:07              | 04:12  | 04:17   | 04:23   | 04:30   |
| 6.5         | 164.0    | 24.5  | Col du Soulor                |                             | D918   | 1471     | 04:31              | 04:38  | 04:45   | 04:53   | 05:02   |
| 2.0         | 162.0    | 26.5  | PYRENEES ATLANTIQUES (64)    |                             |        |          | 04:39              | 04:46  | 04:53   | 05:02   | 05:12   |
|             | 162.0    | 26.5  |                              |                             |        |          | 04:39              | 04:46  | 04:53   | 05:02   | 05:12   |
| 9.0         | 153.0    | 35.5  | Col d'Aubisque               |                             | D918   | 1709     | 05:13              | 05:22  | 05:32   | 05:43   | 05:57   |
| 3.0         | 150.0    | 38.5  | Gourette                     |                             | D918   | 1360     | 05:24              | 05:34  | 05:45   | 05:57   | 06:12   |
| 8.0         | 142.0    | 46.5  | Eaux Bonnes                  |                             | D240   | 714      | 05:54              | 06:06  | 06:19   | 06:34   | 06:52   |
| 2.0         | 140.0    | 48.5  | Assouste                     |                             | D240   | 583      | 06:01              | 06:14  | 06:27   | 06:43   | 07:02   |
| 2.0         | 138.0    | 50.5  | Béost                        |                             | D240   | 523      | 06:09              | 06:22  | 06:36   | 06:53   | 07:12   |
|             | 138.0    | 50.5  |                              |                             |        |          | 06:09              | 06:22  | 06:36   | 06:53   | 07:12   |
| 4.0         | 134.0    | 54.5  | Asté-                        |                             | D240   | 496      | 06:24              | 06:38  | 06:53   | 07:11   | 07:32   |
| 1.5         | 132.5    | 56.0  | Béon                         |                             | D290   | 460      | 06:30              | 06:44  | 07:00   | 07:18   | 07:40   |
| 3.0         | 129.5    | 59.0  |                              |                             | D294b4 | 450      | 06:41              | 06:56  | 07:12   | 07:32   | 07:55   |
|             | 129.5    | 59.0  | Bielle                       |                             | D294   |          | 06:41              | 06:56  | 07:12   | 07:32   | 07:55   |
| 3.0         | 126.5    | 62.0  | Bilhères                     |                             | D294   |          | 06:52              | 07:08  | 07:25   | 07:46   | 08:10   |
|             | 126.5    | 62.0  | Col de Porteigt              |                             | D294   | 881      | 06:52              | 07:08  | 07:25   | 07:46   | 08:10   |
| 8.5         | 118.0    | 70.5  | Col de Marie-Blanche         |                             | D294   | 1035     | 07:24              | 07:42  | 08:02   | 08:25   | 08:52   |
| 8.5         | 109.5    | 79.0  | Escot                        |                             | D238   |          | 07:56              | 08:16  | 08:38   | 09:04   | 09:35   |
| 5.0         | 104.5    | 84.0  | Lurbe St Christau            |                             | D918   | 300      | 08:15              | 08:36  | 09:00   | 09:27   | 10:00   |
| 1.0         | 103.5    | 85.0  | Asasp                        |                             | N134   | 279      | 08:18              | 08:40  | 09:04   | 09:32   | 10:05   |
| 2.0         | 101.5    | 87.0  | Inter N134 D918              |                             | D918   | 282      | 08:26              | 08:48  | 09:12   | 09:41   | 10:15   |
|             | 101.5    | 87.0  | Issor                        |                             | D918   | 313      | 08:26              | 08:48  | 09:12   | 09:41   | 10:15   |
| 4.5         | 97.0     | 91.5  | Inter D241 D918              |                             | D918   | 335      | 08:43              | 09:06  | 09:32   | 10:02   | 10:37   |
| 4.5         | 92.5     | 96.0  | Arette                       |                             | D918   | 320      | 09:00              | 09:24  | 09:51   | 10:23   | 11:00   |
| 3.0         | 89.5     | 99.0  | Inter D919 D918              |                             | D918   | 312      | 09:11              | 09:36  | 10:04   | 10:36   | 11:15   |
| 1.5         | 88.0     | 100.5 | Lane en Baretous             |                             | D918   | 323      | 09:16              | 09:42  | 10:10   | 10:43   | 11:22   |
| 6.0         | 82.0     | 106.5 | Montory                      |                             | D918   | 270      | 09:39              | 10:06  | 10:36   | 11:11   | 11:52   |
|             | 82.0     | 106.5 |                              |                             | D918   | 245      | 09:39              | 10:06  | 10:36   | 11:11   | 11:52   |
|             | 82.0     | 106.5 |                              |                             |        |          | 09:39              | 10:06  | 10:36   | 11:11   | 11:52   |
|             | 82.0     | 106.5 |                              |                             |        |          | 09:39              | 10:06  | 10:36   | 11:11   | 11:52   |
|             | 82.0     | 106.5 |                              |                             |        |          | 09:39              | 10:06  | 10:36   | 11:11   | 11:52   |
| 4.5         | 77.5     | 111.0 | TARDETS-SORHORLUS            |                             |        | 230      | 09:56              | 10:24  | 10:55   | 11:32   | 12:15   |
|             |          |       | Départ de la 2ème demi étape |                             |        |          |                    |        |         |         |         |
| 0.0         | 77.5     | 111.0 | TARDETS-SORHORLUS            |                             | D247   |          | 11:30              | 11:30  | 11:30   | 11:30   | 11:30   |
| 5.5         | 72.0     | 116.5 | Alos                         |                             | D247   | 227      | 11:50              | 11:52  | 11:53   | 11:55   | 11:57   |
|             | 72.0     | 116.5 | Alçay                        |                             | D117   | 240      | 11:50              | 11:52  | 11:53   | 11:55   | 11:57   |
| 11.0        | 61.0     | 127.5 |                              |                             | D117   |          | 12:31              | 12:36  | 12:40   | 12:46   | 12:52   |
| 2.5         | 58.5     | 130.0 | Inter D417 D117              |                             | D117   | 850      | 12:41              | 12:46  | 12:51   | 12:57   | 13:05   |
| 2.0         | 56.5     | 132.0 | Col d'Apnice                 |                             | D117   | 1044     | 12:48              | 12:54  | 13:00   | 13:06   | 13:15   |
|             | 56.5     | 132.0 | Col de landerre              |                             | D117   | 1072     | 12:48              | 12:54  | 13:00   | 13:06   | 13:15   |
| 8.5         | 48.0     | 140.5 | Béhorléguay                  |                             | D117   | 400      | 13:20              | 13:28  | 13:36   | 13:46   | 13:57   |
| 2.0         | 46.0     | 142.5 | Mendive                      |                             | D117   | 280      | 13:28              | 13:36  | 13:45   | 13:55   | 14:07   |
| 1.0         | 45.0     | 143.5 | Inter D117 D18               |                             | D18    | 270      | 13:31              | 13:40  | 13:49   | 14:00   | 14:12   |
| 3.5         | 41.5     | 147.0 | Bastida                      |                             | D18    | 260      | 13:45              | 13:54  | 14:04   | 14:16   | 14:30   |
| 1.5         | 40.0     | 148.5 | Inter D18 D118               |                             | D118   | 220      | 13:50              | 14:00  | 14:10   | 14:23   | 14:37   |
| 1.5         | 38.5     | 150.0 | Aincille                     |                             | D401   | 240      | 13:56              | 14:06  | 14:17   | 14:30   | 14:45   |
| 2.0         | 36.5     | 152.0 | Caro                         |                             | D401   | 243      | 14:03              | 14:14  | 14:25   | 14:39   | 14:55   |
| 3.0         | 33.5     | 155.0 | ⦿                            | Saint-Jean-Pied-de-Port     | D933   | 180      | 14:15              | 14:26  | 14:38   | 14:53   | 15:10   |
| 0.5         | 33.0     | 155.5 | Ispoure                      |                             | D933   | 160      | 14:16              | 14:28  | 14:40   | 14:55   | 15:12   |
| 0.5         | 32.5     | 156.0 | Inter D933 D22               |                             | D22    | 172      | 14:18              | 14:30  | 14:42   | 14:57   | 15:15   |
|             | 32.5     | 156.0 |                              |                             | D22    |          | 14:18              | 14:30  | 14:42   | 14:57   | 15:15   |
| 5.0         | 27.5     | 161.0 | Jaxu                         |                             | D22    | 224      | 14:37              | 14:50  | 15:04   | 15:20   | 15:40   |
| 3.0         | 24.5     | 164.0 | Inter D422 D22               |                             | D22    | 271      | 14:48              | 15:02  | 15:17   | 15:34   | 15:55   |
| 6.5         | 18.0     | 170.5 | Inter D8 D22                 |                             | D22    | 215      | 15:13              | 15:28  | 15:45   | 16:04   | 16:27   |
| 5.5         | 12.5     | 176.0 | Inter D245 D22               |                             | D22    | 240      | 15:33              | 15:50  | 16:08   | 16:30   | 16:55   |
| 6.0         | 6.5      | 182.0 | Inter D252 D22 La Place      |                             | D22    | 152      | 15:56              | 16:14  | 16:34   | 16:57   | 17:25   |
| 2.0         | 4.5      | 184.0 | Bonloc                       |                             | D22    | 55       | 16:03              | 16:22  | 16:42   | 17:06   | 17:35   |
|             | 4.5      | 184.0 |                              |                             |        |          | 16:03              | 16:22  | 16:42   | 17:06   | 17:35   |
|             | 4.5      | 184.0 |                              |                             |        |          | 16:03              | 16:22  | 16:42   | 17:06   | 17:35   |
|             | 4.5      | 184.0 |                              |                             |        |          | 16:03              | 16:22  | 16:42   | 17:06   | 17:35   |
| 4.5         | 0.0      | 188.5 | HASPARREN                    |                             |        | 80       | 16:20              | 16:40  | 17:02   | 17:27   | 17:57   |
|             |          |       | ⦿                            | Plus Beau Village de France |        |          |                    |        |         |         |         |

**LA FRANCE EN COURANT**  
31 ème Tour du 13 juillet au 27 juillet 2019  
vendredi, 19 juillet 2019

**6ème Etape**

Etape de 195 Km

**HASPARREN (64) - BENQUET (40)**

| km          |          |       | Commune - Lieu Dit                 | Commune Traversée       | ROUTE | Altitude | Heures de passages |              |              |              |              |
|-------------|----------|-------|------------------------------------|-------------------------|-------|----------|--------------------|--------------|--------------|--------------|--------------|
| à parcourir | parcours |       |                                    |                         |       |          | 16km/h             | 15km/h       | 14 km/h      | 13 km/h      | 12 km/h      |
|             |          |       | <b>PYRENEES ATLANTIQUES (64)</b>   |                         |       |          |                    |              |              |              |              |
| 0.0         | 195.0    | 0.0   | <b>HASPARREN</b>                   | HASPARREN               | D152  | 101      | <b>03:00</b>       | <b>03:00</b> | <b>03:00</b> | <b>03:00</b> | <b>03:00</b> |
| 8.5         | 186.5    | 8.5   | Mendionde                          | Mendionde               | D252  | 166      | 03:31              | 03:34        | 03:36        | 03:39        | 03:42        |
| 1.0         | 185.5    | 9.5   | Inter D252 D452                    | Mendionde               | D452  | 136      | 03:35              | 03:38        | 03:40        | 03:43        | 03:47        |
| 1.0         | 184.5    | 10.5  | Inter D252 D22                     | Mendionde               | D22   | 175      | 03:39              | 03:42        | 03:45        | 03:48        | 03:52        |
| 4.5         | 180.0    | 15.0  | Inter D119 D22                     | Hélette                 | D22   | 249      | 03:56              | 04:00        | 04:04        | 04:09        | 04:15        |
| 0.5         | 179.5    | 15.5  | Inter D22 D245                     | Hélette                 | D245  | 250      | 03:58              | 04:02        | 04:06        | 04:11        | 04:17        |
| 0.5         | 179.0    | 16.0  | Hélette                            | Hélette                 | D245  | 248      | 04:00              | 04:04        | 04:08        | 04:13        | 04:20        |
| 3.0         | 176.0    | 19.0  | Inter D251 D245                    | Saint-Esteben           | D245  | 173      | 04:11              | 04:16        | 04:21        | 04:27        | 04:35        |
| 1.0         | 175.0    | 20.0  | Inter D745 D255                    | Saint-Esteben           | D245  | 189      | 04:15              | 04:20        | 04:25        | 04:32        | 04:40        |
| 3.0         | 172.0    | 23.0  | Armendarits                        | Armendarits             | D245  | 144      | 04:26              | 04:32        | 04:38        | 04:46        | 04:55        |
| 4.5         | 167.5    | 27.5  | Inter D245 D14                     | Méharin                 | D14   | 114      | 04:43              | 04:50        | 04:57        | 05:06        | 05:17        |
| 1.0         | 166.5    | 28.5  | Méharin                            | Méharin                 | D14   | 106      | 04:46              | 04:54        | 05:02        | 05:11        | 05:22        |
| 5.5         | 161.0    | 34.0  | Inter D14 D251                     | Saint-Martin-d'Arberoue | D14   | 130      | 05:07              | 05:16        | 05:25        | 05:36        | 05:50        |
| 1.0         | 160.0    | 35.0  | Saint-Martin-d'Arberoue            | Saint-Martin-d'Arberoue | D14   | 118      | 05:11              | 05:20        | 05:30        | 05:41        | 05:55        |
| 2.5         | 157.5    | 37.5  | Isturits                           | Isturits                | D251  | 122      | 05:20              | 05:30        | 05:40        | 05:53        | 06:07        |
| 5.5         | 152.0    | 43.0  | Ayherre                            | Ayherre                 | D251  | 69       | 05:41              | 05:52        | 06:04        | 06:18        | 06:35        |
| 1.0         | 151.0    | 44.0  | Inter D251 D10                     | Ayherre                 | D10   | 41       | 05:45              | 05:56        | 06:08        | 06:23        | 06:40        |
| 1.0         | 150.0    | 45.0  | La Bastide-Clairance               | La Bastide-Clairance    | D10   | 18       | 05:48              | 06:00        | 06:12        | 06:27        | 06:45        |
| 7.0         | 143.0    | 52.0  | Inter D10 D123                     | Bardos                  | D123  | 13       | 06:15              | 06:28        | 06:42        | 07:00        | 07:20        |
| 2.0         | 141.0    | 54.0  | Inter D123 D936                    | Bardos                  | D936  | 9        | 06:22              | 06:36        | 06:51        | 07:09        | 07:30        |
| 1.0         | 140.0    | 55.0  | Inter D936 D123 Séquillon le Bas   | Urt                     | D123  | 13       | 06:26              | 06:40        | 06:55        | 07:13        | 07:35        |
| 1.5         | 138.5    | 56.5  | Passage inférieur Sous A64         | Urt                     | D123  | 9        | 06:31              | 06:46        | 07:02        | 07:20        | 07:42        |
| 1.5         | 137.0    | 58.0  | Inter D123 D257                    | Urt                     | D257  | 46       | 06:37              | 06:52        | 07:08        | 07:27        | 07:50        |
| 2.0         | 135.0    | 60.0  | <b>Caserne des Pompiers</b>        | Urt                     | D257  | 40       | 06:45              | 07:00        | 07:17        | 07:36        | 08:00        |
| 0.5         | 134.5    | 60.5  | Inter 257 D261                     | Urt                     | D261  | 40       |                    |              |              |              |              |
| 0.5         | 134.0    | 61.0  | <b>LANDES (40)</b>                 |                         |       |          |                    |              |              |              |              |
| 1.0         | 133.0    | 62.0  | Inter D74 D12                      | Saint-Laurent-de-Gosse  | D12   | 3        | 06:52              | 07:08        | 07:25        | 07:46        | 08:10        |
| 3.5         | 129.5    | 65.5  | Inter D12 D393                     | Saint-Laurent-de-Gosse  | D393  | 3        | 07:05              | 07:22        | 07:40        | 08:02        | 08:27        |
| 1.5         | 128.0    | 67.0  | St Laurent de Grosse               | Saint-Laurent-de-Gosse  | D393  | 39       | 07:11              | 07:28        | 07:47        | 08:09        | 08:35        |
| 4.0         | 124.0    | 71.0  | St Marie de Grosse                 | St Marie de Grosse      | D28   | 58       | 07:26              | 07:44        | 08:04        | 08:27        | 08:55        |
| 1.0         | 123.0    | 72.0  | Inter D817 D28 D366                | St Marie de Grosse      | D366  | 39       | 07:30              | 07:48        | 08:08        | 08:32        | 09:00        |
| 3.0         | 120.0    | 75.0  | Inter D366 D12                     | Saint-Martin-de-Hinx    | D12   | 41       | 07:41              | 08:00        | 08:21        | 08:46        | 09:15        |
| 1.0         | 119.0    | 76.0  | St Martin de Hinx                  | Saint-Martin-de-Hinx    | D366  | 40       | 07:45              | 08:04        | 08:25        | 08:50        | 09:20        |
| 5.5         | 113.5    | 81.5  | Saubrigues                         | Saubrigues              | D71   | 41       | 08:05              | 08:26        | 08:49        | 09:16        | 09:47        |
| 3.0         | 110.5    | 84.5  | Inter D71 D12                      | Saint-Jean-de-Marsacq   | D12   | 40       | 08:16              | 08:38        | 09:02        | 09:30        | 10:02        |
| 2.0         | 108.5    | 86.5  | St-Jean-de-Marsacq Inter D171 D12  | Saint-Jean-de-Marsacq   | D12   | 37       | 08:24              | 08:46        | 09:10        | 09:39        | 10:12        |
| 2.5         | 106.0    | 89.0  | Inter D33 D12                      | Josse                   | D12   | 38       | 08:33              | 08:56        | 09:21        | 09:50        | 10:25        |
| 5.0         | 101.0    | 94.0  | St Geours de Marenne               | St Geours de Marenne    | D17   | 37       | 08:52              | 09:16        | 09:42        | 10:13        | 10:50        |
| 4.5         | 96.5     | 98.5  | Saubusse                           | Saubusse                | D70   | 16       | 09:09              | 09:34        | 10:02        | 10:34        | 11:12        |
| 3.0         | 93.5     | 101.5 | Inter D70 D13                      | Rivière-Saas-et-Gourby  | D13   | 18       | 09:20              | 09:46        | 10:15        | 10:48        | 11:27        |
| 1.5         | 92.0     | 103.0 | Rivière-Saas-et-Gourby             | Rivière-Saas-et-Gourby  | D13   | 10       | 09:26              | 09:52        | 10:21        | 10:55        | 11:35        |
| 5.0         | 87.0     | 108.0 | <b>TERCIS les BAINS</b>            |                         |       | 35       | 09:45              | 10:12        | 10:42        | 11:18        | 12:00        |
|             |          |       | <b>Départ 2ème demi étape</b>      |                         |       |          |                    |              |              |              |              |
| 0.0         | 87.0     | 108.0 | <b>TERCIS les BAINS</b>            |                         | D6    | 35       | <b>10:30</b>       | <b>10:30</b> | <b>10:30</b> | <b>10:30</b> | <b>10:30</b> |
| 3.5         | 83.5     | 111.5 | Inter D431 D13                     | Heugas                  | D13   | 23       | 10:43              | 10:44        | 10:45        | 10:46        | 10:47        |
| 1.0         | 82.5     | 112.5 | Heugas                             | Heugas                  | D429  | 50       | 10:46              | 10:48        | 10:49        | 10:50        | 10:52        |
| 4.0         | 78.5     | 116.5 | Int D429 D22 D426                  | Bénesse les Dax         | D426  | 64       | 11:01              | 11:04        | 11:06        | 11:09        | 11:12        |
| 5.0         | 73.5     | 121.5 | Int D322 D426                      | Saunac-et-Cambran       | D426  | 11       | 11:20              | 11:24        | 11:27        | 11:32        | 11:37        |
| 2.0         | 71.5     | 123.5 | Saunac-et-Cambran(D215D947)        | Saunac-et-Cambran       | D414  | 39       | 11:28              | 11:32        | 11:36        | 11:41        | 11:47        |
| 2.0         | 69.5     | 125.5 | Inter D391 D414                    | Saunac-et-Cambran       | D414  | 39       | 11:35              | 11:40        | 11:45        | 11:50        | 11:57        |
| 3.0         | 66.5     | 128.5 | Inter D414 D32                     | Candresse               | D32   | 13       | 11:46              | 11:52        | 11:57        | 12:04        | 12:12        |
| 3.5         | 63.0     | 132.0 | Hinx                               | Hinx                    | D58   | 49       | 12:00              | 12:06        | 12:12        | 12:20        | 12:30        |
|             | 63.0     | 132.0 |                                    | Sort-en-Chalosse        |       |          | 12:00              | 12:06        | 12:12        | 12:20        | 12:30        |
| 6.5         | 56.5     | 138.5 | Poyartin                           | Poyartin                | D107  | 47       | 12:24              | 12:32        | 12:40        | 12:50        | 13:02        |
| 2.0         | 54.5     | 140.5 | Inter D107 D7                      | Montfort en Chalosse    | D7    | 81       | 12:31              | 12:40        | 12:49        | 13:00        | 13:12        |
| 1.5         | 53.0     | 142.0 | Montfort en Chalosse               | Montfort en Chalosse    | D32   | 100      | 12:37              | 12:46        | 12:55        | 13:06        | 13:20        |
| 1.0         | 52.0     | 143.0 | Inter D32 D2                       | Montfort en Chalosse    | D2    | 80       | 12:41              | 12:50        | 13:00        | 13:11        | 13:25        |
| 4.5         | 47.5     | 147.5 | Baigts                             | Baigts                  | D2    | 100      | 12:58              | 13:08        | 13:19        | 13:32        | 13:47        |
| 2.0         | 45.5     | 149.5 | Inter D2 D8                        | Baigts                  | D8    | 120      | 13:05              | 13:16        | 13:27        | 13:41        | 13:57        |
| 2.5         | 43.0     | 152.0 | Caupenne                           | Caupenne                | D102  | 53       | 13:15              | 13:26        | 13:38        | 13:53        | 14:10        |
| 4.0         | 39.0     | 156.0 | Inter D102 D2                      | Bergouey                | D2    | 60       | 13:30              | 13:42        | 13:55        | 14:11        | 14:30        |
| 3.0         | 36.0     | 159.0 | St Cricq-Chalosse                  | St Cricq-Chalosse       | D21   | 110      | 13:41              | 13:54        | 14:08        | 14:25        | 14:45        |
| 5.5         | 30.5     | 164.5 | Inter D18 D21                      | Doazit                  | D21   | 73       | 14:01              | 14:16        | 14:32        | 14:50        | 15:12        |
| 5.5         | 25.0     | 170.0 | Audignon                           | Audignon                | D21   | 50       | 14:22              | 14:38        | 14:55        | 15:16        | 15:40        |
| 3.0         | 22.0     | 173.0 | Inter D408 D21                     | Saint-Sever             | D21   | 46       | 14:33              | 14:50        | 15:08        | 15:30        | 15:55        |
| 2.5         | 19.5     | 175.5 | St Sever                           | Saint-Sever             | D352  | 100      | 14:43              | 15:00        | 15:19        | 15:41        | 16:07        |
| 2.0         | 17.5     | 177.5 | Inter D924 D352 D933 Péré          | Saint-Sever             | D933  | 40       | 14:50              | 15:08        | 15:27        | 15:50        | 16:17        |
| 5.0         | 12.5     | 182.5 | Bas-Mauco                          | Bas-Mauco               | VC    | 55       | 15:09              | 15:28        | 15:49        | 16:13        | 16:42        |
| 3.0         | 9.5      | 185.5 | Haut-Mauco                         | Haut-Mauco              | D390  | 80       | 15:20              | 15:40        | 16:02        | 16:27        | 16:57        |
| 3.0         | 6.5      | 188.5 | Inter D390 D351                    | Haut-Mauco              | D351  | 89       | 15:31              | 15:52        | 16:15        | 16:41        | 17:12        |
| 2.5         | 4.0      | 191.0 | Inter D933s D351                   | Benquet                 | D312  | 85       | 15:41              | 16:02        | 16:25        | 16:53        | 17:25        |
|             | 4.0      | 191.0 |                                    |                         |       |          | 15:41              | 16:02        | 16:25        | 16:53        | 17:25        |
| 4.0         | 0.0      | 195.0 | <b>BENQUET</b>                     | Benquet                 |       | 68       | 15:56              | 16:18        | 16:42        | 17:11        | 17:45        |
|             |          |       | <b>Plus Beau Village de France</b> |                         |       |          |                    |              |              |              |              |

