

**LA FRANCE EN COURANT**  
31<sup>ème</sup> Tour du 13 juillet au 27 juillet 2019  
dimanche, 14 juillet 2019

**1ère Etape**

Etape de 186 Km

MAUGUIO (34) - FONDAMENTE (12)

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>HERAULT (34)</b>											
0.0	186.0	0	<b>MAUGUIO</b>	Maugio	D112	12	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>
4.0	182.0	4.0	Passage Sup A9	Saint-Aunès	D113	36	03:15	03:16	03:17	03:18	03:20
1.5	180.5	5.5	Vendargues Rue de la Monnaie	Vendargues	D145	45	03:20	03:22	03:23	03:25	03:27
6.0	174.5	11.5	Teyran >D21 et D145	Teyran	D145	60	03:43	03:46	03:49	03:53	03:57
2.0	172.5	13.5	Inter D109 D145	Assas	D145	66	03:50	03:54	03:57	04:02	04:07
4.5	168.0	18.0	Prades le Lez	Prades le Lez	D145	80	04:07	04:12	04:17	04:23	04:30
1.0	167.0	19.0	Inter D145 D112	Saint-Clément-de-Rivière	D112	65	04:11	04:16	04:21	04:27	04:35
3.5	163.5	22.5	Pas-Inf D68 D112	Les Matelles	D112	85	04:24	04:30	04:36	04:43	04:52
2.5	161.0	25.0	Les Matelles	Les Matelles	D17e3	100	04:33	04:40	04:47	04:55	05:05
	161.0	25.0		Saint-Jean-de-Cuculles	D17e3		04:33	04:40	04:47	04:55	05:05
4.0	157.0	29.0	Inter D17e3 D17	Le Triadou	D17	81	04:48	04:56	05:04	05:13	05:25
2.5	154.5	31.5	St Mathieu de Trévières	St Mathieu de Trévières	D17	97	04:58	05:06	05:15	05:25	05:37
1.5	153.0	33.0	Inter D17 D1	St Mathieu de Trévières	D1	110	05:03	05:12	05:21	05:32	05:45
2.5	150.5	35.5	Inter D1e9 D1	Valflaunès	D1	127	05:13	05:22	05:32	05:43	05:57
4.0	146.5	39.5	Inter D122 D1	Mas-de-Londres	D1	235	05:28	05:38	05:49	06:02	06:17
3.0	143.5	42.5	Inter D122e6 D1	Mas-de-Londres	D1	180	05:39	05:50	06:02	06:16	06:32
3.0	140.5	45.5	Notre Dame de Londres	Notre Dame de Londres	D1e6	192	05:50	06:02	06:15	06:30	06:47
2.5	138.0	48.0	Le Pous	Notre Dame de Londres	D1e6	229	06:00	06:12	06:25	06:41	07:00
4.5	133.5	52.5	Inter D1e6 D107e4	Ferrières -les-Verreries	D107E4	267	06:16	06:30	06:45	07:02	07:22
6.0	127.5	58.5	Inter D107E4 D986	Brissac	D986	186	06:39	06:54	07:10	07:30	07:52
2.0	125.5	60.5	St Bauzille de Putois	St Bauzille de Putois	D108e5	129	06:46	07:02	07:19	07:39	08:02
1.0	124.5	61.5	Inter D108e2 D108	Agonès	D108	129	06:50	07:06	07:23	07:43	08:07
3.5	121.0	65.0	Brissac	Brissac	D108	132	07:03	07:20	07:38	08:00	08:25
3.0	118.0	68.0	Inter D108 D1	Brissac	D1	186	07:15	07:32	07:51	08:13	08:40
2.5	115.5	70.5	Inter D1e1 D1	St André de Buèges	D1	138	07:24	07:42	08:02	08:25	08:52
5.0	110.5	75.5	St Jean de Buèges	St Jean de Buèges	D1	168	07:43	08:02	08:23	08:48	09:17
0.5	110.0	76.0	Int D1 D122	St Jean de Buèges	D122	161	07:45	08:04	08:25	08:50	09:20
5.5	104.5	81.5	Causse de La Selle	Causse de La Selle	D4	244	08:05	08:26	08:49	09:16	09:47
14.0	90.5	95.5	○ Saint-Guilhem-le-Désert	Saint-Guilhem-le-Désert	D4	79	08:58	09:22	09:49	10:20	10:57
3.0	87.5	98.5	Pont du Diable	Saint-Jean-de-Fos	D27	66	09:09	09:34	10:02	10:34	11:12
3.0	84.5	101.5	Aniane	Aniane	D32	65	09:20	09:46	10:15	10:48	11:27
	84.5	101.5					09:20	09:46	10:15	10:48	11:27
	84.5	101.5					09:20	09:46	10:15	10:48	11:27
	84.5	101.5					09:20	09:46	10:15	10:48	11:27
	84.5	101.5					09:20	09:46	10:15	10:48	11:27
	84.5	101.5					09:20	09:46	10:15	10:48	11:27
	84.5	101.5					09:20	09:46	10:15	10:48	11:27
	84.5	101.5					09:20	09:46	10:15	10:48	11:27
	84.5	101.5					09:20	09:46	10:15	10:48	11:27
	84.5	101.5					09:20	09:46	10:15	10:48	11:27
6.5	78.0	108.0	<b>GIGNAC</b>	Gignac		70	09:45	10:12	10:42	11:18	12:00
<b>Départ de la 2ème demi étape</b>											
0.0	78.0	108.0	<b>GIGNAC</b>	Gignac	D9		<b>11:15</b>	<b>11:15</b>	<b>11:15</b>	<b>11:15</b>	<b>11:15</b>
2.0	76.0	110.0	Lagamas	Lagamas	D9	98	11:22	11:23	11:23	11:24	11:25
5.0	71.0	115.0	Montpeyroux	Montpeyroux	D9	150	11:41	11:43	11:45	11:47	11:50
2.5	68.5	117.5	Arboras	Arboras	D9	252	11:50	11:53	11:55	11:58	12:02
5.0	63.5	122.5	Inter D153e1 D9	Saint-Saturin-de-Lucian	D9	512	12:09	12:13	12:17	12:21	12:27
3.0	60.5	125.5	Col du Vent	Saint-Privat	D9	703	12:20	12:25	12:30	12:35	12:42
3.5	57.0	129.0	Inter D130 D9	Saint-Privat	D9	700	12:33	12:39	12:45	12:51	13:00
2.0	55.0	131.0	La Vacquerie et St Martin de Castries	La Vacquerie et St Martin de Castries	D9	640	12:41	12:47	12:53	13:01	13:10
1.0	54.0	132.0	Inter D25 D9	La Vacquerie et St Martin de Castries	D9	611	12:45	12:51	12:57	13:05	13:15
1.5	52.5	133.5	St Pierre de La Fage	St Pierre de La Fage	D9	620	12:50	12:57	13:04	13:12	13:22
3.0	49.5	136.5	Inter D152e5 D9	St Pierre de La Fage	D9		13:01	13:09	13:17	13:26	13:37
	49.5	136.5		Saint-Michel	D9		13:01	13:09	13:17	13:26	13:37
	49.5	136.5		Pégairolles-de-l'Escalette	D9		13:01	13:09	13:17	13:26	13:37
7.0	42.5	143.5	Intr D155 D9	Le Cros	D9	726	13:28	13:37	13:47	13:58	14:12
3.0	39.5	146.5	Le Caylar	Le Caylar	D609	760	13:39	13:49	14:00	14:12	14:27
2.0	37.5	148.5	Inter D609 D142e5	Le Caylar	D142e	763	13:46	13:57	14:08	14:21	14:37
1.5	36.0	150.0			D55	795	13:52	14:03	14:15	14:28	14:45
2.5	33.5	152.5	○ Inter D185 D55	La Couvertoirade	D55	770	14:01	14:13	14:25	14:40	14:57
	33.5	152.5		Nant	D55		14:01	14:13	14:25	14:40	14:57
5.5	28.0	158.0	Inter D55 D7	La Couvertoirade	D7	779	14:22	14:35	14:49	15:05	15:25
3.5	24.5	161.5	Inter D7 VC (La Blaquérie)	La Couvertoirade	VC	793	14:35	14:49	15:04	15:21	15:42
3.5	21.0	165.0	La Salvétat	La Couvertoirade	VC	750	14:48	15:03	15:19	15:38	16:00
2.0	19.0	167.0	Inter VC D9 (Les Infruts)	La Couvertoirade	D9	780	14:56	15:11	15:27	15:47	16:10
1.5	17.5	168.5	La Pezade	La Couvertoirade	D140	773	15:01	15:17	15:34	15:54	16:17
3.0	14.5	171.5	R Canals	Cornus	D140	764	15:13	15:29	15:47	16:08	16:32
0.5	14.0	172.0	Inter D140 VC	Cornus	VC	790	15:15	15:31	15:49	16:10	16:35
7.5	6.5	179.5	R Cornus	Cornus	D7	730	15:43	16:01	16:21	16:45	17:12
	6.5	179.5					15:43	16:01	16:21	16:45	17:12
6.5	0.0	186.0	<b>FONDAMENTE</b>	FONDAMENTE		480	16:07	16:27	16:49	17:15	17:45
			○ <b>Plus Beau Village de France</b>								

**LA FRANCE EN COURANT**  
31 ème Tour du 13 juillet au 27 juillet 2019  
lundi, 15 juillet 2019

**2ème Etape**

Etape de 181.5 Km

FONDATEMENTE (12) – NARBONNE (11)

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	181.5	0.0	<b>FONDATEMENTE</b>	Fondamente	D7	473	<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>
8.5	173.0	8.5	Latour sur Sorgues	Marnhagues-et-Latour	D7	425	03:31	03:34	03:36	03:39	03:42	03:45	03:48	03:51
4.0	169.0	12.5	Inter D7 D540	St Félix de Sorgues	D540	405	03:46	03:50	03:53	03:57	04:02	04:07	04:12	04:17
9.0	160.0	21.5	Sylvanès	Sylvanès	D540	454	04:20	04:26	04:32	04:39	04:47	04:54	05:02	05:10
0.5	159.5	22.0	Inter D10 D92	Sylvanès	D92	448	04:22	04:28	04:34	04:41	04:50	04:58	05:07	05:16
3.0	156.5	25.0	Inter D92 D902	Fayet	D902	422	04:33	04:40	04:47	04:55	05:05	05:15	05:25	05:35
0.5	156.0	25.5	Fayet	Fayet	D92	435	04:35	04:42	04:49	04:57	05:07	05:17	05:27	05:37
1.0	155.0	26.5	Inter D92 D12	Fayet	D12	440	04:39	04:46	04:53	05:02	05:12	05:22	05:32	05:42
3.5	151.5	30.0	Brusque	Brusque	D12	450	04:52	05:00	05:08	05:18	05:30	05:42	05:54	06:06
5.5	146.0	35.5	Inter D252 D12	Brusque	D12	732	05:13	05:22	05:32	05:43	05:57	06:12	06:27	06:42
4.0	142.0	39.5	Inter D174 D12	Arnac-sur-Dourdou	D12		05:28	05:38	05:49	06:02	06:17	06:33	06:49	07:05
5.0	137.0	44.5	Col de Coustel	Mélagues	D12	880	05:46	05:58	06:10	06:25	06:42	07:00	07:18	07:36
0.0	137.0	44.5	<b>HERAULT (34)</b>		D53		05:46	05:58	06:10	06:25	06:42	07:00	07:18	07:36
2.0	135.0	46.5	Inter D53 D922	Castanet-le-Haut	D922	800	05:54	06:06	06:19	06:34	06:52	07:11	07:31	07:51
0.5	134.5	47.0	La Croix de Mounis	Castanet-le-Haut	D922	794	05:56	06:08	06:21	06:36	06:55	07:15	07:35	07:55
2.5	132.0	49.5	Inter D22e11 D922	Castanet-le-Haut	D922	340	06:05	06:18	06:32	06:48	07:07	07:27	07:47	08:07
	132.0	49.5		Rosis	D922		06:05	06:18	06:32	06:48	07:07	07:27	07:47	08:07
5.0	127.0	54.5	Inter D22e12 D22e14 D922	Saint-Geniès-de-Varensal	D922	362	06:24	06:38	06:53	07:11	07:32	07:53	08:15	08:37
3.0	124.0	57.5	<b>St Gervais sur Mare</b>	St Gervais sur Mare	D22	329	06:35	06:50	07:06	07:25	07:47	08:10	08:34	08:58
4.5	119.5	62.0	Inter D180e3 D22 C de P-Plantée	Rosis	D22	500	06:52	07:08	07:25	07:46	08:10	08:36	09:02	09:29
1.5	118.0	63.5	Inter D22e8 D22	Rosis	D22	450	06:58	07:14	07:32	07:53	08:17	08:43	09:10	09:38
4.5	113.5	68.0	Inter D22e12 D22 l'Horte	Taussac-la-Billière	D22	254	07:15	07:32	07:51	08:13	08:40	09:10	09:40	10:10
3.5	110.0	71.5	Lamalou les Bains	Lamalou les Bains	D22	190	07:28	07:46	08:06	08:30	08:57	09:25	09:54	10:24
0.5	109.5	72.0	Inter D22 D908	Lamalou les Bains	D908	175	07:30	07:48	08:08	08:32	09:00	09:30	10:00	10:30
1.5	108.0	73.5	Le Poujol sur Orb	Le Poujol sur Orb	D908	170	07:35	07:54	08:15	08:39	09:07	09:37	10:07	10:37
5.5	102.5	79.0	Colombières sur Orb	Colombières sur Orb	D908	215	07:56	08:16	08:38	09:04	09:35	10:07	10:40	11:13
3.5	99.0	82.5	Inter D14e23 D908	Saint-Martin-de-l'Arçon	D908	191	08:09	08:30	08:53	09:20	09:52	10:25	10:59	11:33
0.5	98.5	83.0	Inter D908 D14	Mons	D14	153	08:11	08:32	08:55	09:23	09:55	10:28	11:02	11:36
4.5	94.0	87.5	Inter D177 D14	Vieussan	D14	116	08:28	08:50	09:15	09:43	10:17	10:51	11:25	12:00
9.0	85.0	96.5	Roquebrun	Roquebrun	D14	88	09:01	09:26	09:53	10:25	11:02	11:39	12:17	12:55
	85.0	96.5					09:01	09:26	09:53	10:25	11:02	11:39	12:17	12:55
	85.0	96.5					09:01	09:26	09:53	10:25	11:02	11:39	12:17	12:55
	85.0	96.5					09:01	09:26	09:53	10:25	11:02	11:39	12:17	12:55
	85.0	96.5					09:01	09:26	09:53	10:25	11:02	11:39	12:17	12:55
	85.0	96.5					09:01	09:26	09:53	10:25	11:02	11:39	12:17	12:55
	85.0	96.5					09:01	09:26	09:53	10:25	11:02	11:39	12:17	12:55
	85.0	96.5					09:01	09:26	09:53	10:25	11:02	11:39	12:17	12:55
	85.0	96.5					09:01	09:26	09:53	10:25	11:02	11:39	12:17	12:55
	85.0	96.5					09:01	09:26	09:53	10:25	11:02	11:39	12:17	12:55
	85.0	96.5					09:01	09:26	09:53	10:25	11:02	11:39	12:17	12:55
9.5	75.5	106.0	<b>CESSENON SUR ORB</b>	Cessenon-sur-Orb		56	09:37	10:04	10:34	11:09	11:50	12:31	13:13	13:55
			<b>Départ 2ème demi étape</b>											
0.0	75.5	106.0	<b>CESSENON SUR ORB</b>		D20		<b>11:30</b>	<b>11:30</b>	<b>11:30</b>	<b>11:30</b>	<b>11:30</b>	<b>11:30</b>	<b>11:30</b>	<b>11:30</b>
5.5	70.0	111.5	Inter D177e2 D20 Comneyras	Prades-sur-Vernazobre	D20	80	11:50	11:52	11:53	11:55	11:57	12:00	12:03	12:06
2.5	67.5	114.0	Inter D34 D20	Pierrerue	D20	106	12:00	12:02	12:04	12:06	12:10	12:14	12:18	12:22
2.5	65.0	116.5	St Chinian	St Chinian	D20	119	12:09	12:12	12:15	12:18	12:22	12:26	12:30	12:34
2.5	62.5	119.0	Inter D178e1 D20	St Chinian	D20	229	12:18	12:22	12:25	12:30	12:35	12:40	12:45	12:50
5.5	57.0	124.5	Villespassans	Villespassans	D20	251	12:39	12:44	12:49	12:55	13:02	13:09	13:17	13:25
3.0	54.0	127.5	<b>AUDE (11)</b>		D20	170	12:50	12:56	13:02	13:09	13:17	13:25	13:33	13:41
2.0	52.0	129.5	Inter D26 D20	Bize-Minervois	D20	87	12:58	13:04	13:10	13:18	13:27	13:35	13:44	13:52
1.5	50.5	131.0	<b>HERAULT (34)</b>		D20	77	13:03	13:10	13:17	13:25	13:35	13:44	13:54	14:03
2.5	48.0	133.5	Agel	Agel	D20	87	13:13	13:20	13:27	13:36	13:47	13:57	14:07	14:17
2.0	46.0	135.5	Inter D175 D20	Aigues-Vives	D20	103	13:20	13:28	13:36	13:46	13:57	14:08	14:19	14:30
1.0	45.0	136.5	Aigues-Vives	Aigues-Vives	D907	132	13:24	13:32	13:40	13:50	14:02	14:14	14:26	14:38
	45.0	136.5		Aigne			13:24	13:32	13:40	13:50	14:02	14:14	14:26	14:38
2.5	42.5	139.0	Inter D907 D10e5	La Caunette	D10e5	127	13:33	13:42	13:51	14:02	14:15	14:27	14:40	14:53
1.5	41.0	140.5	Inter D10e5 D10	La Caunette	D10	139	13:39	13:48	13:57	14:09	14:22	14:35	14:48	15:01
0.5	40.5	141.0	Inter D10e2 D10	La Caunette	D10	162	13:41	13:50	14:00	14:11	14:25	14:37	14:50	15:04
3.0	37.5	144.0	Minerve	Minerve	D10	150	13:52	14:02	14:12	14:25	14:40	14:54	15:09	15:24
4.5	33.0	148.5	Azillanet	Azillanet	D177	114	14:09	14:20	14:32	14:46	15:02	15:17	15:33	15:49
5.0	28.0	153.5	Inter D117 D910	Aigne	D910	162	14:28	14:40	14:53	15:09	15:27	15:45	16:04	16:23
0.5	27.5	154.0	Inter D910 D177E5	Aigne	D117E5	148	14:30	14:42	14:55	15:11	15:30	15:50	16:10	16:30
2.5	25.0	156.5	La Prade	Aigne	D117E5	127	14:39	14:52	15:06	15:23	15:42	16:02	16:23	16:44
2.0	23.0	158.5	<b>AUDE (11)</b>		D605	78	14:46	15:00	15:15	15:32	15:52	16:13	16:35	16:57
1.0	22.0	159.5	Mailhac	Mailhac	D605	65	14:50	15:04	15:19	15:36	15:57	16:19	16:42	17:05
3.5	18.5	163.0	Inter D605 D5 D607	Bize-Minervois	D607	52	15:03	15:18	15:34	15:53	16:15	16:38	17:02	17:26
2.5	16.0	165.5	Inter D326 D607	Ginestas	D607	45	15:13	15:28	15:45	16:04	16:27	16:51	17:16	17:41
1.0	15.0	166.5	Inter D926 D607	Ginestas	D607	37	15:16	15:32	15:49	16:09	16:32	16:56	17:21	17:46
1.0	14.0	167.5	Inter D207 D607	Saint-Nazaire-d'Aude	D607	32	15:20	15:36	15:53	16:13	16:37	17:02	17:27	17:52
3.0	11.0	170.5	St Marcel sur Aude	St Marcel sur Aude	D607	17	15:31	15:48	16:06	16:27	16:52	17:18	17:44	18:10
3.0	8.0	173.5	Marcorignan	Marcorignan	D607	19	15:43	16:00	16:19	16:41	17:07	17:34	18:01	18:28
8.0	0.0	181.5	<b>NARBONNE</b>	NARBONNE		13	16:13	16:32	16:53	17:18	17:47	18:18	18:50	19:22
			<b>Plus Beau Village de France</b>											

