



LA FRANCE EN COURANT
36ème Tour du 19 Juillet au 2 août 2025
mercredi, 23 juillet 2025

4ème Etape

Etape de 190 Km LOUDENVIELLE (65) OLORON St MARIE (64)

Dis-Part	km	parcours	Commune - Lieu Dit	Commune Traversée	ROUTE Suivie	Altitude	Heures de passages				
							16km/h	15km/h	14 km/h	13 km/h	12 km/h
65 HAUTE PYRENEES											
0.0	190.0	0	Loudenvielle	Loudenvielle	D25	960	03:00	03:00	03:00	03:00	03:00
2.0	188.0	2.0	Génos	Génos	D225	965	03:07	03:08	03:08	03:09	03:10
6.0	182.0	8.0	Inter D225a D225	Adervielle-Pouchergues	D225		03:30	03:32	03:34	03:36	03:40
1.5	180.5	9.5	Col d'Azet	Azet	D225	1585	03:35	03:38	03:40	03:43	03:47
5.5	175.0	15.0	Azet		D225	1100	03:56	04:00	04:04	04:09	04:15
2.0	173.0	17.0	Estensan	Estensan	D225	990	04:03	04:08	04:12	04:18	04:25
	173.0	17.0		Bourisp	D25		04:03	04:08	04:12	04:18	04:25
2.5	170.5	19.5	Camparan	Camparan	D25	914	04:13	04:18	04:23	04:30	04:37
	170.5	19.5		Guchan	D25		04:13	04:18	04:23	04:30	04:37
2.0	168.5	21.5	Bazus-Aure	Bazus-Aure	D19	774	04:20	04:26	04:32	04:39	04:47
	168.5	21.5		Grézian	D19		04:20	04:26	04:32	04:39	04:47
3.0	165.5	24.5	Inter D19 D929		D929		04:31	04:38	04:45	04:53	05:02
1.5	164.0	26.0		Cadéac	D19		04:37	04:44	04:51	05:00	05:10
1.5	162.5	27.5	Arreau	Arreau	D929	700	04:43	04:50	04:57	05:06	05:17
0.5	162.0	28.0	Inter D929 D918		D918		04:45	04:52	05:00	05:09	05:20
2.0	160.0	30.0	Inter D918 D110	Aspin-Aure	D110	773	04:52	05:00	05:08	05:18	05:30
1.5	158.5	31.5	Aspin-Aure		D110	900	04:58	05:06	05:15	05:25	05:37
1.5	157.0	33.0	Inter D110 D918		D918	1024	05:03	05:12	05:21	05:32	05:45
	157.0	33.0		Beyrède-Jumet-Camous			05:03	05:12	05:21	05:32	05:45
7.0	150.0	40.0	Col d'Aspin	Aspin-Aure	D918	1489	05:30	05:40	05:51	06:04	06:20
	150.0	40.0		Campan	D918		05:30	05:40	05:51	06:04	06:20
11.5	138.5	51.5	Ste Marie de Campan		D918	851	06:13	06:26	06:40	06:57	07:17
4.5	134.0	56.0	Grip		D918	1027	06:30	06:44	07:00	07:18	07:40
8.5	125.5	64.5	La Mongie	Bagnères-de-Bigorre	D918		07:01	07:18	07:36	07:57	08:22
	125.5	64.5	Col du Tourmalet		D918	2115	07:01	07:18	07:36	07:57	08:22
	125.5	64.5		Barèges	D918		07:01	07:18	07:36	07:57	08:22
	125.5	64.5		Sers	D918		07:01	07:18	07:36	07:57	08:22
	125.5	64.5		Barèges	D918		07:01	07:18	07:36	07:57	08:22
	125.5	64.5		Sers	D918		07:01	07:18	07:36	07:57	08:22
15.5	110.0	80.0	Barèges	Barèges	D918	1200	08:00	08:20	08:42	09:09	09:40
	110.0	80.0		Betpouey	D918		08:00	08:20	08:42	09:09	09:40
	110.0	80.0		Viella	D918		08:00	08:20	08:42	09:09	09:40
	110.0	80.0		Esterre	D918		08:00	08:20	08:42	09:09	09:40
7.5	102.5	87.5	Luz-Saint-Sauveur	Luz-Saint-Sauveur	D921	680	08:28	08:50	09:15	09:43	10:17
	102.5	87.5		Esquièze-Sère	D921		08:28	08:50	09:15	09:43	10:17
	102.5	87.5		Sassis	D921		08:28	08:50	09:15	09:43	10:17