**LA FRANCE EN COURANT**  
31 ème Tour du 13 juillet au 27 juillet 2019  
samedi, 20 juillet 2019

**7ème Etape**

**BENQUET (40) – CONDOM (32)**

| Etape de                             |       | 194      | Km       |                         |                                         |        |          |                    |              |              |              |              |  |  |
|--------------------------------------|-------|----------|----------|-------------------------|-----------------------------------------|--------|----------|--------------------|--------------|--------------|--------------|--------------|--|--|
| à parcourir                          |       | parcours |          | Commune - Lieu Dît      | Commune Traversée                       | Suivie | Altitude | Heures de passages |              |              |              |              |  |  |
|                                      |       |          |          |                         |                                         |        |          | 16km/h             | 15km/h       | 14 km/h      | 13 km/h      | 12 km/h      |  |  |
| <b>LANDES (40)</b>                   |       |          |          |                         |                                         |        |          |                    |              |              |              |              |  |  |
| 0.0                                  | 194.0 | 0.0      |          | <b>BENQUET</b>          | BENQUET                                 | VC9    | 68       | <b>03:00</b>       | <b>03:00</b> | <b>03:00</b> | <b>03:00</b> | <b>03:00</b> |  |  |
| 6.0                                  | 188.0 | 6.0      |          | Inter VC9 D924          | Saint-Sever                             | D924   | 48       | 03:22              | 03:24        | 03:25        | 03:27        | 03:30        |  |  |
| 2.0                                  | 186.0 | 8.0      |          | Pédelor                 | Saint-Maurice-sur-Adour                 | D924   | 50       | 03:30              | 03:32        | 03:34        | 03:36        | 03:40        |  |  |
| 0.5                                  | 185.5 | 8.5      |          | St Maurice sur Adour    | Saint-Maurice-sur-Adour                 | D924   | 52       | 03:31              | 03:34        | 03:36        | 03:39        | 03:42        |  |  |
| 2.0                                  | 183.5 | 10.5     |          | Inter D924 D824         | Grenade-sur-l'Adour                     | D824   | 53       | 03:39              | 03:42        | 03:45        | 03:48        | 03:52        |  |  |
| 2.0                                  | 181.5 | 12.5     |          | Grenade sur l'Adour     | Grenade-sur-l'Adour                     | D11    | 55       | 03:46              | 03:50        | 03:53        | 03:57        | 04:02        |  |  |
| 0.25                                 | 181.3 | 12.8     |          | Larivière St Savin      | Larivière-Saint-Savin                   | D11    | 56       | 03:47              | 03:51        | 03:54        | 03:58        | 04:03        |  |  |
| 0.25                                 | 181.0 | 13.0     |          | Inter D11 D352          | Larivière-Saint-Savin                   | D352   | 56       | 03:48              | 03:52        | 03:55        | 04:00        | 04:05        |  |  |
| 7.0                                  | 174.0 | 20.0     |          | Renung (côte à 14%)     | Renung                                  | D448   | 125      | 04:15              | 04:20        | 04:25        | 04:32        | 04:40        |  |  |
| 4.5                                  | 169.5 | 24.5     |          | Duhort-Bachen           | Duhort-Bachen                           | D39    | 95       | 04:31              | 04:38        | 04:45        | 04:53        | 05:02        |  |  |
| 3.0                                  | 166.5 | 27.5     |          | Inter D445 D39          | Duhort-Bachen                           | D39    | 145      | 04:43              | 04:50        | 04:57        | 05:06        | 05:17        |  |  |
| 3.0                                  | 163.5 | 30.5     |          | Aire sur l'Adour        | Aire sur l'Adour                        | D39    | 80       | 04:54              | 05:02        | 05:10        | 05:20        | 05:32        |  |  |
| 2.5                                  | 161.0 | 33.0     |          | GERS (32)               |                                         |        | 80       | 05:03              | 05:12        | 05:21        | 05:32        | 05:45        |  |  |
| 0.5                                  | 160.5 | 33.5     |          | Inter D107 D22          | Barcelonne-du-Gers                      |        | 84       | 05:05              | 05:14        | 05:23        | 05:34        | 05:47        |  |  |
| 5.0                                  | 155.5 | 38.5     |          | Inter D260 D22          | Lannux                                  | D22    | 99       | 05:24              | 05:34        | 05:45        | 05:57        | 06:12        |  |  |
| 3.5                                  | 152.0 | 42.0     |          | Inter D946 D22 Aurensan | Aurensan                                | D22    | 105      | 05:37              | 05:48        | 06:00        | 06:13        | 06:30        |  |  |
| 4.0                                  | 148.0 | 46.0     |          | Inter D136a D22         | Viella                                  | D22    | 117      | 05:52              | 06:04        | 06:17        | 06:32        | 06:50        |  |  |
| 3.0                                  | 145.0 | 49.0     |          | Inter D292 D22          | Viella                                  | D22    | 248      | 06:03              | 06:16        | 06:30        | 06:46        | 07:05        |  |  |
| 4.0                                  | 141.0 | 53.0     |          | HAUTES PYRENEES (65)    |                                         |        | 134      | 06:18              | 06:32        | 06:47        | 07:04        | 07:25        |  |  |
| 1.5                                  | 139.5 | 54.5     |          | Inter D348 D48          | Saint-Lanne                             | D48    | 140      | 06:24              | 06:38        | 06:53        | 07:11        | 07:32        |  |  |
| 4.0                                  | 135.5 | 58.5     |          | <b>Madiran</b>          | Madiran                                 | D48    | 163      | 06:39              | 06:54        | 07:10        | 07:30        | 07:52        |  |  |
| 3.0                                  | 132.5 | 61.5     |          | Inter D171 D48          | Soublecause                             | D48    | 259      | 06:50              | 07:06        | 07:23        | 07:43        | 08:07        |  |  |
| 1.5                                  | 131.0 | 63.0     |          | InterD248 D48           | Soublecause                             | D48    | 162      | 06:56              | 07:12        | 07:30        | 07:50        | 08:15        |  |  |
| 1.0                                  | 130.0 | 64.0     |          | Inter D48 D748          | Hagedet                                 | D748   | 174      | 07:00              | 07:16        | 07:34        | 07:55        | 08:20        |  |  |
| 0.5                                  | 129.5 | 64.5     |          | Inter D748 D67          | Lascazères                              | D67    | 160      | 07:01              | 07:18        | 07:36        | 07:57        | 08:22        |  |  |
| 1.0                                  | 128.5 | 65.5     |          | Inter D935 D67          | Villefranche                            | D67    | 160      | 07:05              | 07:22        | 07:40        | 08:02        | 08:27        |  |  |
| 2.0                                  | 126.5 | 67.5     |          | Caussade-Rivière        | Caussade-Rivière                        | D67    | 159      | 07:13              | 07:30        | 07:49        | 08:11        | 08:37        |  |  |
| 2.0                                  | 124.5 | 69.5     |          | Labatut-Rivière         | Labatut-Rivière                         | D8     | 160      | 07:20              | 07:38        | 07:57        | 08:20        | 08:47        |  |  |
| 1.0                                  | 123.5 | 70.5     |          | Inter D8 VC Vers Pécós  | Labatut-Rivière                         | VC     | 162      | 07:24              | 07:42        | 08:02        | 08:25        | 08:52        |  |  |
| 1.0                                  | 122.5 | 71.5     |          | GERS (32)               |                                         |        | 165      | 07:28              | 07:46        | 08:06        | 08:30        | 08:57        |  |  |
| 3.0                                  | 119.5 | 74.5     |          | Inter D562 D14          | Ladevèze Ville                          | D14    | 167      | 07:39              | 07:58        | 08:19        | 08:43        | 09:12        |  |  |
| 1.5                                  | 118.0 | 76.0     |          | Inter D14 D255          | Ladevèze Ville                          | D255   | 167      | 07:45              | 08:04        | 08:25        | 08:50        | 09:20        |  |  |
| 4.5                                  | 113.5 | 80.5     |          | Juillac                 | Juillac                                 | D255   | 149      | 08:01              | 08:22        | 08:45        | 09:11        | 09:42        |  |  |
| 4.5                                  | 109.0 | 85.0     |          | Marciac                 | Marciac                                 | D3     | 155      | 08:18              | 08:40        | 09:04        | 09:32        | 10:05        |  |  |
|                                      | 109.0 | 85.0     |          |                         | Monlezun                                | D3     | 159      | 08:18              | 08:40        | 09:04        | 09:32        | 10:05        |  |  |
| 10.5                                 | 98.5  | 95.5     |          | Tillac                  | Tillac                                  | D16    | 173      | 08:58              | 09:22        | 09:49        | 10:20        | 10:57        |  |  |
| 2.5                                  | 96.0  | 98.0     |          | Inter D16 D156 (Laas)   | Lass                                    | D156   | 264      | 09:07              | 09:32        | 10:00        | 10:32        | 11:10        |  |  |
|                                      | 96.0  | 98.0     |          |                         |                                         |        |          | 09:07              | 09:32        | 10:00        | 10:32        | 11:10        |  |  |
|                                      | 96.0  | 98.0     |          |                         |                                         |        |          | 09:07              | 09:32        | 10:00        | 10:32        | 11:10        |  |  |
|                                      | 96.0  | 98.0     |          |                         |                                         |        |          | 09:07              | 09:32        | 10:00        | 10:32        | 11:10        |  |  |
| 6.5                                  | 89.5  | 104.5    |          | <b>MIELAN</b>           | Miélan <b>Neutralisation RN21</b>       |        | 273      | 09:31              | 09:58        | 10:27        | 11:02        | 11:42        |  |  |
| <b>Départ 2ème demi étape</b>        |       |          |          |                         |                                         |        |          |                    |              |              |              |              |  |  |
| 0.0                                  | 89.5  | 104.5    |          | <b>MIELAN</b>           | Miélan                                  | D127   | 273      | <b>10:30</b>       | <b>10:30</b> | <b>10:30</b> | <b>10:30</b> | <b>10:30</b> |  |  |
| 5.5                                  | 84.0  | 110.0    |          | Ste Dode                | Sainte-Dode                             | D127   | 271      | 10:50              | 10:52        | 10:53        | 10:55        | 10:57        |  |  |
| 4.0                                  | 80.0  | 114.0    |          | Inter D127 D939         | Sainte-Dode                             | D939   | 181      | 11:05              | 11:08        | 11:10        | 11:13        | 11:17        |  |  |
| 1.0                                  | 79.0  | 115.0    |          | St Michel               | Saint-Michel                            | D939   | 178      | 11:09              | 11:12        | 11:15        | 11:18        | 11:22        |  |  |
| 7.0                                  | 72.0  | 122.0    |          | Berdoues                | Berdoues                                | D939   | 161      | 11:35              | 11:40        | 11:45        | 11:50        | 11:57        |  |  |
| 3.5                                  | 68.5  | 125.5    | <b>R</b> | Mirande                 | Mirande <b>Neutralisation RN21 100m</b> | D137   | 165      | 11:48              | 11:54        | 12:00        | 12:06        | 12:15        |  |  |
| 2.0                                  | 66.5  | 127.5    |          | Inter D137 VC           | Estipouy                                | VC     | 151      | 11:56              | 12:02        | 12:08        | 12:16        | 12:25        |  |  |
| 3.5                                  | 63.0  | 131.0    |          | Mouchès                 | Mouchès                                 | D939   | 144      | 12:09              | 12:16        | 12:23        | 12:32        | 12:42        |  |  |
| 3.5                                  | 59.5  | 134.5    |          | L'Isle de Noé           | L'Isle-de-Noé                           | D939   | 134      | 12:22              | 12:30        | 12:38        | 12:48        | 13:00        |  |  |
| 6.5                                  | 53.0  | 141.0    |          | Inter D174 D939         | Barran                                  | D939   | 127      | 12:46              | 12:56        | 13:06        | 13:18        | 13:32        |  |  |
| 3.0                                  | 50.0  | 144.0    |          | Le Brouilh-Monbert      | Le Brouilh-Monbert                      | D939   | 123      | 12:58              | 13:08        | 13:19        | 13:32        | 13:47        |  |  |
|                                      | 50.0  | 144.0    |          |                         | Biran                                   | D939   |          | 12:58              | 13:08        | 13:19        | 13:32        | 13:47        |  |  |
| 6.5                                  | 43.5  | 150.5    |          | St Jean-Poutge          | Saint-Jean-Poutge <b>Neutrali RN21</b>  | D939   | 116      | 13:22              | 13:34        | 13:47        | 14:02        | 14:20        |  |  |
| 3.5                                  | 40.0  | 154.0    |          | Inter D103 D939 Pléhaut | Saint-Jean-Poutge                       | D939   | 111      | 13:35              | 13:48        | 14:02        | 14:18        | 14:37        |  |  |
| 4.0                                  | 36.0  | 158.0    |          | Inter D132 D939         | Saint-Paul-de-Baise                     | D939   | 104      | 13:50              | 14:04        | 14:19        | 14:36        | 14:57        |  |  |
| 3.0                                  | 33.0  | 161.0    |          | Inter D158 D939         | Rozès                                   | D939   | 95       | 14:01              | 14:16        | 14:32        | 14:50        | 15:12        |  |  |
|                                      | 33.0  | 161.0    |          |                         | Bezolles                                | D939   |          | 14:01              | 14:16        | 14:32        | 14:50        | 15:12        |  |  |
| 3.0                                  | 30.0  | 164.0    |          | Beaucaire               | Beaucaire                               | D939   | 93       | 14:13              | 14:28        | 14:45        | 15:04        | 15:27        |  |  |
| 5.5                                  | 24.5  | 169.5    |          | Valence sur Baise       | Valence-sur-Baise                       | D930   | 85       | 14:33              | 14:50        | 15:08        | 15:30        | 15:55        |  |  |
| 0.5                                  | 24.0  | 170.0    |          | Inter D930 D142         | Maignaut-Tauzia                         | D142   | 84       | 14:35              | 14:52        | 15:10        | 15:32        | 15:57        |  |  |
| 4.0                                  | 20.0  | 174.0    |          | Cassaigne               | Cassaigne                               | D208   | 143      | 14:50              | 15:08        | 15:27        | 15:50        | 16:17        |  |  |
| 3.5                                  | 16.5  | 177.5    |          | Mouchan                 | Mouchan                                 | D931   | 89       | 15:03              | 15:22        | 15:42        | 16:06        | 16:35        |  |  |
| 1.5                                  | 15.0  | 179.0    |          | Inter D931 D142         | Mouchan                                 | D142   | 96       | 15:09              | 15:28        | 15:49        | 16:13        | 16:42        |  |  |
| 1.5                                  | 13.5  | 180.5    |          | Inter D277 D278         | Larressingle                            | D278   | 85       | 15:15              | 15:34        | 15:55        | 16:20        | 16:50        |  |  |
| 1.0                                  | 12.5  | 181.5    |          | Inter D278 D507         | Larressingle                            | D507   | 148      | 15:18              | 15:38        | 16:00        | 16:25        | 16:55        |  |  |
| 1.0                                  | 11.5  | 182.5    | <b>O</b> | Larressingle            | Larressingle                            | D507   | 148      | 15:22              | 15:42        | 16:04        | 16:30        | 17:00        |  |  |
| 1.0                                  | 10.5  | 183.5    |          | Inter D 507 D15         | Larressingle                            | D15    | 116      | 15:26              | 15:46        | 16:08        | 16:34        | 17:05        |  |  |
| 1.0                                  | 9.5   | 184.5    |          | Inter D15 D278          | Larressingle                            | D278   | 90       | 15:30              | 15:50        | 16:12        | 16:39        | 17:10        |  |  |
| 2.5                                  | 7.0   | 187.0    |          | Inter D278 D114         | Condom                                  | D114   | 79       | 15:39              | 16:00        | 16:23        | 16:50        | 17:22        |  |  |
| 7.0                                  | 0.0   | 194.0    |          | <b>CONDOM</b>           | Condom                                  |        | 90       | 16:05              | 16:28        | 16:53        | 17:23        | 17:57        |  |  |
| <b>O Plus Beau Village de France</b> |       |          |          |                         |                                         |        |          |                    |              |              |              |              |  |  |

