



LA FRANCE EN COURANT

21 ème Tour

Lundi 27 Juillet 2009

Feuille d'itinéraire détaillé

9ème étape : ASPET CARMAUX

193.0 km

km			Lieu	ROUTE	Altitude	Heures de passages				
Int	à parcourir	parcourus				Suivie	16km/h	15km/h	14 km/h	13 km/h
			<b>31 HAUTE GARONNE</b>							
0.0	193.0	0.0	ASPET	D5b		<b>02:30</b>	<b>02:30</b>	<b>02:30</b>	<b>02:30</b>	<b>02:30</b>
3.0	190.0	3.0	Estadens	D5b		02:41	02:42	02:42	02:43	02:45
5.0	185.0	8.0	Inter D5b D26	D26		03:00	03:02	03:04	03:06	03:10
5.0	180.0	13.0	Figarol	D26		03:18	03:22	03:25	03:30	03:35
5.0	176.0	17.0	Montsaunès	D26		03:33	03:38	03:42	03:48	03:55
4.0	175.0	18.0	Mazères sur Sarlat	D26		03:37	03:42	03:47	03:53	04:00
1.0	171.0	22.0	Inter D26 D62	D62		03:52	03:58	04:04	04:11	04:20
4.0	165.0	28.0	Roquefort sur Garonne	D62		04:15	04:22	04:30	04:39	04:50
6.0	159.0	34.0	Mauran	D62		04:37	04:46	04:55	05:06	05:20
6.0	152.0	41.0	CAZERES D10	D10		05:03	05:14	05:25	05:39	05:55
7.0	148.0	45.0	St Julien sur Garonne	D10		05:18	05:30	05:42	05:57	06:15
4.0	144.0	49.0	Salle sur garonne	D10		05:33	05:46	06:00	06:16	06:35
4.0	141.0	52.0	CARBONNE	D10		05:45	05:58	06:12	06:30	06:50
3.0	138.0	55.0	Marquefave	D10		05:56	06:10	06:25	06:43	
3.0	132.0	61.0	Capens D622	D622		06:18	06:34	06:51	07:11	07:35
6.0	124.5	68.5	St Sulpice sur Lèze D74	D74	202	06:46	07:04	07:23	07:46	08:12
7.5	119.0	74.0	Beaumont su Lèze	D74		07:07	07:26	07:47	08:11	08:40
5.5	114.5	78.5	Lagardelle sur Lèze	D74		07:24	07:44	08:06	08:32	09:02
4.5	112.5	80.5	Vernet	D74		07:31	07:52	08:15	08:41	09:12
2.0	107.5	85.5	Venerque	D74		07:50	08:12	08:36	09:04	09:37
5.0	101.5	91.5	Espanès	D74		08:13	08:36	09:02	09:32	10:07
6.0	100.0	93.0	Deyme	D74	200	08:18	08:42	09:08	09:39	10:15
1.5	98.5	94.5	Pompertuzat	D94		08:24	08:48	09:15	09:46	10:22
5.0	93.5	99.5	Escalquens D54 a	D54a	162	08:43	09:08	09:36	10:09	10:47
5.5	88.0	105.0	Odars	D54a		09:03	09:30	10:00	10:34	11:15
3.5	84.5	108.5	Sainte Foy d'Aigrefeuille	D54a		09:16	09:44	10:15	10:50	11:32
4.5	80.0	113.0	LANTA		251	09:33	10:02	10:34	11:11	11:55
			<b>Départ 2è demi étape</b>							
0.0	80.0	113.0	LANTA D31	D31		<b>11:15</b>	<b>11:15</b>	<b>11:15</b>	<b>11:15</b>	<b>11:15</b>
6.0	74.0	119.0	Bourg St Bernard D66a	D66a		11:37	11:39	11:40	11:42	11:45
1.5	72.5	120.5	Inter D66a D42 D 39	D39		11:43	11:45	11:47	11:49	11:52
0.0	72.5	120.5	<b>81 TARN</b>							
1.5	71.0	122.0	Montcabrier	D39		11:48	11:51	11:53	11:56	12:00
2.0	69.0	124.0	Inter D39 D28	D28		11:56	11:59	12:02	12:05	12:10
3.5	65.5	127.5	Inter D28 D40 D39	D39	267	12:09	12:13	12:17	12:21	12:27
7.0	58.5	134.5	LAVAU D87	D87		12:35	12:41	12:47	12:54	13:02
6.0	52.5	140.5	Inter D631 D87	D87		12:58	13:05	13:12	13:21	13:32
6.0	46.5	146.5	Parisot	D87		13:20	13:29	13:38	13:49	14:02
9.0	37.5	155.5	Montans	D87		13:54	14:05	14:17	14:31	14:47
5.0	32.5	160.5	GAILLAC D3	D3		14:13	14:25	14:38	14:54	15:12
4.5	28.0	165.0	Inter D18 D3	D3		14:30	14:43	14:57	15:15	15:35
2.5	25.5	167.5	Inter D3 D17	D17		14:39	14:53	15:08	15:26	15:47
3.5	22.0	171.0	Fayssac	D17		14:52	15:07	15:23	15:42	16:05
3.0	19.0	174.0	Inter D17 D17a	D17a	251	15:03	15:19	15:36	15:56	16:20
3.0	16.0	177.0	Inter D17 a D3	D3	275	15:15	15:31	15:49	16:10	16:35
2.0	14.0	179.0	Villeneuve sur Vère	D3		15:22	15:39	15:57	16:19	16:45
1.0	13.0	180.0	Inter D600 a D3	D3		15:26	15:43	16:02	16:24	16:50
9.0	4.0	189.0	Blaye lres mines	D3		16:00	16:19	16:40	17:05	17:35
4.0	0.0	193.0	CARMAUX			16:15	16:35	16:57	17:24	17:55