

ITINERARY TIMETABLE

KM		STAGE 20		TIMETABLE			
To be run	Run			Caravan	47kph	45kph	43kph
AIN (01)							
		VC	NANTUA (VC-D1084) 	10:05	12:05	12:05	12:05
		D1084	Les Battoirs				
			LES NEYROLLES				
184.2	0		NANTUA 	10:15	12:15	12:15	12:15
179.6	4.6		Moulin de Charix (LE POIZAT-LALLEYRIAT)	10:21	12:21	12:21	12:21
177.5	6.7		Le Burlandier (LE POIZAT-LALLEYRIAT)	10:24	12:24	12:24	12:24
175.5	8.7		La Voûte (D1084-D55)	10:27	12:26	12:27	12:27
174.7	9.5	D55	Cross level n°59	10:28	12:27	12:28	12:28
174.5	9.7		SAINT-GERMAIN-DE-JOUX (D55-D33)	10:28	12:27	12:28	12:28
168.5	15.7	D33	La Côte Druet (ÉCHALLON)	10:38	12:36	12:37	12:38
164.7	19.5		BELLEYDOUX	10:46	12:43	12:44	12:46
JURA (39)							
160.6	23.6	D124	Désertin (LES BOUCHOUX)	10:54	12:50	12:52	12:54
159.5	24.7		Col de la Croix de la Serra 	10:56	12:52	12:54	12:56
158.2	26		La Serra (LES BOUCHOUX)	10:57	12:53	12:55	12:57
155.9	28.3		La Dévia (LES BOUCHOUX)	11:00	12:55	12:57	13:00
153.9	30.3		La Palud (COISERETTE)	11:02	12:57	12:59	13:02
151.6	32.6		En Berrod (COISERETTE)	11:04	12:59	13:02	13:04
150.1	34.1		La Gaité (VILLARD-SAINT-SAUVEUR)	11:06	13:01	13:03	13:06
147.2	37		Rochefort (D124-D436)	11:09	13:04	13:06	13:09
146.6	37.6	D436	SAINT-CLAUDE (D436-VC-D437)	11:10	13:04	13:07	13:10
144.4	39.8	D437	Cross level n°56	11:13	13:07	13:10	13:13
139.2	45		Valfin	11:24	13:17	13:20	13:24
139.1	45.1		Côte de Valfin 	11:24	13:17	13:20	13:24
138	46.2		Les Frêtes	11:25	13:18	13:22	13:25
135.1	49.1		LA RIXOUSE	11:29	13:22	13:25	13:29
133.4	50.8		Villard-sur-Bienne (NANCHEZ) (near)	11:31	13:24	13:27	13:31
130.1	54.1		Lézat (HAUTS DE BIENNE) (near)	11:36	13:28	13:32	13:36
127.7	56.5		Château-des-Prés (GRANDE-RIVIÈRE CHÂTEAU)	11:39	13:31	13:35	13:39
124.1	60.1		Grande Rivière (GRANDE-RIVIÈRE CHÂTEAU)	11:44	13:35	13:39	13:44
123.5	60.7		Lac de l'Abbaye (GRANDE-RIVIÈRE CHÂTEAU)	11:45	13:36	13:40	13:45
122.5	61.7		L'Abbaye-en-Grandvaux (GRANDE-RIVIÈRE CHÂTEAU)	11:46	13:37	13:41	13:46
121.1	63.1		Les Chauvins (GRANDE-RIVIÈRE CHÂTEAU) (D437-D330)	11:48	13:39	13:43	13:48
119.2	65	D330	Les Bouvets	11:50	13:41	13:46	13:50
117.8	66.4		SAINT-PIERRE	11:52	13:43	13:47	13:52
116.2	68		Les Dadonins (D330-D678)	11:54	13:45	13:49	13:54
111.9	72.3	D678	CHAUX DU DOMBIEF 	12:00	13:50	13:55	14:00
111.4	72.8		CHAUX DU DOMBIEF (entry)	12:01	13:51	13:56	14:01
109.6	74.6		Crossroads of D678-D39	12:03	13:53	13:58	14:03
108.9	75.3	D39	Ilay (D39-D75)	12:04	13:54	13:59	14:04
107.8	76.4	D75	Lac d'Ilay	12:06	13:55	14:00	14:06
106.3	77.9		LE FRASNOIS	12:07	13:57	14:02	14:07
100.9	83.3		Pont de la Chaux (CHAUX-DES-CROTENAY) (D75-N5)	12:15	14:04	14:09	14:15
97.7	86.5	N5	La Billaude	12:19	14:08	14:13	14:19
96.7	87.5		Cross level n°15	12:20	14:09	14:14	14:20