**LA FRANCE EN COURANT**  
31 ème Tour du 13 juillet au 27 juillet 2019  
dimanche, 21 juillet 2019

**8ème Etape**

**CONDOM (32) – BELVES (24)**

| Etape de 190 Km |          |        | CONDOM (32) – BELVES (24) |                             |                           |       |          |                    |         |         |         |       |
|-----------------|----------|--------|---------------------------|-----------------------------|---------------------------|-------|----------|--------------------|---------|---------|---------|-------|
| km              |          |        |                           | Commune - Lieu Dit          | Commune Traversée         | ROUTE | Altitude | Heures de passages |         |         |         |       |
| à parcourir     | parcours | Suivie |                           |                             |                           |       | 16km/h   | 15km/h             | 14 km/h | 13 km/h | 12 km/h |       |
|                 |          |        |                           | GERS (32)                   |                           |       |          |                    |         |         |         |       |
| 0.0             | 190.0    | 0.0    |                           | CONDOM                      | Condom                    | D931  | 90       | 03:00              | 03:00   | 03:00   | 03:00   | 03:00 |
| 4.0             | 186.0    | 4.0    |                           | Inter D931 D41              | Condom                    | D41   | 176      | 03:15              | 03:16   | 03:17   | 03:18   | 03:20 |
|                 | 186.0    | 4.0    |                           |                             | Castelnau-sur-l'Auvignon  | D41   | 145      | 03:15              | 03:16   | 03:17   | 03:18   | 03:20 |
| 8.5             | 177.5    | 12.5   | ○                         | La Romieu                   | La Romieu                 | D41   | 188      | 03:46              | 03:50   | 03:53   | 03:57   | 04:02 |
| 6.5             | 171.0    | 19.0   |                           | Inter D36 D41               | Berrac                    | D41   | 195      | 04:11              | 04:16   | 04:21   | 04:27   | 04:35 |
|                 | 171.0    | 19.0   |                           |                             | Saint Mezard              | D41   |          | 04:11              | 04:16   | 04:21   | 04:27   | 04:35 |
| 5.0             | 166.0    | 24.0   |                           | Inter D268 D41              | Pergain-Taillac           | D41   | 173      | 04:30              | 04:36   | 04:42   | 04:50   | 05:00 |
| 2.0             | 164.0    | 26.0   |                           | Pergain-Taillac             | Pergain-Taillac           | D41   | 152      | 04:37              | 04:44   | 04:51   | 05:00   | 05:10 |
| 3.5             | 160.5    | 29.5   |                           | LOT ET GARONNE (47)         |                           | D130  | 70       | 04:50              | 04:58   | 05:06   | 05:16   | 05:27 |
| 3.0             | 157.5    | 32.5   |                           | Astaffort                   | Astaffort                 | D114  | 81       | 05:01              | 05:10   | 05:19   | 05:30   | 05:42 |
| 6.5             | 151.0    | 39.0   |                           | Cuq                         | Cuq                       | D114  | 131      | 05:26              | 05:36   | 05:47   | 06:00   | 06:15 |
| 1.0             | 150.0    | 40.0   |                           | Inter D 114 VC1 La Geyre    | Cuq                       | VC    | 111      | 05:30              | 05:40   | 05:51   | 06:04   | 06:20 |
| 2.5             | 147.5    | 42.5   |                           | Inter D290 VC1 Bonnhé       | Cuq                       | VC    | 71       | 05:39              | 05:50   | 06:02   | 06:16   | 06:32 |
| 0.5             | 147.0    | 43.0   |                           | TARN ET GARONNE (82)        |                           | VC    | 66       | 05:41              | 05:52   | 06:04   | 06:18   | 06:35 |
| 3.0             | 144.0    | 46.0   |                           | Dunes                       | Dunes                     | D30   | 108      | 05:52              | 06:04   | 06:17   | 06:32   | 06:50 |
| 5.0             | 139.0    | 51.0   |                           | Donzac                      | Donzac                    | D30   | 77       | 06:11              | 06:24   | 06:38   | 06:55   | 07:15 |
| 1.5             | 137.5    | 52.5   |                           | Lamagistère                 | Lamagistère               | D30   | 56       | 06:16              | 06:30   | 06:45   | 07:02   | 07:22 |
| 2.0             | 135.5    | 54.5   |                           | LOT ET GARONNE (47)         | Clermont-Soubiran         | D441  | 55       | 06:24              | 06:38   | 06:53   | 07:11   | 07:32 |
| 1.0             | 134.5    | 55.5   |                           | St Pierre de Malaure        | Clermont-Soubiran         | D248  | 57       | 06:28              | 06:42   | 06:57   | 07:16   | 07:37 |
| 2.0             | 132.5    | 57.5   |                           | Saint Urcisse               | Saint Urcisse             | D248  | 82       | 06:35              | 06:50   | 07:06   | 07:25   | 07:47 |
| 4.5             | 128.0    | 62.0   |                           | Inter D248 D274 (Puymirol)  | Puymirol                  | D274  | 123      | 06:52              | 07:08   | 07:25   | 07:46   | 08:10 |
| 1.0             | 127.0    | 63.0   |                           | Inter D274 D10 (Puymirol)   | Puymirol                  | D10   | 66       | 06:56              | 07:12   | 07:30   | 07:50   | 08:15 |
| 0.5             | 126.5    | 63.5   |                           | Inter D16 D110              | Puymirol                  | D110  | 65       | 06:58              | 07:14   | 07:32   | 07:53   | 08:17 |
| 2.0             | 124.5    | 65.5   |                           | Inter D201 D110             | La Sauvetat-de-Savères    | D110  | 65       | 07:05              | 07:22   | 07:40   | 08:02   | 08:27 |
| 1.5             | 123.0    | 67.0   |                           | La Sauvetat de Savères      | La Sauvetat-de-Savères    | D110  | 71       | 07:11              | 07:28   | 07:47   | 08:09   | 08:35 |
|                 | 123.0    | 67.0   |                           |                             | Saint-Robert              | D110  | 194      | 07:11              | 07:28   | 07:47   | 08:09   | 08:35 |
|                 | 123.0    | 67.0   |                           |                             | Sauvagnas                 | D110  | 203      | 07:11              | 07:28   | 07:47   | 08:09   | 08:35 |
| 7.0             | 116.0    | 74.0   |                           | Inter D656 D110             | Laroque-Timbaut           | D110  | 155      | 07:37              | 07:56   | 08:17   | 08:41   | 09:10 |
| 2.0             | 114.0    | 76.0   |                           | Laroque Timbaut             | Laroque-Timbaut           | D103  | 209      | 07:45              | 08:04   | 08:25   | 08:50   | 09:20 |
|                 | 114.0    | 76.0   |                           |                             | Cassignas                 | D103  | 196      | 07:45              | 08:04   | 08:25   | 08:50   | 09:20 |
| 5.0             | 109.0    | 81.0   |                           | Hautefage La Tour           | Hautefage-la-Tour         | D103  | 207      | 08:03              | 08:24   | 08:47   | 09:13   | 09:45 |
| 2.5             | 106.5    | 83.5   |                           | Inter D223 D103             | Hautefage-la-Tour         | D103  | 111      | 08:13              | 08:34   | 08:57   | 09:25   | 09:57 |
|                 | 106.5    | 83.5   |                           |                             | Auradou                   | D103  | 78       | 08:13              | 08:34   | 08:57   | 09:25   | 09:57 |
| 8.0             | 98.5     | 91.5   |                           | Penne d'Agenais             | Penne-d'Agenais           | D159  | 80       | 08:43              | 09:06   | 09:32   | 10:02   | 10:37 |
| 1.5             | 97.0     | 93.0   |                           | Inter D159 D243             | Penne-d'Agenais           | D243  | 59       | 08:48              | 09:12   | 09:38   | 10:09   | 10:45 |
| 2.5             | 94.5     | 95.5   |                           | Saint-Sylvestre-sur-Lot     | Saint-Sylvestre-sur-Lot   | D253  | 62       | 08:58              | 09:22   | 09:49   | 10:20   | 10:57 |
| 5.0             | 89.5     | 100.5  |                           | Inter D253 D233             | Saint-Sylvestre-sur-Lot   | D233  | 165      | 09:16              | 09:42   | 10:10   | 10:43   | 11:22 |
| 4.5             | 85.0     | 105.0  |                           | Inter D233 D253             | Villeneuve-sur-Lot        | D253  | 144      | 09:33              | 10:00   | 10:30   | 11:04   | 11:45 |
| 2.0             | 83.0     | 107.0  |                           | Savignac sur Leyze          | Savignac sur Leyze        | D253  | 107      | 09:41              | 10:08   | 10:38   | 11:13   | 11:55 |
| 3.0             | 80.0     | 110.0  |                           | Costes                      | Savignac sur Leyze        | D253  | 100      | 09:52              | 10:20   | 10:51   | 11:27   | 12:10 |
|                 | 80.0     | 110.0  |                           |                             |                           |       |          | 09:52              | 10:20   | 10:51   | 11:27   | 12:10 |
| 5.0             | 75.0     | 115.0  | ○                         | MONFLANQUIN                 | Monflanquin               |       | 167      | 10:11              | 10:40   | 11:12   | 11:50   | 12:35 |
|                 |          |        |                           | Demi étape                  |                           |       |          |                    |         |         |         |       |
| 0.0             | 75.0     | 115.0  |                           | MONFLANQUIN                 |                           | D257  | 167      | 11:30              | 11:30   | 11:30   | 11:30   | 11:30 |
| 7.5             | 67.5     | 122.5  |                           | Inter D257 D153             | Saint-Eutrope-de-Born     | D153  | 96       | 11:58              | 12:00   | 12:02   | 12:04   | 12:07 |
| 0.5             | 67.0     | 123.0  |                           | Saint-Eutrope-de-Born       | Saint-Eutrope-de-Born     | D153  | 100      | 12:00              | 12:02   | 12:04   | 12:06   | 12:10 |
| 1.5             | 65.5     | 124.5  |                           | Inter D153 D257             | Saint-Eutrope-de-Born     | D257  | 106      | 12:05              | 12:08   | 12:10   | 12:13   | 12:17 |
| 3.5             | 62.0     | 128.0  |                           | Int D257 D218               | Montaut                   | D218  | 130      | 12:18              | 12:22   | 12:25   | 12:30   | 12:35 |
| 0.5             | 61.5     | 128.5  |                           | Montaut                     | Montaut                   | D218  | 155      | 12:20              | 12:24   | 12:27   | 12:32   | 12:37 |
| 4.0             | 57.5     | 132.5  |                           | Inter D218 D2               | Bournel                   | D2    | 100      | 12:35              | 12:40   | 12:45   | 12:50   | 12:57 |
| 3.5             | 54.0     | 136.0  | ○                         | Villereal                   | Villereal                 | D104  | 90       | 12:48              | 12:54   | 13:00   | 13:06   | 13:15 |
|                 | 54.0     | 136.0  |                           |                             | Saint-Martin-de-Villereal | D104  | 108      | 12:48              | 12:54   | 13:00   | 13:06   | 13:15 |
| 8.0             | 46.0     | 144.0  |                           | DORDOGNE (24)               | Vergt-de-Biron            | D2    | 114      | 13:18              | 13:26   | 13:34   | 13:43   | 13:55 |
|                 | 46.0     | 144.0  |                           |                             | Gaugeac                   | D2    | 137      | 13:18              | 13:26   | 13:34   | 13:43   | 13:55 |
| 6.5             | 39.5     | 150.5  | ○                         | Monpazier                   | Monpazier                 | D2    | 180      | 13:43              | 13:52   | 14:02   | 14:13   | 14:27 |
|                 | 39.5     | 150.5  |                           |                             | Marsalès                  | D2    | 205      | 13:43              | 13:52   | 14:02   | 14:13   | 14:27 |
|                 | 39.5     | 150.5  |                           |                             | Saint-Romain-de-Monpazier | D2    | 218      | 13:43              | 13:52   | 14:02   | 14:13   | 14:27 |
| 8.5             | 31.0     | 159.0  |                           | St Avit Rivière             | Saint-Avit-Rivière        | D2    | 120      | 14:15              | 14:26   | 14:38   | 14:53   | 15:10 |
| 0.5             | 30.5     | 159.5  |                           | Inter D2 D26                | Montferand-du-Périgord    | D26   | 116      | 14:16              | 14:28   | 14:40   | 14:55   | 15:12 |
| 8.0             | 22.5     | 167.5  |                           | Inter D26 D25               | Saint-Avit-Sénieur        | D25   | 75       | 14:46              | 15:00   | 15:15   | 15:32   | 15:52 |
| 1.5             | 21.0     | 169.0  |                           | Inter D27 D25               | Molières                  | D25   | 180      | 14:52              | 15:06   | 15:21   | 15:39   | 16:00 |
| 7.0             | 14.0     | 176.0  |                           | Cadouin                     | Le Buisson-de-Cadouin     | D2    | 130      | 15:18              | 15:34   | 15:51   | 16:11   | 16:35 |
| 0.5             | 13.5     | 176.5  |                           | Inter D2 D54                | Le Buisson-de-Cadouin     | D54   | 180      | 15:20              | 15:36   | 15:53   | 16:13   | 16:37 |
|                 | 13.5     | 176.5  |                           |                             | Urval                     | D54   | 235      | 15:20              | 15:36   | 15:53   | 16:13   | 16:37 |
|                 | 13.5     | 176.5  |                           |                             | Saint-Pardoux-et-Vielvic  | D54   | 236      | 15:20              | 15:36   | 15:53   | 16:13   | 16:37 |
|                 | 13.5     | 176.5  |                           |                             |                           |       |          | 15:20              | 15:36   | 15:53   | 16:13   | 16:37 |
|                 | 13.5     | 176.5  |                           |                             |                           |       |          | 15:20              | 15:36   | 15:53   | 16:13   | 16:37 |
|                 | 13.5     | 176.5  |                           |                             |                           |       |          | 15:20              | 15:36   | 15:53   | 16:13   | 16:37 |
|                 | 13.5     | 176.5  |                           |                             |                           |       |          | 15:20              | 15:36   | 15:53   | 16:13   | 16:37 |
|                 | 13.5     | 176.5  |                           |                             |                           |       |          | 15:20              | 15:36   | 15:53   | 16:13   | 16:37 |
|                 | 13.5     | 176.5  |                           |                             |                           |       |          | 15:20              | 15:36   | 15:53   | 16:13   | 16:37 |
| 13.5            | 0.0      | 190.0  |                           | BELVES                      | Belvès                    |       | 150      | 16:11              | 16:30   | 16:51   | 17:16   | 17:45 |
|                 |          |        | ○                         | Plus Beau Village de France |                           |       |          |                    |         |         |         |       |