**LA FRANCE EN COURANT**  
31 ème Tour du 13 juillet au 27 juillet 2019  
mardi, 16 juillet 2019

**3ème Etape**

NARBONNE (11) – LAVELANET (09)

Etape de 194 Km

km à parcourir	parcours	Commune - Lieu Dit	Commune Traversée	ROUTE	Altitude	Heures de passages					
						Suivie	16km/h	15km/h	14 km/h	13 km/h	12 km/h
<b>AUDE (11)</b>											
0.0	194.0	0.0	<b>NARBONNE</b>	Narbonne	D6009	20	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>
4.5	189.5	4.5	Inter D6009 D6113	Narbonne	D6113	29	03:16	03:18	03:19	03:20	03:22
3.0	186.5	7.5	Inter D6113 D613	Montredon des Corbières	D613	32	03:28	03:30	03:32	03:34	03:37
2.5	184.0	10.0	Inter D613 D224	Montredon des Corbières	D224	54	03:37	03:40	03:42	03:46	03:50
4.5	179.5	14.5	Bizanet	Bizanet	D423	50	03:54	03:58	04:02	04:06	04:12
4.5	175.0	19.0	Inter D613 D423	St André de Roquelongue	D423	63	04:11	04:16	04:21	04:27	04:35
2.0	173.0	21.0	St André de Roquelongue	St André de Roquelongue	D423	65	04:18	04:24	04:30	04:36	04:45
3.0	170.0	24.0	Montsérét	Montsérét	D123	85	04:30	04:36	04:42	04:50	05:00
3.0	167.0	27.0	Inter D123 D611	Thézan-des-Corbières	D611	118	04:41	04:48	04:55	05:04	05:15
3.0	164.0	30.0	Inter D611 D123 Montplaisir	Fontjoncouse	D123	121	04:52	05:00	05:08	05:18	05:30
3.5	160.5	33.5	Inter D123 D323	Fontjoncouse	D323	223	05:05	05:14	05:23	05:34	05:47
1.0	159.5	34.5	Fontjoncouse	Fontjoncouse	D323	210	05:09	05:18	05:27	05:39	05:52
4.0	155.5	38.5	Coustouge	Coustouge	D106	185	05:24	05:34	05:45	05:57	06:12
6.5	149.0	45.0	Inter D106 D613	St Laurent de la Cabrerisse	D613	100	05:48	06:00	06:12	06:27	06:45
2.5	146.5	47.5	St Laurent de la Cabrerisse	St Laurent de la Cabrerisse	D3	102	05:58	06:10	06:23	06:39	06:57
3.0	143.5	50.5	Tournissan	Tournissan	D3	137	06:09	06:22	06:36	06:53	07:12
4.5	139.0	55.0	Inter D23 D3	Lagrasse	D3	160	06:26	06:40	06:55	07:13	07:35
3.5	135.5	58.5	○ Lagrasse	Lagrasse	D3	120	06:39	06:54	07:10	07:30	07:52
8.5	127.0	67.0	Inter D110 D3 Villemagne	Lagrasse	D3	171	07:11	07:28	07:47	08:09	08:35
1.0	126.0	68.0	Inter D3 D603	Serviès en Val	D603	179	07:15	07:32	07:51	08:13	08:40
1.5	124.5	69.5	Serviès en Val	Serviès en Val	D110	200	07:20	07:38	07:57	08:20	08:47
3.0	121.5	72.5	Inter D310 D110	Villetrotouls	D110	214	07:31	07:50	08:10	08:34	09:02
1.0	120.5	73.5	Inter D114 D110	Labastide-en-Val	D110	226	07:35	07:54	08:15	08:39	09:07
1.5	119.0	75.0	Villar en Val	Villar en Val	D110	271	07:41	08:00	08:21	08:46	09:15
4.0	115.0	79.0	Col de Taurize	Fajac-en-Val	D110	498	07:56	08:16	08:38	09:04	09:35
5.5	109.5	84.5	Molières sur l'Alberte	Ladern-sur-Lauquet	D110	311	08:16	08:38	09:02	09:30	10:02
4.5	105.0	89.0	Inter D56 D110	Ladern-sur-Lauquet	D110	205	08:33	08:56	09:21	09:50	10:25
2.5	102.5	91.5	Ladern sur Lauquet	Ladern-sur-Lauquet	D110	190	08:43	09:06	09:32	10:02	10:37
1.0	101.5	92.5	Inter D343 D110	Ladern-sur-Lauquet	D110	188	08:46	09:10	09:36	10:06	10:42
5.5	96.0	98.0	St Hilaire	St Hilaire	D104	167	09:07	09:32	10:00	10:32	11:10
9.0	87.0	107.0	Inter D504 D104	Pieusse	D104	185	09:41	10:08	10:38	11:13	11:55
	87.0	107.0					09:41	10:08	10:38	11:13	11:55
	87.0	107.0					09:41	10:08	10:38	11:13	11:55
	87.0	107.0					09:41	10:08	10:38	11:13	11:55
	87.0	107.0					09:41	10:08	10:38	11:13	11:55
	87.0	107.0					09:41	10:08	10:38	11:13	11:55
	87.0	107.0					09:41	10:08	10:38	11:13	11:55
	87.0	107.0					09:41	10:08	10:38	11:13	11:55
	87.0	107.0					09:41	10:08	10:38	11:13	11:55
	87.0	107.0					09:41	10:08	10:38	11:13	11:55
4.5	82.5	111.5	<b>LIMOUX</b>			160	09:58	10:26	10:57	11:34	12:17
<b>Départ 2ème demi étape</b>											
0.0	82.5	111.5	<b>LIMOUX</b>	Limoux		160	<b>11:00</b>	<b>11:00</b>	<b>11:00</b>	<b>11:00</b>	<b>11:00</b>
	82.5	111.5		La Digne-d'Aval	D620		11:00	11:00	11:00	11:00	11:00
	82.5	111.5		La Digne-d'Amont	D620		11:00	11:00	11:00	11:00	11:00
4.5	78.0	116.0	Inter D620 D626	Ajac	D626	235	11:16	11:18	11:19	11:20	11:22
3.5	74.5	119.5	Loupia	Loupia	D626	254	11:30	11:32	11:34	11:36	11:40
2.0	72.5	121.5	Inter D44 D626	Villalongue-d'Aude	D626	290	11:37	11:40	11:42	11:46	11:50
4.0	68.5	125.5	Inter D463 D626	Pomy	D626	442	11:52	11:56	12:00	12:04	12:10
3.0	65.5	128.5	Intr D30 D626	Peyrefitte du Razès	D626	389	12:03	12:08	12:12	12:18	12:25
1.0	64.5	129.5	Peyrefitte du Razès	Peyrefitte du Razès	D626	374	12:07	12:12	12:17	12:23	12:30
				Gueytes-et-Labastide			12:07	12:12	12:17	12:23	12:30
3.5	61.0	133.0	Inter D18 D626	Caudeval	D626	347	12:20	12:26	12:32	12:39	12:47
1.0	60.0	134.0	Caudeval	Caudeval	D626	350	12:24	12:30	12:36	12:43	12:52
1.5	58.5	135.5			D626	334	12:30	12:36	12:42	12:50	13:00
1.0	57.5	136.5		Moulin Neuf	D106	330	12:33	12:40	12:47	12:55	13:05
1.0	56.5	137.5			D1625	128	12:37	12:44	12:51	13:00	13:10
1.5	55.0	139.0	Tréziers	Tréziers	D125	380	12:43	12:50	12:57	13:06	13:17
3.5	51.5	142.5	Inter D125 D18	Corbières	D18	491	12:56	13:04	13:12	13:23	13:35
4.5	47.0	147.0	Inter D18 D16 Camp Limoux	Sonnac-sur-l'Hers	D16	357	13:13	13:22	13:32	13:43	13:57
1.5	45.5	148.5			D7	351	13:18	13:28	13:38	13:50	14:05
2.0	43.5	150.5	○ Camon	Camon	D7	347	13:26	13:36	13:47	14:00	14:15
4.0	39.5	154.5	Inter D207 D7	Lagarde	D7	329	13:41	13:52	14:04	14:18	14:35
1.5	38.0	156.0	Inter D507 D7	Lagarde	D7	323	13:46	13:58	14:10	14:25	14:42
3.5	34.5	159.5	La Bastide de Bousignac	La Bastide de Bousignac	D7a	336	14:00	14:12	14:25	14:41	15:00
3.5	31.0	163.0	Int D7b D7a	Saint-Julien-de-Gras-Capou	D7a	350	14:13	14:26	14:40	14:57	15:17
3.0	28.0	166.0	Limbrassac	Limbrassac	VC	381	14:24	14:38	14:53	15:11	15:32
2.0	26.0	168.0	Le Pape	Dun	VC	386	14:31	14:46	15:02	15:20	15:42
3.0	23.0	171.0	Inter VC D13	Dun	D13	335	14:43	14:58	15:15	15:34	15:57
1.5	21.5	172.5	Inter D513 D13	Dun	D13	322	14:48	15:04	15:21	15:41	16:05
0.5	21.0	173.0	Int D13 VC	Dun	VC	320	14:50	15:06	15:23	15:43	16:07
1.0	20.0	174.0	St Pastou	Dun	D12	325	14:54	15:10	15:27	15:48	16:12
1.5	18.5	175.5	Dun	Dun	D12	332	15:00	15:16	15:34	15:55	16:20
5.5	13.0	181.0	Lieurac	Lieurac	D1	365	15:20	15:38	15:57	16:20	16:47
1.5	11.5	182.5	Inter D301 D1	Carla-de-Roquefort	D1	382	15:26	15:44	16:04	16:27	16:55
1.5	10.0	184.0	Inter D10 D1	Carla-de-Roquefort	D1	394	15:31	15:50	16:10	16:34	17:02
1.0	9.0	185.0	Inter D1 D10	Ilhat	D10	432	15:35	15:54	16:15	16:39	17:07
4.0	5.0	189.0	Raissac	Raissac	D10	550	16:10	16:30	16:52	17:17	17:52
5.0	0.0	194.0	<b>LAVELANET</b>	LAVELANET		536	16:09	16:30	16:53	17:20	17:52
			○ Plus Beau Village de France								

**LA FRANCE EN COURANT**  
31 ème Tour du 13 juillet au 27 juillet 2019  
mercredi, 17 juillet 2019

**4ème Etape**

Etape de 181 Km LAVELANET (09) - PIERREFITTE NESTALAS (65)

km	à parcourir	parcours	Commune - Lieu Dit	Commune Traversée	ROUTE	Altitude	Heures de passages					
							Suivie	16km/h	15km/h	14 km/h	13 km/h	12 km/h
<b>ARIEGE (09)</b>												
0.0	181.0	0.0	Foix				03:00	03:00	03:00	03:00	03:00	
	181.0	0.0	Saint Paul de Jarrat				03:00	03:00	03:00	03:00	03:00	
	181.0	0.0	St Girons				03:00	03:00	03:00	03:00	03:00	
	181.0	0.0	Lacourt	Depart décalé 77,5 Km			03:00	03:00	03:00	03:00	03:00	
0.0	181.0	0.0	<b>LACOURT</b>	<b>Départ de l'étape</b>	D3		03:00	03:00	03:00	03:00	03:00	
	181.0	0.0	Lacourt	Lacourt	D3	420	03:00	03:00	03:00	03:00	03:00	
	181.0	0.0		Encourtiech	D3		03:00	03:00	03:00	03:00	03:00	
5.0	176.0	5.0	Saint Girons	Saint Girons	D117	390	03:18	03:20	03:21	03:23	03:25	
1.5	174.5	6.5	Saint Girons Bd Charles de gaulle	Saint Girons	D618	390	03:24	03:26	03:27	03:30	03:32	
4.0	170.5	10.5	Moulis	Moulis	D618	444	03:39	03:42	03:45	03:48	03:52	
4.0	166.5	14.5	Engomer	Engomer	D618	462	03:54	03:58	04:02	04:06	04:12	
1.5	165.0	16.0	Inter D204 D618	Balaguères	D618	487	04:00	04:04	04:08	04:13	04:20	
1.0	164.0	17.0	Inter D404 D618	Cescau	D618	506	04:03	04:08	04:12	04:18	04:25	
2.0	162.0	19.0	Audressein	Audressein	D618	520	04:11	04:16	04:21	04:27	04:35	
3.0	159.0	22.0	Argein	Argein	D618	530	04:22	04:28	04:34	04:41	04:50	
1.5	157.5	23.5	Aucazein	Aucazein	D618	551	04:28	04:34	04:40	04:48	04:57	
0.5	157.0	24.0	Illartein	Illartein	D618	565	04:30	04:36	04:42	04:50	05:00	
3.0	154.0	27.0	Orgibet	Orgibet	D618	650	04:41	04:48	04:55	05:04	05:15	
2.0	152.0	29.0	Augirein	Augirein	D618	520	04:48	04:56	05:04	05:13	05:25	
2.0	150.0	31.0	St Lary	St Lary	D618	680	04:56	05:04	05:12	05:23	05:35	
1.5	148.5	32.5	HAUTE-GARONNE (31)		D618	733	05:01	05:10	05:19	05:30	05:42	
2.0	146.5	34.5	Porte d'Aspet	Porte d'Aspet	D618	870	05:09	05:18	05:27	05:39	05:52	
2.5	144.0	37.0	Col Porte d'Aspet	Porte d'Aspet	D618	1070	05:18	05:28	05:38	05:50	06:05	
4.0	140.0	41.0	Inter D618 D85	Boutx	D85	634	05:33	05:44	05:55	06:09	06:25	
4.5	135.5	45.5	Inter D85 D44 Cote de la Mole	Boutx	D44	781	05:50	06:02	06:15	06:30	06:47	
7.0	128.5	52.5	Col de MENTE	Boutx	D44	1346	06:16	06:30	06:45	07:02	07:22	
6.5	122.0	59.0	Boutx	Boutx	D44	708	06:41	06:56	07:12	07:32	07:55	
	122.0	59.0		Lez		601	06:41	06:56	07:12	07:32	07:55	
3.0	119.0	62.0	Saint Béat	Saint Béat	D44	500	06:52	07:08	07:25	07:46	08:10	
2.5	116.5	64.5	Marigniac		D44	491	07:01	07:18	07:36	07:57	08:22	
1.5	115.0	66.0	Inter D44 D125	Neutralisation D125			07:07	07:24	07:42	08:04	08:30	
	115.0	66.0	Décalage 16,5Km	Décalage 16,5Km			07:07	07:24	07:42	08:04	08:30	
	115.0	66.0	Reprise D618	Bagnères-de-Luchon	D618		07:07	07:24	07:42	08:04	08:30	
	115.0	66.0		Cazarilh-Laspènes	D618		07:07	07:24	07:42	08:04	08:30	
	115.0	66.0		Trébons-de-Luchon	D618		07:07	07:24	07:42	08:04	08:30	
4.5	110.5	70.5		Saint-Aventin	D618		07:24	07:42	08:02	08:25	08:52	
1.0	109.5	71.5		Castillon-de-Larboust	D618		07:28	07:46	08:06	08:30	08:57	
1.5	108.0	73.0		Garin	D618		07:33	07:52	08:12	08:36	09:05	
5.5	102.5	78.5	Col de Peyresoude	Portet-de-Luchon	D618		07:54	08:14	08:36	09:02	09:32	
0.0	102.5	78.5	HAUTES-PYRENEES (65)		D618		07:54	08:14	08:36	09:02	09:32	
5.5	97.0	84.0		Loudervielle	D618		08:15	08:36	09:00	09:27	10:00	
7.0	90.0	91.0	<b>LOUDENVIELLE Balnéo</b>	Génos	D618	961	08:41	09:04	09:30	10:00	10:35	
<b>Départ de la 2ème demi étape</b>												
0.0	90.0	91.0	<b>LOUDENVIELLE Balnéo</b>	Génos	D25	961	<b>10:15</b>	<b>10:15</b>	<b>10:15</b>	<b>10:15</b>	<b>10:15</b>	
2.0	88.0	93.0		Génos	D25	965	10:22	10:23	10:23	10:24	10:25	
1.0	87.0	94.0	Adervielle-Pouchergues	Adervielle-Pouchergues	D25	948	10:26	10:27	10:27	10:28	10:30	
0.5	86.5	94.5	Vielle-Louron	Vielle-Louron	D25	950	10:28	10:29	10:30	10:31	10:32	
2.5	84.0	97.0	Avajan	Avajan	D618	910	10:37	10:39	10:40	10:42	10:45	
3.5	80.5	100.5	Bordères Louron	Bordères Louron	D618	846	10:50	10:53	10:55	10:58	11:02	
2.0	78.5	102.5	La Prade	Cazaux-Debat	D618	783	10:58	11:01	11:04	11:08	11:12	
4.0	74.5	106.5	Arreau	Arreau	D918	720	11:13	11:17	11:21	11:26	11:32	
12.0	62.5	118.5	Col d'Aspin	Aspin-Aure	D918	1489	11:58	12:05	12:12	12:21	12:32	
5.5	57.0	124.0	Espiadet	Campan	D918	1096	12:18	12:27	12:36	12:47	13:00	
1.0	56.0	125.0	Inter D113 D918	Campan	D918	1080	12:22	12:31	12:40	12:51	13:05	
7.0	49.0	132.0	Ste Marie de Campan	Campan	D918	851	12:48	12:59	13:10	13:24	13:40	
5.0	44.0	137.0	Gripp	Campan	D918	1227	13:07	13:19	13:32	13:47	14:05	
7.5	36.5	144.5	La Mongie	Bagnères-de-Bigorre	D918	1800	13:35	13:49	14:04	14:21	14:42	
4.0	32.5	148.5	Col du Tourmalet	Bagnères-de-Bigorre	D918	2115	13:50	14:05	14:21	14:40	15:02	
	32.5	148.5		Sers	D918		13:50	14:05	14:21	14:40	15:02	
11.0	21.5	159.5	Barèges	Barèges	D918	1200	14:31	14:49	15:08	15:31	15:57	
	21.5	159.5		Betpouey	D918		14:31	14:49	15:08	15:31	15:57	
	21.5	159.5		Viella	D918		14:31	14:49	15:08	15:31	15:57	
	21.5	159.5		Ester	D918		14:31	14:49	15:08	15:31	15:57	
8.0	13.5	167.5	Luz Saint Sauveur	Luz Saint Sauveur	D918	711	15:01	15:21	15:42	16:08	16:37	
	13.5	167.5		Esquièze-Sère	D921		15:01	15:21	15:42	16:08	16:37	
2.0	11.5	169.5	Inter D12 D921	Sassis	D921	650	15:09	15:29	15:51	16:17	16:47	
	11.5	169.5		Saligos	D921		15:09	15:29	15:51	16:17	16:47	
	11.5	169.5		Chèze	D921		15:09	15:29	15:51	16:17	16:47	
	11.5	169.5		Villelongue	D921		15:09	15:29	15:51	16:17	16:47	
	11.5	169.5		Soulom	D921		15:09	15:29	15:51	16:17	16:47	
	11.5	169.5			D921		15:09	15:29	15:51	16:17	16:47	
11.5	0.0	181.0	<b>PIERREFITTE NESTALAS</b>	PIERREFITTE NESTALAS		492	15:52	16:15	16:40	17:10	17:45	
			<b>O Plus Beau Village de France</b>									