DISTANCE FROM NEUTRALISED START TO OFFICIAL START
4.5km

CATEGORISED CLIMBS AND SUMMIT FINISHES

 **km 24.7 - Col de la Croix de la Serra**
Climb of 12.1km at 4.1%

 **km 45.1 - Côte de Valfin**
Climb of 5.7km at 4.2%

 **km 121.6 - Côte de Thésy**
Climb of 3.6km at 8.9%

 **km 160.1 - Côte de Longeville**
Climb of 2.5km at 5.5%

RELAIS-ÉTAPE

Rue du Stade
25330 Longeville
Km 157.3

ROUTE FOR NON-RACE VEHICLES

Exit point after 2.1km on the race route (crossroads of D1084 and junction 9 on the A40). Take the A40 (junction 9) towards Paris-Lyon. Leave the A40 at junction 8 and take the A404 towards Oyonnax. At Oyonnax, head towards Lons-le-Saunier on the A404, the D31, the D436, the D27 and then the D470. Approaching Meussia, take the D27 towards Clairvaux-les-Lacs. At Clairvaux-les-Lacs, take the D678 towards Champagnole and then the D27 towards Boissia and stay on this road towards Champagnole. At Pont-du-Navoy, take the D471 and then the D27 towards Champagnole. At Crotenay, stay on the D5 towards Champagnole. At Champagnole, continue on the D5 towards Pontarlier. There's a crossing point over the race route at the N5 interchange at Champagnole (km 97.1 of the race route). Don't cross the route when the publicity caravan and race convoy are passing. Take the N5, the D471 and then the D72 towards Pontarlier via Censeau, Frasne and Chaffois.

Entry point onto the race route: Crossroads of D72 and D6 near Houtaud, 7.7km from the finish line.

Total distance: 157km



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Toberun	Run			Caravan	47kph	45kph	43kph
92.3	91.9		CIZE (N5-D127 E2)	12:26	14:14	14:20	14:26
90.8	93.4	D127 E2	Gerland	12:28	14:16	14:22	14:28
90.3	93.9		CHAMPAGNOLE (D127 E2-D471-VC-N5)	12:29	14:17	14:23	14:29
87.9	96.3	VC	Cross level n°7	12:32	14:20	14:26	14:32
84.5	99.7	N5	Gratteroche (VANNOZ, ARDON) (N5-D467)	12:37	14:24	14:30	14:37
83.2	101	D467	LE PASQUIER	12:38	14:26	14:32	14:38
80.2	104		VERS-EN-MONTAGNE	12:42	14:29	14:35	14:42
75.8	108.4		ANDELOT-EN-MONTAGNE (near)	12:48	14:35	14:41	14:48
73.3	110.9		PONT-D'HÉRY	12:52	14:38	14:44	14:52
70.1	114.1		Moutaine	12:56	14:42	14:48	14:56
69.3	114.9		Champagny (CHAUX-CHAMPAGNY)	12:57	14:43	14:49	14:57
67.7	116.5		BRACON	12:59	14:45	14:51	14:59
67.3	116.9		SALINS-LES-BAINS (D467-D65)	12:59	14:45	14:52	14:59
62.6	121.6	D65	Côte de Thésy (685m) 2	13:10	14:54	15:02	15:10
61.4	122.8		THÉSY (D65-D78)	13:12	14:56	15:03	15:12
59.6	124.6	D78	ABERGEMENT-LÈS-THÉSY	13:14	14:58	15:06	15:14
57.3	126.9		L'Entrepôt (DOURNON) (D78-D472)	13:17	15:01	15:09	15:17
DOUBS (25)							
52.1	132.1	D72	TOWNNEUVE-D'AMONT(D72-D295)	13:24	15:07	15:15	15:24
48.4	135.8	D295	GEVRESIN	13:29	15:12	15:20	15:29
46	138.2		Crossroads of D295-D15	13:32	15:15	15:23	15:32
45.7	138.5	D15	Labergement-du-Navois (LEVIER) (near) (D15-D9)	13:33	15:15	15:23	15:33
42.5	141.7	D9	DÉSERTOWNRS	13:37	15:19	15:28	15:37
40.4	143.8		Crossroads of D9-D492	13:40	15:22	15:30	15:40
39.7	144.5	D492	Canton de la Forêt (AMANCEY) (near)	13:41	15:22	15:31	15:41
37.9	146.3		BOLANDOZ (D492-D32)	13:43	15:25	15:33	15:43
34	150.2	D32	REUGNEY	13:48	15:29	15:38	15:48
30.2	154		AMATHAY-VÉSIGNIEUX	13:53	15:34	15:43	15:53
27.3	156.9		LONGETOWN (D32-D27)	13:57	15:38	15:47	15:57
24.1	160.1	D27	Côte de Longeville 4	14:03	15:43	15:52	16:03
22	162.2		ÉTOWNRS (D27-D41)	14:06	15:45	15:55	16:06
19.2	165	D41	Crossroads of D41-D6	14:10	15:49	15:59	16:10
14.4	169.8	D6	Sombacour (VAL-D'USIERS)	14:16	15:55	16:05	16:16
8.5	175.7		DOMMARTIN (near)	14:23	16:02	16:12	16:23
7.8	176.4		Crossroads of D6-D72	14:24	16:03	16:13	16:24
7.4	176.8	D72	HOUTAUD (D72-D130)	14:25	16:03	16:14	16:25
4.4	179.8	D130	DOUBS (D130-N57) (near)	14:29	16:07	16:17	16:29
0.9	183.3	N57	PONTARLIER (entry)	14:33	16:11	16:22	16:33
0	184.2		PONTARLIER 4	14:35	16:12	16:23	16:35