



LA FRANCE EN COURANT
36ème Tour du 19 Juillet au 2 août 2025
mardi, 22 juillet 2025
3ème Etape

Etape de 189 Km

LAVELANET (09) LOUDENVIELLE (65)

Dis-Part	km	parcours	Commune - Lieu Dit	Commune Traversée	ROUTE	Altitude	Heures de passages					
							Suivie	16km/h	15km/h	14 km/h	13 km/h	12 km/h
09 ARIEGE												
0.0	189.0	0	Lavelanet	Lavelanet	D117	580	03:00	03:00	03:00	03:00	03:00	
	189.0	0.0		Villeneuve-d'Olmes	D117		03:00	03:00	03:00	03:00	03:00	
	189.0	0.0		Montferrier	D117		03:00	03:00	03:00	03:00	03:00	
7.5	181.5	7.5	Nalzen	Nalzen	D117	635	03:28	03:30	03:32	03:34	03:37	
	181.5	7.5		Roquefixade	D117		03:28	03:30	03:32	03:34	03:37	
	181.5	7.5		Leychert	D117		03:28	03:30	03:32	03:34	03:37	
	181.5	7.5		Soula	D117		03:28	03:30	03:32	03:34	03:37	
7.0	174.5	14.5	Celles	Celles	D117	490	03:54	03:58	04:02	04:06	04:12	
4.0	170.5	18.5	Inter D117 D618	Saint-Paul-de-Jarrat	D618	460	04:09	04:14	04:19	04:25	04:32	
3.0	167.5	21.5	Garrabet	Mercus-Garrabet	D618	501	04:20	04:26	04:32	04:39	04:47	
2.0	165.5	23.5	Mercus	Mercus	D618	480	04:28	04:34	04:40	04:48	04:57	
2.0	163.5	25.5	Bompas	Bompas	D618		04:35	04:42	04:49	04:57	05:07	
3.0	160.5	28.5	Ave Paul Joucla	Tarascon-sur-Ariège			04:46	04:54	05:02	05:11	05:22	
	160.5	28.5	Ave Saint Roch		N20	480	04:46	04:54	05:02	05:11	05:22	
	160.5	28.5	Route de St Giron		N20		04:46	04:54	05:02	05:11	05:22	
	160.5	28.5	Route du Col de Port		D618		04:46	04:54	05:02	05:11	05:22	
2.5	158.0	31.0	Surba	Surba	D618	547	04:56	05:04	05:12	05:23	05:35	
2.5	155.5	33.5	Bédeilhac	Bédeilhac-et-Aynat	D618	650	05:05	05:14	05:23	05:34	05:47	
3.0	152.5	36.5	Saurat	Saurat	D618	670	05:16	05:26	05:36	05:48	06:02	
9.5	143.0	46.0	Col de Port		D618	1249	05:52	06:04	06:17	06:32	06:50	
7.0	136.0	53.0	Col des Caugnous	Boussenac	D618	947	06:18	06:32	06:47	07:04	07:25	
2.0	134.0	55.0	Col de Four		D618	822	06:26	06:40	06:55	07:13	07:35	
0.5	133.5	55.5	Espiet		D618		06:28	06:42	06:57	07:16	07:37	
3.5	130.0	59.0	Massat	Massat	D618	650	06:41	06:56	07:12	07:32	07:55	
4.0	126.0	63.0	Biert	Biert	D618	590	06:56	07:12	07:30	07:50	08:15	
7.0	119.0	70.0	Castzt d'Aleu	Aleu	D618	500	07:22	07:40	08:00	08:23	08:50	
4.0	115.0	74.0	Inter D3 D618	Soulan	D618	467	07:37	07:56	08:17	08:41	09:10	
	115.0	74.0		Soueix-Rogalle	D618		07:37	07:56	08:17	08:41	09:10	
	115.0	74.0		Lacourt	D618		07:37	07:56	08:17	08:41	09:10	
10.0	105.0	84.0	Eycheil	Eycheil	D618		08:15	08:36	09:00	09:27	10:00	
2.5	102.5	86.5		Saint-Girons	D618	390	08:24	08:46	09:10	09:39	10:12	
5.0	97.5	91.5	Moulis	Moulis	D618	433	08:43	09:06	09:32	10:02	10:37	
3.5	94.0	95.0	Engomer	Engomer	D618	462	08:56	09:20	09:47	10:18	10:55	
	94.0	95.0		Balaguères	D618	487	08:56	09:20	09:47	10:18	10:55	
	94.0	95.0		Cescau	D618	506	08:56	09:20	09:47	10:18	10:55	
4.0	90.0	99.0	Inter D4 D618	Audressein	D618	527	09:11	09:36	10:04	10:36	11:15	
0.5	89.5	99.5	Audressein		D618	513	09:13	09:38	10:06	10:39	11:17	
2.5	87.0	102.0	Argein	Argein	D618		09:22	09:48	10:17	10:50	11:30	
2.0	85.0	104.0	Aucazein	Aucazein	D618	551	09:30	09:56	10:25	11:00	11:40	
