

ITINERARY TIMETABLE

KM		STAGE 12			TIMETABLE			
To be run	Run				Caravan	46kph	44kph	42kph
CANTAL (15)								
		VC	AURILLAC	NEUTRALISED START	10:35	12:35	12:35	12:35
			Crossroad VC-N122					
203.6	0	N122	AURILLAC	OFFICIAL START	10:50	12:50	12:50	12:50
203.5	0.1	VC	Salavert (YTRAC)		10:50	12:50	12:50	12:50
200.4	3.2		Le Cros Haut		10:55	12:54	12:54	12:55
200.2	3.4		Le Cros Bas		10:55	12:54	12:55	12:55
200	3.6		Salemagne		10:55	12:55	12:55	12:55
198.9	4.7		SANSAC-DE-MARMIESSE		10:57	12:56	12:56	12:57
197	6.6		Crossroad VC-N122		10:59	12:59	12:59	12:59
196.2	7.4	N122	Le Malpas		11:00	13:00	13:00	13:00
195.3	8.3		Brunobre (SAINT-MAMET-LA-SALVETAT)		11:02	13:01	13:01	13:02
192.3	11.3		La Bitarelle (SAINT-MAMET-LA-SALVETAT)		11:06	13:05	13:05	13:06
191.6	12		Puechal-Bas (SAINT-MAMET-LA-SALVETAT)		11:07	13:06	13:06	13:07
188.5	15.1		Crossroad N122-D20		11:12	13:10	13:11	13:12
187.2	16.4	D20	Le Rouget (LE ROUGET-PERS)		11:13	13:11	13:12	13:13
183.1	20.5		ROUMÉGOUX		11:19	13:17	13:18	13:19
181.7	21.9		Combecave		11:21	13:19	13:20	13:21
181	22.6		La Chapelle du Bourgnou		11:22	13:19	13:21	13:22
179.6	24		Le Poteau		11:24	13:21	13:23	13:24
177.2	26.4		SAINT-SAURY		11:28	13:24	13:26	13:28
LOT (46)								
167	36.6	D140	SOUSCEYRAC-EN-QUERCY (D140-D653-D673)		11:42	13:38	13:40	13:42
165.2	38.4	D673	Croix de Lissarthe		11:45	13:40	13:42	13:45
163.5	40.1		Alzac		11:47	13:42	13:45	13:47
161.7	41.9		Le Fangas (LATOUILLE-LENTILLAC)		11:50	13:45	13:47	13:50
160.7	42.9		Le Roc d'Asfaux (LATOUILLE-LENTILLAC)		11:51	13:46	13:48	13:51
156.8	46.8		FRAYSSINHES		11:57	13:51	13:54	13:57
151.8	51.8		SAINT-CÉRÉ		12:04	13:57	14:01	14:04
147.8	55.8		Crossroad D673-D30		12:10	14:03	14:06	14:10
147.7	55.9	D30	La Ségarie (SAINT-JEAN-LESPINASSE)		12:10	14:03	14:06	14:10
146.2	57.4		Crossroad D30-D38		12:12	14:05	14:08	14:12
144	59.6	D38	AUTOIRE		12:15	14:08	14:11	14:15
140.8	62.8		Côte d'Autoire		12:20	14:12	14:16	14:20
140.7	62.9		Crossroad D38-D673		12:20	14:12	14:16	14:20
136.3	67.3	D673	PADIRAC		12:26	14:18	14:22	14:26
130.3	73.3		ALVIGNAC		12:35	14:26	14:30	14:35
123.7	79.9		ROCAMADOUR (D673-D32)		12:44	14:34	14:39	14:44
119.3	84.3	D32	Côte de Rocamadour		12:50	14:40	14:45	14:50
116.2	87.4		COUZOU (D32-D39)		12:55	14:44	14:49	14:55
103.4	100.2	D39	SAINT-PROJET		13:13	15:01	15:07	15:13
100.8	102.8		Crossroad D39-D801		13:17	15:04	15:10	15:17
97.9	105.7	D801	LE VIGAN		13:21	15:08	15:14	15:21
94.3	109.3		GOURDON (D801-D673)		13:26	15:12	15:19	15:26
93.6	110		GOURDON		13:27	15:13	15:20	15:27
90.2	113.4	D673	La Glevade		13:32	15:18	15:25	15:32
83.7	119.9		Pont-Carral (LÉOBARD)		13:41	15:26	15:33	15:41
80	123.6		SALVIAC		13:47	15:31	15:39	15:47

