

ITINERARY TIMETABLE

KM		STAGE 15			TIMETABLE			
To be run	Run				Caravan	37kph	35kph	33kph
HAUTES-PYRÉNÉES (65)								
		VC	LOUDENVIELLE (VC-D25-D618)	NEUTRALISED START	09:55	11:55	11:55	
197.7	0	D618	LOUDENVIELLE	OFFICIAL START	10:05	12:05	12:05	
196	1.7		LOUDERVIELLE		10:08	12:09	12:10	
190.7	7		Col de Peyresourde (1,569m)		10:17	12:22	12:24	
HAUTE-GARONNE (31)								
185.5	12.2		GARIN		10:26	12:28	12:30	
183.6	14.1		CAZEAUX-DE-LARBOUST		10:30	12:30	12:34	
183.3	14.4		CASTILLON-DE-LARBOUST		10:30	12:30	12:34	
182.6	15.1		SAINT-AVENTIN		10:32	12:31	12:35	
177.8	19.9		BAGNÈRES-DE-LUCHON (D618-D125)		10:40	12:36	12:40	
168.3	29.4	D125	CAZAUX-LAYRISSÉ (near)		10:57	12:49	12:54	
167.4	30.3		LÈGE (near)		10:58	12:50	12:56	
165.2	32.5		Cross level out of service		11:02	12:53	12:56	
164.5	33.2		Cross level out of service		11:03	12:54	12:57	
161.7	36		CIERP-GAUD (D125-D44)		11:08	12:58	13:04	
161.4	36.3	D44	MARIGNAC		11:09	12:58	13:05	
161.2	36.5		Cross level out of service		11:09	12:58	13:05	
160.7	37		MARIGNAC		11:10	12:59	13:06	
158.5	39.2		SAINT-BÉAT-LEZ (D44-VC-D44 E-D44)		11:14	13:02	13:09	
155.1	42.6		BOUTX		11:20	13:07	13:15	
154.1	43.6		La Chapelle		11:22	13:09	13:17	
147.7	50		Col de Menté (1,349m)		11:33	13:19	13:28	
143.6	54.1		La Cubouch		11:40	13:26	13:36	
143.1	54.6		Soulac		11:41	13:26	13:36	
142.2	55.5		Ger de Boutx		11:43	13:28	13:38	
140.2	57.5		Crossroad D44-D85		11:46	13:31	13:41	
139	58.7	D85	Coulédoux		11:48	13:33	13:44	
136.7	61		Crossroad D85-D618		11:53	13:37	13:48	
132.3	65.4	D618	Col de Portet-d'Aspet (1,069m)		12:00	13:44	13:56	
130.3	67.4		PORTET-D'ASPET		12:04	13:47	13:59	
ARIÈGE (09)								
126.9	70.8		SAINT-LARY		12:10	13:52	14:05	
124.7	73		AUGIREIN (near)		12:14	13:55	14:09	
123	74.7		ORGIBET		12:17	13:58	14:12	
121.6	76.1		Augistrou		12:19	14:00	14:14	
119.8	77.9		ILLARTEIN		12:22	14:03	14:17	
119	78.7		AUCAZEIN		12:24	14:04	14:18	
117.8	79.9		ARGEIN		12:26	14:06	14:21	
114.5	83.2		AUDRESSEIN		12:32	14:11	14:26	
110.5	87.2		ENGOMER		12:39	14:17	14:33	
109.6	88.1		La Forge		12:40	14:19	14:35	
109.1	88.6		Arguilla		12:41	14:19	14:35	
108.3	89.4		Luzenac		12:43	14:21	14:37	
107.2	90.5		MOULIS		12:45	14:22	14:39	
105.3	92.4		Aubert		12:48	14:25	14:42	
104.6	93.1		Garraoué		12:49	14:26	14:43	