1.0	84.0	105.0	Illartein	Illartein	D618	565	09:33	10:00	10:30	11:04	11:45	
2.5	81.5	107.5	Orgibet	Orgibet	D618	648	09:43	10:10	10:40	11:16	11:57	
	81.5	107.5		Saint-Jean-du-Castillonnois	D618		09:43	10:10	10:40	11:16	11:57	
	81.5	107.5		Galey	D618		09:43	10:10	10:40	11:16	11:57	
	81.5	107.5		Augirein	D618	630	09:43	10:10	10:40	11:16	11:57	
4.0	77.5	111.5	Saint-Lary	Saint-Lary		680	09:58	10:26	10:57	11:34	12:17	
Départ de la 2ème demi étape												
0.0	77.5	111.5	Saint-Lary	Saint-Lary	D618		11:00	11:00	11:00	11:00	11:00	
	77.5	111.5		Galey	D618		11:00	11:00	11:00	11:00	11:00	
31 HAUTE GARONNE												
3.5	74.0	115.0	Portet-d'Aspet	Portet-d'Aspet	D618	850	11:13	11:14	11:15	11:16	11:17	
	74.0	115.0	Col du Portrt d'Aspet		D618	1069	11:13	11:14	11:15	11:16	11:17	
12.0	62.0	127.0	Ger de Boux	Boutx	D618	900	11:58	12:02	12:06	12:11	12:17	
	62.0	127.0	Col de Mente		D618	1345	11:58	12:02	12:06	12:11	12:17	
13.0	49.0	140.0	Boutx		D618	708	12:46	12:54	13:02	13:11	13:22	
2.5	46.5	142.5	Saint-Béat-Lez	Saint-Béat-Lez	D44	500	12:56	13:04	13:12	13:23	13:35	
3.5	43.0	146.0		Marignac	D44	511	13:09	13:18	13:27	13:39	13:52	
	43.0	146.0	Neutralisé du Km 146.5 au Km157.2					13:09	13:18	13:27	13:39	13:52
11.0	32.0	157.0	Inter D125 D27	Salles-et-Pratviel	D27	597	13:50	14:02	14:15	14:30	14:47	
1.0	31.0	158.0	Salles-et-Pratviel		D27	600	13:54	14:06	14:19	14:34	14:52	
2.5	28.5	160.5	Juzet-de-Luchon	Juzet-de-Luchon	D27		14:03	14:16	14:30	14:46	15:05	
2.0	26.5	162.5	Montauban-de-Luchon	Montauban-de-Luchon	D27c	631	14:11	14:24	14:38	14:55	15:15	
0.5	26.0	163.0	Bd Charles de Gaulle	Bagnères-de-Luchon			14:13	14:26	14:40	14:57	15:17	
	26.0	163.0	R Alexandre Fleming			620	14:13	14:26	14:40	14:57	15:17	
	26.0	163.0	R Stéphane LRGRAND				14:13	14:26	14:40	14:57	15:17	
	26.0	163.0	R SOULERAT				14:13	14:26	14:40	14:57	15:17	
	26.0	163.0	R Nerée DOUBLEE				14:13	14:26	14:40	14:57	15:17	
1.0	25.0	164.0	CRS de La CASSEYDE		D618	620	14:16	14:30	14:45	15:02	15:22	
	25.0	164.0		Cazarilh-Laspènes	D618		14:16	14:30	14:45	15:02	15:22	
	25.0	164.0		Trébons-de-Luchon	D618		14:16	14:30	14:45	15:02	15:22	
5.0	20.0	169.0	Saint-Aventin	Saint-Aventin	D618	926	14:35	14:50	15:06	15:25	15:47	
	20.0	169.0		Castillon-de-Larboust	D618		14:35	14:50	15:06	15:25	15:47	
1.0	19.0	170.0	Cazeaux-de-Larboust	Cazeaux-de-Larboust	D618	992	14:39	14:54	15:10	15:30	15:52	
	19.0	170.0		Billière	D618		14:39	14:54	15:10	15:30	15:52	
1.5	17.5	171.5	Garin	Garin	D618	114	14:45	15:00	15:17	15:36	16:00	
	17.5	171.5		Portet-de-Luchon	D618		14:45	15:00	15:17	15:36	16:00	
5.0	12.5	176.5	65 HAUTE PYRENEES			D618		15:03	15:20	15:38	16:00	16:25
	12.5	176.5	Col de Peyresourde	Loudenvielle	D618	1568	15:03	15:20	15:38	16:00	16:25	
	12.5	176.5		Mont	D618		15:03	15:20	15:38	16:00	16:25	
6.0	6.5	182.5	Loudenvielle	Loudenvielle	D618	1100	15:26	15:44	16:04	16:27	16:55	
2.5	4.0	185.0	Estarvielle	Estarvielle	D25	1000	15:35	15:54	16:15	16:39	17:07	
4.0	0.0	189.0	Loudenvielle	Loudenvielle		960	15:50	16:10	16:32	16:57	17:27	