

ITINERARY TIMETABLE

KM		STAGE ④		TIMETABLE			
Toberun	Run			Caravan	46kph	44kph	42kph
SOMME (80)							
		VC	AMIENS MÉTROPOLE	NEUTRALISED START	11:15	13:15	13:15
			SALOUËL (VC-D210)				
174.2	0	D210	AMIENS	OFFICIAL START	11:35	13:35	13:35
173.2	1		VERS-SUR-SELLE (near)		11:36	13:36	13:36
171.2	3		BACOUËL-SUR-SELLE (near)		11:39	13:39	13:39
170.3	3.9		PLACHY-BUYON		11:41	13:40	13:41
167.7	6.5		NAMPTY		11:44	13:43	13:44
161.8	12.4		Tilloy-lès-Conty (near) (Ô-DE-SELLE)		11:53	13:51	13:52
160.6	13.6		CONTY (near)		11:54	13:53	13:54
157.9	16.3		L'Estoc (MONSURES)		11:58	13:56	13:57
OISE (60)							
156.2	18	D11	CROISSY-SUR-CELLE (D11-D106)		12:01	13:58	13:59
151.6	22.6	D106	FONTAINE-BONNELEAU		12:07	14:04	14:06
148.9	25.3		CATHEUX		12:11	14:08	14:09
143.2	31		CRÈVECŒUR-LE-GRAND (D106-D621-VC-D930)		12:19	14:15	14:17
139.9	34.3	D930	LIHUS (near)		12:24	14:20	14:22
136.9	37.3		HAUTE-ÉPINE		12:28	14:24	14:26
132.6	41.6		MARSEILLE-EN-BEAUVAISIS (D930-D901-D930)		12:34	14:29	14:32
131.7	42.5		Cross level n°80		12:36	14:30	14:33
128.4	45.8		Choqueuse (GRÉMÉVILLERS)		12:40	14:35	14:37
125.9	48.3		Balleux		12:44	14:38	14:41
124.8	49.4		Crossroads D930-D579		12:46	14:39	14:42
123.8	50.4	D579	SONGEONS (near) (D579-D133)		12:47	14:41	14:44
123.1	51.1	D133	Crossroads D133-D95		12:48	14:42	14:45
122.7	51.5	D95	LACHAPELLE-SOUS-GERBEROY		12:48	14:42	14:45
121.9	52.3		GERBEROY		12:50	14:43	14:46
120.7	53.5		Crossroads D95-D930		12:51	14:45	14:48
119.2	55	D930	La Havotière (near) (WAMBEZ)		12:54	14:47	14:50
115.8	58.4		Pierrepont (HANNACHES)		12:58	14:51	14:58
SEINE-MARITIME (76)							
111.8	62.4		FERRIÈRES-EN-BRAY (near)		13:04	14:56	15:00
110.6	63.6		GOURNAY-EN-BRAY (D930-N31-VC-D915-D916)		13:06	14:58	15:02
106.3	67.9	D916	ERNEMONT-LA-VILLETTE (near)		13:12	15:04	15:08
103.2	71		MONTROTY (near)		13:16	15:08	15:12
102.6	71.6		BOSC-HYONS (near)		13:17	15:08	15:13
EURE (27)							
98	76.2	D316	BÉZU-LA-FORÊT		13:24	15:14	15:19
93.5	80.7		MORGNY		13:30	15:20	15:25
89.8	84.4		LA NEUVE-GRANGE		13:36	15:25	15:30
87.3	86.9		PUCHAY		13:39	15:28	15:33
85	89.2		NOJEON-EN-VEXIN (near)		13:42	15:31	15:37
84.3	89.9		SAUSSAY-LA-CAMPAGNE		13:43	15:32	15:37
83	91.2		Cross level n°27		13:45	15:34	15:39
81.2	93		Saint-Jean-de-Frenelles (FRENELLES-EN-VEXIN)		13:48	15:36	15:42
73.6	100.6		LES ANDELYS (D316-D1)		13:59	15:46	15:59