**LA FRANCE EN COURANT**  
31 ème Tour du 13 juillet au 27 juillet 2019  
lundi, 22 juillet 2019

**9ème Etape**

Etape de 194.5 Km

**BELVES (24) – BARBEZIEUX ST HILAIRE (16)**

| km            |          |       | Commune - Lieu Dit          | Commune Traversée          | ROUTE | Altitude | Heures de passages |       |        |        |         |         |         |
|---------------|----------|-------|-----------------------------|----------------------------|-------|----------|--------------------|-------|--------|--------|---------|---------|---------|
| à parcourir   | parcours |       |                             |                            |       |          | Suivie             |       | 16km/h | 15km/h | 14 km/h | 13 km/h | 12 km/h |
| DORDOGNE (24) |          |       |                             |                            |       |          |                    |       |        |        |         |         |         |
| 0.0           | 194.5    | 0.0   | BELVES                      |                            | D53   | 150      | 03:00              | 03:00 | 03:00  | 03:00  | 03:00   |         |         |
| 2.5           | 192.0    | 2.5   | Fongauffier                 | Sagelat                    | D53   | 87       | 03:09              | 03:10 | 03:10  | 03:11  | 03:12   |         |         |
| 3.0           | 189.0    | 5.5   | Inter D53 D51               | Carves                     | D51   | 92       | 03:20              | 03:22 | 03:23  | 03:25  | 03:27   |         |         |
| 4.0           | 185.0    | 9.5   | Inter D51 D703              | Siorac en Périgord         | D703  | 65       | 03:35              | 03:38 | 03:40  | 03:43  | 03:47   |         |         |
| 1.0           | 184.0    | 10.5  | Siorac en Périgord          | Siorac en Périgord         | D703  | 60       | 03:39              | 03:42 | 03:45  | 03:48  | 03:52   |         |         |
| 1.0           | 183.0    | 11.5  | Inter D703e D703            | Coux et Bigaroque          | D703  | 60       | 03:43              | 03:46 | 03:49  | 03:53  | 03:57   |         |         |
| 1.5           | 181.5    | 13.0  | Coux et Bigaroque           | Coux et Bigaroque          | D703  | 76       | 03:48              | 03:52 | 03:55  | 04:00  | 04:05   |         |         |
| 5.0           | 176.5    | 18.0  | Inter D31e2 D703            | Coux et Bigaroque          | D703  | 228      | 04:07              | 04:12 | 04:17  | 04:23  | 04:30   |         |         |
| 4.0           | 172.5    | 22.0  | Inter D706 D703             | Campagne                   | D703  | 60       | 04:22              | 04:28 | 04:34  | 04:41  | 04:50   |         |         |
| 4.0           | 168.5    | 26.0  | Le Bugue                    | Le Bugue                   | D703  | 60       | 04:37              | 04:44 | 04:51  | 05:00  | 05:10   |         |         |
| 1.5           | 167.0    | 27.5  | Inter D31 D703              | Le Bugue                   | D703  | 62       | 04:43              | 04:50 | 04:57  | 05:06  | 05:17   |         |         |
|               | 167.0    | 27.5  |                             | Saint-Avit-de-Vialard      | D703  | 158      | 04:43              | 04:50 | 04:57  | 05:06  | 05:17   |         |         |
| 7.0           | 160.0    | 34.5  | Inter D2 D703               | Paunat                     | D703  | 185      | 05:09              | 05:18 | 05:27  | 05:39  | 05:52   |         |         |
| 1.5           | 158.5    | 36.0  | Inter D2 D703               | Sainte-Alvère              | D703  | 169      | 05:15              | 05:24 | 05:34  | 05:46  | 06:00   |         |         |
| 2.0           | 156.5    | 38.0  | Pezuls                      | Pezuls                     | D30   | 115      | 05:22              | 05:32 | 05:42  | 05:55  | 06:10   |         |         |
| 4.0           | 152.5    | 42.0  | Ste Alvère                  | Sainte-Alvère              | D32   | 128      | 05:37              | 05:48 | 06:00  | 06:13  | 06:30   |         |         |
| 5.0           | 147.5    | 47.0  | Ste Foy de Longas           | Sainte-Foy-de-Longas       | D8    | 126      | 05:56              | 06:08 | 06:21  | 06:36  | 06:55   |         |         |
| 5.5           | 142.0    | 52.5  | St Laurent des Bâtons       | Saint-Laurent-des-Bâtons   | D8    | 140      | 06:16              | 06:30 | 06:45  | 07:02  | 07:22   |         |         |
| 4.0           | 138.0    | 56.5  | Saint-Michel-de-Villadeix   | Saint-Michel-de-Villadeix  | D8    | 166      | 06:31              | 06:46 | 07:02  | 07:20  | 07:42   |         |         |
| 1.0           | 137.0    | 57.5  | Inter D42 D8                | Saint-Michel-de-Villadeix  | D8    | 197      | 06:35              | 06:50 | 07:06  | 07:25  | 07:47   |         |         |
| 4.5           | 132.5    | 62.0  | Inter D21 D8 D43            | Vergt                      | D43   | 126      | 06:52              | 07:08 | 07:25  | 07:46  | 08:10   |         |         |
|               | 132.5    | 62.0  |                             | Saint-Maime-de-Péreyrol    | D43   |          | 06:52              | 07:08 | 07:25  | 07:46  | 08:10   |         |         |
| 5.0           | 127.5    | 67.0  | Bordas Boviduc              | Grun-Bordas                | N21   | 113      | 07:11              | 07:28 | 07:47  | 08:09  | 08:35   |         |         |
| 0.5           | 127.0    | 67.5  | Inter N21 D43               | Grun-Bordas                | D43   | 109      | 07:13              | 07:30 | 07:49  | 08:11  | 08:37   |         |         |
|               | 127.0    | 67.5  |                             | Saint-Paul-de-Serre        | D43   |          | 07:13              | 07:30 | 07:49  | 08:11  | 08:37   |         |         |
| 6.5           | 120.5    | 74.0  | Manzac sur Vern             | Manzac sur Vern            | D44   | 90       | 07:37              | 07:56 | 08:17  | 08:41  | 09:10   |         |         |
| 3.5           | 117.0    | 77.5  | InterD107 D44 Bruc          | Grignols                   | D44   | 81       | 07:50              | 08:10 | 08:32  | 08:57  | 09:27   |         |         |
| 7.0           | 110.0    | 84.5  | Neuvis                      | Neuvis                     | D44   | 70       | 08:16              | 08:38 | 09:02  | 09:30  | 10:02   |         |         |
| 1.5           | 108.5    | 86.0  | Neuvis Gare                 | Neuvis                     | D3    | 58       | 08:22              | 08:44 | 09:08  | 09:36  | 10:10   |         |         |
|               | 108.5    | 86.0  |                             | Saint-Léon-sur-l'Isle      |       | 75       | 08:22              | 08:44 | 09:08  | 09:36  | 10:10   |         |         |
| 8.0           | 100.5    | 94.0  | St Astier                   | St Astier                  | D43   | 78       | 08:52              | 09:16 | 09:42  | 10:13  | 10:50   |         |         |
| 7.0           | 93.5     | 101.0 | St Aquilin                  | St Aquilin                 | D43   | 150      | 09:18              | 09:44 | 10:12  | 10:46  | 11:25   |         |         |
| 1.5           | 92.0     | 102.5 | Inter D39 D43               | St Aquilin                 | D43   | 119      | 09:24              | 09:50 | 10:19  | 10:53  | 11:32   |         |         |
| 2.5           | 89.5     | 105.0 | Inter D104 D43              | Chantérac                  | D43   | 207      | 09:33              | 10:00 | 10:30  | 11:04  | 11:45   |         |         |
| 1.0           | 88.5     | 106.0 | L'Hôpital                   | Chantérac                  | D43   | 210      | 09:37              | 10:04 | 10:34  | 11:09  | 11:50   |         |         |
|               | 88.5     | 106.0 |                             | Chantérac                  | D43   |          | 09:37              | 10:04 | 10:34  | 11:09  | 11:50   |         |         |
|               | 88.5     | 106.0 |                             | Saint-Vincent-de-Connezac  | D43   |          | 09:37              | 10:04 | 10:34  | 11:09  | 11:50   |         |         |
|               | 88.5     | 106.0 |                             | Saint-Sulpice-de-Roumagnac | D43   |          | 09:37              | 10:04 | 10:34  | 11:09  | 11:50   |         |         |
| 7.0           | 81.5     | 113.0 | Inter D43 D709 (La Garde)   | Saint-Martin-de-Ribérac    | D709  | 183      | 10:03              | 10:32 | 11:04  | 11:41  | 12:25   |         |         |
|               | 81.5     | 113.0 |                             |                            |       |          | 10:03              | 10:32 | 11:04  | 11:41  | 12:25   |         |         |
|               | 81.5     | 113.0 |                             |                            |       |          | 10:03              | 10:32 | 11:04  | 11:41  | 12:25   |         |         |
| 7.0           | 74.5     | 120.0 | RIBERAC                     | Ribérac                    |       | 80       | 10:30              | 11:00 | 11:34  | 12:13  | 13:00   |         |         |
|               |          |       | Départ 2ème demi étape      |                            |       |          |                    |       |        |        |         |         |         |
| 0.0           | 74.5     | 120.0 | RIBERAC                     |                            | D20   |          | 11:45              | 11:45 | 11:45  | 11:45  | 11:45   |         |         |
|               | 74.5     | 120.0 |                             | Vanxains                   | D20   |          | 11:45              | 11:45 | 11:45  | 11:45  | 11:45   |         |         |
| 8.0           | 66.5     | 128.0 | Bourg du Bost               | Bourg du Bost              | D20   | 81       | 12:15              | 12:17 | 12:19  | 12:21  | 12:25   |         |         |
|               | 66.5     | 128.0 |                             | Petit-Bersac               | D20   |          | 12:15              | 12:17 | 12:19  | 12:21  | 12:25   |         |         |
|               | 66.5     | 128.0 |                             | Saint-Antoine-Cumond       | D20   |          | 12:15              | 12:17 | 12:19  | 12:21  | 12:25   |         |         |
| 6.0           | 60.5     | 134.0 | CHARENTE (16)               | Laprade                    | D2    | 50       | 12:37              | 12:41 | 12:45  | 12:49  | 12:55   |         |         |
| 2.0           | 58.5     | 136.0 | Aubeterre sur Dronne        | Aubeterre sur Dronne       | D2    | 65       | 12:45              | 12:49 | 12:53  | 12:58  | 13:05   |         |         |
| 3.0           | 55.5     | 139.0 | Inter D198 D2               | Saint-Romain               | D2    | 103      | 12:56              | 13:01 | 13:06  | 13:12  | 13:20   |         |         |
| 3.5           | 52.0     | 142.5 | Inter D137 D2               | Rouffiac                   | D2    | 162      | 13:09              | 13:15 | 13:21  | 13:28  | 13:37   |         |         |
| 6.5           | 45.5     | 149.0 | Chalais H limité            | Chalais                    | D731  | 52       | 13:33              | 13:41 | 13:49  | 13:58  | 14:10   |         |         |
|               | 45.5     | 149.0 |                             | Yviers                     | D731  |          | 13:33              | 13:41 | 13:49  | 13:58  | 14:10   |         |         |
| 6.5           | 39.0     | 155.5 | Inter D89 D731              | Bardenac                   | D731  | 103      | 13:58              | 14:07 | 14:17  | 14:28  | 14:42   |         |         |
| 2.5           | 36.5     | 158.0 | Inter D731 D2               | Brossac                    | D2    | 104      | 14:07              | 14:17 | 14:27  | 14:40  | 14:55   |         |         |
| 2.0           | 34.5     | 160.0 | Brossac                     | Brossac                    | D2    | 159      | 14:15              | 14:25 | 14:36  | 14:49  | 15:05   |         |         |
| 2.5           | 32.0     | 162.5 | Inter D195 D2               | Passirac                   | D2    | 80       | 14:24              | 14:35 | 14:47  | 15:01  | 15:17   |         |         |
| 2.0           | 30.0     | 164.5 | Inter D68 D2                | Chillac                    | D2    | 129      | 14:31              | 14:43 | 14:55  | 15:10  | 15:27   |         |         |
| 1.0           | 29.0     | 165.5 | Inter D127 D2               | Oriolles                   | D2    | 103      | 14:35              | 14:47 | 15:00  | 15:15  | 15:32   |         |         |
| 2.0           | 27.0     | 167.5 | Inter D452 D3               | Boisbreteau                | D2    | 145      | 14:43              | 14:55 | 15:08  | 15:24  | 15:42   |         |         |
| 6.5           | 20.5     | 174.0 | Inter N10 D2                | Touvérac                   | D2    | 100      | 15:07              | 15:21 | 15:36  | 15:54  | 16:15   |         |         |
| 4.0           | 16.5     | 178.0 | Baignes Ste Radegonde       | Baignes-Sainte-Radegonde   | D14   | 80       | 15:22              | 15:37 | 15:53  | 16:12  | 16:35   |         |         |
| 2.5           | 14.0     | 180.5 | Le Tâtre                    | Le Tâtre                   | D14   | 90       | 15:31              | 15:47 | 16:04  | 16:24  | 16:47   |         |         |
| 3.5           | 10.5     | 184.0 | Reignac                     | Reignac                    | D127  | 100      | 15:45              | 16:01 | 16:19  | 16:40  | 17:05   |         |         |
| 3.5           | 7.0      | 187.5 | Montchaude                  | Montchaude                 | D127  | 110      | 15:58              | 16:15 | 16:34  | 16:56  | 17:22   |         |         |
| 2.0           | 5.0      | 189.5 | Inter D127 D3               | Montchaude                 | D3    | 73       | 16:05              | 16:23 | 16:42  | 17:05  | 17:32   |         |         |
|               | 5.0      | 189.5 |                             |                            |       |          | 16:05              | 16:23 | 16:42  | 17:05  | 17:32   |         |         |
|               | 5.0      | 189.5 |                             |                            |       |          | 16:05              | 16:23 | 16:42  | 17:05  | 17:32   |         |         |
|               | 5.0      | 189.5 |                             |                            |       |          | 16:05              | 16:23 | 16:42  | 17:05  | 17:32   |         |         |
| 5.0           | 0.0      | 194.5 | BARBEZIEUX ST HILAIRE       | Barbezieux-Saint-Hilaire   |       | 100      | 16:24              | 16:43 | 17:04  | 17:28  | 17:57   |         |         |
|               |          |       | Plus Beau Village de France |                            |       |          |                    |       |        |        |         |         |         |

**LA FRANCE EN COURANT**  
31 ème Tour du 13 juillet au 27 juillet 2019  
mardi, 23 juillet 2019

**10ème Etape**

BAR BEZIEUX ST HILAIRE (16) – MELLE (79)

