

ITINERARY TIMETABLE

KM		STAGE ⑤		TIMETABLE			
Toberun	Run			Caravan	47kph	45kph	43kph
SAVOIE (73)							
		D906	SAINT-JEAN-DE-MAURIENNE (D906-VC-D906-D1006) 	11:20	13:20	13:20	13:20
177.4	0	D1006	SAINT-JEAN-DE-MAURIENNE 	11:30	13:30	13:30	13:30
171.7	5.7		SAINT-AVRE (near)	11:38	13:37	13:38	13:38
148.4	29		Aiguebelle (VAL-D'ARC)	12:10	14:07	14:09	14:10
126.7	50.7		ARBIN	12:41	14:35	14:38	14:41
125.5	51.9		MONTMÉLIAN	12:42	14:36	14:39	14:42
120	57.4		CHIGNIN	12:50	14:43	14:46	14:50
118.2	59.2		SAINT-JEOIRE-PRIEURÉ	12:53	14:46	14:49	14:53
116.3	61.1		CHALLES-LES-EAUX	12:55	14:48	14:51	14:55
112.4	65		LA RAVOIRE	13:01	14:53	14:57	15:01
111.8	65.6		BARBERAZ	13:01	14:54	14:57	15:01
111.1	66.3		CHAMBÉRY (D1006-VC-D1006)	13:02	14:55	14:58	15:02
107.2	70.2		COGNIN	13:08	15:00	15:04	15:08
102.8	74.6		La Cascade (SAINT-CASSIN)	13:14	15:05	15:09	15:14
102.7	74.7		Cross level n°34	13:14	15:05	15:09	15:14
99.1	78.3		SAINT-THIBAUD-DE-COUZ	13:19	15:10	15:14	15:19
96.9	80.5		Les Gros Louis	13:22	15:13	15:17	15:22
94.7	82.7		Col de Couz (SAINT-JEAN-DE-COUZ)	13:25	15:15	15:20	15:25
87.4	90		LES ÉCHELLES	13:35	15:25	15:30	15:35
85	92.4		La Vieille Poste	13:39	15:28	15:33	15:39
77.9	99.5		SAINT-BÉRON (D1006-D203)	13:49	15:37	15:43	15:49
77	100.4	D203	Cross level n°23	13:50	15:38	15:44	15:50
74.9	102.5		LA BRIDOIRE (D203-D921E)	13:53	15:41	15:47	15:53
72.8	104.6	D921 E	Côte du Cheval Blanc 	13:56	15:43	15:49	15:56
70.5	106.9		Crossroad D921 E-D921 F	13:59	15:46	15:53	15:59
70.2	107.2	D921 F	Crossroad D921 F-D36	14:00	15:47	15:53	16:00
69.5	107.9	D36	DOMESSIN (D36-D38)	14:01	15:48	15:54	16:01
67	110.4	D38	Crossroad D38-D35	14:04	15:51	15:57	16:04
66.2	111.2	D35	Les Chaudannes (BELMONT-TRAMONET (D35-D916 A))	14:05	15:52	15:58	16:05
60.5	116.9	D916 A	Saint-Genix-sur-Guiers (SAINT-GENIX-LES-VILLAGES) (D916 A-D1516)	14:13	15:59	16:06	16:13
ISÈRE (38)							
59.7	117.7	D1516	Gare de L'Est (SAINT-GENIX-LES-VILLAGES)	14:14	16:00	16:07	16:14
59.1	118.3		AOSTE (D1516-VC-D592)	14:15	16:01	16:08	16:15
54.2	123.2	D592	AOSTE (SAINT-DIDIER) 	14:22	16:07	16:14	16:22
AIN (01)							
52.4	125	D992	Crossroad D992-D19	14:24	16:10	16:17	16:24
50.9	126.5	D19	La Bruyère (BRÉGNIER-CORDON)	14:26	16:11	16:19	16:26
43.2	134.2		Saint-Benoit (GROSLÉE-SAINT-BENOIT)	14:37	16:21	16:29	16:37
39.8	137.6		Le Port de Groslée (GROSLÉE-SAINT-BENOIT)	14:42	16:26	16:33	16:42
37.7	139.7		Crossroad D19-D79	14:45	16:28	16:36	16:45
34.7	142.7	D79	LHUIS (D79-VC)	14:49	16:32	16:40	16:49
34.6	142.8		Côte de Lhuis 	14:49	16:32	16:40	16:49
27.9	149.5	VC	Vérizieu (BRIORD) (VC-D79)	14:59	16:41	16:49	16:59
25.6	151.8	D79	Les Granges (MONTAGNIEU) (D79-D19)	15:02	16:44	16:52	17:02
24.1	153.3	D19	SERRIÈRES-DE-BRIORD	15:04	16:46	16:54	17:04
19.1	158.3		VILLEBOIS	15:11	16:52	17:01	17:11
17.7	159.7		SAULT-BRÉNAZ (D19-D122-D52N)	15:13	16:54	17:03	17:13
ISÈRE (38)							
16.4	161	D52 N	Crossroad D52 N-D1075	15:15	16:55	17:05	17:15
12.5	164.9	D1075	VERTRIEU	15:20	17:00	17:10	17:20
AIN (01)							
10.4	167		Crossroad D1075-D20	15:23	17:03	17:13	17:23
2.8	174.6	D20	Crossroad D20-D124	15:34	17:13	17:23	17:34
2.3	175.1	D124	Crossroad D124-D77	15:34	17:13	17:23	17:34
0	177.4	D77	SAINT-VULBAS 	15:37	17:16	17:26	17:37

DISTANCE FROM NEUTRALISED START TO OFFICIAL START
4.6km

CATEGORISED CLIMBS AND SUMMIT FINISHES

 **km 104.6 - Côte du Cheval Blanc**
Climb of 1.5km at 4.3%

 **km 142.8 - Côte de Lhuis**
Climb of 3km at 4.8%

RELAIS-ÉTAPE

Parking 178
Route de Belley
38490 Aoste
Km 120.2

ROUTE FOR NON-RACE VEHICLES

Exit directly from the off-course parking area (don't follow the race route). Leave Rue Henri Falcoz via Place du Général Ferrié, Rue Germain Sommeiller, the Cizeron bridge, Aluminium roundabout, the D77 and D1006 to reach junction 27 on the A43 towards Chambéry. At Chambéry, continue on the N201 and then rejoin the A43 at La Verpillière. Leave the A43 and take the A432 towards Paris and then the A42 towards Strasbourg. Leave the A42 at junction 7 (Péruges) and continue on the D124.

Entry point onto the race route: Crossroads of the D124, D77 and D124, 2.5km from the finish line

Total distance: 198km

177.4KM

SAINT-VULBAS PLAINE DE L'AIN

SAINT-JEAN-DE-MAURIENNE

WEDNESDAY 3 JULY

STAGE ⑤

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