	102.5	87.5		Saligos	D921		08:28	08:50	09:15	09:43	10:17
	102.5	87.5		Chèze	D921		08:28	08:50	09:15	09:43	10:17
	102.5	87.5		Villelongue	D921		08:28	08:50	09:15	09:43	10:17
11.5	91.0	99.0	Soulom	Soulom	D921		09:11	09:36	10:04	10:36	11:15
1.0	90.0	100.0	Pierrefitte-Nestalas	Pierrefitte-Nestalas	D921	490	09:15	09:40	10:08	10:41	11:20
2.5	87.5	102.5	Saint-Savin	Saint-Savin	D13	453	09:24	09:50	10:19	10:53	11:32
1.5	86.0	104.0	Arcizans-Avant	Arcizans-Avant	D13	635	09:30	09:56	10:25	11:00	11:40
2.5	83.5	106.5	Inter D613 D13	Arras-en-Lavedan	D13	685	09:39	10:06	10:36	11:11	11:52
	83.5	106.5		Sireix	D13		09:39	10:06	10:36	11:11	11:52
3.5	80.0	110.0	Bun	Bun	D13	800	09:52	10:20	10:51	11:27	12:10
	80.0	110.0		Aucun	D13		09:52	10:20	10:51	11:27	12:10
2.0	78.0	112.0	Inter D13 D918	Gaillagos	D918	824	10:00	10:28	11:00	11:36	12:20
1.5	76.5	113.5	Aucun	Aucun	D918	847	10:05	10:34	11:06	11:43	12:27
2.0	74.5	115.5	Marsous	Arrens-Marsous	D918	857	10:13	10:42	11:15	11:53	12:37
Départ de la 2ème demi étape											
0.0	74.5	115.5	Marsous	Arrens-Marsous	D918	857	11:15	11:15	11:15	11:15	11:15
0.5	74.0	116.0	Arrens		D918	870	11:16	11:17	11:17	11:17	11:17
8.0	66.0	124.0	Col du Soulor	Arbéost	D918	1471	11:46	11:49	11:51	11:54	11:57
	66.0	124.0			D918		11:46	11:49	11:51	11:54	11:57
64-PYRENES-ATLANTIQUES											
9.5	56.5	133.5	Col d'Aubisque	Béost	D918	1709	12:22	12:27	12:32	12:38	12:45
4.5	52.0	138.0	Gourette	Eaux-Bonnes	D918	1350	12:39	12:45	12:51	12:58	13:07
8.0	44.0	146.0	Eaux-Bonnes		D240	720	13:09	13:17	13:25	13:35	13:47
4.0	40.0	150.0	Béost	Béost	D240		13:24	13:33	13:42	13:54	14:07
	40.0	150.0		Louvie-Soubiron	D240		13:24	13:33	13:42	13:54	14:07
	40.0	150.0		Aste-Béon	D240		13:24	13:33	13:42	13:54	14:07
	40.0	150.0		Laruns	D240		13:24	13:33	13:42	13:54	14:07
4.0	36.0	154.0	Aste	Aste-Béon	D240	496	13:39	13:49	14:00	14:12	14:27
1.5	34.5	155.5	Beon		D240		13:45	13:55	14:06	14:19	14:35
	34.5	155.5		Bielle	D240	429	13:45	13:55	14:06	14:19	14:35
4.0	30.5	159.5	Castet	Castet	D240	426	14:00	14:11	14:23	14:38	14:55
2.0	28.5	161.5	Louvie-Juzon	Louvie-Juzon		420	14:07	14:19	14:32	14:47	15:05
0.5	28.0	162.0	Ave des Chenes	Izeste	VC		14:09	14:21	14:34	14:49	15:07
1.0	27.0	163.0	Rue de Bordeu		VC		14:13	14:25	14:38	14:54	15:12
	27.0	163.0		Arudy	D920		14:13	14:25	14:38	14:54	15:12
1.0	26.0	164.0	Inter D920 D918		D918	413	14:16	14:29	14:42	14:58	15:17
12.0	14.0	176.0	Inter D918 D338	Oloron-Sainte-Marie	D338	415	15:01	15:17	15:34	15:54	16:17
	14.0	176.0		Eysus	D338		15:01	15:17	15:34	15:54	16:17
14.0	0.0	190.0	Oloron-Sainte-Marie				15:54	16:13	16:34	16:58	17:27



LA FRANCE EN COURANT
36ème Tour du 19 Juillet au 2 août 2025
jeudi, 24 juillet 2025

5ème Etape

Etape de 188 Km OLRON St MARIE (64) CAZAUBON (32)

