

ITINERARY TIMETABLE

KM		STAGE 11		TIMETABLE			
Toberun	Run			Caravan	47kph	45kph	43kph
HAUTE-GARONNE (31)							
		VC	TOULOUSE (VC-M1) 	11:15	13:15	13:15	13:15
			Cross level : tramway				
			Place du Capitole				
		M1	BLAGNAC (M1-M2)				
		M2	BEAUZELLE (M2-VC)				
156.8	0	VC	TOULOUSE 	11:45	13:45	13:45	13:45
156.6	0.2		Crossroads VC-M63	11:45	13:45	13:45	13:45
156.1	0.7	M63	Crossroads M63-VC	11:46	13:46	13:46	13:46
154.3	2.5	VC	AUSSONNE (VC-M64)	11:48	13:48	13:48	13:48
152.2	4.6	M64	SEILH (M64-M2)	11:51	13:51	13:51	13:51
148.8	8	D2	Pedauco (D2-D87 A)	11:56	13:55	13:56	13:56
146.7	10.1	D87 A	MERVILLE (D87 A-D65)	11:59	13:58	13:58	13:59
141.6	15.2	D65	Crossroads D65-D17	12:06	14:04	14:05	14:06
141.4	15.4	D17	GRENADE (D17-D2-D17)	12:06	14:05	14:05	14:06
138	18.8		ONDES	12:11	14:09	14:10	14:11
136.7	20.1		Crossroads D17-VC	12:13	14:11	14:12	14:13
134.5	22.3	VC	Crossroads VC-D29	12:16	14:13	14:15	14:16
132.5	24.3	D29	CASTELNAU-D'ESTRÉTEFONDS	12:19	14:16	14:17	14:19
130.9	25.9		Côte de Castelnau-d'Estrétefonds 	12:21	14:18	14:20	14:21
128.8	28		Les Prieurs	12:24	14:21	14:22	14:24
126.5	30.3		FRONTON (29-D4-D29)	12:27	14:24	14:25	14:27
122.2	34.6		VILLAUDRIC (D29-D63 D)	12:33	14:29	14:31	14:33
118.4	38.4	D63 D	Binest (BOULOC)	12:38	14:34	14:36	14:38
117.1	39.7		Clos Mignon (D63 D-D14)	12:40	14:36	14:38	14:40
115.1	41.7	D14	Croustets	12:43	14:38	14:41	14:43
113.9	42.9		VILLENEUVE-LÈS-BOULOC (near)	12:45	14:40	14:42	14:45
111.6	45.2		CÉPET (D14-D20)	12:48	14:43	14:45	14:48
108.9	47.9	D20	LABASTIDE-SAINT-SERNIN	12:52	14:46	14:49	14:52
103	53.8		Bénas (LAPEYROUSE-FOSSAT) (near)	13:00	14:54	14:57	15:00
99.1	57.7		Montvert (D20-D888)	13:05	14:59	15:02	15:05
97.2	59.6	D888	CASTELMAUROU (D888-D77-D77 H-D77)	13:08	15:01	15:04	15:08
94.4	62.4	D77	Bois de la Reulle (GRAGNAGUE) (near) (D77-M77)	13:12	15:05	15:08	15:12
93.4	63.4	M77	Les Blanquets (M77-D77) (BEAUPUY)	13:13	15:06	15:09	15:13
91.3	65.5	D77	Crossroads D77-D57	13:16	15:09	15:12	15:16
89.7	67.1	D57	Crossroads D57-D112	13:18	15:11	15:14	15:18
89.3	67.5	D112	LAVALETTE (near)	13:19	15:11	15:15	15:19
88.5	68.3		Crossroads D112-D77	13:20	15:12	15:16	15:20
87.8	69	D77	Hameau de Beaulieu (SAINT-MARCEL-PAULEL)	13:21	15:13	15:17	15:21
87.8	69		Borde-Blanche	13:21	15:13	15:17	15:21
87.3	69.5		Coustou de Bebian (SAINT-PIERRE)	13:22	15:14	15:18	15:22
86.3	70.5		Saint-Jean (SAINT-PIERRE)	13:23	15:15	15:19	15:23
85.6	71.2		Le Pesquier (SAINT-PIERRE)	13:24	15:16	15:20	15:24
84.6	72.2		Les Noël's (GAURÉ)	13:26	15:17	15:21	15:26
81.4	75.4		Crossroads D77-D31	13:30	15:21	15:25	15:30
81	75.8	D31	Hameau du Pujolet (VALLESVILLES)	13:31	15:22	15:26	15:31
77.7	79.1		Garnes d'Espagne	13:35	15:26	15:30	15:35