**LA FRANCE EN COURANT**  
31 ème Tour du 13 juillet au 27 juillet 2019  
jeudi, 18 juillet 2019  
**5ème Etape**

Etape de 188.5 Km

PIERREFITTE NESTALAS (65) – HASPARREN (64)

km	à parcourir	parcours	Commune - Lieu Dit	Commune Traversée	ROUTE	Altitude	Heures de passages								
							Suivie	16km/h	15km/h	14 km/h	13 km/h	12 km/h			
<b>HAUTES PYRENEES (65)</b>															
0.0	188.5	0.0	<b>PIERREFITTE-NESTALAS</b>		D13	492	<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>	
4.5	184.0	4.5	Saint Savin	Saint Savin	D13	543	03:16	03:18	03:19	03:20	03:22	03:22	03:22	03:22	
	184.0	4.5	Arcizans Avant	Arcizans Avant	D13	635	03:16	03:18	03:19	03:20	03:22	03:22	03:22	03:22	
	184.0	4.5	Inter D13 D616	Arras-en-Lavedan	D613	686	03:16	03:18	03:19	03:20	03:22	03:22	03:22	03:22	
4.0	180.0	8.5	Sreix	Sreix	D613	800	03:31	03:34	03:36	03:39	03:42	03:42	03:42	03:42	
	180.0	8.5	Inter D613 D13	Sireix	D13	804	03:31	03:34	03:36	03:39	03:42	03:42	03:42	03:42	
2.5	177.5	11.0	Bun	Bun	D13	800	03:41	03:44	03:47	03:50	03:55	03:55	03:55	03:55	
2.0	175.5	13.0	Inter D13 D918	Gaillagos	D918	824	03:48	03:52	03:55	04:00	04:05	04:05	04:05	04:05	
2.0	173.5	15.0	Aucun	Aucun	D918	867	03:56	04:00	04:04	04:09	04:15	04:15	04:15	04:15	
3.0	170.5	18.0	Arrens Marsous	Arrens Marsous	D918	865	04:07	04:12	04:17	04:23	04:30	04:30	04:30	04:30	
6.5	164.0	24.5	Col du Soulor		D918	1471	04:31	04:38	04:45	04:53	05:02	05:02	05:02	05:02	
2.0	162.0	26.5	<b>PYRENEES ATLANTIQUES (64)</b>				04:39	04:46	04:53	05:02	05:12	05:12	05:12	05:12	
	162.0	26.5		Arbéost			04:39	04:46	04:53	05:02	05:12	05:12	05:12	05:12	
9.0	153.0	35.5	Col d'Aubisque	Béost	D918	1709	05:13	05:22	05:32	05:43	05:57	05:57	05:57	05:57	
3.0	150.0	38.5	Gourette	Eaux Bonnes	D918	1360	05:24	05:34	05:45	05:57	06:12	06:12	06:12	06:12	
8.0	142.0	46.5	Eaux Bonnes	Eaux Bonnes	D240	714	05:54	06:06	06:19	06:34	06:52	06:52	06:52	06:52	
2.0	140.0	48.5	Assouste	Eaux Bonnes	D240	583	06:01	06:14	06:27	06:43	07:02	07:02	07:02	07:02	
2.0	138.0	50.5	Béost	Béost	D240	523	06:09	06:22	06:36	06:53	07:12	07:12	07:12	07:12	
	138.0	50.5		Louvie-Soubiron			06:09	06:22	06:36	06:53	07:12	07:12	07:12	07:12	
4.0	134.0	54.5	Asté-	Asté-Béon	D240	496	06:24	06:38	06:53	07:11	07:32	07:32	07:32	07:32	
1.5	132.5	56.0	Béon	Asté-Béon	D290	460	06:30	06:44	07:00	07:18	07:40	07:40	07:40	07:40	
3.0	129.5	59.0		Gère-Bélesten	D294b4	450	06:41	06:56	07:12	07:32	07:55	07:55	07:55	07:55	
	129.5	59.0		Bielle	D294		06:41	06:56	07:12	07:32	07:55	07:55	07:55	07:55	
3.0	126.5	62.0	Bilhères	Bilhères	D294		06:52	07:08	07:25	07:46	08:10	08:10	08:10	08:10	
	126.5	62.0	Col de Porteigt	Bilhères	D294	881	06:52	07:08	07:25	07:46	08:10	08:10	08:10	08:10	
8.5	118.0	70.5	Col de Marie-Blanche	Bilhères	D294	1035	07:24	07:42	08:02	08:25	08:52	08:52	08:52	08:52	
8.5	109.5	79.0	Escot	Escot	D238		07:56	08:16	08:38	09:04	09:35	09:35	09:35	09:35	
5.0	104.5	84.0	Lurbe St Christau	Lurbe St Christau	D918	300	08:15	08:36	09:00	09:27	10:00	10:00	10:00	10:00	
1.0	103.5	85.0	Asasp	Asasp-Arros	N134	279	08:18	08:40	09:04	09:32	10:05	10:05	10:05	10:05	
2.0	101.5	87.0	Inter N134 D918	Asasp-Arros	D918	282	08:26	08:48	09:12	09:41	10:15	10:15	10:15	10:15	
	101.5	87.0	Issor	Issor	D918	313	08:26	08:48	09:12	09:41	10:15	10:15	10:15	10:15	
4.5	97.0	91.5	Inter D241 D918	Issor	D918	335	08:43	09:06	09:32	10:02	10:37	10:37	10:37	10:37	
4.5	92.5	96.0	Arette	Arette	D918	320	09:00	09:24	09:51	10:23	11:00	11:00	11:00	11:00	
3.0	89.5	99.0	Inter D919 D918	Aramits	D918	312	09:11	09:36	10:04	10:36	11:15	11:15	11:15	11:15	
1.5	88.0	100.5	Lane en Baretous	Lane en Baretous	D918	323	09:16	09:42	10:10	10:43	11:22	11:22	11:22	11:22	
6.0	82.0	106.5	Montory	Montory	D918	270	09:39	10:06	10:36	11:11	11:52	11:52	11:52	11:52	
	82.0	106.5		Laguinge-Restoue	D918	245	09:39	10:06	10:36	11:11	11:52	11:52	11:52	11:52	
	82.0	106.5					09:39	10:06	10:36	11:11	11:52	11:52	11:52	11:52	
	82.0	106.5					09:39	10:06	10:36	11:11	11:52	11:52	11:52	11:52	
	82.0	106.5					09:39	10:06	10:36	11:11	11:52	11:52	11:52	11:52	
4.5	77.5	111.0	<b>TARDETS-SORHORLUS</b>			230	09:56	10:24	10:55	11:32	12:15	12:15	12:15	12:15	
<b>Départ de la 2ème demi étape</b>															
<b>TARDETS-SORHORLUS</b>															
0.0	77.5	111.0	<b>TARDETS-SORHORLUS</b>		D247		<b>11:30</b>	<b>11:30</b>	<b>11:30</b>	<b>11:30</b>	<b>11:30</b>	<b>11:30</b>	<b>11:30</b>	<b>11:30</b>	
5.5	72.0	116.5	Alos	Alos-Sibas-Abense	D247	227	11:50	11:52	11:53	11:55	11:57	11:57	11:57	11:57	
	72.0	116.5	Alçay	Alçay-Alçabéhéty-Sunharette	D117	240	11:50	11:52	11:53	11:55	11:57	11:57	11:57	11:57	
11.0	61.0	127.5		Aussurucq	D117		12:31	12:36	12:40	12:46	12:52	12:52	12:52	12:52	
2.5	58.5	130.0	Inter D417 D117	Mendive	D117	850	12:41	12:46	12:51	12:57	13:05	13:05	13:05	13:05	
2.0	56.5	132.0	Col d'Apnice	Béhorléguay	D117	1044	12:48	12:54	13:00	13:06	13:15	13:15	13:15	13:15	
	56.5	132.0	Col de landerre	Béhorléguay	D117	1072	12:48	12:54	13:00	13:06	13:15	13:15	13:15	13:15	
8.5	48.0	140.5	Béhorléguay	Béhorléguay	D117	400	13:20	13:28	13:36	13:46	13:57	13:57	13:57	13:57	
2.0	46.0	142.5	Mendive	Mendive	D117	280	13:28	13:36	13:45	13:55	14:07	14:07	14:07	14:07	
1.0	45.0	143.5	Inter D117 D18	Mendive	D18	270	13:31	13:40	13:49	14:00	14:12	14:12	14:12	14:12	
3.5	41.5	147.0	Bastida	Lecumberry	D18	260	13:45	13:54	14:04	14:16	14:30	14:30	14:30	14:30	
1.5	40.0	148.5	Inter D18 D118	Ahaxe-Alciette-Bascassan	D118	220	13:50	14:00	14:10	14:23	14:37	14:37	14:37	14:37	
1.5	38.5	150.0	Aincille	Aincille	D401	240	13:56	14:06	14:17	14:30	14:45	14:45	14:45	14:45	
2.0	36.5	152.0	Caro	Caro	D401	243	14:03	14:14	14:25	14:39	14:55	14:55	14:55	14:55	
3.0	33.5	155.0	○ Saint-Jean-Pied-de-Port	Saint-Jean-Pied-de-Port	D933	180	14:15	14:26	14:38	14:53	15:10	15:10	15:10	15:10	
0.5	33.0	155.5	Ispoure	Ispoure	D933	160	14:16	14:28	14:40	14:55	15:12	15:12	15:12	15:12	
0.5	32.5	156.0	Inter D933 D22	Ispoure	D22	172	14:18	14:30	14:42	14:57	15:15	15:15	15:15	15:15	
	32.5	156.0		Saint-Jean-le-Vieux	D22		14:18	14:30	14:42	14:57	15:15	15:15	15:15	15:15	
5.0	27.5	161.0	Jaxu	Jaxu	D22	224	14:37	14:50	15:04	15:20	15:40	15:40	15:40	15:40	
3.0	24.5	164.0	Inter D422 D22	Suhescun	D22	271	14:48	15:02	15:17	15:34	15:55	15:55	15:55	15:55	
6.5	18.0	170.5	Inter D8 D22	Irrissarry	D22	215	15:13	15:28	15:45	16:04	16:27	16:27	16:27	16:27	
5.5	12.5	176.0	Inter D245 D22	Hélette	D22	240	15:33	15:50	16:08	16:30	16:55	16:55	16:55	16:55	
6.0	6.5	182.0	Inter D252 D22 La Place	Mendonde	D22	152	15:56	16:14	16:34	16:57	17:25	17:25	17:25	17:25	
2.0	4.5	184.0	Bonloc	Bonloc	D22	55	16:03	16:22	16:42	17:06	17:35	17:35	17:35	17:35	
	4.5	184.0					16:03	16:22	16:42	17:06	17:35	17:35	17:35	17:35	
	4.5	184.0					16:03	16:22	16:42	17:06	17:35	17:35	17:35	17:35	
	4.5	184.0					16:03	16:22	16:42	17:06	17:35	17:35	17:35	17:35	
4.5	0.0	188.5	<b>HASPARREN</b>	HASPARREN		80	16:20	16:40	17:02	17:27	17:57	17:57	17:57	17:57	
			○ Plus Beau Village de France												