Dis-Part	km parcouru	km parcourus	Commune - Lieu Dit	Commune Traversée	ROUTE	Altitude	Heures de passages					
							Suivie	16km/h	15km/h	14 km/h	13 km/h	12 km/h
64-PYRENES-ATLANTIQUES												
0.0	188.0	0	Oloron-Sainte-Marie	Oloron-Sainte-Marie		415	03:00	03:00	03:00	03:00	03:00	
2.5	185.5	2.5	Rue NAVARROT		VC	230	03:09	03:10	03:10	03:11	03:12	
1.0	184.5	3.5	Estos	Estos	D9	220	03:13	03:14	03:15	03:16	03:17	
1.0	183.5	4.5	Ledeux	Ledeux	D9		03:16	03:18	03:19	03:20	03:22	
1.5	182.0	6.0	Inter D9 D110		D110	245	03:22	03:24	03:25	03:27	03:30	
	182.0	6.0		Verdets	D110	230	03:22	03:24	03:25	03:27	03:30	
9.0	173.0	15.0	Lucq-de-Béarn	Lucq-de-Béarn	D110	190	03:56	04:00	04:04	04:09	04:15	
1.5	171.5	16.5	Inter D110 D2		D2	267	04:01	04:06	04:10	04:16	04:22	
1.0	170.5	17.5	Inter D110 D2		D2	288	04:05	04:10	04:15	04:20	04:27	
2.5	168.0	20.0	Inter D2 Ch De Coustette	Monein	VC	250	04:15	04:20	04:25	04:32	04:40	
0.5	167.5	20.5	Int Ch du Moulin d'Ayres		VC	140	04:16	04:22	04:27	04:34	04:42	
2.0	165.5	22.5	Int Ch M D'Ayres D109		D109	145	04:24	04:30	04:36	04:43	04:52	
	165.5	22.5		Lucq-de-Béarn	D109	150	04:24	04:30	04:36	04:43	04:52	
	165.5	22.5		Monein	D109	160	04:24	04:30	04:36	04:43	04:52	
6.0	159.5	28.5	Cardesse	Cardesse	D9	180	04:46	04:54	05:02	05:11	05:22	
9.5	150.0	38.0	Monein	Monein	D9	145	05:22	05:32	05:42	05:55	06:10	
1.5	148.5	39.5	Inter D2 D9		D9	135	05:28	05:38	05:49	06:02	06:17	
3.5	145.0	43.0	Lahourcade	Lahourcade	D9	125	05:41	05:52	06:04	06:18	06:35	
2.0	143.0	45.0	Mourenx	Mourenx	D281	105	05:48	06:00	06:12	06:27	06:45	
2.5	140.5	47.5	Inter D281 D33		D33	103	05:58	06:10	06:23	06:39	06:57	
	140.5	47.5		Os-Marsillon	D33	102	05:58	06:10	06:23	06:39	06:57	
2.0	138.5	49.5	Abidos	Abidos	D33	93	06:05	06:18	06:32	06:48	07:07	
2.5	136.0	52.0	Int D33 D817	Lacq	D817		06:15	06:28	06:42	07:00	07:20	
1.0	135.0	53.0	Int D817 D31		D31	91	06:18	06:32	06:47	07:04	07:25	
2.0	133.0	55.0	Passage sur A64	Mont	D31	121	06:26	06:40	06:55	07:13	07:35	
4.5	128.5	59.5	Arthez-de-Béarn	Arthez-de-Béarn	D946	208	06:43	06:58	07:15	07:34	07:57	
2.5	126.0	62.0	Inter D946 D31		D31	122	06:52	07:08	07:25	07:46	08:10	
3.5	122.5	65.5	Inter D31 D945	Hagetaubin	D945	114	07:05	07:22	07:40	08:02	08:27	
4.0	118.5	69.5	Inter D945 D946	Morlanne	D946	126	07:20	07:38	07:57	08:20	08:47	
	118.5	69.5		Casteide-Candau	D946		07:20	07:38	07:57	08:20	08:47	
4.5	114.0	74.0	Morlanne	Morlanne	D946	170	07:37	07:56	08:17	08:41	09:10	
3.0	111.0	77.0	Inter D262 D945	Garos	D946	185	07:48	08:08	08:30	08:55	09:25	
	111.0	77.0		Piets-Plasence-Moustrou	D946		07:48	08:08	08:30	08:55	09:25	
5.0	106.0	82.0	Inter D270 D946	Louvigny	D946	100	08:07	08:28	08:51	09:18	09:50	
