

ITINERARY TIMETABLE

KM		STAGE 10		TIMETABLE			
To be run	Run			Caravan	41kph	39kph	37kph
PUY-DE-DÔME (63)							
		D224	ENNEZAT (D224-D83) 	11:10	13:10	13:10	13:10
		D83	RIOM (D83-VC-D224-VC-D227)				
165.3	0	D224	ENNEZAT  Km 0	11:25	13:25	13:25	13:25
159.6	5.7	D227	CHÂTEL-GUYON (D227-D985 B-VC-D227)	11:33	13:32	13:33	13:33
153.5	11.8		Côte de Loubeyrat (707m) 	11:47	13:44	13:46	13:47
152.7	12.6		LOUBEYRAT (D227-D16)	11:48	13:45	13:46	13:48
150.4	14.9	D16	Les Quatre Routes	11:50	13:48	13:49	13:50
148.5	16.8		CHARBONNIÈRES-LES-VARENNES (D16-D138)	11:53	13:50	13:51	13:53
142.7	22.6	D138	ENVAL (D138-D15)	11:59	13:56	13:57	13:59
140.5	24.8	D15	Crouzol	12:02	13:58	14:00	14:02
139.5	25.8		Le Lac (D15-D986 A-D986)	12:04	14:00	14:02	14:04
138.5	26.8	D986	VOLVIC	12:05	14:01	14:03	14:05
134.9	30.4		Crossroads D986-D407	12:11	14:06	14:08	14:11
134.1	31.2	D407	Tourtoule	12:12	14:07	14:10	14:12
132.5	32.8		Crossroads D407-D943	12:14	14:10	14:12	14:14
130.6	34.7	D943	Argnat (SAYAT) (D943-D776)	12:17	14:12	14:15	14:17
128.1	37.2		CHANAT-LA-MOUTEYRE (D776-D775)	12:21	14:16	14:18	14:21
125.1	40.2	D775	L'Étang	12:26	14:20	14:23	14:26
121.6	43.7		NOHANENT (near) (D775-M943)	12:31	14:25	14:28	14:31
121.1	44.2	M943	DURTOL (entry)	12:32	14:25	14:29	14:32
120.9	44.4		DURTOL 	12:32	14:26	14:29	14:32
119.8	45.5		CLERMONT-FERRAND (M943-VC-M69)	12:34	14:27	14:30	14:34
117.2	48.1	M69	CHAMALIÈRES (M69-M943)	12:38	14:31	14:34	14:38
115.7	49.6	M943	CLERMONT-FERRAND (M943-M941)	12:40	14:33	14:36	14:40
114.6	50.7	M941	DURTOL	12:43	14:35	14:39	14:43
112	53.3	D941	Bellevue (ORCINES)	12:50	14:41	14:45	14:50
111.1	54.2		La Baraque (D941-D942) (ORCINES)	12:52	14:43	14:47	14:52
110.8	54.5		Côte de La Baraque (788m) 	12:53	14:44	14:48	14:53
109.4	55.9	D942	La Font de l'Arbre (ORCINES) (D942-D90-D68)	12:55	14:45	14:50	14:55
105.7	59.6	D68	ROYAT (D68-M5 E-M944)	12:59	14:49	14:54	14:59
102.9	62.4	M944	Croix de Fun (CEYRAT, ROYAT) (M944-M5)	13:03	14:53	14:58	15:03
101.8	63.5	M5	Gravenoire	13:06	14:56	15:01	15:06
101.4	63.9		Crossroads M5-D5 F	13:07	14:57	15:02	15:07
98.8	66.5	D5 F	Charade	13:14	15:02	15:08	15:14
98.7	66.6		Côte de Charade (850m) 	13:14	15:02	15:08	15:14
98.3	67		Crossroads D5 F-VC	13:15	15:03	15:08	15:15
97.7	67.6	VC	Circuit de Charade	13:15	15:04	15:09	15:15
94.7	70.6		Crossroads VC-D767	13:19	15:07	15:12	15:19
92.5	72.8	D767	Boisséjour (D767-VC)	13:21	15:09	15:15	15:21
91	74.3	VC	CEYRAT (VC-D133)	13:23	15:11	15:16	15:23
87.1	78.2	D133	Berzet	13:32	15:18	15:25	15:32
86.9	78.4		Côte de Berzet (818m) 	13:33	15:19	15:25	15:33
83.8	81.5		SAINT-GENÈS-CHAMPANELLE (D133-D90)	13:37	15:23	15:30	15:37
82.4	82.9	D90	Thèdes	13:39	15:25	15:32	15:39
81.2	84.1		Manson (D90-D767)	13:41	15:27	15:33	15:41
76.7	88.6	D767	Laschamps (D767-D52)	13:48	15:33	15:40	15:48
75.3	90		Crossroads D52-D942	13:50	15:35	15:42	15:50
74.8	90.5	D942	Col de la Moréno	13:51	15:35	15:43	15:51
71.1	94.2		Les Bramauds (NÉBOUZAT)	13:56	15:40	15:48	15:56
69.8	95.5		Les Quatre Routes (OLBY, NÉBOUZAT) (D942-D216)	13:58	15:42	15:50	15:58