**LA FRANCE EN COURANT**  
31 ème Tour du 13 juillet au 27 juillet 2019  
vendredi, 19 juillet 2019

**6ème Etape**

Etape de 195 Km

**HASPARREN (64) - BENQUET (40)**

km	à parcourir	parcours	Commune - Lieu Dit	Commune Traversée	ROUTE	Altitude	Heures de passages				
							Suivie	16km/h	15km/h	14 km/h	13 km/h
<b>PYRENEES ATLANTIQUES (64)</b>											
0.0	195.0	0.0	<b>HASPARREN</b>	HASPARREN	D152	101	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>
8.5	186.5	8.5	Mendionde	Mendionde	D252	166	03:31	03:34	03:36	03:39	03:42
1.0	185.5	9.5	Inter D252 D452	Mendionde	D452	136	03:35	03:38	03:40	03:43	03:47
1.0	184.5	10.5	Inter D252 D22	Mendionde	D22	175	03:39	03:42	03:45	03:48	03:52
4.5	180.0	15.0	Inter D119 D22	Hélette	D22	249	03:56	04:00	04:04	04:09	04:15
0.5	179.5	15.5	Inter D22 D245	Hélette	D245	250	03:58	04:02	04:06	04:11	04:17
0.5	179.0	16.0	Hélette	Hélette	D245	248	04:00	04:04	04:08	04:13	04:20
3.0	176.0	19.0	Inter D251 D245	Saint-Esteben	D245	173	04:11	04:16	04:21	04:27	04:35
1.0	175.0	20.0	Inter D745 D255	Saint-Esteben	D245	189	04:15	04:20	04:25	04:32	04:40
3.0	172.0	23.0	Armendarits	Armendarits	D245	144	04:26	04:32	04:38	04:46	04:55
4.5	167.5	27.5	Inter D245 D14	Méharin	D14	114	04:43	04:50	04:57	05:06	05:17
1.0	166.5	28.5	Méharin	Méharin	D14	106	04:46	04:54	05:02	05:11	05:22
5.5	161.0	34.0	Inter D14 D251	Saint-Martin-d'Arberoue	D14	130	05:07	05:16	05:25	05:36	05:50
1.0	160.0	35.0	Saint-Martin-d'Arberoue	Saint-Martin-d'Arberoue	D14	118	05:11	05:20	05:30	05:41	05:55
2.5	157.5	37.5	Isturits	Isturits	D251	122	05:20	05:30	05:40	05:53	06:07
5.5	152.0	43.0	Ayherre	Ayherre	D251	69	05:41	05:52	06:04	06:18	06:35
1.0	151.0	44.0	Inter D251 D10	Ayherre	D10	41	05:45	05:56	06:08	06:23	06:40
1.0	150.0	45.0	○ La Bastide-Clairance	La Bastide-Clairance	D10	18	05:48	06:00	06:12	06:27	06:45
7.0	143.0	52.0	Inter D10 D123	Bardos	D123	13	06:15	06:28	06:42	07:00	07:20
2.0	141.0	54.0	Inter D123 D936	Bardos	D936	9	06:22	06:36	06:51	07:09	07:30
1.0	140.0	55.0	Inter D936 D123 Séquillon le Bas	Urt	D123	13	06:26	06:40	06:55	07:13	07:35
1.5	138.5	56.5	Passage inférieur Sous A64	Urt	D123	9	06:31	06:46	07:02	07:20	07:42
1.5	137.0	58.0	Inter D123 D257	Urt	D257	46	06:37	06:52	07:08	07:27	07:50
2.0	135.0	60.0	<b>Caserne des Pompiers</b>	Urt	D257	40	06:45	07:00	07:17	07:36	08:00
0.5	134.5	60.5	Inter 257 D261	Urt	D261	40					
<b>LANDES (40)</b>											
0.5	134.0	61.0	Inter D74 D12	Saint-Laurent-de-Gosse	D12	10	06:48	07:04	07:21	07:41	08:05
1.0	133.0	62.0	Inter D12 D393	Saint-Laurent-de-Gosse	D393	3	06:52	07:08	07:25	07:46	08:10
3.5	129.5	65.5	Inter D12 D393	Saint-Laurent-de-Gosse	D393	3	07:05	07:22	07:40	08:02	08:27
1.5	128.0	67.0	St Laurent de Grosse	Saint-Laurent-de-Gosse	D393	39	07:11	07:28	07:47	08:09	08:35
4.0	124.0	71.0	St Marie de Grosse	St Marie de Grosse	D28	58	07:26	07:44	08:04	08:27	08:55
1.0	123.0	72.0	Inter D817 D28 D366	St Marie de Grosse	D366	39	07:30	07:48	08:08	08:32	09:00
3.0	120.0	75.0	Inter D366 D12	Saint-Martin-de-Hinx	D12	41	07:41	08:00	08:21	08:46	09:15
1.0	119.0	76.0	St Martin de Hinx	Saint-Martin-de-Hinx	D366	40	07:45	08:04	08:25	08:50	09:20
5.5	113.5	81.5	Saubrigues	Saubrigues	D71	41	08:05	08:26	08:49	09:16	09:47
3.0	110.5	84.5	Inter D71 D12	Saint-Jean-de-Marsacq	D12	40	08:16	08:38	09:02	09:30	10:02
2.0	108.5	86.5	St-Jean-de-Marsacq Inter D171 D12	Saint-Jean-de-Marsacq	D12	37	08:24	08:46	09:10	09:39	10:12
2.5	106.0	89.0	Inter D33 D12	Josse	D12	38	08:33	08:56	09:21	09:50	10:25
5.0	101.0	94.0	St Geours de Marenne	St Geours de Marenne	D17	37	08:52	09:16	09:42	10:13	10:50
4.5	96.5	98.5	Saubusse	Saubusse	D70	16	09:09	09:34	10:02	10:34	11:12
3.0	93.5	101.5	Inter D70 D13	Rivière-Saas-et-Gourby	D13	18	09:20	09:46	10:15	10:48	11:27
1.5	92.0	103.0	Rivière-Saas-et-Gourby	Rivière-Saas-et-Gourby	D13	10	09:26	09:52	10:21	10:55	11:35
5.0	87.0	108.0	<b>TERCIS les BAINS</b>			35	09:45	10:12	10:42	11:18	12:00
<b>Départ 2ème demi étape</b>											
0.0	87.0	108.0	<b>TERCIS les BAINS</b>		D6	35	<b>10:30</b>	<b>10:30</b>	<b>10:30</b>	<b>10:30</b>	<b>10:30</b>
3.5	83.5	111.5	Inter D431 D13	Heugas	D13	23	10:43	10:44	10:45	10:46	10:47
1.0	82.5	112.5	Heugas	Heugas	D429	50	10:46	10:48	10:49	10:50	10:52
4.0	78.5	116.5	Int D429 D22 D426	Bénèsse les Dax	D426	64	11:01	11:04	11:06	11:09	11:12
5.0	73.5	121.5	Int D322 D426	Saunac-et-Cambran	D426	11	11:20	11:24	11:27	11:32	11:37
2.0	71.5	123.5	Saunac-et-Cambran(D215D947)	Saunac-et-Cambran	D414	39	11:28	11:32	11:36	11:41	11:47
2.0	69.5	125.5	Inter D391 D414	Saunac-et-Cambran	D414	39	11:35	11:40	11:45	11:50	11:57
3.0	66.5	128.5	Inter D414 D32	Candresse	D32	13	11:46	11:52	11:57	12:04	12:12
3.5	63.0	132.0	Hinx	Hinx	D58	49	12:00	12:06	12:12	12:20	12:30
	63.0	132.0		Sort-en-Chalosse			12:00	12:06	12:12	12:20	12:30
6.5	56.5	138.5	Poyartin	Poyartin	D107	47	12:24	12:32	12:40	12:50	13:02
2.0	54.5	140.5	Inter D107 D7	Montfort en Chalosse	D7	81	12:31	12:40	12:49	13:00	13:12
1.5	53.0	142.0	Montfort en Chalosse	Montfort en Chalosse	D32	100	12:37	12:46	12:55	13:06	13:20
1.0	52.0	143.0	Inter D32 D2	Montfort en Chalosse	D2	80	12:41	12:50	13:00	13:11	13:25
4.5	47.5	147.5	Baigts	Baigts	D2	100	12:58	13:08	13:19	13:32	13:47
2.0	45.5	149.5	Inter D2 D8	Baigts	D8	120	13:05	13:16	13:27	13:41	13:57
2.5	43.0	152.0	Caupenne	Caupenne	D102	53	13:15	13:26	13:38	13:53	14:10
4.0	39.0	156.0	Inter D102 D2	Bergouey	D2	60	13:30	13:42	13:55	14:11	14:30
3.0	36.0	159.0	St Cricq-Chalosse	St Cricq-Chalosse	D21	110	13:41	13:54	14:08	14:25	14:45
5.5	30.5	164.5	Inter D18 D21	Doazit	D21	73	14:01	14:16	14:32	14:50	15:12
5.5	25.0	170.0	Audignon	Audignon	D21	50	14:22	14:38	14:55	15:16	15:40
3.0	22.0	173.0	Inter D408 D21	Saint-Sever	D21	46	14:33	14:50	15:08	15:30	15:55
2.5	19.5	175.5	St Sever	Saint-Sever	D352	100	14:43	15:00	15:19	15:41	16:07
2.0	17.5	177.5	Inter D924 D352 D933 Péré	Saint-Sever	D933	40	14:50	15:08	15:27	15:50	16:17
5.0	12.5	182.5	Bas-Mauco	Bas-Mauco	VC	55	15:09	15:28	15:49	16:13	16:42
3.0	9.5	185.5	Haut-Mauco	Haut-Mauco	D390	80	15:20	15:40	16:02	16:27	16:57
3.0	6.5	188.5	Inter D390 D351	Haut-Mauco	D351	89	15:31	15:52	16:15	16:41	17:12
2.5	4.0	191.0	Inter D933s D351	Benquet	D312	85	15:41	16:02	16:25	16:53	17:25
	4.0	191.0		Benquet			15:41	16:02	16:25	16:53	17:25
4.0	0.0	195.0	<b>BENQUET</b>	Benquet		68	15:56	16:18	16:42	17:11	17:45
			○ <b>Plus Beau Village de France</b>								

**LA FRANCE EN COURANT**  
31 ème Tour du 13 juillet au 27 juillet 2019  
samedi, 20 juillet 2019

**7ème Etape**

**BENQUET (40) – CONDOM (32)**

Etape de 194 Km

km à parcourir	parcours	Commune - Lieu Dit	Commune Traversée	Suivie	Altitude	Heures de passages					
						16km/h	15km/h	14 km/h	13 km/h	12 km/h	
<b>LANDES (40)</b>											
0.0	194.0	0.0	<b>BENQUET</b>	BENQUET	VC9	68	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>
6.0	188.0	6.0	Inter VC9 D924	Saint-Sever	D924	48	03:22	03:24	03:25	03:27	03:30
2.0	186.0	8.0	Pédolor	Saint-Maurice-sur-Adour	D924	50	03:30	03:32	03:34	03:36	03:40
0.5	185.5	8.5	St Maurice sur Adour	Saint-Maurice-sur-Adour	D924	52	03:31	03:34	03:36	03:39	03:42
2.0	183.5	10.5	Inter D924 D824	Grenade-sur-l'Adour	D824	53	03:39	03:42	03:45	03:48	03:52
2.0	181.5	12.5	Grenade sur l'Adour	Grenade-sur-l'Adour	D11	55	03:46	03:50	03:53	03:57	04:02
0.25	181.3	12.8	Larivière St Savin	Larivière-Saint-Savin	D11	56	03:47	03:51	03:54	03:58	04:03
0.25	181.0	13.0	Inter D11 D352	Larivière-Saint-Savin	D352	56	03:48	03:52	03:55	04:00	04:05
7.0	174.0	20.0	Renung (côte à 14%)	Renung	D448	125	04:15	04:20	04:25	04:32	04:40
4.5	169.5	24.5	Duhort-Bachen	Duhort-Bachen	D39	95	04:31	04:38	04:45	04:53	05:02
3.0	166.5	27.5	Inter D445 D39	Duhort-Bachen	D39	145	04:43	04:50	04:57	05:06	05:17
3.0	163.5	30.5	Aire sur l'Adour	Aire sur l'Adour	D39	80	04:54	05:02	05:10	05:20	05:32
2.5	161.0	33.0	GERS (32)		Barcelonne-du-Gers	80	05:03	05:12	05:21	05:32	05:45
0.5	160.5	33.5	Inter D107 D22	Bernède	D22	84	05:05	05:14	05:23	05:34	05:47
5.0	155.5	38.5	Inter D260 D22	Lannux	D22	99	05:24	05:34	05:45	05:57	06:12
3.5	152.0	42.0	Inter D946 D22 Aurensan	Aurensan	D22	105	05:37	05:48	06:00	06:13	06:30
4.0	148.0	46.0	Inter D136a D22	Viella	D22	117	05:52	06:04	06:17	06:32	06:50
3.0	145.0	49.0	Inter D292 D22	Viella	D22	248	06:03	06:16	06:30	06:46	07:05
4.0	141.0	53.0	HAUTES PYRENEES (65)		D48	134	06:18	06:32	06:47	07:04	07:25
1.5	139.5	54.5	Inter D348 D48	Saint-Lanne	D48	140	06:24	06:38	06:53	07:11	07:32
4.0	135.5	58.5	<b>Madiran</b>	Madiran	D48	163	06:39	06:54	07:10	07:30	07:52
3.0	132.5	61.5	Inter D171 D48	Soublecause	D48	259	06:50	07:06	07:23	07:43	08:07
1.5	131.0	63.0	InterD248 D48	Soublecause	D48	162	06:56	07:12	07:30	07:50	08:15
1.0	130.0	64.0	Inter D48 D748	Hagedet	D748	174	07:00	07:16	07:34	07:55	08:20
0.5	129.5	64.5	Inter D748 D67	Lascazères	D67	160	07:01	07:18	07:36	07:57	08:22
1.0	128.5	65.5	Inter D935 D67	Villefranque	D67	160	07:05	07:22	07:40	08:02	08:27
2.0	126.5	67.5	Caussade-Rivière	Caussade-Rivière	D67	159	07:13	07:30	07:49	08:11	08:37
2.0	124.5	69.5	Labatut-Rivière	Labatut-Rivière	D8	160	07:20	07:38	07:57	08:20	08:47
1.0	123.5	70.5	Inter D8 VC Vers Pécós	Labatut-Rivière	VC	162	07:24	07:42	08:02	08:25	08:52
1.0	122.5	71.5	GERS (32)		Ladevèze-Ville	D562	165	07:28	07:46	08:06	08:30
3.0	119.5	74.5	Inter D562 D14	Ladevèze Ville	D14	167	07:39	07:58	08:19	08:43	09:12
1.5	118.0	76.0	Inter D14 D255	Ladevèze Ville	D255	167	07:45	08:04	08:25	08:50	09:20
4.5	113.5	80.5	Juillac	Juillac	D255	149	08:01	08:22	08:45	09:11	09:42
4.5	109.0	85.0	Marciac	Marciac	D3	155	08:18	08:40	09:04	09:32	10:05
	109.0	85.0		Monlezun	D3	159	08:18	08:40	09:04	09:32	10:05
10.5	98.5	95.5	Tillac	Tillac	D16	173	08:58	09:22	09:49	10:20	10:57
2.5	96.0	98.0	Inter D16 D156 (Laas)	Lass	D156	264	09:07	09:32	10:00	10:32	11:10
	96.0	98.0					09:07	09:32	10:00	10:32	11:10
	96.0	98.0					09:07	09:32	10:00	10:32	11:10
	96.0	98.0					09:07	09:32	10:00	10:32	11:10
6.5	89.5	104.5	<b>MIELAN</b>	Miélan Neutralisation RN21		273	09:31	09:58	10:27	11:02	11:42
<b>Départ 2ème demi étape</b>											
0.0	89.5	104.5	<b>MIELAN</b>	Miélan	D127	273	<b>10:30</b>	<b>10:30</b>	<b>10:30</b>	<b>10:30</b>	<b>10:30</b>
5.5	84.0	110.0	Ste Dode	Sainte-Dode	D127	271	10:50	10:52	10:53	10:55	10:57
4.0	80.0	114.0	Inter D127 D939	Sainte-Dode	D939	181	11:05	11:08	11:10	11:13	11:17
1.0	79.0	115.0	St Michel	Saint-Michel	D939	178	11:09	11:12	11:15	11:18	11:22
7.0	72.0	122.0	Berdoues	Berdoues	D939	161	11:35	11:40	11:45	11:50	11:57
3.5	68.5	125.5	<b>R</b> Mirande	Mirande Neutralisation RN21 100m	D137	165	11:48	11:54	12:00	12:06	12:15
2.0	66.5	127.5	Inter D137 VC	Estipouy	VC	151	11:56	12:02	12:08	12:16	12:25
3.5	63.0	131.0	Mouchès	Mouchès	D939	144	12:09	12:16	12:23	12:32	12:42
3.5	59.5	134.5	L'Isle de Noé	L'Isle-de-Noé	D939	134	12:22	12:30	12:38	12:48	13:00
6.5	53.0	141.0	Inter D174 D939	Barran	D939	127	12:46	12:56	13:06	13:18	13:32
3.0	50.0	144.0	Le Brouilh-Monbert	Le Brouilh-Monbert	D939	123	12:58	13:08	13:19	13:32	13:47
	50.0	144.0		Biran	D939		12:58	13:08	13:19	13:32	13:47
6.5	43.5	150.5	St Jean-Poutge	Saint-Jean-Poutge Neutrali RN21	D939	116	13:22	13:34	13:47	14:02	14:20
3.5	40.0	154.0	Inter D103 D939 Pléhaut	Saint-Jean-Poutge	D939	111	13:35	13:48	14:02	14:18	14:37
4.0	36.0	158.0	Inter D132 D939	Saint-Paul-de-Baise	D939	104	13:50	14:04	14:19	14:36	14:57
3.0	33.0	161.0	Inter D158 D939	Rozès	D939	95	14:01	14:16	14:32	14:50	15:12
	33.0	161.0		Bezolles	D939		14:01	14:16	14:32	14:50	15:12
3.0	30.0	164.0	Beaucaire	Beaucaire	D939	93	14:13	14:28	14:45	15:04	15:27
5.5	24.5	169.5	Valence sur Baise	Valence-sur-Baise	D930	85	14:33	14:50	15:08	15:30	15:55
0.5	24.0	170.0	Inter D930 D142	Maignaut-Tauzia	D142	84	14:35	14:52	15:10	15:32	15:57
4.0	20.0	174.0	Cassaigne	Cassaigne	D208	143	14:50	15:08	15:27	15:50	16:17
3.5	16.5	177.5	Mouchan	Mouchan	D931	89	15:03	15:22	15:42	16:06	16:35
1.5	15.0	179.0	Inter D931 D142	Mouchan	D142	96	15:09	15:28	15:49	16:13	16:42
1.5	13.5	180.5	Inter D277 D278	Larressingle	D278	85	15:15	15:34	15:55	16:20	16:50
1.0	12.5	181.5	Inter D278 D507	Larressingle	D507	148	15:18	15:38	16:00	16:25	16:55
1.0	11.5	182.5	<b>O</b> Larressingle	Larressingle	D507	148	15:22	15:42	16:04	16:30	17:00
1.0	10.5	183.5	Inter D 507 D15	Larressingle	D15	116	15:26	15:46	16:08	16:34	17:05
1.0	9.5	184.5	Inter D15 D278	Larressingle	D278	90	15:30	15:50	16:12	16:39	17:10
2.5	7.0	187.0	Inter D278 D114	Condom	D114	79	15:39	16:00	16:23	16:50	17:22
7.0	0.0	194.0	<b>CONDOM</b>	Condom		90	16:05	16:28	16:53	17:23	17:57
			<b>O</b> Plus Beau Village de France								