Etape de 193.0 Km

| Etape de 193.0 Km             |          |       | Commune - Lieu Dit                   |  | Commune Traversée                    | ROUTE  | Altitude | Heures de passages |              |              |              |              |
|-------------------------------|----------|-------|--------------------------------------|--|--------------------------------------|--------|----------|--------------------|--------------|--------------|--------------|--------------|
| à parcourir                   | parcours |       |                                      |  |                                      | Suivie |          | 16km/h             | 15km/h       | 14 km/h      | 13 km/h      | 12 km/h      |
| <b>CHARENTE (16)</b>          |          |       |                                      |  |                                      |        |          |                    |              |              |              |              |
| 0.0                           | 193.0    | 0.0   | <b>BARBEZIEUX ST HILAIRE</b>         |  | Barbezieux-Saint-Hilaire             | D1     | 100      | <b>03:00</b>       | <b>03:00</b> | <b>03:00</b> | <b>03:00</b> | <b>03:00</b> |
| 2.0                           | 191.0    | 2.0   | Inter D126 D1                        |  | Saint-Médard                         | D1     | 51       | 03:07              | 03:08        | 03:08        | 03:09        | 03:10        |
| 4.5                           | 186.5    | 6.5   | Inter D151 D1                        |  | Touzac                               | D1     | 40       | 03:24              | 03:26        | 03:27        | 03:30        | 03:32        |
| 3.0                           | 183.5    | 9.5   | Inter D1 D420                        |  | Touzac                               | D420   | 102      | 03:35              | 03:38        | 03:40        | 03:43        | 03:47        |
| 3.0                           | 180.5    | 12.5  | Inter D420 D90                       |  | Criteuil-la-Magdeleine               | D90    | 80       | 03:46              | 03:50        | 03:53        | 03:57        | 04:02        |
| 2.0                           | 178.5    | 14.5  | Inter D90 D44                        |  | Criteuil-la-Magdeleine               | D44    | 38       | 03:54              | 03:58        | 04:02        | 04:06        | 04:12        |
| 1.5                           | 177.0    | 16.0  | Inter D44 D126                       |  | Lagarde-sur-le-Né                    | D126   | 43       | 04:00              | 04:04        | 04:08        | 04:13        | 04:20        |
| 3.0                           | 174.0    | 19.0  | Inter D126 D38                       |  | Lagarde-sur-le-Né                    | D38    | 35       | 04:11              | 04:16        | 04:21        | 04:27        | 04:35        |
| 2.0                           | 172.0    | 21.0  | Inter D125 D38                       |  | Lachaise                             | D38    | 39       | 04:18              | 04:24        | 04:30        | 04:36        | 04:45        |
| 1.5                           | 170.5    | 22.5  | Inter D699 D38                       |  | Saint Palais du Né                   | D38    | 29       | 04:24              | 04:30        | 04:36        | 04:43        | 04:52        |
| 1.5                           | 169.0    | 24.0  | Saint Palais du Né                   |  | Saint Palais du Né                   | D38    | 33       | 04:30              | 04:36        | 04:42        | 04:50        | 05:00        |
| 0.5                           | 168.5    | 24.5  | Inter D38 D418                       |  | Saint Palais du Né                   | D418   | 40       | 04:31              | 04:38        | 04:45        | 04:53        | 05:02        |
| 1.0                           | 167.5    | 25.5  | Inter D418 D151                      |  | Verrières                            | D151   | 27       | 04:35              | 04:42        | 04:49        | 04:57        | 05:07        |
| 4.5                           | 163.0    | 30.0  | Saint Fort sur le Né                 |  | Saint Fort sur le Né                 | D151   | 22       | 04:52              | 05:00        | 05:08        | 05:18        | 05:30        |
| 2.5                           | 160.5    | 32.5  | Inter D150 D151                      |  | Salles-d'Angles                      | D151   | 20       | 05:01              | 05:10        | 05:19        | 05:30        | 05:42        |
| 1.5                           | 159.0    | 34.0  | Inter D417 D151                      |  | Salles-d'Angles                      | D151   | 18       | 05:07              | 05:16        | 05:25        | 05:36        | 05:50        |
| 2.5                           | 156.5    | 36.5  | Inter D151 D48                       |  | Salles-d'Angles                      | D48    | 36       | 05:16              | 05:26        | 05:36        | 05:48        | 06:02        |
| 0.5                           | 156.0    | 37.0  | <b>CHARENTE-MARITIME (17)</b>        |  |                                      | D148   | 15       | 05:18              | 05:28        | 05:38        | 05:50        | 06:05        |
| 0.5                           | 155.5    | 37.5  | Celles                               |  | Celles                               | D148   | 18       | 05:20              | 05:30        | 05:40        | 05:53        | 06:07        |
| 1.5                           | 154.0    | 39.0  | Lonzac                               |  | Lonzac                               | D128   | 29       | 05:26              | 05:36        | 05:47        | 06:00        | 06:15        |
| 3.5                           | 150.5    | 42.5  | Coulonges                            |  | Coulonges                            | D128   | 20       | 05:39              | 05:50        | 06:02        | 06:16        | 06:32        |
| 4.0                           | 146.5    | 46.5  | Pérignac                             |  | Pérignac                             | D232e1 | 35       | 05:54              | 06:06        | 06:19        | 06:34        | 06:52        |
| 2.5                           | 144.0    | 49.0  | Inter D232e1 D232                    |  |                                      | D232   | 30       | 06:03              | 06:16        | 06:30        | 06:46        | 07:05        |
| 0.5                           | 143.5    | 49.5  | Inter D232 D232e2                    |  |                                      | D232e2 | 25       | 06:05              | 06:18        | 06:32        | 06:48        | 07:07        |
| 1.5                           | 142.0    | 51.0  | <b>Saint Seurin de Paleine</b>       |  | Saint Seurin de Paleine              | D232e2 | 20       | 06:11              | 06:24        | 06:38        | 06:55        | 07:15        |
| 1.0                           | 141.0    | 52.0  | Inter D232e2 D134                    |  | Saint Seurin de Paleine              | D134   | 15       | 06:15              | 06:28        | 06:42        | 07:00        | 07:20        |
| 2.5                           | 138.5    | 54.5  | Inter D136 D134                      |  | Montils                              | D134   | 10       | 06:24              | 06:38        | 06:53        | 07:11        | 07:32        |
| 6.0                           | 132.5    | 60.5  | Beillant                             |  | Saint-Sever-de-Saintonge             | D134   | 10       | 06:46              | 07:02        | 07:19        | 07:39        | 08:02        |
| 1.5                           | 131.0    | 62.0  | Inter D24 D134 Orlac                 |  | Chaniers                             | D134   | 9        | 06:52              | 07:08        | 07:25        | 07:46        | 08:10        |
| 3.0                           | 128.0    | 65.0  | Inter N141 D134 Coran                |  | Saint-Sauvant                        | D134   | 15       | 07:03              | 07:20        | 07:38        | 08:00        | 08:25        |
| 1.5                           | 126.5    | 66.5  | St Sauvan                            |  | Saint-Sauvant                        | D134   | 20       | 07:09              | 07:26        | 07:45        | 08:06        | 08:32        |
| 2.0                           | 124.5    | 68.5  | Saint-Césaire                        |  | Saint-Césaire                        | D134   | 33       | 07:16              | 07:34        | 07:53        | 08:16        | 08:42        |
| 1.5                           | 123.0    | 70.0  | St Bris des Bois                     |  | Saint-Bris-des-Bois                  | D129e3 | 39       | 07:22              | 07:40        | 08:00        | 08:23        | 08:50        |
| 4.5                           | 118.5    | 74.5  | Inter D129 D129e3                    |  | Vénérand                             | D129e3 | 93       | 07:39              | 07:58        | 08:19        | 08:43        | 09:12        |
| 2.0                           | 116.5    | 76.5  | Venerand                             |  | Vénérand                             | D129e2 | 73       | 07:46              | 08:06        | 08:27        | 08:53        | 09:22        |
| 0.5                           | 116.0    | 77.0  | Inter D150 D139e2                    |  | Le Douhet                            | D129e2 | 56       | 07:48              | 08:08        | 08:30        | 08:55        | 09:25        |
| 3.5                           | 112.5    | 80.5  | Inter D231e1 D139e2                  |  | Le Douhet                            | D129e2 | 38       | 08:01              | 08:22        | 08:45        | 09:11        | 09:42        |
| 3.0                           | 109.5    | 83.5  | St Vaize                             |  | Saint-Vaize                          | D114   | 15       | 08:13              | 08:34        | 08:57        | 09:25        | 09:57        |
| 2.5                           | 107.0    | 86.0  | Taillebourg                          |  | Taillebourg                          | D127   | 6        | 08:22              | 08:44        | 09:08        | 09:36        | 10:10        |
| 2.0                           | 105.0    | 88.0  | Int D231 D127                        |  | Annepont                             | D127   | 28       | 08:30              | 08:52        | 09:17        | 09:46        | 10:20        |
| 1.0                           | 104.0    | 89.0  | Annepont                             |  | Annepont                             | D127   | 42       | 08:33              | 08:56        | 09:21        | 09:50        | 10:25        |
| 3.5                           | 100.5    | 92.5  | Inter D127 D124                      |  | Grandjean                            | D124   | 47       | 08:46              | 09:10        | 09:36        | 10:06        | 10:42        |
| 1.0                           | 99.5     | 93.5  | Grandjean                            |  | Grandjean                            | VC     | 13       | 08:50              | 09:14        | 09:40        | 10:11        | 10:47        |
| 2.0                           | 97.5     | 95.5  | ○ Fenioux                            |  | Fenioux                              | VC     | 46       | 08:58              | 09:22        | 09:49        | 10:20        | 10:57        |
| 0.5                           | 97.0     | 96.0  | Inter VC D127                        |  | Fenioux                              | D127   | 58       | 09:00              | 09:24        | 09:51        | 10:23        | 11:00        |
| 3.0                           | 94.0     | 99.0  | Mazeray                              |  | Mazeray                              | D127   | 60       | 09:11              | 09:36        | 10:04        | 10:36        | 11:15        |
| 6.5                           | 87.5     | 105.5 | ○ <b>ST JEAN D'ANGELY</b>            |  | Saint-Jean-d'Angély                  |        | 20       | 09:35              | 10:02        | 10:32        | 11:06        | 11:47        |
| <b>Départ 2ème demi étape</b> |          |       |                                      |  |                                      |        |          |                    |              |              |              |              |
|                               | 87.5     | 105.5 | <b>ST JEAN D'ANGELY</b>              |  | Saint-Jean-d'Angély                  | D127   | 20       | <b>10:30</b>       | <b>10:30</b> | <b>10:30</b> | <b>10:30</b> | <b>10:30</b> |
| 3.0                           | 84.5     | 108.5 | Int D218e1 D127                      |  | Courcelles                           | D127   | 58       | 10:41              | 10:42        | 10:42        | 10:43        | 10:45        |
| 4.0                           | 80.5     | 112.5 | Antezant la Chapelle                 |  | Antezant la Chapelle                 | D127   | 27       | 10:56              | 10:58        | 11:00        | 11:02        | 11:05        |
| 1.0                           | 79.5     | 113.5 | Inter D127 D220e2                    |  | Saint-Pardoult                       | D220e2 | 25       | 11:00              | 11:02        | 11:04        | 11:06        | 11:10        |
| 1.0                           | 78.5     | 114.5 | Saint-Pardoult                       |  | Saint-Pardoult                       | D220e2 | 26       | 11:03              | 11:06        | 11:08        | 11:11        | 11:15        |
| 2.0                           | 76.5     | 116.5 | Inter D220e2 D107                    |  | Saint-Pardoult                       | D107   | 24       | 11:11              | 11:14        | 11:17        | 11:20        | 11:25        |
| 0.5                           | 76.0     | 117.0 | Nuaillé sur Boutonne                 |  | Nuaillé sur Boutonne                 | D107   | 26       | 11:13              | 11:16        | 11:19        | 11:23        | 11:27        |
| 4.0                           | 72.0     | 121.0 | Inter D219e2 D107                    |  | Nuaillé sur Boutonne                 | D107   | 41       | 11:28              | 11:32        | 11:36        | 11:41        | 11:47        |
| 1.0                           | 71.0     | 122.0 | Inter 107 D222e3                     |  | Aulnay                               | D222e3 | 43       | 11:31              | 11:36        | 11:40        | 11:46        | 11:52        |
| 2.0                           | 69.0     | 124.0 | Inter D950 D121                      |  | Aulnay                               | D121   | 56       | 11:39              | 11:44        | 11:49        | 11:55        | 12:02        |
| 1.0                           | 68.0     | 125.0 | ○ Aulnay                             |  | Aulnay                               | D133   | 55       | 11:43              | 11:48        | 11:53        | 12:00        | 12:07        |
| 4.5                           | 63.5     | 129.5 | Inter D222 D133                      |  | Villemorin                           | D133   | 62       | 12:00              | 12:06        | 12:12        | 12:20        | 12:30        |
| 5.5                           | 58.0     | 135.0 | Néré                                 |  | Néré                                 | D130   | 83       | 12:20              | 12:28        | 12:36        | 12:46        | 12:57        |
| 3.0                           | 55.0     | 138.0 | Les Eduts                            |  | Les Éduts                            | D130   | 136      | 12:31              | 12:40        | 12:49        | 13:00        | 13:12        |
| 3.0                           | 52.0     | 141.0 | Romazière                            |  | Romazières                           | D130   | 108      | 12:43              | 12:52        | 13:02        | 13:13        | 13:27        |
| 2.5                           | 49.5     | 143.5 | Inter D225e2 D130                    |  | Villiers Couture                     | D130   | 119      | 12:52              | 13:02        | 13:12        | 13:25        | 13:40        |
| 1.0                           | 48.5     | 144.5 | <b>DEUX SEVRES (79)</b>              |  |                                      | D52e   | 120      | 12:56              | 13:06        | 13:17        | 13:30        | 13:45        |
| 4.0                           | 44.5     | 148.5 | Couture d'Argenson                   |  | Couture-d'Argenson                   | D173   | 90       | 13:11              | 13:22        | 13:34        | 13:48        | 14:05        |
| 7.0                           | 37.5     | 155.5 | Loubille                             |  | Loubillé                             | D737   | 100      | 13:37              | 13:50        | 14:04        | 14:20        | 14:40        |
|                               | 37.5     | 155.5 |                                      |  | Loubigné                             |        |          | 13:37              | 13:50        | 14:04        | 14:20        | 14:40        |
|                               | 37.5     | 155.5 |                                      |  | Ardilleux                            |        |          | 13:37              | 13:50        | 14:04        | 14:20        | 14:40        |
| 7.5                           | 30.0     | 163.0 | Chef-Boutonne                        |  | Chef-Boutonne                        | D740   | 100      | 14:05              | 14:20        | 14:36        | 14:55        | 15:17        |
| 1.5                           | 28.5     | 164.5 | Inter D110 D740                      |  | Chef-Boutonne                        | D740   | 81       | 14:11              | 14:26        | 14:42        | 15:02        | 15:25        |
|                               | 28.5     | 164.5 | Fontenille-Saint-Martin-d'Entraigues |  | Fontenille-Saint-Martin-d'Entraigues | D740   | 71       | 14:11              | 14:26        | 14:42        | 15:02        | 15:25        |
| 5.5                           | 23.0     | 170.0 | Luché sur Brioux                     |  | Luché sur Brioux                     | D740   | 78       | 14:31              | 14:48        | 15:06        | 15:27        | 15:52        |
|                               | 23.0     | 170.0 |                                      |  | Lusseray                             |        | 70       | 14:31              | 14:48        | 15:06        | 15:27        | 15:52        |
| 5.5                           | 17.5     | 175.5 | Inter D950 D740                      |  | Brioux sur Boutonne                  | D740   | 65       | 14:52              | 15:10        | 15:30        | 15:53        | 16:20        |
| 5.5                           | 12.0     | 181.0 | Périgné                              |  | Périgné                              | D101   | 60       | 15:13              | 15:32        | 15:53        | 16:18        | 16:47        |
| 6.0                           | 6.0      | 187.0 | Saint Romans lès Melle               |  | Saint Romans lès Melle               | D101   | 103      | 15:35              | 15:56        | 16:19        | 16:46        | 17:17        |
| 3.5                           | 2.5      | 190.5 | Saint Martin les Melle               |  | Saint Martin les Melle               | D101   | 115      | 15:48              | 16:10        | 16:34        | 17:02        | 17:35        |
| 2.5                           | 0.0      | 193.0 | <b>MELLE</b>                         |  | Melle                                |        | 135      | 15:58              | 16:20        | 16:45        | 17:13        | 17:47        |
|                               |          |       | ○ <b>Plus Beau Village de France</b> |  |                                      |        |          |                    |              |              |              |              |

**LA FRANCE EN COURANT**  
31 ème Tour du 13 juillet au 27 juillet 2019  
mercredi, 24 juillet 2019

**11ème Etape**

MELLE (79) – LOCHES (37)

