



LA FRANCE EN COURANT

28^{ème} Tour du 16 au 30 juillet 2016

lundi 20 juillet 2015

4^{ème} Etape

MOREZ (39) - TANINGES (74)

196,0 km

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		
			JURA (39)											
0,0	196,0	0,0	MOREZ		D25	705	03:00	03:00	03:00	03:00	03:00	03:00	03:00	03:00
4,0	192,0	4,0	Les rivières		D25	710	03:15	03:16	03:17	03:18	03:18	03:20	03:20	03:20
6,0	186,0	10,0	Prémanon		D25	1111	03:37	03:40	03:42	03:46	03:46	03:50	03:50	03:50
2,0	184,0	12,0	Int D25 D29		D29	1160	03:45	03:48	03:51	03:55	03:55	04:00	04:00	04:00
1,5	182,5	13,5	Int D29 D29 e3		D29 e3	1124	03:50	03:54	03:57	04:02	04:02	04:07	04:07	04:07
1,0	181,5	14,5	Int D 26 e 3 D1005		D1005	1200	03:54	03:58	04:02	04:06	04:06	04:12	04:12	04:12
2,0	179,5	16,5	Col de Vac		D1005	1239	04:01	04:06	04:10	04:16	04:16	04:22	04:22	04:22
2,0	177,5	18,5	Int D313 D1005		D1005	1255	04:09	04:14	04:19	04:25	04:25	04:32	04:32	04:32
1,5	176,0	20,0	AIN (01)				1269	04:15	04:20	04:25	04:32	04:32	04:40	04:40
4,0	172,0	24,0	La Vattay	Mijoux	D1005	1261	04:30	04:36	04:42	04:50	04:50	05:00	05:00	05:00
5,0	167,0	29,0	Le Col de la Faucille		D1005	1320	04:48	04:56	05:04	05:13	05:13	05:25	05:25	05:25
8,5	158,5	37,5	Int D1005 VC Rue du Creux du Loup		VC	733	05:20	05:30	05:40	05:53	05:53	06:07	06:07	06:07
2,0	156,5	39,5	Gex		D15 h	602	05:28	05:38	05:49	06:02	06:02	06:17	06:17	06:17
2,5	154,0	42,0	Vesancy		D15 h	680	05:37	05:48	06:00	06:13	06:13	06:30	06:30	06:30
1,5	152,5	43,5	Int D15h D984c		D984c	631	05:43	05:54	06:06	06:20	06:20	06:37	06:37	06:37
4,0	148,5	47,5	Divonne les Bains		D15	467	05:58	06:10	06:23	06:39	06:39	06:57	06:57	06:57
2,5	146,0	50,0	Grilly		D15	513	06:07	06:20	06:34	06:50	06:50	07:10	07:10	07:10
2,0	144,0	52,0	Int D15 D15c		D57	517	06:15	06:28	06:42	07:00	07:00	07:20	07:20	07:20
3,5	140,5	55,5	Cessy		D15g	538	06:28	06:42	06:57	07:16	07:16	07:37	07:37	07:37
2,5	138,0	58,0	Versonnex		D15	477	06:37	06:52	07:08	07:27	07:27	07:50	07:50	07:50
2,0	136,0	60,0	Maconnex	Ormex	D78d	480	06:45	07:00	07:17	07:36	07:36	08:00	08:00	08:00
2,0	134,0	62,0	Bretigny	Prévesin moens	D78d	466	06:52	07:08	07:25	07:46	07:46	08:10	08:10	08:10
1,0	133,0	63,0	Int D78d D78a Veraz	Chevry	D78a	466	06:56	07:12	07:30	07:50	07:50	08:15	08:15	08:15
5,0	128,0	68,0	Saint Genis Pouilly		D89a	450	07:15	07:32	07:51	08:13	08:13	08:40	08:40	08:40
2,0	126,0	70,0	Sergy		D89a	519	07:22	07:40	08:00	08:23	08:23	08:50	08:50	08:50
3,0	123,0	73,0	Thoiry		D89	470	07:33	07:52	08:12	08:36	08:36	09:05	09:05	09:05
3,5	119,5	76,5	Saint Jean de Gonville		D89e	492	07:46	08:06	08:27	08:53	08:53	09:22	09:22	09:22
3,5	116,0	80,0	Péron		D89e	550	08:00	08:20	08:42	09:09	09:09	09:40	09:40	09:40
1,5	114,5	81,5	Int D89e D984		D984	519	08:05	08:26	08:49	09:16	09:16	09:47	09:47	09:47
2,0	112,5	83,5	Farges		D984	518	08:13	08:34	08:57	09:25	09:25	09:57	09:57	09:57
3,5	109,0	87,0	Collonges		VC	492	08:26	08:48	09:12	09:41	09:41	10:15	10:15	10:15