**LA FRANCE EN COURANT**  
31<sup>ème</sup> Tour du 13 juillet au 27 juillet 2019  
dimanche, 21 juillet 2019

**8<sup>ème</sup> Etape**

**CONDOM (32) – BELVES (24)**

Etape de 190 Km

Etape de	km	à parcourir	parcours	Commune - Lieu Dit	Commune Traversée	ROUTE		Altitude	Heures de passages										
						Suivie			16km/h	15km/h	14 km/h	13 km/h	12 km/h						
				<b>GERS (32)</b>															
0.0	190.0	0.0		<b>CONDOM</b>	Condom	D931	90		<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>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>
4.0	186.0	4.0		Inter D931 D41	Condom	D41	176		03:15	03:16	03:17	03:18	03:18	03:20	03:20	03:20	03:20	03:20	03:20
	186.0	4.0			Castelnau-sur-l'Auvignon	D41	145		03:15	03:16	03:17	03:18	03:18	03:20	03:20	03:20	03:20	03:20	03:20
8.5	177.5	12.5	○	La Romieu	La Romieu	D41	188		03:46	03:50	03:53	03:57	03:57	04:02	04:02	04:02	04:02	04:02	04:02
6.5	171.0	19.0		Inter D36 D41	Berrac	D41	195		04:11	04:16	04:21	04:27	04:27	04:35	04:35	04:35	04:35	04:35	04:35
	171.0	19.0			Saint Mezard	D41			04:11	04:16	04:21	04:27	04:27	04:35	04:35	04:35	04:35	04:35	04:35
5.0	166.0	24.0		Inter D268 D41	Pergain-Taillac	D41	173		04:30	04:36	04:42	04:50	04:50	05:00	05:00	05:00	05:00	05:00	05:00
2.0	164.0	26.0		Pergain-Taillac	Pergain-Taillac	D41	152		04:37	04:44	04:51	05:00	05:00	05:10	05:10	05:10	05:10	05:10	05:10
3.5	160.5	29.5		<b>LOT ET GARONNE (47)</b>		D130	70		04:50	04:58	05:06	05:16	05:16	05:27	05:27	05:27	05:27	05:27	05:27
3.0	157.5	32.5		Astaffort	Astaffort	D114	81		05:01	05:10	05:19	05:30	05:30	05:42	05:42	05:42	05:42	05:42	05:42
6.5	151.0	39.0		Cuq	Cuq	D114	131		05:26	05:36	05:47	06:00	06:00	06:15	06:15	06:15	06:15	06:15	06:15
1.0	150.0	40.0		Inter D 114 VC1 La Geyre	Cuq	VC	111		05:30	05:40	05:51	06:04	06:04	06:20	06:20	06:20	06:20	06:20	06:20
2.5	147.5	42.5		Inter D290 VC1 Bonnhé	Cuq	VC	71		05:39	05:50	06:02	06:16	06:16	06:32	06:32	06:32	06:32	06:32	06:32
0.5	147.0	43.0		<b>TARN ET GARONNE (82)</b>		VC	66		05:41	05:52	06:04	06:18	06:18	06:35	06:35	06:35	06:35	06:35	06:35
3.0	144.0	46.0		Dunes	Dunes	D30	108		05:52	06:04	06:17	06:32	06:32	06:50	06:50	06:50	06:50	06:50	06:50
5.0	139.0	51.0		Donzac	Donzac	D30	77		06:11	06:24	06:38	06:55	06:55	07:15	07:15	07:15	07:15	07:15	07:15
1.5	137.5	52.5		Lamagistère	Lamagistère	D30	56		06:16	06:30	06:45	07:02	07:02	07:22	07:22	07:22	07:22	07:22	07:22
2.0	135.5	54.5		<b>LOT ET GARONNE (47)</b>		D441	55		06:24	06:38	06:53	07:11	07:11	07:32	07:32	07:32	07:32	07:32	07:32
1.0	134.5	55.5		St Pierre de Malaure	Clermont-Soubiran	D248	57		06:28	06:42	06:57	07:16	07:16	07:37	07:37	07:37	07:37	07:37	07:37
2.0	132.5	57.5		<b>Saint Urcisse</b>	Saint Urcisse	D248	82		06:35	06:50	07:06	07:25	07:25	07:47	07:47	07:47	07:47	07:47	07:47
4.5	128.0	62.0		Inter D248 D274 (Puymirol)	Puymirol	D274	123		06:52	07:08	07:25	07:46	07:46	08:10	08:10	08:10	08:10	08:10	08:10
1.0	127.0	63.0		Inter D274 D10 (Puymirol)	Puymirol	D10	66		06:56	07:12	07:30	07:50	07:50	08:15	08:15	08:15	08:15	08:15	08:15
0.5	126.5	63.5		Inter D16 D110	Puymirol	D110	65		06:58	07:14	07:32	07:53	07:53	08:17	08:17	08:17	08:17	08:17	08:17
2.0	124.5	65.5		Inter D201 D110	La Sauvetat-de-Savères	D110	65		07:05	07:22	07:40	08:02	08:02	08:27	08:27	08:27	08:27	08:27	08:27
1.5	123.0	67.0		La Sauvetat de Savères	La Sauvetat de Savères	D110	71		07:11	07:28	07:47	08:09	08:09	08:35	08:35	08:35	08:35	08:35	08:35
	123.0	67.0			Saint-Robert	D110	194		07:11	07:28	07:47	08:09	08:09	08:35	08:35	08:35	08:35	08:35	08:35
	123.0	67.0			Sauvagnas	D110	203		07:11	07:28	07:47	08:09	08:09	08:35	08:35	08:35	08:35	08:35	08:35
7.0	116.0	74.0		Inter D656 D110	Laroque-Timbaut	D110	155		07:37	07:56	08:17	08:41	08:41	09:10	09:10	09:10	09:10	09:10	09:10
2.0	114.0	76.0		Laroque Timbaut	Laroque-Timbaut	D103	209		07:45	08:04	08:25	08:50	08:50	09:20	09:20	09:20	09:20	09:20	09:20
	114.0	76.0			Cassignas	D103	196		07:45	08:04	08:25	08:50	08:50	09:20	09:20	09:20	09:20	09:20	09:20
5.0	109.0	81.0		Hautefage La Tour	Hautefage-la-Tour	D103	207		08:03	08:24	08:47	09:13	09:13	09:45	09:45	09:45	09:45	09:45	09:45
2.5	106.5	83.5		Inter D223 D103	Hautefage-la-Tour	D103	111		08:13	08:34	08:57	09:25	09:25	09:57	09:57	09:57	09:57	09:57	09:57
	106.5	83.5			Auradou	D103	78		08:13	08:34	08:57	09:25	09:25	09:57	09:57	09:57	09:57	09:57	09:57
8.0	98.5	91.5		Penne d'Agenais	Penne-d'Agenais	D159	80		08:43	09:06	09:32	10:02	10:02	10:37	10:37	10:37	10:37	10:37	10:37
1.5	97.0	93.0		Inter D159 D243	Penne-d'Agenais	D243	59		08:48	09:12	09:38	10:09	10:09	10:45	10:45	10:45	10:45	10:45	10:45
2.5	94.5	95.5		Saint-Sylvestre-sur-Lot	Saint-Sylvestre-sur-Lot	D253	62		08:58	09:22	09:49	10:20	10:20	10:57	10:57	10:57	10:57	10:57	10:57
5.0	89.5	100.5		Inter D253 D233	Saint-Sylvestre-sur-Lot	D233	165		09:16	09:42	10:10	10:43	10:43	11:22	11:22	11:22	11:22	11:22	11:22
4.5	85.0	105.0		Inter D233 D253	Villeneuve-sur-Lot	D253	144		09:33	10:00	10:30	11:04	11:04	11:45	11:45	11:45	11:45	11:45	11:45
2.0	83.0	107.0		Savignac sur Leyze	Savignac sur Leyze	D253	107		09:41	10:08	10:38	11:13	11:13	11:55	11:55	11:55	11:55	11:55	11:55
3.0	80.0	110.0		Costes	Savignac sur Leyze	D253	100		09:52	10:20	10:51	11:27	11:27	12:10	12:10	12:10	12:10	12:10	12:10
	80.0	110.0							09:52	10:20	10:51	11:27	11:27	12:10	12:10	12:10	12:10	12:10	12:10
5.0	75.0	115.0	○	<b>MONFLANQUIN</b>	Monflanquin		167		10:11	10:40	11:12	11:50	11:50	12:35	12:35	12:35	12:35	12:35	12:35
				<b>Demi étape</b>															
0.0	75.0	115.0		<b>MONFLANQUIN</b>		D257	167		<b>11:30</b>	<b>11:30</b>	<b>11:30</b>	<b>11:30</b>	<b>11:30</b>	<b>11:30</b>	<b>11:30</b>	<b>11:30</b>	<b>11:30</b>	<b>11:30</b>	<b>11:30</b>
7.5	67.5	122.5		Inter D257 D153	Saint-Eutrope-de-Born	D153	96		11:58	12:00	12:02	12:04	12:04	12:07	12:07	12:07	12:07	12:07	12:07
0.5	67.0	123.0		Saint-Eutrope-de-Born	Saint-Eutrope-de-Born	D153	100		12:00	12:02	12:04	12:06	12:06	12:10	12:10	12:10	12:10	12:10	12:10
1.5	65.5	124.5		Inter D153 D257	Saint-Eutrope-de-Born	D257	106		12:05	12:08	12:10	12:13	12:13	12:17	12:17	12:17	12:17	12:17	12:17
3.5	62.0	128.0		Int D257 D218	Montaut	D218	130		12:18	12:22	12:25	12:30	12:30	12:35	12:35	12:35	12:35	12:35	12:35
0.5	61.5	128.5		Montaut	Montaut	D218	155		12:20	12:24	12:27	12:32	12:32	12:37	12:37	12:37	12:37	12:37	12:37
4.0	57.5	132.5		Inter D218 D2	Boumel	D2	100		12:35	12:40	12:45	12:50	12:50	12:57	12:57	12:57	12:57	12:57	12:57
3.5	54.0	136.0	○	Villereal	Villereal	D104	90		12:48	12:54	13:00	13:06	13:06	13:15	13:15	13:15	13:15	13:15	13:15
	54.0	136.0			Saint-Martin-de-Villereal	D104	108		12:48	12:54	13:00	13:06	13:06	13:15	13:15	13:15	13:15	13:15	13:15
8.0	46.0	144.0		<b>DORDOGNE (24)</b>		D2	114		13:18	13:26	13:34	13:43	13:43	13:55	13:55	13:55	13:55	13:55	13:55
	46.0	144.0			Gaugeac	D2	137		13:18	13:26	13:34	13:43	13:43	13:55	13:55	13:55	13:55	13:55	13:55
6.5	39.5	150.5	○	Monpazier	Monpazier	D2	180		13:43	13:52	14:02	14:13	14:13	14:27	14:27	14:27	14:27	14:27	14:27
	39.5	150.5			Marsalès	D2	205		13:43	13:52	14:02	14:13	14:13	14:27	14:27	14:27	14:27	14:27	14:27
	39.5	150.5			Saint-Romain-de-Monpazier	D2	218		13:43	13:52	14:02	14:13	14:13	14:27	14:27	14:27	14:27	14:27	14:27
8.5	31.0	159.0		St Avit Rivière	Saint-Avit-Rivière	D2	120												



**LA FRANCE EN COURANT**  
31<sup>ème</sup> Tour du 13 juillet au 27 juillet 2019  
lundi, 22 juillet 2019

**9<sup>ème</sup> Etape**

Etape de 194.5 Km

**BELVES (24) – BARBEZIEUX ST HILAIRE (16)**

km	à parcourir	parcours	Commune - Lieu Dit	Commune Traversée	ROUTE	Altitude	Heures de passages							
							Suivie	16km/h	15km/h	14 km/h	13 km/h	12 km/h		
<b>DORDOGNE (24)</b>														
0.0	194.5	0.0	<b>BELVES</b>		D53	150	<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>
2.5	192.0	2.5	Fongauffier	Sagelat	D53	87	03:09	03:10	03:10	03:11	03:12	03:12	03:12	
3.0	189.0	5.5	Inter D53 D51	Carves	D51	92	03:20	03:22	03:23	03:25	03:27	03:27	03:27	
4.0	185.0	9.5	Inter D51 D703	Siorac en Périgord	D703	65	03:35	03:38	03:40	03:43	03:47	03:47	03:47	
1.0	184.0	10.5	Siorac en Périgord	Siorac en Périgord	D703	60	03:39	03:42	03:45	03:48	03:52	03:52	03:52	
1.0	183.0	11.5	Inter D703e D703	Coux et Bigaroque	D703	60	03:43	03:46	03:49	03:53	03:57	03:57	03:57	
1.5	181.5	13.0	Coux et Bigaroque	Coux et Bigaroque	D703	76	03:48	03:52	03:55	04:00	04:05	04:05	04:05	
5.0	176.5	18.0	Inter D31e2 D703	Coux et Bigaroque	D703	228	04:07	04:12	04:17	04:23	04:30	04:30	04:30	
4.0	172.5	22.0	Inter D706 D703	Campagne	D703	60	04:22	04:28	04:34	04:41	04:50	04:50	04:50	
4.0	168.5	26.0	Le Bugue	Le Bugue	D703	60	04:37	04:44	04:51	05:00	05:10	05:10	05:10	
1.5	167.0	27.5	Inter D31 D703	Le Bugue	D703	62	04:43	04:50	04:57	05:06	05:17	05:17	05:17	
	167.0	27.5		Saint-Avit-de-Vialard	D703	158	04:43	04:50	04:57	05:06	05:17	05:17	05:17	
7.0	160.0	34.5	Inter D2 D703	Paunat	D703	185	05:09	05:18	05:27	05:39	05:52	05:52	05:52	
1.5	158.5	36.0	Inter D2 D703	Sainte-Alvère	D703	169	05:15	05:24	05:34	05:46	06:00	06:00	06:00	
2.0	156.5	38.0	Pezuls	Pezuls	D30	115	05:22	05:32	05:42	05:55	06:10	06:10	06:10	
4.0	152.5	42.0	Ste Alvère	Sainte-Alvère	D32	128	05:37	05:48	06:00	06:13	06:30	06:30	06:30	
5.0	147.5	47.0	Ste Foy de Longas	Sainte-Foy-de-Longas	D8	126	05:56	06:08	06:21	06:36	06:55	06:55	06:55	
5.5	142.0	52.5	St Laurent des Bâtons	Saint-Laurent-des-Bâtons	D8	140	06:16	06:30	06:45	07:02	07:22	07:22	07:22	
4.0	138.0	56.5	Saint-Michel-de-Villadeix	Saint-Michel-de-Villadeix	D8	166	06:31	06:46	07:02	07:20	07:42	07:42	07:42	
1.0	137.0	57.5	Inter D42 D8	Saint-Michel-de-Villadeix	D8	197	06:35	06:50	07:06	07:25	07:47	07:47	07:47	
4.5	132.5	62.0	Inter D21 D8 D43	Vergt	D43	126	06:52	07:08	07:25	07:46	08:10	08:10	08:10	
	132.5	62.0		Saint-Maime-de-Péreyrol	D43		06:52	07:08	07:25	07:46	08:10	08:10	08:10	
5.0	127.5	67.0	<b>Bordas Boviduc</b>	<b>Grun-Bordas</b>	<b>N21</b>	113	07:11	07:28	07:47	08:09	08:35	08:35	08:35	
0.5	127.0	67.5	Inter N21 D43	Grun-Bordas	D43	109	07:13	07:30	07:49	08:11	08:37	08:37	08:37	
	127.0	67.5		Saint-Paul-de-Serre	D43		07:13	07:30	07:49	08:11	08:37	08:37	08:37	
6.5	120.5	74.0	Manzac sur Vern	Manzac sur Vern	D44	90	07:37	07:56	08:17	08:41	09:10	09:10	09:10	
3.5	117.0	77.5	Inter D107 D44 Bruc	Grignols	D44	81	07:50	08:10	08:32	08:57	09:27	09:27	09:27	
7.0	110.0	84.5	Neuville	Neuville	D44	70	08:16	08:38	09:02	09:30	10:02	10:02	10:02	
1.5	108.5	86.0	Neuville Gare	Neuville	D3	58	08:22	08:44	09:08	09:36	10:10	10:10	10:10	
	108.5	86.0		Saint-Léon-sur-l'Isle		75	08:22	08:44	09:08	09:36	10:10	10:10	10:10	
8.0	100.5	94.0	St Astier	St Astier	D43	78	08:52	09:16	09:42	10:13	10:50	10:50	10:50	
7.0	93.5	101.0	St Aquilin	St Aquilin	D43	150	09:18	09:44	10:12	10:46	11:25	11:25	11:25	
1.5	92.0	102.5	Inter D39 D43	St Aquilin	D43	119	09:24	09:50	10:19	10:53	11:32	11:32	11:32	
2.5	89.5	105.0	Inter D104 D43	Chantérac	D43	207	09:33	10:00	10:30	11:04	11:45	11:45	11:45	
1.0	88.5	106.0	L'Hôpital	Chantérac	D43	210	09:37	10:04	10:34	11:09	11:50	11:50	11:50	
	88.5	106.0		Chantérac	D43		09:37	10:04	10:34	11:09	11:50	11:50	11:50	
	88.5	106.0		Saint-Vincent-de-Connezac	D43		09:37	10:04	10:34	11:09	11:50	11:50	11:50	
	88.5	106.0		Saint-Sulpice-de-Roumagnac	D43		09:37	10:04	10:34	11:09	11:50	11:50	11:50	
7.0	81.5	113.0	Inter D43 D709 (La Garde)	Saint-Martin-de-Ribérac	D709	183	10:03	10:32	11:04	11:41	12:25	12:25	12:25	
	81.5	113.0					10:03	10:32	11:04	11:41	12:25	12:25	12:25	
	81.5	113.0					10:03	10:32	11:04	11:41	12:25	12:25	12:25	
7.0	74.5	120.0	<b>RIBERAC</b>	Ribérac		80	10:30	11:00	11:34	12:13	13:00	13:00	13:00	
<b>Départ 2ème demi étape</b>														
0.0	74.5	120.0	<b>RIBERAC</b>		D20		<b>11:45</b>	<b>11:45</b>	<b>11:45</b>	<b>11:45</b>	<b>11:45</b>	<b>11:45</b>	<b>11:45</b>	<b>11:45</b>
	74.5	120.0		Vanxains	D20		11:45	11:45	11:45	11:45	11:45	11:45	11:45	
8.0	66.5	128.0	Bourg du Bost	Bourg du Bost	D20	81	12:15	12:17	12:19	12:21	12:25	12:25	12:25	
	66.5	128.0		Petit-Bersac	D20		12:15	12:17	12:19	12:21	12:25	12:25	12:25	
	66.5	128.0		Saint-Antoine-Cumond	D20		12:15	12:17	12:19	12:21	12:25	12:25	12:25	
6.0	60.5	134.0	<b>CHARENTE (16)</b>		Laprade	D2	50	12:37	12:41	12:45	12:49	12:55	12:55	
2.0	58.5	136.0	○ Aubeterre sur Dronne	Aubeterre sur Dronne	D2	65	12:45	12:49	12:53	12:58	13:05	13:05	13:05	
3.0	55.5	139.0	Inter D198 D2	Saint-Romain	D2	103	12:56	13:01	13:06	13:12	13:20	13:20	13:20	
3.5	52.0	142.5	Inter D137 D2	Rouffiac	D2	162	13:09	13:15	13:21	13:28	13:37	13:37	13:37	
6.5	45.5	149.0	Chalais H limité	Chalais	D731	52	13:33	13:41	13:49	13:58	14:10	14:10	14:10	
	45.5	149.0		Yviers	D731		13:33	13:41	13:49	13:58	14:10	14:10	14:10	
6.5	39.0	155.5	Inter D89 D731	Bardenac	D731	103	13:58	14:07	14:17	14:28	14:42	14:42	14:42	
2.5	36.5	158.0	Inter D731 D2	Brossac	D2	104	14:07	14:17	14:27	14:40	14:55	14:55	14:55	
2.0	34.5	160.0	Brossac	Brossac	D2	159	14:15	14:25	14:36	14:49	15:05	15:05	15:05	
2.5	32.0	162.5	Inter D195 D2	Passirac	D2	80	14:24	14:35	14:47	15:01	15:17	15:17	15:17	
2.0	30.0	164.5	Inter D68 D2	Chillac	D2	129	14:31	14:43	14:55	15:10	15:27	15:27	15:27	
1.0	29.0	165.5	Inter D127 D2	Oriolles	D2	103	14:35	14:47	15:00	15:15	15:32	15:32	15:32	
2.0	27.0	167.5	Inter D452 D3	Boisbretteau	D2	145	14:43	14:55	15:08	15:24	15:42	15:42	15:42	
6.5	20.5	174.0	Inter N10 D2	Touvérac	D2	100	15:07	15:21	15:36	15:54	16:15	16:15	16:15	
4.0	16.5	178.0	Baignes Ste Radegonde	Baignes-Sainte-Radegonde	D14	80	15:22	15:37	15:53	16:12	16:35	16:35	16:35	
2.5	14.0	180.5	Le Tâtre	Le Tâtre	D14	90	15:31	15:47	16:04	16:24	16:47	16:47	16:47	
3.5	10.5	184.0	Reignac	Reignac	D127	100	15:45	16:01	16:19	16:40	17:05	17:05	17:05	
3.5	7.0	187.5	Montchaude	Montchaude	D127	110	15:58	16:15	16:34	16:56	17:22	17:22	17:22	
2.0	5.0	189.5	Inter D127 D3	Montchaude	D3	73	16:05	16:23	16:42	17:05	17:32	17:32	17:32	
	5.0	189.5					16:05	16:23	16:42	17:05	17:32	17:32	17:32	
	5.0	189.5					16:05	16:23	16:42	17:05	17:32	17:32	17:32	
	5.0	189.5					16:05	16:23	16:42	17:05	17:32	17:32	17:32	
5.0	0.0	194.5	<b>BARBEZIEUX ST HILAIRE</b>	Barbezieux-Saint-Hilaire		100	16:24	16:43	17:04	17:28	17:57	17:57	17:57	