Etape de 193.5 Km

| km                     |          |       | Commune - Lieu Dit                    | Commune Traversée            | ROUTE | Altitude | Heures de passages |       |        |        |         |
|------------------------|----------|-------|---------------------------------------|------------------------------|-------|----------|--------------------|-------|--------|--------|---------|
| à parcourir            | parcours |       |                                       |                              |       |          | Suivie             |       | 16km/h | 15km/h | 14 km/h |
| DEUX SEVRES (79)       |          |       |                                       |                              |       |          |                    |       |        |        |         |
| 0.0                    | 193.5    | 0.0   | MELLE                                 | Melle                        | D305  | 135      | 03:00              | 03:00 | 03:00  | 03:00  | 03:00   |
|                        | 193.5    | 0.0   |                                       | Saint-Léger-de-la-Martinière | D305  |          | 03:00              | 03:00 | 03:00  | 03:00  | 03:00   |
| 9.0                    | 184.5    | 9.0   | Saint-Vincent-la-Châtre               | Saint-Vincent-la-Châtre      | D105  | 168      | 03:33              | 03:36 | 03:38  | 03:41  | 03:45   |
| 5.5                    | 179.0    | 14.5  | Lezay                                 | Lezay                        | D14   | 125      | 03:54              | 03:58 | 04:02  | 04:06  | 04:12   |
| 2.0                    | 177.0    | 16.5  | Inter D17 D14                         | Lezay                        | D14   |          | 04:01              | 04:06 | 04:10  | 04:16  | 04:22   |
|                        | 177.0    | 16.5  |                                       | Vançais                      |       |          | 04:01              | 04:06 | 04:10  | 04:16  | 04:22   |
| 7.5                    | 169.5    | 24.0  | Inter D307 D14                        | Rom                          |       | 127      | 04:30              | 04:36 | 04:42  | 04:50  | 05:00   |
| 1.5                    | 168.0    | 25.5  | Rom                                   | Rom                          | D14   | 120      | 04:35              | 04:42 | 04:49  | 04:57  | 05:07   |
| 4.0                    | 164.0    | 29.5  | VIENNE (86)                           |                              | D2    | 128      | 04:50              | 04:58 | 05:06  | 05:16  | 05:27   |
| 2.0                    | 162.0    | 31.5  | Couhé                                 | Couhé                        | D13   | 127      | 04:58              | 05:06 | 05:15  | 05:25  | 05:37   |
| 3.5                    | 158.5    | 35.0  | Vaux                                  | Vaux                         | D158  | 60       | 05:11              | 05:20 | 05:30  | 05:41  | 05:55   |
| 2.5                    | 156.0    | 37.5  | Inter D158 D27                        | Vaux                         | D27   | 138      | 05:20              | 05:30 | 05:40  | 05:53  | 06:07   |
| 5.0                    | 151.0    | 42.5  | Romagne                               | Romagne                      | D25   | 140      | 05:39              | 05:50 | 06:02  | 06:16  | 06:32   |
| 4.5                    | 146.5    | 47.0  | Sommières du Clain                    | Sommières du Clain           | D25   | 115      | 05:56              | 06:08 | 06:21  | 06:36  | 06:55   |
| 6.5                    | 140.0    | 53.5  | Château Garnier                       | Château-Garnier              | D25   | 121      | 06:20              | 06:34 | 06:49  | 07:06  | 07:27   |
| 7.5                    | 132.5    | 61.0  | Inter D741 D727                       | Usson-du-Poitou              | D727  | 138      | 06:48              | 07:04 | 07:21  | 07:41  | 08:05   |
| 1.0                    | 131.5    | 62.0  | Usson du Poitou                       | Usson-du-Poitou              | D727  | 129      | 06:52              | 07:08 | 07:25  | 07:46  | 08:10   |
| 3.0                    | 128.5    | 65.0  | La Font d'Usson                       | Usson-du-Poitou              | D25   | 141      | 07:03              | 07:20 | 07:38  | 08:00  | 08:25   |
| 6.5                    | 122.0    | 71.5  | Inter D8 D25                          | Queaux                       | D25   | 128      | 07:28              | 07:46 | 08:06  | 08:30  | 08:57   |
| 3.5                    | 118.5    | 75.0  | Queaux                                | Queaux                       | D25   | 143      | 07:41              | 08:00 | 08:21  | 08:46  | 09:15   |
| 3.0                    | 115.5    | 78.0  | Inter D12 D25                         | Goux                         | D25   | 95       | 07:52              | 08:12 | 08:34  | 09:00  | 09:30   |
| 2.5                    | 113.0    | 80.5  | Goux                                  | Goux                         | D31   | 87       | 08:01              | 08:22 | 08:45  | 09:11  | 09:42   |
| 1.5                    | 111.5    | 82.0  | Inter D31 D727                        | Goux                         | D727  | 98       | 08:07              | 08:28 | 08:51  | 09:18  | 09:50   |
| 4.5                    | 107.0    | 86.5  | Inter D727 D114<br>Coueurs Uniquement | Mazerolles                   | D114  | 89       | 08:24              | 08:46 | 09:10  | 09:39  | 10:12   |
| 1.5                    | 105.5    | 88.0  | Inter N147 D114                       | Mazerolles                   | D114  | 82       | 08:30              | 08:52 | 09:17  | 09:46  | 10:20   |
| 3.5                    | 102.0    | 91.5  | Civaux                                | Civaux                       | D114  | 73       | 08:43              | 09:06 | 09:32  | 10:02  | 10:37   |
| 6.0                    | 96.0     | 97.5  | Inter D114 D8                         | Valdivienne                  | D8    | 84       | 09:05              | 09:30 | 09:57  | 10:30  | 11:07   |
| 2.0                    | 94.0     | 99.5  | Bonneuil                              | Valdivienne                  | D8    | 69       | 09:13              | 09:38 | 10:06  | 10:39  | 11:17   |
|                        | 94.0     | 99.5  |                                       |                              |       |          | 09:13              | 09:38 | 10:06  | 10:39  | 11:17   |
|                        | 94.0     | 99.5  |                                       |                              |       |          | 09:13              | 09:38 | 10:06  | 10:39  | 11:17   |
|                        | 94.0     | 99.5  |                                       |                              |       |          | 09:13              | 09:38 | 10:06  | 10:39  | 11:17   |
|                        | 94.0     | 99.5  |                                       |                              |       |          | 09:13              | 09:38 | 10:06  | 10:39  | 11:17   |
|                        | 94.0     | 99.5  |                                       |                              |       |          | 09:13              | 09:38 | 10:06  | 10:39  | 11:17   |
|                        | 94.0     | 99.5  |                                       |                              |       |          | 09:13              | 09:38 | 10:06  | 10:39  | 11:17   |
|                        | 94.0     | 99.5  |                                       |                              |       |          | 09:13              | 09:38 | 10:06  | 10:39  | 11:17   |
|                        | 94.0     | 99.5  |                                       |                              |       |          | 09:13              | 09:38 | 10:06  | 10:39  | 11:17   |
|                        | 94.0     | 99.5  |                                       |                              |       |          | 09:13              | 09:38 | 10:06  | 10:39  | 11:17   |
|                        | 94.0     | 99.5  |                                       |                              |       |          | 09:13              | 09:38 | 10:06  | 10:39  | 11:17   |
|                        | 94.0     | 99.5  |                                       |                              |       |          | 09:13              | 09:38 | 10:06  | 10:39  | 11:17   |
|                        | 94.0     | 99.5  |                                       |                              |       |          | 09:13              | 09:38 | 10:06  | 10:39  | 11:17   |
|                        | 94.0     | 99.5  |                                       |                              |       |          | 09:13              | 09:38 | 10:06  | 10:39  | 11:17   |
| 7.5                    | 86.5     | 107.0 | O CHAUVIGNY                           |                              |       | 68       | 09:41              | 10:08 | 10:38  | 11:13  | 11:55   |
| Départ 2ème demi étape |          |       |                                       |                              |       |          |                    |       |        |        |         |
| 0.0                    | 86.5     | 107.0 | CHAUVIGNY                             | Chauvigny                    | D2    | 68       | 10:45              | 10:45 | 10:45  | 10:45  | 10:45   |
| 1.5                    | 85.0     | 108.5 | Inter D17 D2                          | Chauvigny                    | D2    | 111      | 10:50              | 10:51 | 10:51  | 10:51  | 10:52   |
| 5.0                    | 80.0     | 113.5 | Inter D6 D2                           | Sainte-Radégonde             | D2    | 137      | 11:09              | 11:11 | 11:12  | 11:15  | 11:17   |
| 4.0                    | 76.0     | 117.5 | Inter D83 D2                          | La Puye                      | D2    | 108      | 11:24              | 11:27 | 11:30  | 11:33  | 11:37   |
| 2.0                    | 74.0     | 119.5 | La Puye                               | La Puye                      | D2    | 80       | 11:31              | 11:35 | 11:38  | 11:42  | 11:47   |
| 8.0                    | 66.0     | 127.5 | St Pierre de Maillé                   | Saint-Pierre-de-Maillé       | D2    | 75       | 12:01              | 12:07 | 12:12  | 12:19  | 12:27   |
| 5.0                    | 61.0     | 132.5 | O Angles-sur-l'Anglin                 | Angles-sur-l'Anglin          | D2    | 75       | 12:20              | 12:27 | 12:34  | 12:42  | 12:52   |
| 1.5                    | 59.5     | 134.0 | Inter D2a D2                          | Angles-sur-l'Anglin          | D2    | 114      | 12:26              | 12:33 | 12:40  | 12:49  | 13:00   |
| 1.0                    | 58.5     | 135.0 | INDRE (36)                            |                              | D6    | 120      | 12:30              | 12:37 | 12:45  | 12:54  | 13:05   |
| 4.5                    | 54.0     | 139.5 | Tournon St Martin                     | Tournon St Martin            | D14   | 74       | 12:46              | 12:55 | 13:04  | 13:15  | 13:27   |
| 0.5                    | 53.5     | 140.0 | INDRE ET LOIRE (37)                   |                              |       | 70       | 12:48              | 12:57 | 13:06  | 13:17  | 13:30   |
| 6.5                    | 47.0     | 146.5 | Inter D105 D14                        | Bossay-sur-Claise            | D14   | 122      | 13:13              | 13:23 | 13:34  | 13:47  | 14:02   |
| 5.5                    | 41.5     | 152.0 | Inter D14 D725                        | Preuilly sur Claise          | D725  | 97       | 13:33              | 13:45 | 13:57  | 14:12  | 14:30   |
| 1.5                    | 40.0     | 153.5 | Preuilly sur Claise                   | Preuilly sur Claise          | D725  | 74       | 13:39              | 13:51 | 14:04  | 14:19  | 14:37   |
| 1.5                    | 38.5     | 155.0 | Inter D715 D41                        | Bossay-sur-Claise            | D41   | 127      | 13:45              | 13:57 | 14:10  | 14:26  | 14:45   |
| 2.0                    | 36.5     | 157.0 | Inter D50 D41                         | Charnizay                    | D41   | 132      | 13:52              | 14:05 | 14:19  | 14:35  | 14:55   |
| 5.0                    | 31.5     | 162.0 | Charnizay                             | Charnizay                    | D41   | 120      | 14:11              | 14:25 | 14:40  | 14:58  | 15:20   |
| 7.5                    | 24.0     | 169.5 | St Flovier                            | Saint-Flovier                | D41   | 129      | 14:39              | 14:55 | 15:12  | 15:33  | 15:57   |
| 6.0                    | 18.0     | 175.5 | Inter D241 D41                        | Verneuil-sur-Indre           | D41   | 142      | 15:01              | 15:19 | 15:38  | 16:01  | 16:27   |
| 4.5                    | 13.5     | 180.0 | Verneuil sur Indre                    | Verneuil-sur-Indre           | D41   | 95       | 15:18              | 15:37 | 15:57  | 16:21  | 16:50   |
| 0.5                    | 13.0     | 180.5 | Inter D41 D89                         | Verneuil-sur-Indre           | D89   | 111      | 15:20              | 15:39 | 16:00  | 16:24  | 16:52   |
| 2.0                    | 11.0     | 182.5 | Inter D943 D89                        | Verneuil-sur-Indre           | D89   | 78       | 15:28              | 15:47 | 16:08  | 16:33  | 17:02   |
| 1.5                    | 9.5      | 184.0 | St Germain                            | Saint-Jean-Saint-Germain     | D92   | 80       | 15:33              | 15:53 | 16:15  | 16:40  | 17:10   |
| 4.5                    | 5.0      | 188.5 | Poiré                                 | Perrusson                    | D92   | 112      | 15:50              | 16:11 | 16:34  | 17:01  | 17:32   |
| 3.0                    | 2.0      | 191.5 | Beaulieu-lès-Loches                   | Beaulieu-lès-Loches          | D31   | 73       | 16:01              | 16:23 | 16:47  | 17:15  | 17:47   |
|                        | 2.0      | 191.5 |                                       |                              |       |          | 16:01              | 16:23 | 16:47  | 17:15  | 17:47   |
|                        | 2.0      | 191.5 |                                       |                              |       |          | 16:01              | 16:23 | 16:47  | 17:15  | 17:47   |
|                        | 2.0      | 191.5 |                                       |                              |       |          | 16:01              | 16:23 | 16:47  | 17:15  | 17:47   |
| 2.0                    | 0.0      | 193.5 | LOCHES                                |                              |       |          | 16:09              | 16:31 | 16:55  | 17:24  | 17:57   |
|                        |          |       | O Plus Beau Village de France         |                              |       |          |                    |       |        |        |         |

