

ITINERARY TIMETABLE

KM		STAGE 12		TIMETABLE			
To be run	Run			Caravan	42kph	40kph	38kph
GERS (32)							
		VC	AUCH (VC-N21-VC-D626-VC-N21) 	11:10	13:10	13:10	13:10
		N21	Crossroads de Beaulieu (PAVIE)				
180.6	0		AUCH 	11:25	13:25	13:25	13:25
177.8	2.8		LASSÉRAN (near)	11:29	13:29	13:29	13:29
176	4.6		Hameau de la Gare (SAINT-JEAN-LE-COMTAL)	11:32	13:31	13:31	13:32
171.9	8.7		Menjoutet (LABÉJAN)	11:37	13:36	13:37	13:37
168.6	12		MIRAMONT-D'ASTARAC (near)	11:42	13:41	13:41	13:42
162.2	18.4		MIRANDE	11:51	13:49	13:50	13:51
159	21.6		Le Pelon (SAINT-MARTIN) (near)	11:56	13:53	13:54	13:56
154.4	26.2		SAINT-MAUR (near)	12:02	13:59	14:01	14:02
151.9	28.7		La Gare (LAAS)	12:06	14:02	14:04	14:06
148	32.6		MIÉLAN	12:11	14:07	14:09	14:11
142.5	38.1		LAGUIAN-MAZOUS	12:19	14:15	14:17	14:19
137.3	43.3		VILLECOMTAL-SUR-ARROS	12:27	14:21	14:24	14:27
HAUTES-PYRÉNÉES (65)							
133.4	47.2		RABASTENS-DE-BIGORRE (N21-D934)	12:32	14:26	14:29	14:32
130.7	49.9	D934	SARRIAC-BIGORRE (near)	12:36	14:30	14:33	14:36
126.5	54.1		La Montjoie	12:42	14:35	14:39	14:42
126.1	54.5		VIC-EN-BIGORRE (D934-D825-D6-D61)	12:43	14:36	14:39	14:43
123.3	57.3	D61	Quartier La Séguette (D61-D7)	12:47	14:40	14:43	14:47
122	58.6	D7	SAINT-LÉZER (D7-VC-D7-D63)	12:49	14:41	14:45	14:49
PYRÉNÉES-ATLANTIQUES (64)							
116.6	64	D63	MONTANER (near)	12:56	14:48	14:52	14:56
HAUTES-PYRÉNÉES (65)							
114.3	66.3		TARASTEIX (D63-D27)	13:00	14:51	14:55	15:00
110.3	70.3	D27	OROIX	13:05	14:57	15:01	15:05
PYRÉNÉES-ATLANTIQUES (64)							
106.5	74.1	D63	GER (D63-D129)	13:11	15:02	15:06	15:11
96.5	84.1		Crossroads D129-D42	13:25	15:15	15:20	15:25
94.2	86.4	D42	PONTACQ (D42-D2936-D936)	13:28	15:18	15:23	15:28
90.8	89.8	D936	LABATMALE	13:33	15:22	15:27	15:33
89.2	91.4		Côte de Labatmale 	13:36	15:25	15:30	15:36
86	94.6		BÉNÉJACQ (D936-D938) (entry)	13:41	15:29	15:35	15:41
85.5	95.1		BÉNÉJACQ 	13:42	15:30	15:35	15:42
81.8	98.8	D938	COARRAZE	13:47	15:35	15:40	15:47
77.9	102.7		IGON (D938-D937-D35)	13:53	15:40	15:46	15:53
75.3	105.3	D35	ASSON (D35-D126)	13:56	15:43	15:50	15:56
74	106.6	D126	Bat Baches	13:58	15:45	15:51	15:58
69.2	111.4		ARTHEZ-D'ASSON	14:05	15:51	15:58	16:05
65.8	114.8		Crossroads D126-D326	14:10	15:56	16:03	16:10
65.1	115.5	D326	Crossroads D326-D126	14:11	15:57	16:04	16:11
62.9	117.7	D126	Crossroads D126-D426	14:15	16:00	16:07	16:15
62	118.6	D426	Crossroads D426-D126	14:16	16:01	16:08	16:16