○ Plus Beau Village de France

**LA FRANCE EN COURANT**  
31<sup>ème</sup> Tour du 13 juillet au 27 juillet 2019  
mardi, 23 juillet 2019

**10<sup>ème</sup> Etape**

Etape de 193.0 Km

BAR BEZIEUX ST HILAIRE (16) – MELLE (79)

km à parcourir	parcours	Commune - Lieu Dit	Commune Traversée	ROUTE	Altitude	Heures de passages						
						Suivie	16km/h	15km/h	14 km/h	13 km/h	12 km/h	
<b>CHARENTE (16)</b>												
0.0	193.0	0.0	<b>BARBEZIEUX ST HILAIRE</b>	Barbezieux-Saint-Hilaire	D1	100	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	
2.0	191.0	2.0	Inter D126 D1	Saint-Médard	D1	51	03:07	03:08	03:08	03:09	03:10	
4.5	186.5	6.5	Inter D151 D1	Touzac	D1	40	03:24	03:26	03:27	03:30	03:32	
3.0	183.5	9.5	Inter D1 D420	Touzac	D420	102	03:35	03:38	03:40	03:43	03:47	
3.0	180.5	12.5	Inter D420 D90	Criteuil-la-Magdeleine	D90	80	03:46	03:50	03:53	03:57	04:02	
2.0	178.5	14.5	Inter D90 D44	Criteuil-la-Magdeleine	D44	38	03:54	03:58	04:02	04:06	04:12	
1.5	177.0	16.0	Inter D44 D126	Lagarde-sur-le-Né	D126	43	04:00	04:04	04:08	04:13	04:20	
3.0	174.0	19.0	Inter D126 D38	Lagarde-sur-le-Né	D38	35	04:11	04:16	04:21	04:27	04:35	
2.0	172.0	21.0	Inter D125 D38	Lachaise	D38	39	04:18	04:24	04:30	04:36	04:45	
1.5	170.5	22.5	Inter D699 D38	Saint Palais du Né	D38	29	04:24	04:30	04:36	04:43	04:52	
1.5	169.0	24.0	Saint Palais du Né	Saint Palais du Né	D38	33	04:30	04:36	04:42	04:50	05:00	
0.5	168.5	24.5	Inter D38 D418	Saint Palais du Né	D418	40	04:31	04:38	04:45	04:53	05:02	
1.0	167.5	25.5	Inter D418 D151	Verrières	D151	27	04:35	04:42	04:49	04:57	05:07	
4.5	163.0	30.0	Saint Fort sur le Né	Saint Fort sur le Né	D151	22	04:52	05:00	05:08	05:18	05:30	
2.5	160.5	32.5	Inter D150 D151	Salles-d'Angles	D151	20	05:01	05:10	05:19	05:30	05:42	
1.5	159.0	34.0	Inter D417 D151	Salles-d'Angles	D151	18	05:07	05:16	05:25	05:36	05:50	
2.5	156.5	36.5	Inter D151 D48	Salles-d'Angles	D48	36	05:16	05:26	05:36	05:48	06:02	
0.5	156.0	37.0	<b>CHARENTE-MARITIME (17)</b>			D148	15	05:18	05:28	05:38	05:50	06:05
0.5	155.5	37.5	Celles	Celles	D148	18	05:20	05:30	05:40	05:53	06:07	
1.5	154.0	39.0	Lonzac	Lonzac	D128	29	05:26	05:36	05:47	06:00	06:15	
3.5	150.5	42.5	Coulonges	Coulonges	D128	20	05:39	05:50	06:02	06:16	06:32	
4.0	146.5	46.5	Pérignac	Pérignac	D232e1	35	05:54	06:06	06:19	06:34	06:52	
2.5	144.0	49.0	Inter D232e1 D232		D232	30	06:03	06:16	06:30	06:46	07:05	
0.5	143.5	49.5	Inter D232 D232e2		D232e2	25	06:05	06:18	06:32	06:48	07:07	
1.5	142.0	51.0	<b>Saint Seurin de Paleine</b>	Saint Seurin de Paleine	D232e2	20	06:11	06:24	06:38	06:55	07:15	
1.0	141.0	52.0	Inter D232e2 D134	Saint Seurin de Paleine	D134	15	06:15	06:28	06:42	07:00	07:20	
2.5	138.5	54.5	Inter D136 D134	Montils	D134	10	06:24	06:38	06:53	07:11	07:32	
6.0	132.5	60.5	Beillant	Saint-Sever-de-Saintonge	D134	10	06:46	07:02	07:19	07:39	08:02	
1.5	131.0	62.0	Inter D24 D134 Orlac	Chaniers	D134	9	06:52	07:08	07:25	07:46	08:10	
3.0	128.0	65.0	Inter N141 D134 Coran	Saint-Sauvant	D134	15	07:03	07:20	07:38	08:00	08:25	
1.5	126.5	66.5	St Sauvan	Saint-Sauvant	D134	20	07:09	07:26	07:45	08:06	08:32	
2.0	124.5	68.5	Saint-Césaire	Saint-Césaire	D134	33	07:16	07:34	07:53	08:16	08:42	
1.5	123.0	70.0	St Bris des Bois	Saint-Bris-des-Bois	D129e3	39	07:22	07:40	08:00	08:23	08:50	
4.5	118.5	74.5	Inter D129 D129e3	Vénérand	D129e3	93	07:39	07:58	08:19	08:43	09:12	
2.0	116.5	76.5	Venerand	Vénérand	D129e2	73	07:46	08:06	08:27	08:53	09:22	
0.5	116.0	77.0	Inter D150 D139e2	Le Douhet	D129e2	56	07:48	08:08	08:30	08:55	09:25	
3.5	112.5	80.5	Inter D231e1 D139e2	Le Douhet	D129e2	38	08:01	08:22	08:45	09:11	09:42	
3.0	109.5	83.5	St Vaize	Saint-Vaize	D114	15	08:13	08:34	08:57	09:25	09:57	
2.5	107.0	86.0	Taillebourg	Taillebourg	D127	6	08:22	08:44	09:08	09:36	10:10	
2.0	105.0	88.0	Int D231 D127	Annepont	D127	28	08:30	08:52	09:17	09:46	10:20	
1.0	104.0	89.0	Annepont	Annepont	D127	42	08:33	08:56	09:21	09:50	10:25	
3.5	100.5	92.5	Inter D127 D124	Grandjean	D124	47	08:46	09:10	09:36	10:06	10:42	
1.0	99.5	93.5	Grandjean	Grandjean	VC	13	08:50	09:14	09:40	10:11	10:47	
2.0	97.5	95.5	○ Fenioux	Fenioux	VC	46	08:58	09:22	09:49	10:20	10:57	
0.5	97.0	96.0	Inter VC D127	Fenioux	D127	58	09:00	09:24	09:51	10:23	11:00	
3.0	94.0	99.0	Mazeray	Mazeray	D127	60	09:11	09:36	10:04	10:36	11:15	
6.5	87.5	105.5	○ <b>ST JEAN D'ANGELY</b>	Saint-Jean-d'Angély		20	09:35	10:02	10:32	11:06	11:47	
<b>Départ 2ème demi étape</b>												
	87.5	105.5	<b>ST JEAN D'ANGELY</b>	Saint-Jean-d'Angély	D127	20	<b>10:30</b>	<b>10:30</b>	<b>10:30</b>	<b>10:30</b>	<b>10:30</b>	
3.0	84.5	108.5	Int D218e1 D127	Courcelles	D127	58	10:41	10:42	10:42	10:43	10:45	
4.0	80.5	112.5	Antezant la Chapelle	Antezant la Chapelle	D127	27	10:56	10:58	11:00	11:02	11:05	
1.0	79.5	113.5	Inter D127 D220e2	Saint-Pardoult	D220e2	25	11:00	11:02	11:04	11:06	11:10	
1.0	78.5	114.5	Saint-Pardoult	Saint-Pardoult	D220e2	26	11:03	11:06	11:08	11:11	11:15	
2.0	76.5	116.5	Inter D220e2 D107	Saint-Pardoult	D107	24	11:11	11:14	11:17	11:20	11:25	
0.5	76.0	117.0	Nuaillé sur Boutonne	Nuaillé sur Boutonne	D107	26	11:13	11:16	11:19	11:23	11:27	
4.0	72.0	121.0	Inter D219e2 D107	Nuaillé sur Boutonne	D107	41	11:28	11:32	11:36	11:41	11:47	
1.0	71.0	122.0	Inter 107 D222e3	Aulnay	D222e3	43	11:31	11:36	11:40	11:46	11:52	
2.0	69.0	124.0	Inter D950 D121	Aulnay	D121	56	11:39	11:44	11:49	11:55	12:02	
1.0	68.0	125.0	○ Aulnay	Aulnay	D133	55	11:43	11:48	11:53	12:00	12:07	
4.5	63.5	129.5	Inter D222 D133	Villemorin	D133	62	12:00	12:06	12:12	12:20	12:30	
5.5	58.0	135.0	Néré	Néré	D130	83	12:20	12:28	12:36	12:46	12:57	
3.0	55.0	138.0	Les Eduts	Les Éduts	D130	136	12:31	12:40	12:49	13:00	13:12	
3.0	52.0	141.0	Romazière	Romazières	D130	108	12:43	12:52	13:02	13:13	13:27	
2.5	49.5	143.5	Inter D225e2 D130	Villiers Couture	D130	119	12:52	13:02	13:12	13:25	13:40	
1.0	48.5	144.5	<b>DEUX SEVRES (79)</b>			D52e	120	12:56	13:06	13:17	13:30	13:45
4.0	44.5	148.5	Couture d'Argenson	Couture-d'Argenson	D173	90	13:11	13:22	13:34	13:48	14:05	
7.0	37.5	155.5	Loubille	Loubillé	D737	100	13:37	13:50	14:04	14:20	14:40	
	37.5	155.5		Loubigné			13:37	13:50	14:04	14:20	14:40	
	37.5	155.5		Ardilleux			13:37	13:50	14:04	14:20	14:40	
7.5	30.0	163.0	Chef-Boutonne	Chef-Boutonne	D740	100	14:05	14:20	14:36	14:55	15:17	
1.5	28.5	164.5	Inter D110 D740	Chef-Boutonne	D740	81	14:11	14:26	14:42	15:02	15:25	
	28.5	164.5		Fontenille-Saint-Martin-d'Entraigues	D740	71	14:11	14:26	14:42	15:02	15:25	
5.5	23.0	170.0	Luché sur Brioux	Luché sur Brioux	D740	78	14:31	14:48	15:06	15:27	15:52	
	23.0	170.0		Lusseray		70	14:31	14:48	15:06	15:27	15:52	
5.5	17.5	175.5	Inter D950 D740	Brioux sur Boutonne	D740	65	14:52	15:10	15:30	15:53	16:20	
5.5	12.0	181.0	Périgné	Périgné	D101	60	15:13	15:32	15:53	16:18	16:47	
6.0	6.0	187.0	Saint Romans lès Melle	Saint Romans lès Melle	D101	103	15:35	15:56	16:19	16:46	17:17	
3.5	2.5	190.5	Saint Martin les Melle	Saint Martin les Melle	D101	115	15:48	16:10	16:34	17:02	17:35	
2.5	0.0	193.0	○ <b>MELLE</b>	Melle		135	15:58	16:20	16:45	17:13	17:47	