| LA FRANCE EN COURANT                         |          |       |                                        |                            |        |          |                    |              |              |              |              |
|----------------------------------------------|----------|-------|----------------------------------------|----------------------------|--------|----------|--------------------|--------------|--------------|--------------|--------------|
| 31 ème Tour du 13 juillet au 27 juillet 2019 |          |       |                                        |                            |        |          |                    |              |              |              |              |
| jeudi, 25 juillet 2019                       |          |       |                                        |                            |        |          |                    |              |              |              |              |
| 12ème Etape                                  |          |       |                                        |                            |        |          |                    |              |              |              |              |
| Etape de 191.5 Km                            |          |       | LOCHES (37) – LA VILLE AUX CLERCS (41) |                            |        |          |                    |              |              |              |              |
| à parcourir                                  | parcours |       | Commune - Lieu Dît                     | Commune Traversée          | ROUTE  | Altitude | Heures de passages |              |              |              |              |
|                                              |          |       |                                        |                            | Suivie |          | 16km/h             | 15km/h       | 14 km/h      | 13 km/h      | 12 km/h      |
|                                              |          |       | <b>INDRE ET LOIRE (37)</b>             |                            |        |          |                    |              |              |              |              |
| 0.0                                          | 191.5    | 0.0   | <b>LOCHES</b>                          | Loches                     | D31    | 80       | <b>03:00</b>       | <b>03:00</b> | <b>03:00</b> | <b>03:00</b> | <b>03:00</b> |
| 1.5                                          | 190.0    | 1.5   | Beaulieu-lès-Loches                    | Beaulieu-lès-Loches        | D31    | 82       | 03:05              | 03:06        | 03:06        | 03:06        | 03:07        |
| 3.0                                          | 187.0    | 4.5   | Inter D31 D760                         | Beaulieu-lès-Loches        | D760   | 119      | 03:16              | 03:18        | 03:19        | 03:20        | 03:22        |
|                                              | 187.0    | 4.5   | Inter D69 D9 D760                      | Ferrière-sur-Beaulieu      | D760   | 136      | 03:16              | 03:18        | 03:19        | 03:20        | 03:22        |
|                                              | 187.0    | 4.5   |                                        | Sennevières                | D760   |          | 03:16              | 03:18        | 03:19        | 03:20        | 03:22        |
|                                              | 187.0    | 4.5   |                                        | Chemillé-sur-Indrois       | D760   |          | 03:16              | 03:18        | 03:19        | 03:20        | 03:22        |
| 12.0                                         | 175.0    | 16.5  | ○ Montrésor                            | Montrésor                  | D11    | 92       | 04:01              | 04:06        | 04:10        | 04:16        | 04:22        |
| 3.0                                          | 172.0    | 19.5  | Beaumont-Village                       | Beaumont-Village           | D11    | 104      | 04:13              | 04:18        | 04:23        | 04:30        | 04:37        |
| 4.5                                          | 167.5    | 24.0  | Orbigny                                | Orbigny                    | D81    | 115      | 04:30              | 04:36        | 04:42        | 04:50        | 05:00        |
| 6.5                                          | 161.0    | 30.5  | Céré la Ronde                          | Céré-la-Ronde              | D81    | 121      | 04:54              | 05:02        | 05:10        | 05:20        | 05:32        |
| 3.5                                          | 157.5    | 34.0  | Inter D764 D81                         | Épeigné-les-Bois           | D81    | 140      | 05:07              | 05:16        | 05:25        | 05:36        | 05:50        |
| 4.0                                          | 153.5    | 38.0  | Épeigné-les-Bois                       | Épeigné-les-Bois           | D81    | 85       | 05:22              | 05:32        | 05:42        | 05:55        | 06:10        |
| 5.0                                          | 148.5    | 43.0  | Francueil                              | Francueil                  | D80    | 81       | 05:41              | 05:52        | 06:04        | 06:18        | 06:35        |
| 1.0                                          | 147.5    | 44.0  | Inter D976 D80                         | Francueil                  | D80    | 62       | 05:45              | 05:56        | 06:08        | 06:23        | 06:40        |
| 1.0                                          | 146.5    | 45.0  | Chisseaux                              | Chisseaux                  | D40    | 69       | 05:48              | 06:00        | 06:12        | 06:27        | 06:45        |
| 1.5                                          | 145.0    | 46.5  | Chenonceaux                            | Chenonceaux                | D40    | 38       | 05:54              | 06:06        | 06:19        | 06:34        | 06:52        |
| 2.5                                          | 142.5    | 49.0  | Civray-de-Touraine                     | Civray-de-Touraine         | D40    | 60       | 06:03              | 06:16        | 06:30        | 06:46        | 07:05        |
| 4.0                                          | 138.5    | 53.0  | <b>La Croix en Touraine</b>            | La Croix en Touraine       | D40    | 60       | 06:18              | 06:32        | 06:47        | 07:04        | 07:25        |
| 4.0                                          | 138.5    | 53.0  | Dierre                                 | Dierre                     | D40    | 60       | 06:18              | 06:32        | 06:47        | 07:04        | 07:25        |
| 2.5                                          | 136.0    | 55.5  | Saint-Martin-le-Beau                   | Saint-Martin-le-Beau       | D83    | 54       | 06:28              | 06:42        | 06:57        | 07:16        | 07:37        |
| 1.5                                          | 134.5    | 57.0  | Inter D283 D83                         | Saint-Martin-le-Beau       | D83    | 97       | 06:33              | 06:48        | 07:04        | 07:23        | 07:45        |
| 8.0                                          | 126.5    | 65.0  | Amboise Trav-La Loire                  | Amboise                    | D431   | 58       | 07:03              | 07:20        | 07:38        | 08:00        | 08:25        |
| 1.0                                          | 125.5    | 66.0  | Inter D952 D431                        | Amboise                    | D431   | 61       | 07:07              | 07:24        | 07:42        | 08:04        | 08:30        |
| 2.5                                          | 123.0    | 68.5  | Pocé sur Cisse                         | Pocé-sur-Cisse             | D1     | 57       | 07:16              | 07:34        | 07:53        | 08:16        | 08:42        |
| 2.5                                          | 120.5    | 71.0  | Nazelles Négron                        | Nazelles Négron            | D1     | 58       | 07:26              | 07:44        | 08:04        | 08:27        | 08:55        |
| 5.0                                          | 115.5    | 76.0  | Noizay                                 | Noizay                     | D1     | 54       | 07:45              | 08:04        | 08:25        | 08:50        | 09:20        |
| 3.5                                          | 112.0    | 79.5  | Vernou sur Brenne                      | Vernou sur Brenne          | D46    | 57       | 07:58              | 08:18        | 08:40        | 09:06        | 09:37        |
| 5.5                                          | 106.5    | 85.0  | Chançay                                | Chançay                    | D46    | 63       | 08:18              | 08:40        | 09:04        | 09:32        | 10:05        |
| 3.5                                          | 103.0    | 88.5  | Reugny                                 | Reugny                     | D46    | 68       | 08:31              | 08:54        | 09:19        | 09:48        | 10:22        |
| 4.0                                          | 99.0     | 92.5  | Neuillé-le-Lierre                      | Neuillé-le-Lierre          | D46    | 51       | 08:46              | 09:10        | 09:36        | 10:06        | 10:42        |
| 4.0                                          | 95.0     | 96.5  | Auzouer en Touraine                    | Auzouer en Touraine        | D46    | 55       | 09:01              | 09:26        | 09:53        | 10:25        | 11:02        |
|                                              | 95.0     | 96.5  |                                        |                            |        |          | 09:01              | 09:26        | 09:53        | 10:25        | 11:02        |
|                                              | 95.0     | 96.5  |                                        |                            |        |          | 09:01              | 09:26        | 09:53        | 10:25        | 11:02        |
|                                              | 95.0     | 96.5  |                                        |                            |        |          | 09:01              | 09:26        | 09:53        | 10:25        | 11:02        |
|                                              | 95.0     | 96.5  |                                        |                            |        |          | 09:01              | 09:26        | 09:53        | 10:25        | 11:02        |
|                                              | 95.0     | 96.5  |                                        |                            |        |          | 09:01              | 09:26        | 09:53        | 10:25        | 11:02        |
|                                              | 95.0     | 96.5  |                                        |                            |        |          | 09:01              | 09:26        | 09:53        | 10:25        | 11:02        |
|                                              | 95.0     | 96.5  |                                        |                            |        |          | 09:01              | 09:26        | 09:53        | 10:25        | 11:02        |
|                                              | 95.0     | 96.5  |                                        |                            |        |          | 09:01              | 09:26        | 09:53        | 10:25        | 11:02        |
|                                              | 95.0     | 96.5  |                                        |                            |        |          | 09:01              | 09:26        | 09:53        | 10:25        | 11:02        |
| 7.5                                          | 87.5     | 104.0 | <b>CHATEAU-RENAULT</b>                 |                            |        | 100      | 09:30              | 09:56        | 10:25        | 11:00        | 11:40        |
|                                              |          |       | <b>Demi étape</b>                      |                            |        |          |                    |              |              |              |              |
| 0.0                                          | 87.5     | 104.0 | <b>CHATEAU-RENAULT</b>                 |                            | D56    |          | <b>10:45</b>       | <b>10:45</b> | <b>10:45</b> | <b>10:45</b> | <b>10:45</b> |
| 5.0                                          | 82.5     | 109.0 | Saunay                                 | Saunay                     | D56    | 113      | 11:03              | 11:05        | 11:06        | 11:08        | 11:10        |
| 1.0                                          | 81.5     | 110.0 | <b>LOIR ET CHER (41)</b>               |                            |        |          | 11:07              | 11:09        | 11:10        | 11:12        | 11:15        |
| 4.0                                          | 77.5     | 114.0 | St Cyr du Gault                        | Saint-Cyr-du-Gault         | D145   | 121      | 11:22              | 11:25        | 11:27        | 11:31        | 11:35        |
| 6.0                                          | 71.5     | 120.0 | Gombergean                             | Gombergean                 | D108   | 123      | 11:45              | 11:49        | 11:53        | 11:58        | 12:05        |
| 4.5                                          | 67.0     | 124.5 | Inter D65 D108                         | Lancé                      | D108   | 127      | 12:01              | 12:07        | 12:12        | 12:19        | 12:27        |
| 3.0                                          | 64.0     | 127.5 | St Amand Longpré                       | Saint-Amand-Longpré        | D108   | 118      | 12:13              | 12:19        | 12:25        | 12:33        | 12:42        |
| 1.0                                          | 63.0     | 128.5 | Inter N10 D108                         | Saint-Amand-Longpré        | D108   | 130      | 12:16              | 12:23        | 12:30        | 12:38        | 12:47        |
| 3.0                                          | 60.0     | 131.5 | Ambloy                                 | Ambloy                     | D108   | 117      | 12:28              | 12:35        | 12:42        | 12:51        | 13:02        |
|                                              | 60.0     | 131.5 |                                        | Houssay                    | D108   | 125      | 12:28              | 12:35        | 12:42        | 12:51        | 13:02        |
| 2.5                                          | 57.5     | 134.0 | Sasnières                              | Sasnières                  | D108   | 98       | 12:37              | 12:45        | 12:53        | 13:03        | 13:15        |
| 5.5                                          | 52.0     | 139.5 | ○ Lavardin                             | Lavardin                   | D108   | 79       | 12:58              | 13:07        | 13:17        | 13:28        | 13:42        |
| 3.0                                          | 49.0     | 142.5 | Montoire sur le Loir                   | Montoire-sur-le-Loir       | D917   | 68       | 13:09              | 13:19        | 13:30        | 13:42        | 13:57        |
| 2.0                                          | 47.0     | 144.5 | Inter D917e D917                       | Montoire-sur-le-Loir       | D917   | 74       | 13:16              | 13:27        | 13:38        | 13:51        | 14:07        |
| 2.0                                          | 45.0     | 146.5 | Int D917                               | Saint-Rimay                | D917   | 81       | 13:24              | 13:35        | 13:47        | 14:01        | 14:17        |
| 3.0                                          | 42.0     | 149.5 | Inter D67 D917                         | Houssay                    | D917   | 131      | 13:35              | 13:47        | 14:00        | 14:15        | 14:32        |
| 2.0                                          | 40.0     | 151.5 | Inter D82 D917                         | Thoré-la-Rochette          | D917   | 133      | 13:43              | 13:55        | 14:08        | 14:24        | 14:42        |
| 2.5                                          | 37.5     | 154.0 | Varennes                               | Naveil                     | D917   | 102      | 13:52              | 14:05        | 14:19        | 14:35        | 14:55        |
| 6.0                                          | 31.5     | 160.0 | Vendôme                                | Vendôme                    | D917   | 80       | 14:15              | 14:29        | 14:45        | 15:03        | 15:25        |
| 1.5                                          | 30.0     | 161.5 | Inter D917a D917                       | Areines                    | D917   | 93       | 14:20              | 14:35        | 14:51        | 15:10        | 15:32        |
| 5.5                                          | 24.5     | 167.0 | Coulommiers la Tour                    | Coulommiers la Tour        | D917   | 122      | 14:41              | 14:57        | 15:15        | 15:35        | 16:00        |
| 1.5                                          | 23.0     | 168.5 | Villetrun                              | Villetrun                  | D111   | 120      | 14:46              | 15:03        | 15:21        | 15:42        | 16:07        |
| 3.0                                          | 20.0     | 171.5 | Rocé                                   | Rocé                       | D111   | 120      | 14:58              | 15:15        | 15:34        | 15:56        | 16:22        |
| 5.0                                          | 15.0     | 176.5 | St Firmin des Prés                     | St Firmin des Prés         | D111   | 84       | 15:16              | 15:35        | 15:55        | 16:19        | 16:47        |
| 3.0                                          | 12.0     | 179.5 | Haie de Champ                          | Saint-Firmin-des-Prés      | D141   | 120      | 15:28              | 15:47        | 16:08        | 16:33        | 17:02        |
|                                              | 12.0     | 179.5 |                                        | Rahart                     | D141   |          | 15:28              | 15:47        | 16:08        | 16:33        | 17:02        |
| 4.5                                          | 7.5      | 184.0 | Inter D357 D141                        | La Ville-aux-Clercs        | D141   | 148      | 15:45              | 16:05        | 16:27        | 16:54        | 17:25        |
|                                              | 7.5      | 184.0 |                                        |                            |        |          | 15:45              | 16:05        | 16:27        | 16:54        | 17:25        |
| 4.5                                          | 3.0      | 188.5 | <b>LA VILLE AUX CLERCS</b>             | <b>La Ville-aux-Clercs</b> |        | 140      | 16:01              | 16:23        | 16:47        | 17:15        | 17:47        |
|                                              |          |       | ○ <b>Plus Beau Village de France</b>   |                            |        |          |                    |              |              |              |              |

**LA FRANCE EN COURANT**  
31 ème Tour du 13 juillet au 27 juillet 2019  
vendredi, 26 juillet 2019  
**13ème Etape**

Etape de 192.5 Km

LA VILLE AUX CLERCS (41) – SEES (61)

| km          |          |       | Commune - Lieu Dit | Commune Traversée           | ROUTE                   | Altitude | Heures de passages |       |        |        |         |         |
|-------------|----------|-------|--------------------|-----------------------------|-------------------------|----------|--------------------|-------|--------|--------|---------|---------|
| à parcourir | parcours |       |                    |                             |                         |          | Suivie             |       | 16km/h | 15km/h | 14 km/h | 13 km/h |
|             |          |       |                    | LOIR ET CHER (41)           |                         |          |                    |       |        |        |         |         |
| 0.0         | 192.5    | 0.0   |                    | LA VILLE AUX CLERCS         | LA VILLE AUX CLERCS     | D141     | 153                | 03:00 | 03:00  | 03:00  | 03:00   | 03:00   |
| 4.5         | 188.0    | 4.5   |                    | Chauvigny du Perche         | Chauvigny du Perche     | D141     | 186                | 03:16 | 03:18  | 03:19  | 03:20   | 03:22   |
| 4.5         | 183.5    | 9.0   |                    | Inter D106 D141             | La Chapelle Vicomtesse  | D141     | 183                | 03:33 | 03:36  | 03:38  | 03:41   | 03:45   |
| 1.0         | 182.5    | 10.0  |                    | La Chapelle Vicomtesse      | La Chapelle Vicomtesse  | D141     | 187                | 03:37 | 03:40  | 03:42  | 03:46   | 03:50   |
|             |          |       |                    |                             | Bouffry                 |          |                    | 03:00 | 03:00  | 03:00  | 03:00   | 03:00   |
| 7.0         | 175.5    | 17.0  |                    | Droué                       | Droué                   | D19      | 157                | 04:03 | 04:08  | 04:12  | 04:18   | 04:25   |
| 4.5         | 171.0    | 21.5  |                    | La Fontenelle               | La Fontenelle           | D19      | 172                | 04:20 | 04:26  | 04:32  | 04:39   | 04:47   |
| 0.5         | 170.5    | 22.0  |                    | Inter D87 D19               | Le Poislay              | D19      | 200                | 04:22 | 04:28  | 04:34  | 04:41   | 04:50   |
| 2.5         | 168.0    | 24.5  |                    | Int D111-1 D19 La Tuilerie  | Arrou                   | D19      | 214                | 04:31 | 04:38  | 04:45  | 04:53   | 05:02   |
| 3.0         | 165.0    | 27.5  |                    | Le Gault-Perche             | Le Gault-Perche         | D118     | 210                | 04:43 | 04:50  | 04:57  | 05:06   | 05:17   |
| 3.0         | 162.0    | 30.5  |                    | EURE ET LOIR (28)           |                         | D131     | 192                | 04:54 | 05:02  | 05:10  | 05:20   | 05:32   |
| 2.0         | 160.0    | 32.5  |                    | La Bazoche-Gouet            | La Bazoche-Gouet        | D131     | 190                | 05:01 | 05:10  | 05:19  | 05:30   | 05:42   |
| 4.5         | 155.5    | 37.0  |                    | Les Autels Villevillon      | Les Autels Villevillon  | D372.9   | 190                | 05:18 | 05:28  | 05:38  | 05:50   | 06:05   |
| 4.0         | 151.5    | 41.0  |                    | Les Emonderies              | Charbonnières           | D372.9   | 204                | 05:33 | 05:44  | 05:55  | 06:09   | 06:25   |
| 2.5         | 149.0    | 43.5  |                    | Charbonnières               | Charbonnières           | D112     | 206                | 05:43 | 05:54  | 06:06  | 06:20   | 06:37   |
| 1.5         | 147.5    | 45.0  |                    | Inter D137 D13              | Charbonnières           | D13      | 227                | 05:48 | 06:00  | 06:12  | 06:27   | 06:45   |
| 2.0         | 145.5    | 47.0  |                    | Authon du Perche            | Authon du Perche        | D9       | 240                | 05:56 | 06:08  | 06:21  | 06:36   | 06:55   |
| 3.0         | 142.5    | 50.0  |                    | St Lubin des Cinq Fonds     | Authon du Perche        | D9       | 223                | 06:07 | 06:20  | 06:34  | 06:50   | 07:10   |
| 2.0         | 140.5    | 52.0  |                    | Inter D124 D9               | Bethonvillers           | D9       | 158                | 06:15 | 06:28  | 06:42  | 07:00   | 07:20   |
| 0.5         | 140.0    | 52.5  |                    | Inter D9 D371               | Coudray au Perche       | D371     | 160                | 06:16 | 06:30  | 06:45  | 07:02   | 07:22   |
| 2.5         | 137.5    | 55.0  |                    | Inter D371-6 D371           | Bethonvillers           | D371     | 222                | 06:26 | 06:40  | 06:55  | 07:13   | 07:35   |
| 1.5         | 136.0    | 56.5  |                    | Inter D112 D371-3           | Bethonvillers           | D371-3   | 248                | 06:31 | 06:46  | 07:02  | 07:20   | 07:42   |
| 1.5         | 134.5    | 58.0  |                    | Inter D955 D371.3           | Vichères                | D371.3   | 234                | 06:37 | 06:52  | 07:08  | 07:27   | 07:50   |
| 1.0         | 133.5    | 59.0  |                    | Vichères                    | Vichères                | D371-3   | 190                | 06:41 | 06:56  | 07:12  | 07:32   | 07:55   |
| 3.0         | 130.5    | 62.0  |                    | Inter D371-3 D368-4         | Argenvilliers           | D368-4   | 284                | 06:52 | 07:08  | 07:25  | 07:46   | 08:10   |
| 1.0         | 129.5    | 63.0  |                    | Le Goulet                   | La Gaudaine             | D368     | 261                | 06:56 | 07:12  | 07:30  | 07:50   | 08:15   |
| 5.0         | 124.5    | 68.0  |                    | Inter D368 D922             | Champrond en Perchet    | D922     | 187                | 07:15 | 07:32  | 07:51  | 08:13   | 08:40   |
| 4.0         | 120.5    | 72.0  |                    | Nogent le Rotrou            | Nogent le Rotrou        | D955     | 110                | 07:30 | 07:48  | 08:08  | 08:32   | 09:00   |
| 1.5         | 119.0    | 73.5  |                    | Inter D955 D370-1           | Nogent le Rotrou        | D370-1   | 128                | 07:35 | 07:54  | 08:15  | 08:39   | 09:07   |
| 1.0         | 118.0    | 74.5  |                    | Inter D923 D370-1           | Nogent le Rotrou        | D370-1   | 141                | 07:39 | 07:58  | 08:19  | 08:43   | 09:12   |
| 1.0         | 117.0    | 75.5  |                    | ORNE (61)                   |                         | D624     | 138                | 07:43 | 08:02  | 08:23  | 08:48   | 09:17   |
| 2.5         | 114.5    | 78.0  |                    | St Pierre la Bruyère        | St Pierre la Bruyère    | D624     | 184                | 07:52 | 08:12  | 08:34  | 09:00   | 09:30   |
| 3.0         | 111.5    | 81.0  |                    | Inter D203 D624             | Nocé                    | D624     | 181                | 08:03 | 08:24  | 08:47  | 09:13   | 09:45   |
| 1.5         | 110.0    | 82.5  |                    | Verrières                   | Nocé                    | D203     | 131                | 08:09 | 08:30  | 08:53  | 09:20   | 09:52   |
| 3.0         | 107.0    | 85.5  |                    | Inter D283 D203             | Nocé                    | D203     | 193                | 08:20 | 08:42  | 09:06  | 09:34   | 10:07   |
| 3.5         | 103.5    | 89.0  |                    | Nocé                        | Nocé                    | D203     | 150                | 08:33 | 08:56  | 09:21  | 09:50   | 10:25   |
| 3.5         | 100.0    | 92.5  |                    | St Jean de la Forêt         | St Jean de la Forêt     | D203     | 223                | 08:46 | 09:10  | 09:36  | 10:06   | 10:42   |
|             | 100.0    | 92.5  |                    |                             |                         |          |                    | 08:46 | 09:10  | 09:36  | 10:06   | 10:42   |
|             | 100.0    | 92.5  |                    |                             |                         |          |                    | 08:46 | 09:10  | 09:36  | 10:06   | 10:42   |
|             | 100.0    | 92.5  |                    |                             |                         |          |                    | 08:46 | 09:10  | 09:36  | 10:06   | 10:42   |
| 6.0         | 94.0     | 98.5  |                    | BELLEME                     | Bellene                 |          | 218                | 09:09 | 09:34  | 10:02  | 10:34   | 11:12   |
|             |          |       |                    | Demi étape                  |                         |          |                    |       |        |        |         |         |
| 0.0         | 94.0     | 98.5  |                    | BELLEME                     |                         | D5       |                    | 10:00 | 10:00  | 10:00  | 10:00   | 10:00   |
| 5.5         | 88.5     | 104.0 |                    | St Ouen de la Cour          | St Ouen de la Cour      | D5       | 180                | 10:20 | 10:22  | 10:23  | 10:25   | 10:27   |
| 4.0         | 84.5     | 108.0 |                    | Inter D284 D5               | Mauves sur Huisne       | D5       | 140                | 10:35 | 10:38  | 10:40  | 10:43   | 10:47   |
| 1.5         | 83.0     | 109.5 |                    | Mauves sur Huisne           | Mauves sur Huisne       | D5       | 156                | 10:41 | 10:44  | 10:47  | 10:50   | 10:55   |
| 3.0         | 80.0     | 112.5 |                    | Inter D10 D5                | Courgeon                | D5       | 146                | 10:52 | 10:56  | 11:00  | 11:04   | 11:10   |
|             |          |       |                    |                             | Chapelle Montligeon     | D5       | 155                | 10:52 | 10:56  | 11:00  | 11:04   | 11:10   |
| 5.0         | 75.0     | 117.5 |                    | Inter D8 D5                 | Saint Mard de Reno      | D5       | 177                | 11:11 | 11:16  | 11:21  | 11:27   | 11:35   |
|             |          |       |                    |                             | Feings                  |          | 200                | 11:11 | 11:16  | 11:21  | 11:27   | 11:35   |
| 7.5         | 67.5     | 125.0 |                    | Inter N12 D5                | Tourouvre               | D5       | 200                | 11:39 | 11:46  | 11:53  | 12:02   | 12:12   |
| 2.0         | 65.5     | 127.0 |                    | Tourouvre                   | Tourouvre               | D32      | 250                | 11:46 | 11:54  | 12:02  | 12:11   | 12:22   |
| 3.5         | 62.0     | 130.5 |                    | Bubtré                      | Bubtré                  | D32      | 300                | 12:00 | 12:08  | 12:17  | 12:27   | 12:40   |
| 1.0         | 61.0     | 131.5 |                    | Inter D32 D930              | Lignerolles             | D930     | 308                | 12:03 | 12:12  | 12:21  | 12:32   | 12:45   |
| 4.0         | 57.0     | 135.5 |                    | Inter D251 D930             | Soligny la Trappe       | D930     | 263                | 12:18 | 12:28  | 12:38  | 12:50   | 13:05   |
| 2.0         | 55.0     | 137.5 |                    | Inter D298 D930             | Les Genettes            | D930     | 260                | 12:26 | 12:36  | 12:47  | 13:00   | 13:15   |
| 2.5         | 52.5     | 140.0 |                    | Inter D673 D930             | Les Genettes            | D930     | 248                | 12:35 | 12:46  | 12:57  | 13:11   | 13:27   |
| 2.5         | 50.0     | 142.5 |                    | Les Aspres                  | Les Aspres              | D673     | 218                | 12:45 | 12:56  | 13:08  | 13:23   | 13:40   |
| 4.5         | 45.5     | 147.0 |                    | Inter D673 D3               | Augaise                 | D3       | 274                | 13:01 | 13:14  | 13:27  | 13:43   | 14:02   |
| 3.5         | 42.0     | 150.5 |                    | Inter D674 D3               | La Ferrière au Doyen    | D3       | 267                | 13:15 | 13:28  | 13:42  | 14:00   | 14:20   |
| 5.0         | 37.0     | 155.5 |                    | Moulins la Marche           | Moulins la Marche       | D3       | 259                | 13:33 | 13:48  | 14:04  | 14:23   | 14:45   |
| 3.0         | 34.0     | 158.5 |                    | Inter D676 D3               | Mahéru                  | D3       | 229                | 13:45 | 14:00  | 14:17  | 14:36   | 15:00   |
| 1.0         | 33.0     | 159.5 |                    | Inter D676 D3               | Mahéru                  | D3       | 191                | 13:48 | 14:04  | 14:21  | 14:41   | 15:05   |
|             |          |       |                    |                             | Fay                     |          |                    | 13:48 | 14:04  | 14:21  | 14:41   | 15:05   |
| 1.5         | 31.5     | 161.0 |                    | Inter D228 D3               | Ferrière la Verrerie    | D3       | 236                | 13:54 | 14:10  | 14:27  | 14:48   | 15:12   |
|             |          |       |                    |                             | Tellières le Plessis    |          |                    | 13:54 | 14:10  | 14:27  | 14:48   | 15:12   |
| 4.5         | 27.0     | 165.5 |                    | Courtomer                   | Courtomer               | D4       | 215                | 14:11 | 14:28  | 14:47  | 15:09   | 15:35   |
| 3.0         | 24.0     | 168.5 |                    | Inter D763 D4               | Brullemail              | D4       | 233                | 14:22 | 14:40  | 15:00  | 15:23   | 15:50   |
| 4.0         | 20.0     | 172.5 |                    | Inter D209 D4               | Saint Léonard des Parcs | D4       | 205                | 14:37 | 14:56  | 15:17  | 15:41   | 16:10   |
|             |          |       |                    |                             | La Genevraie            |          |                    | 14:37 | 14:56  | 15:17  | 15:41   | 16:10   |
| 4.0         | 16.0     | 176.5 |                    | Le Merlerault               | Le Merlerault           | D50      | 225                | 14:52 | 15:12  | 15:34  | 16:00   | 16:30   |
| 3.0         | 13.0     | 179.5 |                    | Inter D733 D50              | Godisson                | D50      | 225                | 15:03 | 15:24  | 15:47  | 16:13   | 16:45   |
| 1.5         | 11.5     | 181.0 |                    | Inter D733 D50              | Neuville Près Sées      | D50      | 200                | 15:09 | 15:30  | 15:53  | 16:20   | 16:52   |
| 1.5         | 10.0     | 182.5 |                    | Inter D303 D50              | Neuville Près Sées      | D50      | 204                | 15:15 | 15:36  | 16:00  | 16:27   | 17:00   |
| 7.0         | 3.0      | 189.5 |                    | Inter VC D3                 | Sées                    | D3       | 190                | 15:41 | 16:04  | 16:30  | 17:00   | 17:35   |
| 3.0         | 0.0      | 192.5 |                    | SEES                        | Sées                    |          | 183                | 15:52 | 16:16  | 16:42  | 17:13   | 17:50   |
|             |          |       | O                  | Plus Beau Village de France |                         |          |                    |       |        |        |         |         |