DISTANCE FROM NEUTRALISED START TO OFFICIAL START
6.3km

CATEGORISED CLIMBS AND SUMMIT FINISHES

4 km 62.8 - Côte d'Autoire
Climb of 2.7km at 5.9%

4 km 84.3 - Côte de Rocamadour
Climb of 2km at 5.8%

4 km 135.5 - Côte de Montcléra
Climb of 2km at 4.6%

RELAIS-ÉTAPE

Parking de la République
47300 Villeneuve-sur-Lot
Km 201.5

ROUTE FOR NON-RACE VEHICLES

Exit directly from the off-course parking area (don't follow the race route).
Leave Avenue Aristide Briand via Rue Pierre Party and Rue Paul Doumer before joining the neutralised race route at Km 5.7. Leave the race route at Km 15.1 at the crossroads of the D20 and the N122. Stay on the N122 towards Figeac before taking the D840 and then the D802. Join the A20 at junction 56 and then leave it at junction 57. Then continue on the D820, D653 the D656 and the D661.

Entry point onto the race route: crossroads of D661 and D911, 700m from the finish line
Total distance: 219km

RESTRICTION ON THE CARAVAN

Km 80 - Rocamadour
Narrow and twisting road
Diversion for long and wide vehicles



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KM		STAGE 12		TIMETABLE			
Toberun	Run			Caravan	46kph	44kph	42kph
76	127.6		Luziers	13:52	15:36	15:44	15:52
73	130.6		CAZALS	13:57	15:40	15:48	15:57
71.7	131.9		Bernicotte	13:58	15:42	15:50	15:58
69.4	134.2		MONTCLÉRA	14:02	15:45	15:53	16:02
68.6	135		Farge	14:03	15:46	15:54	16:03
68.1	135.5		Côte de Montcléra 	14:04	15:47	15:55	16:04
63.7	139.9		Fagettes	14:10	15:52	16:01	16:10
63	140.6		FRAYSSINET-LE-GÉLAT	14:11	15:53	16:02	16:11
51.3	152.3		Pont de Montcabrier (MONTCABRIER)	14:28	16:09	16:18	16:28
45.8	157.8		Boussac (SAINT-MARTIN-LE-REDON)	14:35	16:16	16:25	16:35
LOT-ET-GARONNE (47)							
42.7	160.9		Condat	14:40	16:20	16:29	16:40
42.1	161.5		Crossroad D673-D911 F	14:41	16:21	16:30	16:41
41	162.6	D911 F	FUMEL (D911 F-D710)	14:42	16:22	16:32	16:42
37.8	165.8	D710	MONSEMPRON-LIBOS (D710-D911 F-VC-D911 F)	14:47	16:26	16:36	16:47
36.3	167.3		Cross level n° 358	14:49	16:28	16:38	16:49
34.9	168.7	D911 F	CONDEZAYGUES (D911 F-D124)	14:51	16:30	16:40	16:51
26.8	176.8	D124	LACAUSSADE	15:02	16:41	16:51	17:02
21.7	181.9		MONFLANQUIN (D124-D676)	15:10	16:47	16:58	17:10
12.4	191.2	D676	LA SAUVETAT-SUR-LÈDE	15:23	16:59	17:11	17:23
6.8	196.8		VILLENEUVE-SUR-LOT (D676-D442-D242-VC-D911)	15:31	17:07	17:18	17:31
0	203.6	D911	VILLENEUVE-SUR-LOT 	15:41	17:16	17:28	17:41