**LA FRANCE EN COURANT**  
31<sup>ème</sup> Tour du 13 juillet au 27 juillet 2019  
mercredi, 24 juillet 2019

**11<sup>ème</sup> Etape**

Etape de 193.5 Km

MELLE (79) – LOCHES (37)

km	à parcourir	parcours	Commune - Lieu Dit	Commune Traversée	ROUTE	Altitude	Heures de passages				
							Suivie	16km/h	15km/h	14 km/h	13 km/h
<b>DEUX SEVRES (79)</b>											
0.0	193.5	0.0	<b>MELLE</b>	Melle	D305	135	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>
	193.5	0.0		Saint-Léger-de-la-Martinière	D305		03:00	03:00	03:00	03:00	03:00
9.0	184.5	9.0	Saint-Vincent-la-Châtre	Saint-Vincent-la-Châtre	D105	168	03:33	03:36	03:38	03:41	03:45
5.5	179.0	14.5	Lezay	Lezay	D14	125	03:54	03:58	04:02	04:06	04:12
2.0	177.0	16.5	Inter D17 D14	Lezay	D14		04:01	04:06	04:10	04:16	04:22
	177.0	16.5		Vançais			04:01	04:06	04:10	04:16	04:22
7.5	169.5	24.0	Inter D307 D14	Rom		127	04:30	04:36	04:42	04:50	05:00
1.5	168.0	25.5	Rom	Rom	D14	120	04:35	04:42	04:49	04:57	05:07
4.0	164.0	29.5		<b>VIENNE (86)</b>	D2	128	04:50	04:58	05:06	05:16	05:27
2.0	162.0	31.5	Couhé	Couhé	D13	127	04:58	05:06	05:15	05:25	05:37
3.5	158.5	35.0	Vaux	Vaux	D158	60	05:11	05:20	05:30	05:41	05:55
2.5	156.0	37.5	Inter D158 D27	Vaux	D27	138	05:20	05:30	05:40	05:53	06:07
5.0	151.0	42.5	Romagne	Romagne	D25	140	05:39	05:50	06:02	06:16	06:32
4.5	146.5	47.0	Sommières du Clain	Sommières du Clain	D25	115	05:56	06:08	06:21	06:36	06:55
6.5	140.0	53.5	<b>Château Garnier</b>	Château-Garnier	D25	121	06:20	06:34	06:49	07:06	07:27
7.5	132.5	61.0	Inter D741 D727	Usson-du-Poitou	D727	138	06:48	07:04	07:21	07:41	08:05
1.0	131.5	62.0	Usson du Poitou	Usson-du-Poitou	D727	129	06:52	07:08	07:25	07:46	08:10
3.0	128.5	65.0	La Font d'Usson	Usson-du-Poitou	D25	141	07:03	07:20	07:38	08:00	08:25
6.5	122.0	71.5	Inter D8 D25	Queaux	D25	128	07:28	07:46	08:06	08:30	08:57
3.5	118.5	75.0	Queaux	Queaux	D25	143	07:41	08:00	08:21	08:46	09:15
3.0	115.5	78.0	Inter D12 D25	Goux	D25	95	07:52	08:12	08:34	09:00	09:30
2.5	113.0	80.5	Goux	Goux	D31	87	08:01	08:22	08:45	09:11	09:42
1.5	111.5	82.0	Inter D31 D727	Goux	D727	98	08:07	08:28	08:51	09:18	09:50
4.5	107.0	86.5	Inter D727 D114 <b>Coueurs Uniquement</b>	Mazerolles	D114	89	08:24	08:46	09:10	09:39	10:12
1.5	105.5	88.0	Inter N147 D114	Mazerolles	D114	82	08:30	08:52	09:17	09:46	10:20
3.5	102.0	91.5	Civaux	Civaux	D114	73	08:43	09:06	09:32	10:02	10:37
6.0	96.0	97.5	Inter D114 D8	Valdivienne	D8	84	09:05	09:30	09:57	10:30	11:07
2.0	94.0	99.5	Bonneuil	Valdivienne	D8	69	09:13	09:38	10:06	10:39	11:17
	94.0	99.5					09:13	09:38	10:06	10:39	11:17
	94.0	99.5					09:13	09:38	10:06	10:39	11:17
	94.0	99.5					09:13	09:38	10:06	10:39	11:17
	94.0	99.5					09:13	09:38	10:06	10:39	11:17
	94.0	99.5					09:13	09:38	10:06	10:39	11:17
	94.0	99.5					09:13	09:38	10:06	10:39	11:17
	94.0	99.5					09:13	09:38	10:06	10:39	11:17
	94.0	99.5					09:13	09:38	10:06	10:39	11:17
	94.0	99.5					09:13	09:38	10:06	10:39	11:17
	94.0	99.5					09:13	09:38	10:06	10:39	11:17
7.5	86.5	107.0	<b>CHAUVIGNY</b>			68	09:41	10:08	10:38	11:13	11:55
<b>Départ 2ème demi étape</b>											
<b>CHAUVIGNY</b>											
0.0	86.5	107.0	Chauvigny	Chauvigny	D2	68	<b>10:45</b>	<b>10:45</b>	<b>10:45</b>	<b>10:45</b>	<b>10:45</b>
1.5	85.0	108.5	Inter D17 D2	Chauvigny	D2	111	10:50	10:51	10:51	10:51	10:52
5.0	80.0	113.5	Inter D6 D2	Sainte-Radégonde	D2	137	11:09	11:11	11:12	11:15	11:17
4.0	76.0	117.5	Inter D83 D2	La Puye	D2	108	11:24	11:27	11:30	11:33	11:37
2.0	74.0	119.5	La Puye	La Puye	D2	80	11:31	11:35	11:38	11:42	11:47
8.0	66.0	127.5	St Pierre de Maillé	Saint-Pierre-de-Maillé	D2	75	12:01	12:07	12:12	12:19	12:27
5.0	61.0	132.5	<b>Angles-sur-l'Anglin</b>	Angles-sur-l'Anglin	D2	75	12:20	12:27	12:34	12:42	12:52
1.5	59.5	134.0	Inter D2a D2	Angles-sur-l'Anglin	D2	114	12:26	12:33	12:40	12:49	13:00
<b>INDRE (36)</b>											
1.0	58.5	135.0	Néons-sur-creuse	Néons-sur-creuse	D6	120	12:30	12:37	12:45	12:54	13:05
4.5	54.0	139.5	Tournon St Martin	Tournon St Martin	D14	74	12:46	12:55	13:04	13:15	13:27
<b>INDRE ET LOIRE (37)</b>											
0.5	53.5	140.0	Tournon-Saint-Pierre	Tournon-Saint-Pierre		70	12:48	12:57	13:06	13:17	13:30
6.5	47.0	146.5	Inter D105 D14	Bossay-sur-Claise	D14	122	13:13	13:23	13:34	13:47	14:02
5.5	41.5	152.0	Inter D14 D725	Preuilly sur Claise	D725	97	13:33	13:45	13:57	14:12	14:30
1.5	40.0	153.5	Preuilly sur Claise	Preuilly sur Claise	D725	74	13:39	13:51	14:04	14:19	14:37
1.5	38.5	155.0	Inter D715 D41	Bossay-sur-Claise	D41	127	13:45	13:57	14:10	14:26	14:45
2.0	36.5	157.0	Inter D50 D41	Charnizay	D41	132	13:52	14:05	14:19	14:35	14:55
5.0	31.5	162.0	Charnizay	Charnizay	D41	120	14:11	14:25	14:40	14:58	15:20
7.5	24.0	169.5	St Flovier	Saint-Flovier	D41	129	14:39	14:55	15:12	15:33	15:57
6.0	18.0	175.5	Inter D241 D41	Verneuil-sur-Indre	D41	142	15:01	15:19	15:38	16:01	16:27
4.5	13.5	180.0	Verneuil sur Indre	Verneuil-sur-Indre	D41	95	15:18	15:37	15:57	16:21	16:50
0.5	13.0	180.5	Inter D41 D89	Verneuil-sur-Indre	D89	111	15:20	15:39	16:00	16:24	16:52
2.0	11.0	182.5	Inter D943 D89	Verneuil-sur-Indre	D89	78	15:28	15:47	16:08	16:33	17:02
1.5	9.5	184.0	St Germain	Saint-Jean-Saint-Germain	D92	80	15:33	15:53	16:15	16:40	17:10
4.5	5.0	188.5	Poiré	Perrusson	D92	112	15:50	16:11	16:34	17:01	17:32
3.0	2.0	191.5	Beaulieu-lès-Loches	Beaulieu-lès-Loches	D31	73	16:01	16:23	16:47	17:15	17:47
	2.0	191.5					16:01	16:23	16:47	17:15	17:47
	2.0	191.5					16:01	16:23	16:47	17:15	17:47
2.0	0.0	193.5	<b>LOCHES</b>				16:09	16:31	16:55	17:24	17:57
<b>Plus Beau Village de France</b>											

**LA FRANCE EN COURANT**

31 ème Tour du 13 juillet au 27 juillet 2019

jeudi, 25 juillet 2019

**12ème Etape**

Etape de 191.5 Km

LOCHES (37) – LA VILLE AUX CLERCS (41)

km	à parcourir	parcours	Commune - Lieu Dit	Commune Traversée	ROUTE	Altitude	Heures de passages				
					Suivie		16km/h	15km/h	14 km/h	13 km/h	12 km/h
<b>INDRE ET LOIRE (37)</b>											
0.0	191.5	0.0	<b>LOCHES</b>	Loches	D31	80	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>
1.5	190.0	1.5	Beaulieu-lès-Loches	Beaulieu-lès-Loches	D31	82	03:05	03:06	03:06	03:06	03:07
3.0	187.0	4.5	Inter D31 D760	Beaulieu-lès-Loches	D760	119	03:16	03:18	03:19	03:20	03:22
	187.0	4.5	Inter D69 D9 D760	Ferrière-sur-Beaulieu	D760	136	03:16	03:18	03:19	03:20	03:22
	187.0	4.5		Sennevières	D760		03:16	03:18	03:19	03:20	03:22
	187.0	4.5		Chemillé-sur-Indrois	D760		03:16	03:18	03:19	03:20	03:22
12.0	175.0	16.5	○ Montrésor	Montrésor	D11	92	04:01	04:06	04:10	04:16	04:22
3.0	172.0	19.5	Beaumont-Village	Beaumont-Village	D11	104	04:13	04:18	04:23	04:30	04:37
4.5	167.5	24.0	Orbigny	Orbigny	D81	115	04:30	04:36	04:42	04:50	05:00
6.5	161.0	30.5	Céré la Ronde	Céré-la-Ronde	D81	121	04:54	05:02	05:10	05:20	05:32
3.5	157.5	34.0	Inter D764 D81	Épeigné-les-Bois	D81	140	05:07	05:16	05:25	05:36	05:50
4.0	153.5	38.0	Épeigné-les-Bois	Épeigné-les-Bois	D81	85	05:22	05:32	05:42	05:55	06:10
5.0	148.5	43.0	Francueil	Francueil	D80	81	05:41	05:52	06:04	06:18	06:35
1.0	147.5	44.0	Inter D976 D80	Francueil	D80	62	05:45	05:56	06:08	06:23	06:40
1.0	146.5	45.0	Chisseaux	Chisseaux	D40	69	05:48	06:00	06:12	06:27	06:45
1.5	145.0	46.5	Chenonceaux	Chenonceaux	D40	38	05:54	06:06	06:19	06:34	06:52
2.5	142.5	49.0	Civray-de-Touraine	Civray-de-Touraine	D40	60	06:03	06:16	06:30	06:46	07:05
4.0	138.5	53.0	<b>La Croix en Touraine</b>	La Croix en Touraine	D40	60	06:18	06:32	06:47	07:04	07:25
4.0	138.5	53.0	Dierre	Dierre	D40	60	06:18	06:32	06:47	07:04	07:25
2.5	136.0	55.5	Saint-Martin-le-Beau	Saint-Martin-le-Beau	D83	54	06:28	06:42	06:57	07:16	07:37
1.5	134.5	57.0	Inter D283 D83	Saint-Martin-le-Beau	D83	97	06:33	06:48	07:04	07:23	07:45
8.0	126.5	65.0	Amboise Trav-La Loire	Amboise	D431	58	07:03	07:20	07:38	08:00	08:25
1.0	125.5	66.0	Inter D952 D431	Amboise	D431	61	07:07	07:24	07:42	08:04	08:30
2.5	123.0	68.5	Pocé sur Cisse	Pocé-sur-Cisse	D1	57	07:16	07:34	07:53	08:16	08:42
2.5	120.5	71.0	Nazelles Négron	Nazelles Négron	D1	58	07:26	07:44	08:04	08:27	08:55
5.0	115.5	76.0	Noizay	Noizay	D1	54	07:45	08:04	08:25	08:50	09:20
3.5	112.0	79.5	Vernou sur Brenne	Vernou sur Brenne	D46	57	07:58	08:18	08:40	09:06	09:37
5.5	106.5	85.0	Chançay	Chançay	D46	63	08:18	08:40	09:04	09:32	10:05
3.5	103.0	88.5	Reugny	Reugny	D46	68	08:31	08:54	09:19	09:48	10:22
4.0	99.0	92.5	Neuillé-le-Lierre	Neuillé-le-Lierre	D46	51	08:46	09:10	09:36	10:06	10:42
4.0	95.0	96.5	Auzouer en Touraine	Auzouer en Touraine	D46	55	09:01	09:26	09:53	10:25	11:02
	95.0	96.5					09:01	09:26	09:53	10:25	11:02
	95.0	96.5					09:01	09:26	09:53	10:25	11:02
	95.0	96.5					09:01	09:26	09:53	10:25	11:02
	95.0	96.5					09:01	09:26	09:53	10:25	11:02
	95.0	96.5					09:01	09:26	09:53	10:25	11:02
	95.0	96.5					09:01	09:26	09:53	10:25	11:02
	95.0	96.5					09:01	09:26	09:53	10:25	11:02
	95.0	96.5					09:01	09:26	09:53	10:25	11:02
	95.0	96.5					09:01	09:26	09:53	10:25	11:02
7.5	87.5	104.0	<b>CHATEAU-RENAULT</b>			100	09:30	09:56	10:25	11:00	11:40
<b>Demi étape</b>											
<b>CHATEAU-RENAULT</b>											
0.0	87.5	104.0	Saunay	Saunay	D56		<b>10:45</b>	<b>10:45</b>	<b>10:45</b>	<b>10:45</b>	<b>10:45</b>
5.0	82.5	109.0			D56	113	11:03	11:05	11:06	11:08	11:10
1.0	81.5	110.0	<b>LOIR ET CHER (41)</b>				11:07	11:09	11:10	11:12	11:15
4.0	77.5	114.0	St Cyr du Gault	Saint-Cyr-du-Gault	D145	121	11:22	11:25	11:27	11:31	11:35
6.0	71.5	120.0	Gombergean	Gombergean	D108	123	11:45	11:49	11:53	11:58	12:05
4.5	67.0	124.5	Inter D65 D108	Lancé	D108	127	12:01	12:07	12:12	12:19	12:27
3.0	64.0	127.5	St Amand Longpré	Saint-Amand-Longpré	D108	118	12:13	12:19	12:25	12:33	12:42
1.0	63.0	128.5	Inter N10 D108	Saint-Amand-Longpré	D108	130	12:16	12:23	12:30	12:38	12:47
3.0	60.0	131.5	Ambloy	Ambloy	D108	117	12:28	12:35	12:42	12:51	13:02
	60.0	131.5		Houssay	D108	125	12:28	12:35	12:42	12:51	13:02
2.5	57.5	134.0	Sasnières	Sasnières	D108	98	12:37	12:45	12:53	13:03	13:15
5.5	52.0	139.5	○ Lavardin	Lavardin	D108	79	12:58	13:07	13:17	13:28	13:42
3.0	49.0	142.5	Montoire sur le Loir	Montoire-sur-le-Loir	D917	68	13:09	13:19	13:30	13:42	13:57
2.0	47.0	144.5	Inter D917e D917	Montoire-sur-le-Loir	D917	74	13:16	13:27	13:38	13:51	14:07
2.0	45.0	146.5	Int D917	Saint-Rimay	D917	81	13:24	13:35	13:47	14:01	14:17
3.0	42.0	149.5	Inter D67 D917	Houssay	D917	131	13:35	13:47	14:00	14:15	14:32
2.0	40.0	151.5	Inter D82 D917	Thoré-la-Rochette	D917	133	13:43	13:55	14:08	14:24	14:42
2.5	37.5	154.0	Varennes	Naveil	D917	102	13:52	14:05	14:19	14:35	14:55
6.0	31.5	160.0	Vendôme	Vendôme	D917	80	14:15	14:29	14:45	15:03	15:25
1.5	30.0	161.5	Inter D917a D917	Areines	D917	93	14:20	14:35	14:51	15:10	15:32
5.5	24.5	167.0	Coulommiers la Tour	Coulommiers la Tour	D917	122	14:41	14:57	15:15	15:35	16:00
1.5	23.0	168.5	Villetrun	Villetrun	D111	120	14:46	15:03	15:21	15:42	16:07
3.0	20.0	171.5	Rocé	Rocé	D111	120	14:58	15:15	15:34	15:56	16:22
5.0	15.0	176.5	St Firmin des Prés	St Firmin des Prés	D111	84	15:16	15:35	15:55	16:19	16:47
3.0	12.0	179.5	Haie de Champ	Saint-Firmin-des-Prés	D141	120	15:28	15:47	16:08	16:33	17:02
	12.0	179.5		Rahart	D141		15:28	15:47	16:08	16:33	17:02
4.5	7.5	184.0	Inter D357 D141	La Ville-aux-Clercs	D141	148	15:45	16:05	16:27	16:54	17:25
	7.5	184.0					15:45	16:05	16:27	16:54	17:25
4.5	3.0	188.5	<b>LA VILLE AUX CLERCS</b>	<b>La Ville-aux-Clercs</b>		140	16:01	16:23	16:47	17:15	17:47
			○ <b>Plus Beau Village de France</b>								