DISTANCE FROM NEUTRALISED START TO OFFICIAL START
16.5km

CATEGORISED CLIMBS AND SUMMIT FINISHES

4 km 25.9 - Côte de Castelnau d'Estrétefonds

Climb of 1.4km at 6.6%

4 km 111.6 - Côte de Montgiscard

Climb of 1.6km at 5.3%

4 km 117 - Côte de Corronsac

Climb of 900m at 6.7%

4 km 142.5 - Côte de Vieille-Toulouse

Climb of 1.3km at 6.8%

3 km 148 - Côte de Pech David

Climb of 800m at 12.4%

RELAIS-ÉTAPE

Stade Robert Barran
82, Chemin des Côtes de Pech David
31400 Toulouse
Km 148

NO OFF-COURSE ITINERARY



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KM		STAGE 11		TIMETABLE			
To be run	Run			Caravan	47kph	45kph	43kph
76	80.8		LANTA (D31-VC-D1-D54 A)	13:38	15:28	15:33	15:38
73.7	83.1	D54 A	La Garde (SAINT-PIERRE-DE-LAGES)	13:41	15:31	15:36	15:41
72.4	84.4		SAINTE-FOY-D'AIGREFEUILLE (D54 A-D18)	13:43	15:33	15:37	15:43
70.1	86.7		Crossroads D18-D31	13:46	15:36	15:41	15:46
68	88.8		PRÉSERVILLE	13:49	15:38	15:43	15:49
65	91.8		FOURQUEVAUX (D31-D79-D2)	13:53	15:42	15:47	15:53
62.1	94.7	D2	Tiffaut	13:57	15:46	15:51	15:57
59.6	97.2		LABASTIDE-BEAUVOIR (D2-D38) (entry)	14:01	15:49	15:55	16:01
59.5	97.3		LABASTIDE-BEAUVOIR 	14:01	15:49	15:55	16:01
56.9	99.9	D38	Sainte-Colombe	14:04	15:52	15:58	16:04
55.5	101.3		Malissard	14:06	15:54	16:00	16:06
53.8	103		BAZIÈGE (D38-D38 E-D16-D813)	14:09	15:56	16:02	16:09
51.5	105.3	D813	La Val Priout (AYGUESVIVES)	14:12	15:59	16:05	16:12
50.2	106.6		MONTGISCARD (D813-D24-VC-D31-D24)	14:14	16:01	16:07	16:14
47.8	109	D24	Baroux	14:17	16:04	16:10	16:17
45.2	111.6		Côte de Montgiscard 	14:21	16:07	16:14	16:21
44.3	112.5		MONTBRUN-LAURAGAIS	14:22	16:09	16:15	16:22
42.6	114.2		Latour	14:24	16:11	16:17	16:24
41.1	115.7		CORRONSAC (D24-D94)	14:26	16:13	16:19	16:26
39.8	117	D94	Côte de Corronsac 	14:28	16:14	16:21	16:28
38.9	117.9		Chabrou (POMPERTUZAT) (near) (D94-D95)	14:29	16:15	16:22	16:29
36.2	120.6		Crossroads D95-D95 A	14:33	16:19	16:26	16:33
35.4	121.4	D95 A	CASTANET-TOLOSAN (D95 A-D79)	14:34	16:20	16:27	16:34
33.1	123.7	D79	Bouriès (AUZEVILLE-TOLOSANE) (near)	14:38	16:23	16:30	16:38
33	123.8		MERVILLA (D79-D95)	14:38	16:23	16:30	16:38
31.6	125.2	D95	PECHBUSQUE (D95-D35)	14:40	16:25	16:32	16:40
31.2	125.6	D35	VIGOLET-AUZIL	14:40	16:25	16:32	16:40
29	127.8		Les Dames (AUREVILLE)	14:43	16:28	16:35	16:43
27.6	129.2		REBIGUE	14:45	16:30	16:37	16:45
25.9	130.9		Crossroads D35-D24	14:48	16:32	16:40	16:48
25.5	131.3	D24	Rivière (AUREVILLE)	14:48	16:33	16:40	16:48
25.1	131.7		Birol (AUREVILLE)	14:49	16:33	16:41	16:49
23.1	133.7		LACROIX-FALGARDE (near) (D24-D24 E)	14:52	16:36	16:43	16:52
22	134.8	D24 E	VIGOLET-AUZIL (D24 E-D35 B)	14:53	16:37	16:45	16:53
17.3	139.5	D35 B	Plaine de Creuse (PORTET-SUR-GARONNE) (D35 B-D4)	15:00	16:43	16:51	17:00
15.9	140.9	D4	Crossroads D4-D4 B	15:02	16:45	16:53	17:02
15.1	141.7	D4 B	VIEILLE-TOULOUSE (D4 B-D95)	15:03	16:46	16:54	17:03
14.3	142.5	D95	Côte de Vieille-Toulouse 	15:04	16:47	16:55	17:04
12.2	144.6		Crossroads D95-M4	15:07	16:49	16:58	17:07
12	144.8	M4	Escagarol	15:07	16:50	16:58	17:07
10	146.8		Canalets (M4-VC)	15:10	16:52	17:01	17:10
9	147.8	VC	TOULOUSE (entry)	15:11	16:54	17:02	17:11
8.8	148		Côte de Pech David 	15:11	16:54	17:02	17:11
0	156.8		TOULOUSE 	15:24	17:05	17:14	17:24