



**LA FRANCE EN COURANT**

21 ème Tour

Dimanche 19 juillet 2009

**Feuille d'itinéraire détaillé**

1ère étape : St EVARZEC La GACILLY

194.0 km

km			Lieu	ROUTE	Altitude	Heures de passages				
Int	à parcourir	parcourus				Suivie	16km/h	15km/h	14 km/h	13 km/h
<b>29- FINISTERE</b>										
0.0	194.0	0.0	<b>Saint EVARZEC</b>	D783	29	<b>02:30</b>	<b>02:30</b>	<b>02:30</b>	<b>02:30</b>	<b>02:30</b>
4.5	189.5	4.5	Inter D783 D44 VC	D783		02:46	02:48	02:49	02:50	02:52
9.0	180.5	13.5	CONCARNEAU	D122		03:20	03:24	03:27	03:32	03:37
7.5	173.0	21.0	Kérampou D122 D24	D24		03:48	03:54	04:00	04:06	04:15
5.0	168.0	26.0	PONT AVEN D783	D783		04:07	04:14	04:21	04:30	04:40
5.0	163.0	31.0	Riec sur Belon	D24		04:26	04:34	04:42	04:53	05:05
8.0	155.0	39.0	Moelan sur Mer	D24		04:56	05:06	05:17	05:30	05:45
4.0	151.0	43.0	Clohars Carnoet	D224	62	05:11	05:22	05:34	05:48	06:05
5.0	146.0	48.0	<b>56-MORBIHAN</b>	D162		05:30	05:42	05:55	06:11	06:30
3.5	142.5	51.5	Guidel D 306	D306		05:43	05:56	06:10	06:27	06:47
3.5	139.0	55.0	Guidel Plages D152	D152		05:56	06:10	06:25	06:43	07:05
5.0	134.0	60.0	Le Fort Bloqué D162e	D162e		06:15	06:30	06:47	07:06	07:30
5.0	129.0	65.0	PLOEMEUR D162	D162		06:33	06:50	07:08	07:30	07:55
4.0	125.0	69.0	LORIENT D724	D724		06:48	07:06	07:25	07:48	08:15
4.0	121.0	73.0	LANESTER D194	D194		07:03	07:22	07:42	08:06	08:35
6.0	115.0	79.0	Inter D194 D170	D170		07:26	07:46	08:08	08:34	09:05
4.0	111.0	83.0	Inter D33 D170	D170		07:41	08:02	08:25	08:53	09:25
4.0	107.0	87.0	Plouhinec D781	D781		07:56	08:18	08:42	09:11	09:45
3.5	103.5	90.5	Inter D781 D 9	D9		08:09	08:32	08:57	09:27	10:02
1.5	102.0	92.0	Inter D9 D 16	D16		08:15	08:38	09:04	09:34	10:10
2.0	100.0	94.0	BELZ D16	D16		08:22	08:46	09:12	09:43	10:20
2.0	98.0	96.0	Inter D16 D22	D22		08:30	08:54	09:21	09:53	10:30
15.0	83.0	111.0	<b>AURAY</b>			09:26	09:54	10:25	11:02	11:45
<i>Départ 2è demi étape</i>										
0.0	83.0	111.0	<b>AURAY</b>	D17		<b>11:00</b>	<b>11:00</b>	<b>11:00</b>	<b>11:00</b>	<b>11:00</b>
2.0	81.0	113.0	Pluneret	D135		11:07	11:08	11:08	11:09	11:10
5.0	76.0	118.0	Mériadec	D150		11:26	11:28	11:30	11:32	11:35
5.5	73.0	121.0	Inter D 308 D150	D150		11:46	11:50	11:53	11:57	12:02
1.0	68.0	126.0	Inter D150 D779	D779		11:50	11:54	11:57	12:02	12:07
3.0	67.0	127.0	GRAND CHAMPS	D133		12:01	12:06	12:10	12:16	12:22
5.0	64.5	129.5	Inter D767 D 133	D133		12:20	12:26	12:32	12:39	12:47
1.0	60.5	133.5	Locqueltas	D133		12:24	12:30	12:36	12:43	12:52
2.5	52.5	141.5	Inter D778 D133	D133		12:33	12:40	12:47	12:55	13:05
4.0	45.5	148.5	Plaudren	D133		12:48	12:56	13:04	13:13	13:25
8.0	41.5	152.5	Trédion	D112		13:18	13:28	13:38	13:50	14:05
7.0	39.5	154.5	St Guyomard	D112		13:45	13:56	14:08	14:23	14:40
4.0	33.5	160.5	Int N166 D112	D112		14:00	14:12	14:25	14:41	15:00
2.0	31.5	162.5	Bohal	D776		14:07	14:20	14:34	14:50	15:10
6.0	25.5	168.5	MALESTROIT	D764		14:30	14:44	15:00	15:18	15:40
8.0	17.5	176.5	St Congard D 149	D149		15:00	15:16	15:34	15:55	16:20
6.0	11.5	182.5	St Martin	D777		15:22	15:40	16:00	16:23	16:50
4.0	7.5	186.5	Inter D14 D777	D777		15:37	15:56	16:17	16:41	17:10
7.5	0.0	194.0	<b>LA GACILLY</b>			16:05	16:26	16:49	17:16	17:47