1,0	108,0	88,0	Int VC D1206		D1206	382	08:30	08:52	09:17	09:46	09:46	10:20	10:20	10:20
1,5	106,5	89,5	HAUTE SAVOIE (74)											
2,0	104,5	91,5	Int D237 D 1206 Chevrier		D1206	347	08:43	09:06	09:32	10:02	10:02	10:37	10:37	10:37
1,5	103,0	93,0	Vulbens		D1208	479	08:48	09:12	09:38	10:09	10:09	10:45	10:45	10:45
3,0	100,0	96,0	Valleiry		D23	472	09:00	09:24	09:51	10:23	10:23	11:00	11:00	11:00
2,0	98,0	98,0	Chênex		D23	520	09:07	09:32	10:00	10:32	10:32	11:10	11:10	11:10
3,0	95,0	101,0	Int D992 D23		D23	633	09:18	09:44	10:12	10:46	10:46	11:25	11:25	11:25
1,0	94,0	102,0	Vers		D23	670	09:22	09:48	10:17	10:50	10:50	11:30	11:30	11:30
4,0	90,0	106,0	Int D23 D223 Charly	Andilly	D223	758	09:37	10:04	10:34	11:09	11:09	11:50	11:50	11:50
3,5	86,5	109,5	SAINT BLAISE				863	09:50	10:18	10:49	11:25	12:07	12:07	12:07
Départ 2^{ème} demi étape														
0,0	86,5	109,5	SAINT BLAISE			D341	863	10:30	10:30	10:30	10:30	10:30	10:30	10:30
2,5	84,0	112,0	Int D341 D41	Cruseilles	D41	998	10:39	10:40	10:40	10:41	10:41	10:42	10:42	10:42
5,0	79,0	117,0	Chalet du Plan	Vorey en Bornes	D41	1267	10:58	11:00	11:02	11:04	11:04	11:07	11:07	11:07
7,0	72,0	124,0	La Croisette	Archamps	D215	1175	11:24	11:28	11:32	11:36	11:36	11:42	11:42	11:42
3,0	69,0	127,0	Int D215 D48		D48	643	11:35	11:40	11:45	11:50	11:50	11:57	11:57	11:57
4,5	64,5	131,5	La Muraz		D48	643	11:52	11:58	12:04	12:11	12:11	12:20	12:20	12:20
4,0	60,5	135,5	Esery		VC	607	12:07	12:14	12:21	12:30	12:30	12:40	12:40	12:40
1,0	59,5	136,5	Marsinge		VC	493	12:11	12:18	12:25	12:34	12:34	12:45	12:45	12:45
1,5	58,0	138,0	Int VC D302		D302	498	12:16	12:24	12:32	12:41	12:41	12:52	12:52	12:52
1,0	57,0	139,0	Reignier		D19	480	12:20	12:28	12:36	12:46	12:46	12:57	12:57	12:57
3,0	54,0	142,0	Int D19 D19a		D19a	455	12:31	12:40	12:49	13:00	13:00	13:12	13:12	13:12
1,5	52,5	143,5	D19a D903		D903	434	12:37	12:46	12:55	13:06	13:06	13:20	13:20	13:20
2,0	50,5	145,5	Findrol	Contamine sur Avre	D9	482	12:45	12:54	13:04	13:16	13:16	13:30	13:30	13:30
1,5	49,0	147,0	Arpigny	Fillinges	D9	560	12:50	13:00	13:10	13:23	13:23	13:37	13:37	13:37
4,0	45,0	151,0	Biolluz	Peillonex	D9	605	13:05	13:16	13:27	13:41	13:41	13:57	13:57	13:57
1,5	43,5	152,5	Int D12 D9		D9	591	13:11	13:22	13:34	13:48	13:48	14:05	14:05	14:05
2,5	41,0	155,0	La Tour		D9	630	13:20	13:32	13:45	14:00	14:00	14:17	14:17	14:17
1,0	40,0	156,0	Int D9 D907		D907	612	13:24	13:36	13:49	14:04	14:04	14:22	14:22	14:22
1,5	38,5	157,5	Saint Jeoirre		D907	580	13:30	13:42	13:55	14:11	14:11	14:30	14:30	14:30
6,5	32,0	164,0	Micussy		D308	625	13:54	14:08	14:23	14:41	14:41	15:02	15:02	15:02
19,0	13,0	183,0	Le Praz du Lys		D308	1450	15:05	15:24	15:45	16:09	16:09	16:37	16:37	16:37
4,5	8,5	187,5	Int D308 D328		D328	1151	15:22	15:42	16:04	16:30	16:30	17:00	17:00	17:00
1,5	7,0	189,0	Int D328 D307		D307	920	15:28	15:48	16:10	16:36	16:36	17:07	17:07	17:07
6,0	1,0	195,0	TANINGES				642	15:50	16:12	16:36	17:04	17:37	17:37	17:37