**LA FRANCE EN COURANT**  
31 ème Tour du 13 juillet au 27 juillet 2019  
samedi, 27 juillet 2019

**14ème Etape**

Etape de 131 Km

SEES (61) – BERNAY (27)

| km          |          |       | Commune - Lieu Dit            | Commune Traversée             | ROUTE | Altitude | Heures de passages |       |        |        |         |
|-------------|----------|-------|-------------------------------|-------------------------------|-------|----------|--------------------|-------|--------|--------|---------|
| à parcourir | parcours |       |                               |                               |       |          | Suivie             |       | 16km/h | 15km/h | 14 km/h |
| ORNE (61)   |          |       |                               |                               |       |          |                    |       |        |        |         |
| 0.0         | 131.0    | 0.0   | SEES                          | Sées                          | D50e  | 183      | 06:00              | 06:00 | 06:00  | 06:00  | 06:00   |
| 1.0         | 130.0    | 1.0   | D50e VC (Gendarmerie)         | Sées                          | VC    | 210      | 06:03              | 06:04 | 06:04  | 06:04  | 06:05   |
| 1.5         | 128.5    | 2.5   | Inter VC D3                   | Sées                          | D3    | 220      | 06:09              | 06:10 | 06:10  | 06:11  | 06:12   |
| 0.5         | 128.0    | 3.0   | Inter D3 D50                  | Sées                          | D50   | 222      | 06:11              | 06:12 | 06:12  | 06:13  | 06:15   |
| 2.0         | 126.0    | 5.0   | Inter D738 D50                | Neuville-près-Sées            | D50   | 200      | 06:18              | 06:20 | 06:21  | 06:23  | 06:25   |
|             | 126.0    | 5.0   |                               | Godisson                      | D50   | 221      | 06:18              | 06:20 | 06:21  | 06:23  | 06:25   |
| 9.0         | 117.0    | 14.0  | Le Merlerault                 | Le Merlerault                 | D50   | 212      | 06:52              | 06:56 | 07:00  | 07:04  | 07:10   |
| 1.0         | 116.0    | 15.0  | Inter D232 D50                | Le Merlerault                 | D50   | 213      | 06:56              | 07:00 | 07:04  | 07:09  | 07:15   |
| 3.0         | 113.0    | 18.0  | Les Authieux du Puits         | Les Authieux-du-Puits         | D50   | 280      | 07:07              | 07:12 | 07:17  | 07:23  | 07:30   |
| 5.5         | 107.5    | 23.5  | Echauffour                    | Echauffour                    | D50   | 288      | 07:28              | 07:34 | 07:40  | 07:48  | 07:57   |
| 8.5         | 99.0     | 32.0  | St Evroult Notre Dame du Bois | St Evroult Notre Dame du Bois | D31   | 260      | 08:00              | 08:08 | 08:17  | 08:27  | 08:40   |
| 5.5         | 93.5     | 37.5  | Inter D31 D14                 | La Gonfrière                  | D14   | 264      | 08:20              | 08:30 | 08:40  | 08:53  | 09:07   |
| 2.5         | 91.0     | 40.0  | La Ferté-Frênel               | La Ferté-Frênel               | D352  | 262      | 08:30              | 08:40 | 08:51  | 09:04  | 09:20   |
|             | 91.0     | 40.0  |                               | Anceins                       | D352  | 254      | 08:30              | 08:40 | 08:51  | 09:04  | 09:20   |
| 3.5         | 87.5     | 43.5  | Inter D231 D352               | Couvains                      | D352  | 243      | 08:43              | 08:54 | 09:06  | 09:20  | 09:37   |
| 1.0         | 86.5     | 44.5  | EURE (27)                     |                               | D45   | 237      | 08:46              | 08:58 | 09:10  | 09:25  | 09:42   |
| 1.5         | 85.0     | 46.0  | Inter D819 D45                | Mesnil-Rousset                | D45   | 232      | 08:52              | 09:04 | 09:17  | 09:32  | 09:50   |
| 0.5         | 84.5     | 46.5  | Mesnil-Rousset                | Mesnil-Rousset                | D45   | 225      | 08:54              | 09:06 | 09:19  | 09:34  | 09:52   |
| 4.5         | 80.0     | 51.0  | La Haye-Saint-Sylvestre       | La Haye-Saint-Sylvestre       | D45   | 196      | 09:11              | 09:24 | 09:38  | 09:55  | 10:15   |
| 1.0         | 79.0     | 52.0  | Inter D45 D25                 | La Haye-Saint-Sylvestre       | D25   | 208      | 09:15              | 09:28 | 09:42  | 10:00  | 10:20   |
| 5.5         | 73.5     | 57.5  | La Barre-en-Ouche             | La Barre-en-Ouche             | D25   | 196      | 09:35              | 09:50 | 10:06  | 10:25  | 10:47   |
|             | 73.5     | 57.5  |                               | Épinay                        | D25   | 182      | 09:35              | 09:50 | 10:06  | 10:25  | 10:47   |
|             | 73.5     | 57.5  |                               | Saint-Aubin-des-Hayes         | D25   | 174      | 09:35              | 09:50 | 10:06  | 10:25  | 10:47   |
|             | 73.5     | 57.5  |                               |                               |       |          | 09:35              | 09:50 | 10:06  | 10:25  | 10:47   |
|             | 73.5     | 57.5  |                               |                               |       |          | 09:35              | 09:50 | 10:06  | 10:25  | 10:47   |
|             | 73.5     | 57.5  |                               |                               |       |          | 09:35              | 09:50 | 10:06  | 10:25  | 10:47   |
|             | 73.5     | 57.5  |                               |                               |       |          | 09:35              | 09:50 | 10:06  | 10:25  | 10:47   |
|             | 73.5     | 57.5  |                               |                               |       |          | 09:35              | 09:50 | 10:06  | 10:25  | 10:47   |
|             | 73.5     | 57.5  |                               |                               |       |          | 09:35              | 09:50 | 10:06  | 10:25  | 10:47   |
|             | 73.5     | 57.5  |                               |                               |       |          | 09:35              | 09:50 | 10:06  | 10:25  | 10:47   |
|             | 73.5     | 57.5  |                               |                               |       |          | 09:35              | 09:50 | 10:06  | 10:25  | 10:47   |
|             | 73.5     | 57.5  |                               |                               |       |          | 09:35              | 09:50 | 10:06  | 10:25  | 10:47   |
|             | 73.5     | 57.5  |                               |                               |       |          | 09:35              | 09:50 | 10:06  | 10:25  | 10:47   |
|             | 73.5     | 57.5  |                               |                               |       |          | 09:35              | 09:50 | 10:06  | 10:25  | 10:47   |
|             | 73.5     | 57.5  |                               |                               |       |          | 09:35              | 09:50 | 10:06  | 10:25  | 10:47   |
|             | 73.5     | 57.5  |                               |                               |       |          | 09:35              | 09:50 | 10:06  | 10:25  | 10:47   |
|             | 73.5     | 57.5  |                               |                               |       |          | 09:35              | 09:50 | 10:06  | 10:25  | 10:47   |
|             | 73.5     | 57.5  |                               |                               |       |          | 09:35              | 09:50 | 10:06  | 10:25  | 10:47   |
|             | 73.5     | 57.5  |                               |                               |       |          | 09:35              | 09:50 | 10:06  | 10:25  | 10:47   |
|             | 73.5     | 57.5  |                               |                               |       |          | 09:35              | 09:50 | 10:06  | 10:25  | 10:47   |
| 9.0         | 64.5     | 66.5  | BEAUMESNIL                    | Beaumesnil                    |       | 167      | 10:09              | 10:26 | 10:45  | 11:06  | 11:32   |
| Demi étape  |          |       |                               |                               |       |          |                    |       |        |        |         |
| 0.0         | 64.5     | 66.5  | BEAUMESNIL                    | Beaumesnil                    | D25   | 167      | 11:30              | 11:30 | 11:30  | 11:30  | 11:30   |
|             | 64.5     | 66.5  |                               | Saint-Aubin-le-Guichard       |       |          | 11:30              | 11:30 | 11:30  | 11:30  | 11:30   |
|             | 64.5     | 66.5  |                               | Gouttières                    |       |          | 11:30              | 11:30 | 11:30  | 11:30  | 11:30   |
| 10.5        | 54.0     | 77.0  | Beaumont-le-Roger             | Beaumont-le-Roger             | D133  | 90       | 12:09              | 12:12 | 12:15  | 12:18  | 12:22   |
|             | 54.0     | 77.0  |                               | Launay                        | D133  | 82       | 12:09              | 12:12 | 12:15  | 12:18  | 12:22   |
| 6.0         | 48.0     | 83.0  | Serquigny                     | Serquigny                     | D46   | 77       | 12:31              | 12:36 | 12:40  | 12:46  | 12:52   |
| 3.0         | 45.0     | 86.0  | Nassandres                    | Nassandres                    | D23   | 71       | 12:43              | 12:48 | 12:53  | 13:00  | 13:07   |
| 2.0         | 43.0     | 88.0  | Inter D23e D23 D130           | Nassandres                    | D130  | 70       | 12:50              | 12:56 | 13:02  | 13:09  | 13:17   |
| 6.0         | 37.0     | 94.0  | Brionne                       | Brionne                       | D438  | 60       | 13:13              | 13:20 | 13:27  | 13:36  | 13:47   |
|             | 37.0     | 94.0  |                               | Calleville                    | D438  |          | 13:13              | 13:20 | 13:27  | 13:36  | 13:47   |
| 4.0         | 33.0     | 98.0  | Inter D438 D39                | Le Bec-Hellouin               | D39   | 59       | 13:28              | 13:36 | 13:45  | 13:55  | 14:07   |
| 3.0         | 30.0     | 101.0 | Le Bec-Hellouin               | Le Bec-Hellouin               | D39   | 63       | 13:39              | 13:48 | 13:57  | 14:09  | 14:22   |
| 2.0         | 28.0     | 103.0 | Pont-Authou                   | Pont-Authou                   | D137  | 47       | 13:46              | 13:56 | 14:06  | 14:18  | 14:32   |
| 1.5         | 26.5     | 104.5 | Inter D137 D38                | Freneuse-sur-Risle            | D38   | 46       | 13:52              | 14:02 | 14:12  | 14:25  | 14:40   |
| 3.0         | 23.5     | 107.5 | Inter D38 VC R de la Fontelet | Livet-sur-Authou              | VC    | 121      | 14:03              | 14:14 | 14:25  | 14:39  | 14:55   |
|             | 23.5     | 107.5 |                               | Saint-Benoît-des-Ombres       | VC    | 139      | 14:03              | 14:14 | 14:25  | 14:39  | 14:55   |
| 5.0         | 18.5     | 112.5 | Inter VC D31 CALV             | Saint-Victor-d'Épine          | D31   | 142      | 14:22              | 14:34 | 14:47  | 15:02  | 15:20   |
| 0.5         | 18.0     | 113.0 | Saint-Victor-d'Épine          | Saint-Victor-d'Épine          | D31   | 149      | 14:24              | 14:36 | 14:49  | 15:04  | 15:22   |
| 1.5         | 16.5     | 114.5 | Inter D26 D31                 | Neuville-sur-Authou           | D31   | 154      | 14:30              | 14:42 | 14:55  | 15:11  | 15:30   |
| 2.5         | 14.0     | 117.0 | Berthouville                  | Berthouville                  | D48   | 155      | 14:39              | 14:52 | 15:06  | 15:23  | 15:42   |
| 3.5         | 10.5     | 120.5 | Inter D48 D43                 | Berthouville                  | D43   | 166      | 14:52              | 15:06 | 15:21  | 15:39  | 16:00   |
| 1.0         | 9.5      | 121.5 | Inter D613 D43                | Plasnes                       | D43   | 169      | 14:56              | 15:10 | 15:25  | 15:43  | 16:05   |
| 4.0         | 5.5      | 125.5 | Valailles                     | Valailles                     | D43   | 162      | 15:11              | 15:26 | 15:42  | 16:02  | 16:25   |
|             | 5.5      | 125.5 |                               | Menneval                      | D43   | 159      | 15:11              | 15:26 | 15:42  | 16:02  | 16:25   |
|             | 5.5      | 125.5 |                               |                               |       |          | 15:11              | 15:26 | 15:42  | 16:02  | 16:25   |
|             | 5.5      | 125.5 |                               |                               |       |          | 15:11              | 15:26 | 15:42  | 16:02  | 16:25   |
|             | 5.5      | 125.5 |                               |                               |       |          | 15:11              | 15:26 | 15:42  | 16:02  | 16:25   |
| 5.5         | 0.0      | 131.0 | BERNAY Rue du stade           | Bernay                        |       | 110      | 15:31              | 15:48 | 16:06  | 16:27  | 16:52   |
|             |          |       | O Plus Beau Village de France |                               |       |          |                    |       |        |        |         |