DISTANCE FROM NEUTRALISED START TO OFFICIAL START
4km

CATEGORISED CLIMBS AND SUMMIT FINISHES

1 km 7 - Col de Peyresourde
Climb of 6.9km at 7.8%

1 km 50 - Col de Menté
Climb of 9.3km at 9.1%

1 km 65.4 - Col de Portet-d'Aspet
Climb of 4.3km at 9.6%

1 km 138.6 - Col d'Agnes
Climb of 10km at 8.2%

HC km 197.7 - Plateau de Beille
Climb of 15.8km at 7.9%

RELAIS-ÉTAPE

Saint-Girons car park
2, avenue Maréchal Foch
09200 Saint-Girons
Km 96

ROUTE FOR NON-RACE VEHICLES

Exit point after 3.7km on the race route. Then, at the crossroads of the D25 and D618, continue on the D618 towards Arreau, then take the D929 and D929A, D17, D717 and D939 towards junction 16 on the A64 towards Toulouse. Leave the A64 at junction 25 and continue on the D25, D628, D119, D31, D919 and join the N20 at junction 10, heading towards Tarascon-sur-Ariège.

Entry point onto the race route: crossroads of the N20 and D8, 25km from the finish line
Total distance: 186km

RESTRICTION ON THE CARAVAN

Km 197 - Plateau de Beille
Diversion 50m from the finish on the right line towards the caravan's parking area
Diversion for the whole caravan



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Toberun	Run			Caravan	37kph	33kph	33kph
104.2	93.5		Lambège	12:50	14:27	14:35	14:44
103.2	94.5		SAINT-GIRONS (D618-D117-VC-D618)	12:52	14:28	14:36	14:45
98.9	98.8		EYCHEIL	12:59	14:35	14:43	14:53
95.4	102.3		LACOURT	13:05	14:40	14:49	14:59
88.8	108.9		Crossroad D618-D3	13:17	14:51	15:00	15:10
85.9	111.8	D3	Vic d'Oust	13:22	14:55	15:04	15:15
85.4	112.3		Crossroad D3-D32	13:23	14:56	15:05	15:16
85.1	112.6	D32	OUST	13:24	14:56	15:06	15:17
80.1	117.6		La Rivière	13:32	15:04	15:14	15:25
78	119.7		ERCÉ	13:36	15:07	15:17	15:29
74.7	123		Les Escales	13:42	15:12	15:23	15:34
73.3	124.4		Les Grillous	13:44	15:14	15:25	15:37
73	124.7		Les Berges	13:45	15:15	15:25	15:37
72.2	125.5		Jammets	13:46	15:16	15:27	15:39
69.9	127.8		AULUS-LES-BAINS (D32-D8 F)	13:50	15:20	15:30	15:43
59.1	138.6	D8 F	Col d'Agnes (1,570m) 	14:10	15:46	15:59	16:14
54.3	143.4		Crossroad D8 F-D18	14:18	15:51	16:04	16:19
50.5	147.2	D18	Port de Lers	14:20	15:52	16:05	16:20
39.5	158.2		Vicdessos (VAL-DE-SOS) (D18-D8)	14:44	16:14	16:29	16:46
37.6	160.1	D8	Cabre (VAL-DE-SOS)	14:47	16:12	16:27	16:43
33.4	164.3		Laramade (ILLIER-ET-LARAMADE)	14:55	16:17	16:32	16:48
31.8	165.9		CAPOULET-ET-JUNAC	14:58	16:19	16:34	16:51
29.2	168.5		NIAUX	15:02	16:22	16:37	16:54
27.9	169.8		Les Forges	15:05	16:24	16:39	16:56
25.6	172.1		TARASCON-SUR-ARIÈGE (D8-N20)	15:09	16:27	16:42	16:59
23.2	174.5	N20	ORNOLAC-USSAT-LES-BAINS	15:13	16:30	16:45	17:02
19.4	178.3		Cross level n°94	15:20	16:34	16:50	17:07
19.3	178.4		AULOS-SINSAT	15:20	16:34	16:50	17:07
17.6	180.1		Crossroad N20-D522	15:23	16:36	16:52	17:09
16.4	181.3	D522	LES CABANNES (D522-VC-D522)	15:25	16:38	16:53	17:11
1.7	196		Albiès	15:54	17:22	17:41	18:04
0	197.7		PLATEAU DE BEILLE (1,780m)  	15:54	17:22	17:41	18:04