LA FRANCE EN COURANT

28^{ème} Tour du 16 au 30 juillet 2016

jeudi 21 juillet 2016

5^{ème} Etape

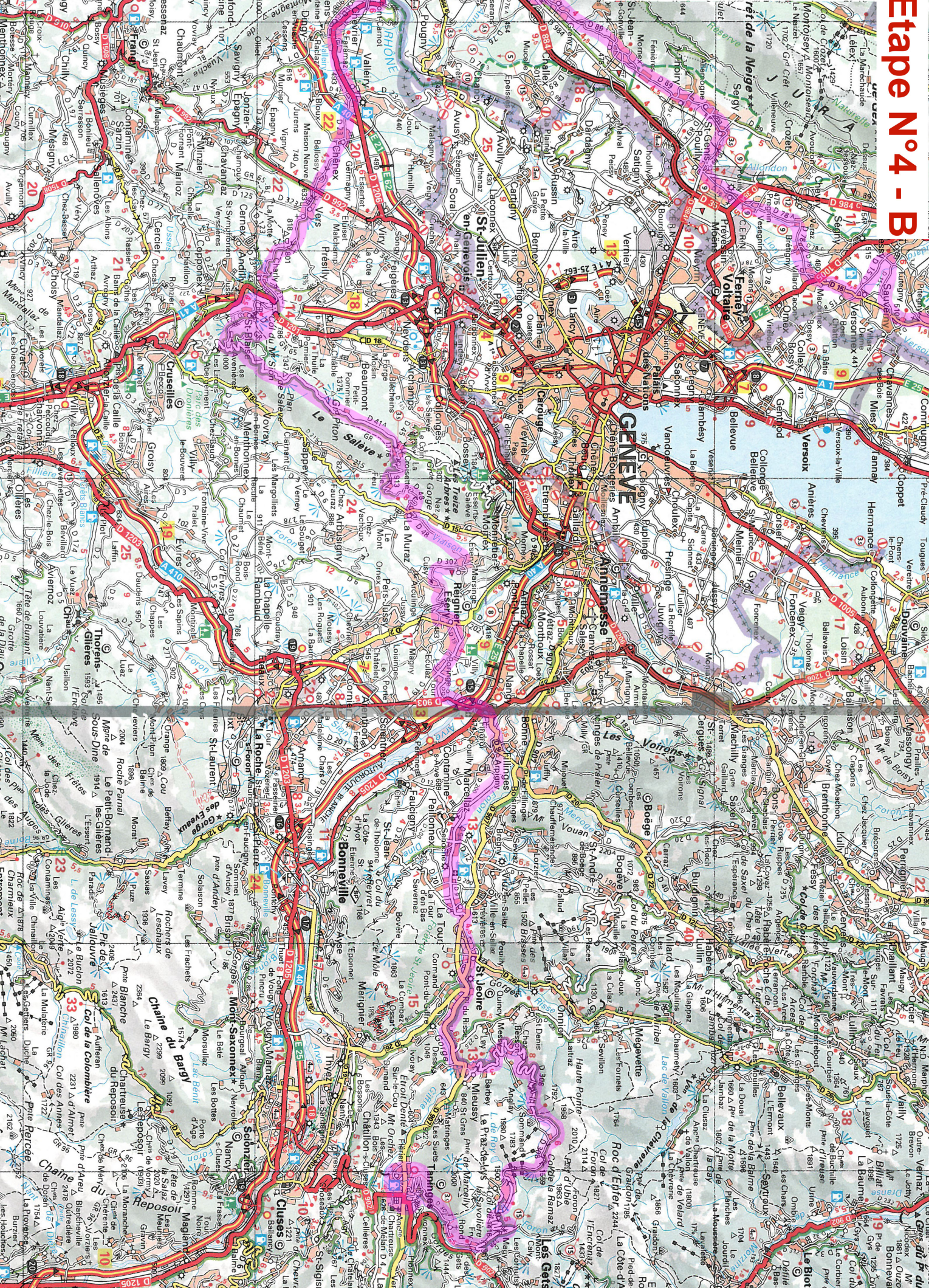
TANINGES (74) BESSANS (73)