**LA FRANCE EN COURANT**  
31 ème Tour du 13 juillet au 27 juillet 2019  
vendredi, 26 juillet 2019

**13ème Etape**

Etape de 192.5 Km

LA VILLE AUX CLERCS (41) – SEES (61)

km	à parcourir	parcours	Commune - Lieu Dit	Commune Traversée	ROUTE	Altitude	Heures de passages				
					Suivie		16km/h	15km/h	14 km/h	13 km/h	12 km/h
<b>LOIR ET CHER (41)</b>											
0.0	192.5	0.0	<b>LA VILLE AUX CLERCS</b>	LA VILLE AUX CLERCS	D141	153	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>	<b>03:00</b>
4.5	188.0	4.5	Chauvigny du Perche	Chauvigny du Perche	D141	186	03:16	03:18	03:19	03:20	03:22
4.5	183.5	9.0	Inter D106 D141	La Chapelle Vicomtesse	D141	183	03:33	03:36	03:38	03:41	03:45
1.0	182.5	10.0	La Chapelle Vicomtesse	La Chapelle Vicomtesse	D141	187	03:37	03:40	03:42	03:46	03:50
				Bouffry			03:00	03:00	03:00	03:00	03:00
7.0	175.5	17.0	Droué	Droué	D19	157	04:03	04:08	04:12	04:18	04:25
4.5	171.0	21.5	La Fontenelle	La Fontenelle	D19	172	04:20	04:26	04:32	04:39	04:47
0.5	170.5	22.0	Inter D87 D19	Le Poislay	D19	200	04:22	04:28	04:34	04:41	04:50
2.5	168.0	24.5	Int D111-1 D19 La Tuilerie	Arrou	D19	214	04:31	04:38	04:45	04:53	05:02
3.0	165.0	27.5	Le Gault-Perche	Le Gault-Perche	D118	210	04:43	04:50	04:57	05:06	05:17
3.0	162.0	30.5	EURE ET LOIR (28)		D131	192	04:54	05:02	05:10	05:20	05:32
2.0	160.0	32.5	La Bazoche-Gouet	La Bazoche-Gouet	D131	190	05:01	05:10	05:19	05:30	05:42
4.5	155.5	37.0	Les Autels Villevillon	Les Autels Villevillon	D372.9	190	05:18	05:28	05:38	05:50	06:05
4.0	151.5	41.0	Les Emonderies	Charbonnières	D372.9	204	05:33	05:44	05:55	06:09	06:25
2.5	149.0	43.5	Charbonnières	Charbonnières	D112	206	05:43	05:54	06:06	06:20	06:37
1.5	147.5	45.0	Inter D137 D13	Charbonnières	D13	227	05:48	06:00	06:12	06:27	06:45
2.0	145.5	47.0	<b>Authon du Perche</b>	Authon du Perche	D9	240	05:56	06:08	06:21	06:36	06:55
3.0	142.5	50.0	St Lubin des Cinq Fonds	Authon du Perche	D9	223	06:07	06:20	06:34	06:50	07:10
2.0	140.5	52.0	Inter D124 D9	Bethonvillers	D9	158	06:15	06:28	06:42	07:00	07:20
0.5	140.0	52.5	Inter D9 D371	Coudray au Perche	D371	160	06:16	06:30	06:45	07:02	07:22
2.5	137.5	55.0	Inter D371-6 D371	Bethonvillers	D371	222	06:26	06:40	06:55	07:13	07:35
1.5	136.0	56.5	Inter D112 D371-3	Bethonvillers	D371-3	248	06:31	06:46	07:02	07:20	07:42
1.5	134.5	58.0	Inter D955 D371.3	Vichères	D371.3	234	06:37	06:52	07:08	07:27	07:50
1.0	133.5	59.0	Vichères	Vichères	D371-3	190	06:41	06:56	07:12	07:32	07:55
3.0	130.5	62.0	Inter D371-3 D368-4	Argenvilliers	D368-4	284	06:52	07:08	07:25	07:46	08:10
1.0	129.5	63.0	Le Goulet	La Gaudaine	D368	261	06:56	07:12	07:30	07:50	08:15
5.0	124.5	68.0	Inter D368 D922	Champrond en Perchet	D922	187	07:15	07:32	07:51	08:13	08:40
4.0	120.5	72.0	Nogent le Rotrou	Nogent le Rotrou	D955	110	07:30	07:48	08:08	08:32	09:00
1.5	119.0	73.5	Inter D955 D370-1	Nogent le Rotrou	D370-1	128	07:35	07:54	08:15	08:39	09:07
1.0	118.0	74.5	Inter D923 D370-1	Nogent le Rotrou	D370-1	141	07:39	07:58	08:19	08:43	09:12
1.0	117.0	75.5	ORNE (61)		D624	138	07:43	08:02	08:23	08:48	09:17
2.5	114.5	78.0	St Pierre la Bruyère	St Pierre la Bruyère	D624	184	07:52	08:12	08:34	09:00	09:30
3.0	111.5	81.0	Inter D203 D624	Nocé	D624	181	08:03	08:24	08:47	09:13	09:45
1.5	110.0	82.5	Verrières	Nocé	D203	131	08:09	08:30	08:53	09:20	09:52
3.0	107.0	85.5	Inter D283 D203	Nocé	D203	193	08:20	08:42	09:06	09:34	10:07
3.5	103.5	89.0	Nocé	Nocé	D203	150	08:33	08:56	09:21	09:50	10:25
3.5	100.0	92.5	St Jean de la Forêt	St Jean de la Forêt	D203	223	08:46	09:10	09:36	10:06	10:42
	100.0	92.5					08:46	09:10	09:36	10:06	10:42
	100.0	92.5					08:46	09:10	09:36	10:06	10:42
	100.0	92.5					08:46	09:10	09:36	10:06	10:42
6.0	94.0	98.5	<b>BELLEME</b>	Bellene		218	09:09	09:34	10:02	10:34	11:12
<b>Demi étape</b>											
0.0	94.0	98.5	<b>BELLEME</b>		D5		<b>10:00</b>	<b>10:00</b>	<b>10:00</b>	<b>10:00</b>	<b>10:00</b>
5.5	88.5	104.0	St Ouen de la Cour	St Ouen de la Cour	D5	180	10:20	10:22	10:23	10:25	10:27
4.0	84.5	108.0	Inter D284 D5	Mauves sur Huisne	D5	140	10:35	10:38	10:40	10:43	10:47
1.5	83.0	109.5	Mauves sur Huisne	Mauves sur Huisne	D5	156	10:41	10:44	10:47	10:50	10:55
3.0	80.0	112.5	Inter D10 D5	Courgeon	D5	146	10:52	10:56	11:00	11:04	11:10
				Chapelle Montigeon	D5	155	10:52	10:56	11:00	11:04	11:10
5.0	75.0	117.5	Inter D8 D5	Saint Mard de Reno	D5	177	11:11	11:16	11:21	11:27	11:35
				Feings		200	11:11	11:16	11:21	11:27	11:35
7.5	67.5	125.0	Inter N12 D5	Tourouvre	D5	200	11:39	11:46	11:53	12:02	12:12
2.0	65.5	127.0	Tourouvre	Tourouvre	D32	250	11:46	11:54	12:02	12:11	12:22
3.5	62.0	130.5	Bubtré	Bubtré	D32	300	12:00	12:08	12:17	12:27	12:40
1.0	61.0	131.5	Inter D32 D930	Lignerolles	D930	308	12:03	12:12	12:21	12:32	12:45
4.0	57.0	135.5	Inter D251 D930	Soligny la Trappe	D930	263	12:18	12:28	12:38	12:50	13:05
2.0	55.0	137.5	Inter D298 D930	Les Genettes	D930	260	12:26	12:36	12:47	13:00	13:15
2.5	52.5	140.0	Inter D673 D930	Les Genettes	D930	248	12:35	12:46	12:57	13:11	13:27
2.5	50.0	142.5	Les Aspres	Les Aspres	D673	218	12:45	12:56	13:08	13:23	13:40
4.5	45.5	147.0	Inter D673 D3	Auguaise	D3	274	13:01	13:14	13:27	13:43	14:02
3.5	42.0	150.5	Inter D674 D3	La Ferrière au Doyen	D3	267	13:15	13:28	13:42	14:00	14:20
5.0	37.0	155.5	Moulins la Marche	Moulins la Marche	D3	259	13:33	13:48	14:04	14:23	14:45
3.0	34.0	158.5	Inter D676 D3	Mahéru	D3	229	13:45	14:00	14:17	14:36	15:00
1.0	33.0	159.5	Inter D676 D3	Mahéru	D3	191	13:48	14:04	14:21	14:41	15:05
				Fay			13:48	14:04	14:21	14:41	15:05
1.5	31.5	161.0	Inter D228 D3	Ferrière la Verrerie	D3	236	13:54	14:10	14:27	14:48	15:12
				Tellières le Plessis			13:54	14:10	14:27	14:48	15:12
4.5	27.0	165.5	Courtomer	Courtomer	D4	215	14:11	14:28	14:47	15:09	15:35
3.0	24.0	168.5	Inter D763 D4	Brullemail	D4	233	14:22	14:40	15:00	15:23	15:50
4.0	20.0	172.5	Inter D209 D4	Saint Léonard des Parcs	D4	205	14:37	14:56	15:17	15:41	16:10
				La Genevraie			14:37	14:56	15:17	15:41	16:10
4.0	16.0	176.5	Le Merlerault	Le Merlerault	D50	225	14:52	15:12	15:34	16:00	16:30
3.0	13.0	179.5	Inter D733 D50	Godisson	D50	225	15:03	15:24	15:47	16:13	16:45
1.5	11.5	181.0	Inter D733 D50	Neuville Près Sées	D50	200	15:09	15:30	15:53	16:20	16:52
1.5	10.0	182.5	Inter D303 D50	Neuville Près Sées	D50	204	15:15	15:36	16:00	16:27	17:00
7.0	3.0	189.5	Inter VC D3	Sées	D3	190	15:41	16:04	16:30	17:07	17:35
3.0	0.0	192.5	<b>SEES</b>	Sées		183	15:52	16:16	16:42	17:13	17:50

**O Plus Beau Village de France**

**LA FRANCE EN COURANT**  
31<sup>ème</sup> Tour du 13 juillet au 27 juillet 2019  
samedi, 27 juillet 2019

**14<sup>ème</sup> Etape**

Etape de 131 Km

SEES (61) – BERNAY (27)

km	à parcourir	parcours	Commune - Lieu Dit	Commune Traversée	ROUTE	Altitude	Heures de passages				
					Suivie		16km/h	15km/h	14 km/h	13 km/h	12 km/h
<b>ORNE (61)</b>											
0.0	131.0	0.0	<b>SEES</b>	Sées	D50e	183	<b>06:00</b>	<b>06:00</b>	<b>06:00</b>	<b>06:00</b>	<b>06:00</b>
1.0	130.0	1.0	D50e VC (Gendarmerie)	Sées	VC	210	06:03	06:04	06:04	06:04	06:05
1.5	128.5	2.5	Inter VC D3	Sées	D3	220	06:09	06:10	06:10	06:11	06:12
0.5	128.0	3.0	Inter D3 D50	Sées	D50	222	06:11	06:12	06:12	06:13	06:15
2.0	126.0	5.0	Inter D738 D50	Neuville-près-Sées	D50	200	06:18	06:20	06:21	06:23	06:25
	126.0	5.0		Godisson	D50	221	06:18	06:20	06:21	06:23	06:25
9.0	117.0	14.0	Le Merlerault	Le Merlerault	D50	212	06:52	06:56	07:00	07:04	07:10
1.0	116.0	15.0	Inter D232 D50	Le Merlerault	D50	213	06:56	07:00	07:04	07:09	07:15
3.0	113.0	18.0	Les Authieux du Puits	Les Authieux-du-Puits	D50	280	07:07	07:12	07:17	07:23	07:30
5.5	107.5	23.5	Echauffour	Echauffour	D50	288	07:28	07:34	07:40	07:48	07:57
8.5	99.0	32.0	St Evroult Notre Dame du Bois	St Evroult Notre Dame du Bois	D31	260	08:00	08:08	08:17	08:27	08:40
5.5	93.5	37.5	Inter D31 D14	La Gonfière	D14	264	08:20	08:30	08:40	08:53	09:07
2.5	91.0	40.0	La Ferté-Frênel	La Ferté-Frênel	D352	262	08:30	08:40	08:51	09:04	09:20
	91.0	40.0		Anceins	D352	254	08:30	08:40	08:51	09:04	09:20
3.5	87.5	43.5	Inter D231 D352	Couvains	D352	243	08:43	08:54	09:06	09:20	09:37
1.0	86.5	44.5	<b>EURE (27)</b>		D45	237	08:46	08:58	09:10	09:25	09:42
1.5	85.0	46.0	Inter D819 D45	Mesnil-Rousset	D45	232	08:52	09:04	09:17	09:32	09:50
0.5	84.5	46.5	<b>Mesnil-Rousset</b>	Mesnil-Rousset	D45	225	08:54	09:06	09:19	09:34	09:52
4.5	80.0	51.0	La Haye-Saint-Sylvestre	La Haye-Saint-Sylvestre	D45	196	09:11	09:24	09:38	09:55	10:15
1.0	79.0	52.0	Inter D45 D25	La Haye-Saint-Sylvestre	D25	208	09:15	09:28	09:42	10:00	10:20
5.5	73.5	57.5	La Barre-en-Ouche	La Barre-en-Ouche	D25	196	09:35	09:50	10:06	10:25	10:47
	73.5	57.5		Épinay	D25	182	09:35	09:50	10:06	10:25	10:47
	73.5	57.5		Saint-Aubin-des-Hayes	D25	174	09:35	09:50	10:06	10:25	10:47
	73.5	57.5					09:35	09:50	10:06	10:25	10:47
	73.5	57.5					09:35	09:50	10:06	10:25	10:47
	73.5	57.5					09:35	09:50	10:06	10:25	10:47
	73.5	57.5					09:35	09:50	10:06	10:25	10:47
	73.5	57.5					09:35	09:50	10:06	10:25	10:47
	73.5	57.5					09:35	09:50	10:06	10:25	10:47
	73.5	57.5					09:35	09:50	10:06	10:25	10:47
	73.5	57.5					09:35	09:50	10:06	10:25	10:47
	73.5	57.5					09:35	09:50	10:06	10:25	10:47
	73.5	57.5					09:35	09:50	10:06	10:25	10:47
	73.5	57.5					09:35	09:50	10:06	10:25	10:47
	73.5	57.5					09:35	09:50	10:06	10:25	10:47
	73.5	57.5					09:35	09:50	10:06	10:25	10:47
	73.5	57.5					09:35	09:50	10:06	10:25	10:47
	73.5	57.5					09:35	09:50	10:06	10:25	10:47
	73.5	57.5					09:35	09:50	10:06	10:25	10:47
	73.5	57.5					09:35	09:50	10:06	10:25	10:47
9.0	64.5	66.5	<b>BEAUMESNIL</b>	Beaumesnil		167	10:09	10:26	10:45	11:06	11:32
<b>Demi étape</b>											
0.0	64.5	66.5	<b>BEAUMESNIL</b>	Beaumesnil	D25	167	<b>11:30</b>	<b>11:30</b>	<b>11:30</b>	<b>11:30</b>	<b>11:30</b>
	64.5	66.5		Saint-Aubin-le-Guichard			11:30	11:30	11:30	11:30	11:30
	64.5	66.5		Gouttières			11:30	11:30	11:30	11:30	11:30
10.5	54.0	77.0	Beaumont-le-Roger	Beaumont-le-Roger	D133	90	12:09	12:12	12:15	12:18	12:22
	54.0	77.0		Launay	D133	82	12:09	12:12	12:15	12:18	12:22
6.0	48.0	83.0	Serquigny	Serquigny	D46	77	12:31	12:36	12:40	12:46	12:52
3.0	45.0	86.0	Nassandres	Nassandres	D23	71	12:43	12:48	12:53	13:00	13:07
2.0	43.0	88.0	Inter D23e D23 D130	Nassandres	D130	70	12:50	12:56	13:02	13:09	13:17
6.0	37.0	94.0	Brionne	Brionne	D438	60	13:13	13:20	13:27	13:36	13:47
	37.0	94.0		Calleville	D438		13:13	13:20	13:27	13:36	13:47
4.0	33.0	98.0	Inter D438 D39	Le Bec-Hellouin	D39	59	13:28	13:36	13:45	13:55	14:07
3.0	30.0	101.0	Le Bec-Hellouin	Le Bec-Hellouin	D39	63	13:39	13:48	13:57	14:09	14:22
2.0	28.0	103.0	Pont-Authou	Pont-Authou	D137	47	13:46	13:56	14:06	14:18	14:32
1.5	26.5	104.5	Inter D137 D38	Freneuse-sur-Risle	D38	46	13:52	14:02	14:12	14:25	14:40
3.0	23.5	107.5	Inter D38 VC R de la Fontelet	Livet-sur-Authou	VC	121	14:03	14:14	14:25	14:39	14:55
	23.5	107.5		Saint-Benoît-des-Ombres	VC	139	14:03	14:14	14:25	14:39	14:55
5.0	18.5	112.5	Inter VC D31 CALV	Saint-Victor-d'Épine	D31	142	14:22	14:34	14:47	15:02	15:20
0.5	18.0	113.0	Saint-Victor-d'Épine	Saint-Victor-d'Épine	D31	149	14:24	14:36	14:49	15:04	15:22
1.5	16.5	114.5	Inter D26 D31	Neuville-sur-Authou	D31	154	14:30	14:42	14:55	15:11	15:30
2.5	14.0	117.0	Berthouville	Berthouville	D48	155	14:39	14:52	15:06	15:23	15:42
3.5	10.5	120.5	Inter D48 D43	Berthouville	D43	166	14:52	15:06	15:21	15:39	16:00
1.0	9.5	121.5	Inter D613 D43	Plasnes	D43	169	14:56	15:10	15:25	15:43	16:05
4.0	5.5	125.5	Valailles	Valailles	D43	162	15:11	15:26	15:42	16:02	16:25
	5.5	125.5		Menneval	D43	159	15:11	15:26	15:42	16:02	16:25
	5.5	125.5					15:11	15:26	15:42	16:02	16:25
	5.5	125.5					15:11	15:26	15:42	16:02	16:25
	5.5	125.5					15:11	15:26	15:42	16:02	16:25
5.5	0.0	131.0	<b>BERNAY Rue du stade</b>	<b>Bernay</b>		110	15:31	15:48	16:06	16:27	16:52

**O Plus Beau Village de France**