5.0	101.0	87.0	Arzacq-Arraziguet	Arzacq-Arraziguet	D944	233	08:26	08:48	09:12	09:41	10:15	
3.0	98.0	90.0	40 LANDES			D944	174	08:37	09:00	09:25	09:55	10:30
1.5	96.5	91.5	Inter D432 D944	Philondenx	D944	171	08:43	09:06	09:32	10:02	10:37	
2.0	94.5	93.5	Inter D449 D944	Lacajunte	D944	166	08:50	09:14	09:40	10:11	10:47	
	94.5	93.5		Arboucave	D944	157	08:50	09:14	09:40	10:11	10:47	
7.5	87.0	101.0	Samadet	Samadet	D944	126	09:18	09:44	10:12	10:46	11:25	
4.0	83.0	105.0	Aubagnan	Aubagnan	D944	134	09:33	10:00	10:30	11:04	11:45	
3.5	79.5	108.5	Coudures	Coudures	D944	100	09:46	10:14	10:45	11:20	12:02	
4.5	75.0	113.0	Eyres-Moncube	Eyres-Moncube	D944		10:03	10:32	11:04	11:41	12:25	
5.0	70.0	118.0	Saint-Sever	Saint-Sever	D944	100	10:22	10:52	11:25	12:04	12:50	
Départ de la 2ème demi étape												
0.0	70.0	118.0	Saint-Sever	Saint-Sever			11:30	11:30	11:30	11:30	11:30	
	70.0	118.0	Ch de Pouraille		VC		11:30	11:30	11:30	11:30	11:30	
	70.0	118.0	VC Alexis		VC		11:30	11:30	11:30	11:30	11:30	
4.5	65.5	122.5	Inter VC D25		D25	112	11:46	11:48	11:49	11:50	11:52	
2.5	63.0	125.0	Montsoué	Montsoué	D52	97	11:56	11:58	12:00	12:02	12:05	
1.5	61.5	126.5	Inter 52 D387	Montgaillard	D387	55	12:01	12:04	12:06	12:09	12:12	
3.5	58.0	130.0	Inter D387 D352		D352		12:15	12:18	12:21	12:25	12:30	
6.5	51.5	136.5	Larrivière-Saint-Savin	Larrivière-Saint-Savin	D11	55	12:39	12:44	12:49	12:55	13:02	
1.0	50.5	137.5	Grenade-sur-l'Adour	Grenade-sur-l'Adour	D11		12:43	12:48	12:53	13:00	13:07	
7.5	43.0	145.0	Maurrin	Maurrin	D11	101	13:11	13:18	13:25	13:34	13:45	
1.5	41.5	146.5	Int D11 D30 D11		D11	114	13:16	13:24	13:32	13:41	13:52	
3.0	38.5	149.5	Pas Inf A65	Pujo-le-Plan	D11		13:28	13:36	13:45	13:55	14:07	
4.0	34.5	153.5	Int D11 D934 D354	Villeneuve-de-Marsan	D354	90	13:43	13:52	14:02	14:13	14:27	
3.0	31.5	156.5	Perquie	Perquie	D354		13:54	14:04	14:15	14:27	14:42	
2.5	29.0	159.0	Arthez-d'Armagnac	Arthez-d'Armagnac	D354	95	14:03	14:14	14:25	14:39	14:55	
5.5	23.5	164.5	Inter D354 D11	Le Frêche	D11		14:24	14:36	14:49	15:04	15:22	
	23.5	164.5		Saint-Justin	D11		14:24	14:36	14:49	15:04	15:22	
6.0	17.5	170.5	Labastide-d'Armagnac	Labastide-d'Armagnac	D11	95	14:46	15:00	15:15	15:32	15:52	
2.0	15.5	172.5	Betbezer-d'Armagnac	Betbezer-d'Armagnac	D11	121	14:54	15:08	15:23	15:41	16:02	
1.5	14.0	174.0	Inter D11 D35	Saint-Julien-d'Armagnac	D35	134	15:00	15:14	15:30	15:48	16:10	
4.5	9.5	178.5	Créon-d'Armagnac	Créon-d'Armagnac	D51	150	15:16	15:32	15:49	16:09	16:32	
3.0	6.5	181.5	Lagrange	Lagrange	D51	112	15:28	15:44	16:02	16:23	16:47	
	6.5	181.5	32-GERS			D235	100	15:28	15:44	16:02	16:23	16:47
	6.5	181.5					15:28	15:44	16:02	16:23	16:47	
6.5	0.0	188.0	Cazaubon	Cazaubon			15:52	16:10	16:30	16:53	17:20	