



**LA FRANCE EN COURANT**  
28 ème Tour du 16 juillet au 30 juillet 2016  
lundi 25 juillet 2016

9ème Etape  
**MILLAU (12) – CAHORS (46)**

**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		
			<b>AVEYRON (12)</b>											
0,0	196,0	0,0	MILLAU		D41	364	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>
7,0	189,0	7,0	Peyre		D41	379	03:26	03:28	03:30	03:32	03:35	03:35	03:35	03:35
5,0	184,0	12,0	Comprégnac		D41	380	03:45	03:48	03:51	03:55	04:00	04:00	04:00	04:00
4,0	180,0	16,0	Candas	Montjaux	D41	381	04:00	04:04	04:08	04:13	04:20	04:20	04:20	04:20
1,0	179,0	17,0	Saint Hippolyte		D96	339	04:03	04:08	04:12	04:18	04:25	04:25	04:25	04:25
5,0	174,0	22,0	Int D96 D993		D993	331	04:22	04:28	04:34	04:41	04:50	04:50	04:50	04:50
1,0	173,0	23,0	Saint Rome de Tarn		D31	394	04:26	04:32	04:38	04:46	04:55	04:55	04:55	04:55
11,0	162,0	34,0	Saint Victor et Melvieu		D31	622	05:07	05:16	05:25	05:36	05:50	05:50	05:50	05:50
4,0	158,0	38,0	Melvieu		D31	478	05:22	05:32	05:42	05:55	06:10	06:10	06:10	06:10
4,0	154,0	42,0	Le Truel		D200	288	05:37	05:48	06:00	06:13	06:30	06:30	06:30	06:30
7,0	147,0	49,0	Int D200 D25		D25	300	06:03	06:16	06:30	06:46	07:05	07:05	07:05	07:05
1,5	145,5	50,5	Broquiès		D200e	386	06:09	06:22	06:36	06:53	07:12	07:12	07:12	07:12
3,0	142,5	53,5	Int D200e D200		D200	255	06:20	06:34	06:49	07:06	07:27	07:27	07:27	07:27
1,5	141,0	55,0	Int D200 D902		D902	250	06:26	06:40	06:55	07:13	07:35	07:35	07:35	07:35
3,5	137,5	58,5	Brousse le Château		D902	245	06:39	06:54	07:10	07:30	07:52	07:52	07:52	07:52
2,5	135,0	61,0	Int D902 D200		D200	250	06:48	07:04	07:21	07:41	08:05	08:05	08:05	08:05
0,5	134,5	61,5	Int D524 D200		D200	245	06:50	07:06	07:23	07:43	08:07	08:07	08:07	08:07
3,5	131,0	65,0	Int D200 D902		D902	250	07:03	07:20	07:38	08:00	08:25	08:25	08:25	08:25
5,0	126,0	70,0	Réquista		D57	560	07:22	07:40	08:00	08:23	08:50	08:50	08:50	08:50
3,5	122,5	73,5	Saint Jean Delnous		D903	520	07:35	07:54	08:15	08:39	09:07	09:07	09:07	09:07
0,5	122,0	74,0	Int D903 D10		D10	520	07:37	07:56	08:17	08:41	09:10	09:10	09:10	09:10
7,0	115,0	81,0	Lédergues		D10	495	08:03	08:24	08:47	09:13	09:45	09:45	09:45	09:45
2,0	113,0	83,0	Int D10 D263		D263	493	08:11	08:32	08:55	09:23	09:55	09:55	09:55	09:55
2,0	111,0	85,0	<b>TARN (81)</b>		D69	491	08:18	08:40	09:04	09:32	10:05	10:05	10:05	10:05
2,0	109,0	87,0	Int D69 D53	l'Edas et Penthies	D53	486	08:26	08:48	09:12	09:41	10:15	10:15	10:15	10:15
2,0	107,0	89,0	Tréban		D53	488	08:33	08:56	09:21	09:50	10:25	10:25	10:25	10:25
2,5	104,5	91,5	Tanus		D53	441	08:43	09:06	09:32	10:02	10:37	10:37	10:37	10:37
7,5	97,0	99,0	Pampelonne		D78	425	09:11	09:36	10:04	10:36	11:15	11:15	11:15	11:15
2,0	95,0	101,0	Int D78 D53		D905	399	09:18	09:44	10:12	10:46	11:25	11:25	11:25	11:25
6,0	89,0	107,0	Int D53 D905		D905	393	09:41	10:08	10:38	11:13	11:55	11:55	11:55	11:55
