



LA FRANCE EN COURANT
36ème Tour du 19 Juillet au 2 août 2025
vendredi, 01 août 2025

13ème Etape

Etape de 191 Km

VIRE NORMANDIE (14) FALAISE (14)

Dis-Part	km	parcourarcours	Commune - Lieu Dit	Commune Traversée	ROUTE Suivie	Altitude	Heures de passages				
							16km/h	15km/h	14 km/h	13 km/h	12 km/h
14 - Calvados											
0.0	191.0	0	Vire Normandie	Vire Normandie	D55	130	03:00	03:00	03:00	03:00	03:00
3.0	188.0	3.0	Inter D407 D55		D55	126	03:11	03:12	03:12	03:13	03:15
7.0	181.0	10.0	Inter D294 D55	Valdallière	D55	231	03:37	03:40	03:42	03:46	03:50
4.0	177.0	14.0	Inter D56 D55		D55	216	03:52	03:56	04:00	04:04	04:10
4.0	173.0	18.0	Inter D55 D255	Terres de Druance	D105	205	04:07	04:12	04:17	04:23	04:30
5.0	168.0	23.0	St Vigor des Mérzerets		D105	210	04:26	04:32	04:38	04:46	04:55
	168.0	23.0		Condé-en-Normandie			04:26	04:32	04:38	04:46	04:55
6.5	161.5	29.5	Pontécoulant	Pontécoulant	D105	104	04:50	04:58	05:06	05:16	05:27
6.0	155.5	35.5	Condé sur Noireau	Condé-en-Normandie	D511	85	05:13	05:22	05:32	05:43	05:57
2.0	153.5	37.5	Pont Erembourg	Saint-Denis-de-Méré			05:20	05:30	05:40	05:53	06:07
	153.5	37.5		61 - Orne	D256		05:20	05:30	05:40	05:53	06:07
0.5	153.0	38.0		Saint-Pierre-du-Regard		77	05:22	05:32	05:42	05:55	06:10
2.0	151.0	40.0	Iter D224 D15	Berjou	D15	155	05:30	05:40	05:51	06:04	06:20
3.0	148.0	43.0	Sainte-Honorine-la-Chardonne	Sainte-Honorine-la-Chardonne	D15	196	05:41	05:52	06:04	06:18	06:35
6.0	142.0	49.0	Taillebois Inter D15 D43	Athis-Val de Rouvre	D43	165	06:03	06:16	06:30	06:46	07:05
3.5	138.5	52.5	La Carneille Inter D20		D43	185	06:16	06:30	06:45	07:02	07:22
5.0	133.5	57.5	Landigou	Landigou	D43	253	06:35	06:50	07:06	07:25	07:47
2.0	131.5	59.5	Inter D43 D255	Échalou	D255		06:43	06:58	07:15	07:34	07:57
1.0	130.5	60.5	Échalou		D118		06:46	07:02	07:19	07:39	08:02
1.5	129.0	62.0	Inter D118 D255		D255	213	06:52	07:08	07:25	07:46	08:10
2.5	126.5	64.5	Saires-la-Verrerie	Saires-la-Verrerie			07:01	07:18	07:36	07:57	08:22
1.0	125.5	65.5	Inter D255 D21		D21	252	07:05	07:22	07:40	08:02	08:27
	125.5	65.5		Saint-André-de-Messei			07:05	07:22	07:40	08:02	08:27
4.0	121.5	69.5	La Ferrière-aux-Étangs	La Ferrière-aux-Étangs	D21		07:20	07:38	07:57	08:20	08:47
	121.5	69.5		Banvou	D21		07:20	07:38	07:57	08:20	08:47
4.5	117.0	74.0	Dompierre	Dompierre	D21	223	07:37	07:56	08:17	08:41	09:10
2.5	114.5	76.5	Inter D21 D 260	Champcerie	D260		07:46	08:06	08:27	08:53	09:22
2.5	112.0	79.0	Champcerie		D160		07:56	08:16	08:38	09:04	09:35
5.5	106.5	84.5	L'Etoile	Les Monts d'Andaine	D355		08:16	08:38	09:02	09:30	10:02
	106.5	84.5		Juvigny Val d'Andaine	D355		08:16	08:38	09:02	09:30	10:02
7.5	99.0	92.0	Bagnoles de l'Orne Normandie	Bagnoles de l'Orne Normandie	D335	170	08:45	09:08	09:34	10:04	10:40
2.5	96.5	94.5	Inter D335 D816 D850	Rives d'Andaine	D850		08:54	09:18	09:45	10:16	10:52
3.0	93.5	97.5	Inter D850 D20	La Ferté Macé	D20		09:05	09:30	09:57	10:30	11:07
2.5	91.0	100.0	Inter D20 D975 D20	Méhoudin			09:15	09:40	10:08	10:41	11:20
				53 - Mayenne			03:00	03:00	03:00	03:00	03:00