DISTANCE FROM NEUTRALISED START TO OFFICIAL START
8.3km

CATEGORISED CLIMBS AND SUMMIT FINISHES

 **km 11.8 - Côte de Loubeyrat**
Climb of 4.1km at 6.3%

 **km 54.5 - Côte de La Baraque**
Climb of 4.8km at 7.4%

 **km 66.6 - Côte de Charade**
Climb of 5.1km at 6.8%

 **km 78.4 - Côte de Berzet**
Climb of 3.4km at 7.4%

 **km 115.4 - Col de Guéry**
Climb of 3.4km at 6.7%

 **km 124.1 - Col de la Croix Morand**
Climb of 3.4km at 5.7%

 **km 155.4 - Col de la Croix Saint-Robert**
Climb of 5.1km at 6.4%

  **km 165.3 - Le Mont-Dore** Puy de Sancy
Climb of 3.3km at 8%

RELAIS-ÉTAPE

Parking P1 at Lake Chambon
63790 Chambon-sur-Lac
Km 134.5

ROUTE FOR NON-RACE VEHICLES

Exit directly from the parking areas for non-race vehicles (don't take the neutralised race route). Take Route de Clermont and then the D210 towards Clermont-Ferrand to join the A89-A71 (junction 14 "Gerzat-Est"). Take the A89-A71 towards Bordeaux. Continue on the A89 towards Bordeaux. Leave the A89 at junction 25. Head towards La Bourboule on the D82, the D98, the D922 and then the D996. At La Bourboule, head towards Le Mont-Dore on the D129, the D129 A and then the D996. In Le Mont-Dore, go right on Rue Pierre Verdier and then left on Avenue Michel Bertrand. Keep straight ahead on Place Charles de Gaulle, Rue Meynadier and then Avenue Foch.
Entry point onto the race route: Crossroads of Avenue Foch, Rue du Maréchal Juin, Rue de Saigne, 3.5km from the finish line
Total distance: 104km

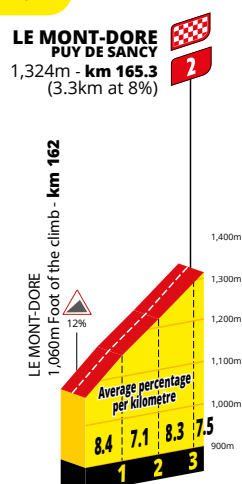


ITINERARY TIMETABLE

KM		STAGE ⑩		TIMETABLE			
Toberun	Run			Caravan	41kph	39kph	37kph
69.2	96.1	D216	Pont des Eaux (NÉBOUZAT)	13:59	15:43	15:51	15:59
67.3	98		Villejacques (SAINT-BONNET-PRÈS-ORCIVAL)	14:02	15:46	15:53	16:02
66.1	99.2		La Baraquette (SAINT-BONNET-PRÈS-ORCIVAL)	14:04	15:47	15:55	16:04
65.5	99.8		Les Mouillards (SAINT-BONNET-PRÈS-ORCIVAL)	14:05	15:48	15:56	16:05
62.5	102.8		Saint-Martin-de-Tours	14:09	15:52	16:00	16:09
60	105.3		ROCHEFORT-MONTAGNE (D216-D80 A)	14:13	15:56	16:04	16:13
56.4	108.9	D80 A	La Gratade	14:18	16:00	16:09	16:18
54	111.3		Le Cros Haut	14:22	16:04	16:12	16:22
49.9	115.4		Col de Guéry (1,268m) [D80 A-D983]	14:32	16:12	16:21	16:32
44.7	120.6	D983	Le Barbier (D983-D996)	14:38	16:18	16:27	16:38
41.2	124.1	D996	Col de la Croix Morand	14:47	16:25	16:35	16:47
36	129.3		Bressouleille	14:53	16:31	16:41	16:53
32.7	132.6		CHAMBON-SUR-LAC	14:56	16:34	16:45	16:56
31.2	134.1		Varennes	14:59	16:36	16:47	16:59
30.8	134.5		Lac Chambon	14:59	16:37	16:47	16:59
29.4	135.9		MUROL (D996-D5-D618)	15:01	16:39	16:49	17:01
27.7	137.6	D618	La Ribeyre (SAINT-VICTOR-LA-RIVIÈRE)	15:04	16:41	16:52	17:04
27.4	137.9		Jassat (SAINT-VICTOR-LA-RIVIÈRE)	15:04	16:42	16:52	17:04
23.1	142.2		Montaleix	15:11	16:48	16:59	17:11
21	144.3		Crossroads D618-D36	15:14	16:51	17:02	17:14
20.1	145.2	D36	Rocher de l'Aigle	15:16	16:52	17:03	17:16
16.5	148.8		La Palfichade	15:21	16:57	17:08	17:21
15.6	149.7		Moneaux	15:23	16:58	17:10	17:23
9.9	155.4		Col de la Croix Saint-Robert (1,451m)	15:37	17:10	17:23	17:37
4.3	161		LE MONT-DORE (D36-D983-VC-D983)	15:43	17:16	17:29	17:43
0.2	165.1	D983	Station du Sancy	15:52	17:24	17:37	17:52
0	165.3		LE MONT-DORE PUY DE SANCY (1,324m)	15:53	17:25	17:38	17:53

PARTICULAR PROFILE

LE MONT-DORE PUY DE SANCY



from 6 to 8.9%