192,0 km

km			Commune - Lieu Dit	Commune Traversée	ROUTE	Altitude	Heures de passages								
à parcourir	parcourus						Suivie	16km/h	15km/h	14 km/h	13 km/h	12 km/h			
			HAUTE SAVOIE (74)												
0	192,0	0,0	TANINGES		D902	643	03:00	03:00	03:00	03:00	03:00	03:00	03:00	03:00	03:00
4	188,0	4,0	Châtillon sur Cluz		D902	720	03:15	03:16	03:17	03:18	03:18	03:20	03:20	03:20	03:20
5,0	183,0	9,0	Cluses		D1205	485	03:33	03:36	03:38	03:41	03:41	03:45	03:45	03:45	03:45
7,0	176,0	16,0	Magland		D1205	503	04:00	04:04	04:08	04:13	04:13	04:20	04:20	04:20	04:20
4,0	172,0	20,0	Oôx		D1205	523	04:15	04:20	04:25	04:32	04:32	04:40	04:40	04:40	04:40
5,0	167,0	25,0	SALLANCHES		D1212	550	04:33	04:40	04:47	04:55	04:55	05:05	05:05	05:05	05:05
8,5	158,5	33,5	Combloux		D1212	1000	05:05	05:14	05:23	05:34	05:34	05:47	05:47	05:47	05:47
2,0	156,5	35,5	Demi Quartier		D1212	1080	05:13	05:22	05:32	05:43	05:43	05:57	05:57	05:57	05:57
4,5	152,0	40,0	Megève		D1212	1127	05:30	05:40	05:51	06:04	06:04	06:20	06:20	06:20	06:20
3,0	149,0	43,0	Praz sur Atly		D1212	1016	05:41	05:52	06:04	06:18	06:18	06:35	06:35	06:35	06:35
2,0	147,0	45,0			D1212	998	05:48	06:00	06:12	06:27	06:27	06:45	06:45	06:45	06:45
			SAVOIE (73)												
3,0	144,0	48,0	Flumet		D218a	958	06:00	06:12	06:25	06:41	06:41	07:00	07:00	07:00	07:00
1,5	142,5	49,5	Notre Dame de Bellecombe		D218b	1100	06:05	06:18	06:32	06:48	06:48	07:07	07:07	07:07	07:07
13,0	129,5	62,5	Col des Saisies	Hauteluze	D218b	1650	06:54	07:10	07:27	07:48	07:48	08:12	08:12	08:12	08:12
13,5	116,0	76,0	Int D 218 b D 925		D 925	700	07:45	08:04	08:25	08:50	08:50	09:20	09:20	09:20	09:20
3,0	113,0	79,0	BEAUFORT D925		D 925	750	07:56	08:16	08:38	09:04	09:04	09:35	09:35	09:35	09:35
11,5	101,5	90,5	Col de Méraillet		D 925	1605	08:39	09:02	09:27	09:57	09:57	10:32	10:32	10:32	10:32
8,0	93,5	98,5	Cormet de Roselend D 902		D57	1968	09:09	09:34	10:02	10:34	10:34	11:12	11:12	11:12	11:12
20,0	73,5	118,5	BOURG St MAURICE			900	10:24	10:54	11:27	12:06	12:06	12:52	12:52	12:52	12:52
			<i>Départ 2ème demi étape</i>												
0,0	73,5	118,5	BOURG St MAURICE		D84	900	11:30	11:30	11:30	11:30	11:30	11:30	11:30	11:30	11:30
2,0	71,5	120,5	Séze		D1090	981	11:37	11:38	11:38	11:39	11:39	11:40	11:40	11:40	11:40
4,5	67,0	125,0	Inter D1090 D84		D84	1363	11:54	11:56	11:57	12:00	12:00	12:02	12:02	12:02	12:02
2,0	65,0	127,0	Montvalezan		D84	1200	12:01	12:04	12:06	12:09	12:09	12:12	12:12	12:12	12:12
7,0	58,0	134,0	Sainte Foy Tarentaise		D902	1090	12:28	12:32	12:36	12:41	12:41	12:47	12:47	12:47	12:47
13,0	45,0	147,0	Barrage de Tignes		D 902	1780	13:16	13:24	13:32	13:41	13:41	13:52	13:52	13:52	13:52
7,0	38,0	154,0	Val d'Iseran		D 902	1850	13:43	13:52	14:02	14:13	14:13	14:27	14:27	14:27	14:27
16,0	22,0	170,0	Col de l'Iseran		D 902	2764	14:43	14:56	15:10	15:27	15:27	15:47	15:47	15:47	15:47
13,5	8,5	183,5	Bonneval sur Arc		D 902	1790	15:33	15:50	16:08	16:30	16:30	16:55	16:55	16:55	16:55
8,5	0,0	192,0	BESSANS			1700	16:05	16:24	16:45	17:09	17:09	17:37	17:37	17:37	17:37

Etape N°4 - B

Etape N°4 - B



Etape N°5 - A

Etape N°5 - A