0.5	90.5	100.5	Inter D218 D265	Madré	D265		09:16	09:42	10:10	10:43	11:22
3.5	87.0	104.0	Saint-Julien-du-Terroux	Saint-Julien-du-Terroux	D147	157	09:30	09:56	10:25	11:00	11:40
	87.0	104.0		Lassay-les-Châteaux	D147		09:30	09:56	10:25	11:00	11:40
4.5	82.5	108.5	Inter D242 D147	Chevaigné-du-Maine	D147		09:46	10:14	10:45	11:20	12:02
3.5	79.0	112.0	Charchigné	Charchigné	D33	238	10:00	10:28	11:00	11:36	12:20
2.0	77.0	114.0	Inter D33 D264	Chevaigné-du-Maine	D264	208	10:07	10:36	11:08	11:46	12:30
2.5	74.5	116.5	Chevaigné-du-Maine		D242	177	10:16	10:46	11:19	11:57	12:42
2.0	72.5	118.5	Inter D242 D218	Javron-les-Chapelles	D218	200	10:24	10:54	11:27	12:06	12:52
3.5	69.0	122.0	Javron-les-Chapelles			160	10:37	11:08	11:42	12:23	13:10
Départ de la 2ème demi étape											
0.0	69.0	122.0	Javron-les-Chapelles	Javron-les-Chapelles	D3		11:45	11:45	11:45	11:45	11:45
5.5	63.5	127.5	Saint-Aignan-de-Couptrain	Saint-Aignan-de-Couptrain	D3	170	12:05	12:07	12:08	12:10	12:12
3.0	60.5	130.5	Couptrain	Couptrain	D3	188	12:16	12:19	12:21	12:24	12:27
	60.5	130.5		Neuilly-le-Vendin	D3		12:16	12:19	12:21	12:24	12:27
3.5	57.0	134.0	Inter D244 D3	Saint-Calais-du-Désert	D3	215	12:30	12:33	12:36	12:40	12:45
	57.0	134.0		La Pallu	D3		12:30	12:33	12:36	12:40	12:45
7.0	50.0	141.0	Lignièrès-Orgères	Lignièrès-Orgères	D221	280	12:56	13:01	13:06	13:12	13:20
2.0	48.0	143.0		61 - Orne	D511		13:03	13:09	13:15	13:21	13:30
3.5	44.5	146.5	Joué-du-Bois	Joué-du-Bois	D202	300	13:16	13:23	13:30	13:38	13:47
3.5	41.0	150.0	Le Champ-de-la-Pierre	Le Champ-de-la-Pierre	D202		13:30	13:37	13:45	13:54	14:05
1.0	40.0	151.0	Inter D202 D909	Rânes	D909	251	13:33	13:41	13:49	13:58	14:10
3.0	37.0	154.0	Rânes		D909		13:45	13:53	14:02	14:12	14:25
4.5	32.5	158.5	Inter D909 VC Dr la Bruyère		VC		14:01	14:11	14:21	14:33	14:47
2.5	30.0	161.0	Lougé-sur-Maire	Lougé-sur-Maire	D865	175	14:11	14:21	14:32	14:45	15:00
3.0	27.0	164.0	Inter D924 D865 VC N°5		VC5		14:22	14:33	14:45	14:58	15:15
2.0	25.0	166.0	Inter D781 D783	Putanges-le-Lac	D783		14:30	14:41	14:53	15:08	15:25
2.5	22.5	168.5	Inter D783 D909		D909	158	14:39	14:51	15:04	15:19	15:37
2.5	20.0	171.0	Putanges-Pont Ecrepin		D909	130	14:48	15:01	15:15	15:31	15:50
4.0	16.0	175.0	Inter D873 D909	Champcerie	D909	206	15:03	15:17	15:32	15:49	16:10
2.0	14.0	177.0	Bazoche-au-Houlme	Bazoche-au-Houlme			15:11	15:25	15:40	15:58	16:20
	14.0	177.0		14 - Calvados			15:11	15:25	15:40	15:58	16:20
4.0	10.0	181.0	Cordey	Cordey	D244	171	15:26	15:41	15:57	16:17	16:40
1.5	8.5	182.5	Inter D244 VC Les Beaux				15:31	15:47	16:04	16:24	16:47
0.5	8.0	183.0	Les Beaux				15:33	15:49	16:06	16:26	16:50
	8.0	183.0		61 - Orne			15:33	15:49	16:06	16:26	16:50
	8.0	183.0		Neuvy-au-Houlme			15:33	15:49	16:06	16:26	16:50
0.5	7.5	183.5		14 - Calvados			15:35	15:51	16:08	16:28	16:52
	7.5	183.5	vc Rte du Bois Pantou	La Hoguette	VC		15:35	15:51	16:08	16:28	16:52
1.5	6.0	185.0	Inter VC D243	Saint Pierre du Bu	D243	202	15:41	15:57	16:15	16:35	17:00
1.5	4.5	186.5	Saint Pierre du Bu		D509	204	15:46	16:03	16:21	16:42	17:07
4.5	0.0	191.0	Falaise	Falaise			16:03	16:21	16:40	17:03	17:30