



**LA FRANCE EN COURANT**  
36ème Tour du 19 Juillet au 2 août 2025  
samedi, 26 juillet 2025  
7ème Etape

Etape de		194	Km		MONFLANQUIN (47) BARBEZIEUX-ST-HILAIRE (16)							
Dis-Part	km	parcou	arcours	Commune - Lieu Dit	Commune Traversée	ROUTE	Altitude	Heures de passages				
						Suivie		16km/h	15km/h	14 km/h	13 km/h	12 km/h
<b>47 LOT et GARONNE</b>												
0.0	194.0	0		Monflanquin	Monflanquin	D257	142	03:00	03:00	03:00	03:00	03:00
7.5	186.5	7.5		Inter D257 D153	Saint-Eutrope-de-Born	D153	95	03:28	03:30	03:32	03:34	03:37
2.0	184.5	9.5		Inter D153 D257		D257	106	03:35	03:38	03:40	03:43	03:47
5.0	179.5	14.5		Montaut	Montaut	D257	155	03:54	03:58	04:02	04:06	04:12
	179.5	14.5			Bournel	D257		03:54	03:58	04:02	04:06	04:12
4.5	175.0	19.0		Ferrensac	Ferrensac	D257	79	04:11	04:16	04:21	04:27	04:35
1.0	174.0	20.0		Inter D 257 D2	Castillonès	D2	79	04:15	04:20	04:25	04:32	04:40
2.5	171.5	22.5		Castillonès		D254	130	04:24	04:30	04:36	04:43	04:52
	171.5	22.5			Douzains	D254		04:24	04:30	04:36	04:43	04:52
7.5	164.0	30.0		Sérignac-Péboudou	Sérignac-Péboudou	D254	122	04:52	05:00	05:08	05:18	05:30
3.5	160.5	33.5		Inter D429	Ségalas	D254	116	05:05	05:14	05:23	05:34	05:47
	160.5	33.5			Saint-Colomb-de-Lauzun	D254		05:05	05:14	05:23	05:34	05:47
2.5	158.0	36.0		Salabès	Montignac-de-Lauzun	D145	121	05:15	05:24	05:34	05:46	06:00
1.0	157.0	37.0		Inter D145 D227		D227	122	05:18	05:28	05:38	05:50	06:05
	157.0	37.0			Monbahus	D227		05:18	05:28	05:38	05:50	06:05
3.0	154.0	40.0		Montignac-de-Lauzun	Montignac-de-Lauzun	D227	85	05:30	05:40	05:51	06:04	06:20
5.0	149.0	45.0		Lavergne	Lavergne	D227	83	05:48	06:00	06:12	06:27	06:45
1.0	148.0	46.0		Inter D227 VC Rt de BOURGOUNGAQUE		VC	61	05:52	06:04	06:17	06:32	06:50
3.0	145.0	49.0		Inter D1 VC 501	Bourgougnague	VC	124	06:03	06:16	06:30	06:46	07:05
	145.0	49.0		Inter D933 D19	Agnac	D19		06:03	06:16	06:30	06:46	07:05
8.0	137.0	57.0		Inter D19 D25	La Sauvetat-du-Dropt	D25	45	06:33	06:48	07:04	07:23	07:45
1.5	135.5	58.5		Inter D25 VC RT du LAC		VC	44	06:39	06:54	07:10	07:30	07:52
1.5	134.0	60.0		Le ROUBINEAU	Soumensac	VC	83	06:45	07:00	07:17	07:36	08:00
1	133.0	61.0		Inter VC Rte Des Oruniers		VC		06:48	07:04	07:21	07:41	08:05
4.5	128.5	65.5		Inter VC Rte Ste EULALIE		VC	100	07:05	07:22	07:40	08:02	08:27
<b>24 DORDOGNE</b>												
0.5	128.0	66.0		Inter VC Rte des Bergeries	Saint-Julien-Innocence-Eulalie		95	07:07	07:24	07:42	08:04	08:30
	128.0	66.0						07:07	07:24	07:42	08:04	08:30
<b>47 LOT et GARONNE</b>												
3.0	125.0	69.0		Rte de La Foret D17	Loubès-Bernac	D17	140	07:18	07:36	07:55	08:18	08:45
0.5	124.5	69.5		Bernac		VC	160	07:20	07:38	07:57	08:20	08:47
	124.5	69.5			Saint-Astier	D313		07:20	07:38	07:57	08:20	08:47
3.0	121.5	72.5		Loubès-Bernac		D313	160	07:31	07:50	08:10	08:34	09:02
3.5	118.0	76.0		<b>24 DORDOGNE</b>				07:45	08:04	08:25	08:50	09:20
	118.0	76.0			Thénac	D18	85	07:45	08:04	08:25	08:50	09:20
2.0	116.0	78.0		Couture	Monestier	D18	100	07:52	08:12	08:34	09:00	09:30
	116.0	78.0			Razac-de-Saussignac	D18	42	07:52	08:12	08:34	09:00	09:30
	116.0	78.0		<b>33 GIRONDE</b>				07:52	08:12	08:34	09:00	09:30
9.0	107.0	87.0		Saint-Philippe-du-Seignal	St-Philippe-du-Seignal	D130e9	25	08:26	08:48	09:12	09:41	10:15
	107.0	87.0			Pineuilh			08:26	08:48	09:12	09:41	10:15