1,5	87,5	108,5	<b>MIRANDOL BOURGNOUNAC</b>			392	09:46	10:14	10:45	11:20	12:02	12:02	12:02	12:02
			<b>Départ 2ème demi étape</b>											
0,0	87,5	108,5	<b>MIRANDOL BOURGNOUNAC</b>		D905	392	<b>10:15</b>	<b>10:15</b>	<b>10:15</b>	<b>10:15</b>	<b>10:15</b>	<b>10:15</b>	<b>10:15</b>	<b>10:15</b>
1,0	86,5	109,5	Int D905 D53		D53	419	10:18	10:19	10:19	10:19	10:20	10:20	10:20	10:20
2,5	84,0	112,0	Int D153 D53 D9		D9	419	10:28	10:29	10:30	10:31	10:32	10:32	10:32	10:32
2,0	82,0	114,0	Int D119 D73 D9		D9	430	10:35	10:37	10:38	10:40	10:42	10:42	10:42	10:42
1,5	80,5	115,5	Montirat		D9	344	10:41	10:43	10:45	10:47	10:50	10:50	10:50	10:50
4,5	76,0	120,0	Int D9 D73		D73	178	10:58	11:01	11:04	11:08	11:12	11:12	11:12	11:12
1,0	75,0	121,0	<b>AVEYRON (12)</b>		D239	176	11:01	11:05	11:08	11:12	11:17	11:17	11:17	11:17
2,0	73,0	123,0	Saint André de Najac		D239	332	11:09	11:13	11:17	11:21	11:27	11:27	11:27	11:27
1,0	72,0	124,0	Int D922 D239		D239	376	11:13	11:17	11:21	11:26	11:32	11:32	11:32	11:32
6,0	66,0	130,0	Najac		D39	363	11:35	11:41	11:47	11:54	12:02	12:02	12:02	12:02
2,0	64,0	132,0	Int D594 D39		D39	239	11:43	11:49	11:55	12:03	12:12	12:12	12:12	12:12
5,0	59,0	137,0	Int D47 D39		D39	482	12:01	12:09	12:17	12:26	12:37	12:37	12:37	12:37
1,0	58,0	138,0	<b>TARN ET GARONNE (82)</b>			450	12:05	12:13	12:21	12:31	12:42	12:42	12:42	12:42
0,5	57,5	138,5	Int D39 D75 D84	Castanet	D84	463	12:07	12:15	12:23	12:33	12:45	12:45	12:45	12:45
8,5	49,0	147,0	Parisot		D33	340	12:39	12:49	13:00	13:12	13:27	13:27	13:27	13:27
0,5	48,5	147,5	Int D33 D926		D926	399	12:41	12:51	13:02	13:15	13:30	13:30	13:30	13:30
1,5	47,0	149,0	Int D926 D33		D33	398	12:46	12:57	13:08	13:21	13:37	13:37	13:37	13:37
2,0	45,0	151,0	Puylagarde		D33	410	12:54	13:05	13:17	13:31	13:47	13:47	13:47	13:47
5,0	40,0	156,0	Saint Projet		D33	355	13:13	13:25	13:38	13:54	14:12	14:12	14:12	14:12
1,0	39,0	157,0	<b>LOT (46)</b>		D52	342	13:16	13:29	13:42	13:58	14:17	14:17	14:17	14:17
3,0	36,0	160,0	Saillac		D52	363	13:28	13:41	13:55	14:12	14:32	14:32	14:32	14:32
5,0	31,0	165,0	Varaire		D19	316	13:46	14:01	14:17	14:35	14:57	14:57	14:57	14:57
4,5	26,5	169,5	Bach		D22	317	14:03	14:19	14:36	14:56	15:20	15:20	15:20	15:20
3,5	23,0	173,0	Escamps		D22	283	14:16	14:33	14:51	15:12	15:37	15:37	15:37	15:37
5,0	18,0	178,0	Int D26 D22		D22	229	14:35	14:53	15:12	15:35	16:02	16:02	16:02	16:02
1,0	17,0	179,0	Int D26 D22		D22	216	14:39	14:57	15:17	15:40	16:07	16:07	16:07	16:07
4,0	13,0	183,0	Laburgade		D22	368	14:54	15:13	15:34	15:58	16:27	16:27	16:27	16:27
6,5	6,5	189,5	Flaujac Poujols		D22	239	15:18	15:39	16:02	16:28	17:00	17:00	17:00	17:00
6,5	0,0	196,0	<b>CAHORS</b>			135	15:43	16:05	16:30	16:58	17:32	17:32	17:32	17:32

# Etape N°9 - B

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