DISTANCE FROM NEUTRALISED START TO OFFICIAL START
6.8km

CATEGORISED CLIMBS AND SUMMIT FINISHES

 **km 91.4 - Côte de Labatmale**

Climb of 1.3km at 6.3%

 **km 134.1 - Col du Soulor**

Climb of 11.8km at 7.3%

 **km 145.7 - Col des Bordères**

Climb of 3.1km at 7.7%

 **km 180.6 - Hautacam**

Climb of 13.5km at 7.8%

RELAIS-ÉTAPE

Place du Foirail

65400 Argelès-Gazost

Km 162

ROUTE FOR NON-RACE VEHICLES

Exit point after 5.7km on the neutralised race route (Beaulieu crossroads, N21-D929 roundabout). Go left on the D929 towards Lannemezan. At Lannemezan, stay on the D929 and then the D939 towards the A64 (junction 16). Stay on the A64 towards Tarbes and then Pau and leave it at junction 12 "Tarbes-Ouest". Take the N21 towards Lourdes. At Lourdes, take the D821 towards Argelès-Gazost and then Luz-Saint-Sauveur-Gavarnie.

Entry point onto the race route: Crossroads of D821-D921 B at Argelès-Gazost, 16km from the finish line

Total distance: 155km



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To be run	Run			Caravan	42kph	40kph	38kph
HAUTES-PYRÉNÉES (65)							
58.3	122.3		FERRIÈRES	14:21	16:06	16:13	16:21
58.2	122.4		Hougarou	14:22	16:06	16:13	16:22
55.5	125.1		ARBÉOST	14:29	16:12	16:20	16:29
46.5	134.1		Col du Soulor (1,474m) (D126-D918) 1	14:52	16:32	16:42	16:52
39.2	141.4	D918	Arrens (ARRENS-MARSOUS) (D918-D105-D603)	15:00	16:40	16:50	17:00
34.9	145.7	D603	Col des Bordères (1,156m) 2	15:10	16:48	16:59	17:10
32.7	147.9		ESTAING (D603-D103)	15:13	16:51	17:01	17:13
30.2	150.4	D103	La Badette	15:16	16:54	17:04	17:16
28.2	152.4		Le Barraquet (SIREIX)	15:19	16:56	17:07	17:19
28.1	152.5		Crossroads D103-D13	15:19	16:56	17:07	17:19
27.5	153.1	D13	BUN	15:19	16:57	17:08	17:19
25.3	155.3		Lalanne (GAILLAGOS) (near) (D13-D918)	15:22	16:59	17:10	17:22
24.6	156	D918	Les Prades (ARCIZANS-DESSUS)	15:23	17:00	17:11	17:23
21.9	158.7		ARRAS-EN-LAVEDAN	15:26	17:03	17:14	17:26
18.6	162		ARGELÈS-GAZOST (D918-VC-D921 B-D821 A-D821-D100)	15:31	17:07	17:18	17:31
14.3	166.3	D100	AYROS-ARBOUIX (D100-D13-D100)	15:36	17:12	17:23	17:36
12.1	168.5		Arbouix	15:39	17:15	17:26	17:39
10.4	170.2		Souin (ARTALENS-SOUIN)	15:42	17:17	17:29	17:42
9.7	170.9		Arribat (ARTALENS-SOUIN)	15:43	17:18	17:30	17:43
8.8	171.8		Artalens (ARTALENS-SOUIN)	15:44	17:20	17:31	17:44
7.2	173.4		Saint-André (ARTALENS-SOUIN)	15:47	17:22	17:34	17:47
2.5	178.1		Hourquet (BEAUCENS)	15:54	17:29	17:41	17:54
0	180.6		HAUTACAM (1,520m) HC 3	15:58	17:32	17:44	17:58