1.5	105.5	88.5		InteD D936 D130e9	Saint-Avit-Saint-Nazaire	D130e9	22	08:31	08:54	09:19	09:48	10:22
1.0	104.5	89.5		Saint-Avit-Saint-Nazaire		D130e9	20	08:35	08:58	09:23	09:53	10:27
	104.5	89.5		<b>24 DORDOGNE</b>				08:35	08:58	09:23	09:53	10:27
3.5	101.0	93.0		Le Fleix	Le Fleix	D32	20	08:48	09:12	09:38	10:09	10:45
	101.0	93.0			Port-Sainte-Foy-et-Ponchapt	D32	124	08:48	09:12	09:38	10:09	10:45
7.0	94.0	100.0		Saint-Méard-de-Gurçon	Saint-Méard-de-Gurçon	D32	60	09:15	09:40	10:08	10:41	11:20
	94.0	100.0			Saint-Martin-de-Gurson	D32		09:15	09:40	10:08	10:41	11:20
	94.0	100.0			Carsac-de-Gurson	D32	82	09:15	09:40	10:08	10:41	11:20
12.0	82.0	112.0		Villefranche-de-Lonchat	Villefranche-de-Lonchat	D32	100	10:00	10:28	11:00	11:36	12:20
	82.0	112.0		Départ de la 2ème demi-étape								
0.0	82.0	112.0		Villefranche-de-Lonchat	Villefranche-de-Lonchat	D10		10:45	10:45	10:45	10:45	10:45
3.5	78.5	115.5		Minzac		D10e1	51	10:58	10:59	11:00	11:01	11:02
	78.5	115.5			Moulin-Neuf	D10e1		10:58	10:59	11:00	11:01	11:02
	78.5	115.5		<b>33 GIRONDE</b>				10:58	10:59	11:00	11:01	11:02
4.5	74.0	120.0		Inter D1089 D10e1	Gours	D10e1	24	11:15	11:17	11:19	11:21	11:25
1.5	72.5	121.5		Saint-Antoine-sur-l'Isle	Saint-Antoine-sur-l'Isle	D121	32	11:20	11:23	11:25	11:28	11:32
	72.5	121.5			Porchères	D121		11:20	11:23	11:25	11:28	11:32
5.0	67.5	126.5		Inter D123 D121	Saint-Christophe-de-Double	D121	84	11:39	11:43	11:47	11:51	11:57
2.5	65.0	129.0		Saint-Christophe-de-Double		D121	94	11:48	11:53	11:57	12:03	12:10
	65.0	129.0		<b>24 DORDOGNE</b>				11:48	11:53	11:57	12:03	12:10
8.5	56.5	137.5		La Roche-Chalais	La Roche-Chalais	D730	50	12:20	12:27	12:34	12:42	12:52
	56.5	137.5		<b>17 CHARENTE MARITIME</b>								
2.5	54.0	140.0		Saint-Aigulin	Saint-Aigulin	D142	30	12:30	12:37	12:45	12:54	13:05
7.0	47.0	147.0		Boscammant	Boscammant	D142	90	12:56	13:05	13:15	13:26	13:40
	47.0	147.0			La Genétouze	D142		12:56	13:05	13:15	13:26	13:40
	47.0	147.0			Le Fouilloux	D142		12:56	13:05	13:15	13:26	13:40
8.0	39.0	155.0		MARTRON	Bosse-et-Martron	D142	55	13:26	13:37	13:49	14:03	14:20
4.5	34.5	159.5		Inter D156 D142	Neuicq			13:43	13:55	14:08	14:24	14:42
	34.5	159.5			Saint-Palais-de-Négrignac			13:43	13:55	14:08	14:24	14:42
5.0	29.5	164.5		Inter D142 VC	Chevanceaux	VC	80	14:01	14:15	14:30	14:47	15:07
	29.5	164.5		CHEZ PANAUD		VC		14:01	14:15	14:30	14:47	15:07
	29.5	164.5		<b>16 CHARENTE</b>				14:01	14:15	14:30	14:47	15:07
4.5	25.0	169.0		Bors De Baignes	Bors	D132	120	14:18	14:33	14:49	15:08	15:30
3.0	22.0	172.0		PS N10	Baignes-Sainte-Radegonde	D132	135	14:30	14:45	15:02	15:21	15:45
5.0	17.0	177.0		Baignes-Sainte-Radegonde				14:48	15:05	15:23	15:45	16:10
	17.0	177.0			Touvérac	D14		14:48	15:05	15:23	15:45	16:10
	17.0	177.0			Le Tâtre			14:48	15:05	15:23	15:45	16:10
7.5	9.5	184.5		Inter D14 D46	Reignac	D46	105	15:16	15:35	15:55	16:19	16:47
2.0	7.5	186.5		Inter D731 D46		D46	87	15:24	15:43	16:04	16:28	16:57
2.0	5.5	188.5		Inter D46 D191	Salles-de-Barbezieux	D191		15:31	15:51	16:12	16:38	17:07
	5.5	188.5		Inter D191 D24		D24	62	15:31	15:51	16:12	16:38	17:07
3.5	2.0	192.0		Inter D24 D5	Barbezieux-Saint-Hilaire	D5		15:45	16:05	16:27	16:54	17:25
2.0	0.0	194.0		Barbezieux-Saint-Hilaire			90	15:52	16:13	16:36	17:03	17:35