DISTANCE FROM NEUTRALISED START TO OFFICIAL START
10.5km

CATEGORISED CLIMBS AND SUMMIT FINISHES

4 km 128.2 - Côte Jacques Anquetil

Climb of 3.6km at 3.6%

3 km 146.6 - Côte de Belbeuf

Climb of 1.3km at 9.1%

4 km 154.4 - Côte de Bonsecours

Stèle Jean Robic

Climb of 900m at 7.2%

4 km 162.1 - Côte de la Grand'Mare

Climb of 1.8km at 5%

3 km 169 - Rampe Saint-Hilaire

Climb of 800m at 10.6%

RELAIS-ÉTAPE

Parking du Moulin Rose

68, route de Paris

Saint-Adrien

76240 Belbeuf

Km 143.3

ROUTE FOR NON-RACE VEHICLES

Exit point after 4.2km on the neutralised route (crossroads of Rue Saint-Fuscien and Boulevard de Saint-Quentin). Keep straight ahead on Rue Saint-Fuscien and then the D7 to join the A29 at junction 32. Take the A29, A16 and then the A29 again towards Rouen. Continue on the A28 and then the N28 towards Rouen. At Rouen, leave the N28 at the "N15-Centre-Ville" exit. Head towards "Rouen Rive Droite" via Avenue Aristide Briand, Quai de Paris, Quai Pierre Corneille, Quai de la Bourse and then Quai du Havre. Leave the riverside by going right on Boulevard des Belges, following signs for "Rive Droite-Centre historique" and continue straight on Boulevard de la Marne.

Entry point onto the race route: Crossroads of Boulevard de la Marne and Rue Jeanne d'Arc, 1.6km from the finish line

Total distance: 129km

RESTRICTION ON THE CARAVAN

Km 53 - Gerberoy

Passage beneath overhanging trees

Diversion for vehicles above 3.50m in height at km 51 (junction of D133-D95)



ITINERARY TIMETABLE

KM		STAGE ④		TIMETABLE			
Toberun	Run			Caravan	46kph	44kph	42kph
67	107.2	D1	Fresne-l'Archevêque (D1-VC) (FRENELLES-EN-VEXIN)	14:08	15:55	16:01	16:08
62.5	111.7	VC	CUVERVILLE	14:15	16:01	16:07	16:15
61.2	113		Crossroads VC-D126	14:16	16:02	16:09	16:16
59.8	114.4	D126	HEUQUEVILLE	14:18	16:04	16:11	16:18
55.6	118.6		AMFREVILLE-LES-CHAMPS	14:24	16:10	16:17	16:24
52.1	122.1		Cross level n° 55	14:29	16:14	16:21	16:29
52	122.2		Crossroads D126-D321	14:29	16:14	16:22	16:29
51.6	122.6	D321	PONT-SAINT-PIERRE	14:30	16:15	16:22	16:30
49.8	124.4		ROMILLY-SUR-ANDELLE (D321-D126)	14:33	16:17	16:25	16:33
SEINE-MARITIME (76)							
46.1	128.1	D138	LA NEUVILLE-CHANT-D'OISEL (D138-D13)	14:38	16:22	16:30	16:38
46	128.2		Côte Jacques Anquetil 4	14:38	16:22	16:30	16:38
39	135.2	D13	QUÉVREVILLE-LA-POTERIE	14:48	16:31	16:39	16:48
37.3	136.9		YMARE (near)	14:50	16:33	16:42	16:50
34.9	139.3		Crossroads D13-D6015	14:54	16:37	16:45	16:54
34.3	139.9	D6015	GOUY (near)	14:55	16:37	16:46	16:55
33.1	141.1		Le Port Saint-Ouen (LES AUTHIEUX-SUR-LE-PORT-SAINT-OUEN, GOUY)	14:57	16:39	16:47	16:57
31.3	142.9		Saint-Adrien (entry)	14:59	16:41	16:50	16:59
30.9	143.3		SAINT-ADRIEN (BELBEUF) 5	15:00	16:42	16:50	17:00
29.6	144.6		Les Gravettes	15:02	16:44	16:52	17:02
29	145.2		La Poterie (D6015-VC)	15:02	16:44	16:53	17:02
27.7	146.5	VC	BELBEUF (VC-D7-D207)	15:04	16:46	16:55	17:04
27.6	146.6	D7	Côte de Belbeuf 5	15:04	16:46	16:55	17:04
26.2	148	D207	Normare	15:06	16:48	16:57	17:06
25.5	148.7		LE MESNIL-ESNARD (D207-VC-D6014)	15:07	16:49	16:58	17:07
23.2	151	D6014	BONSECOURS (D6014-D914-VC)	15:11	16:52	17:01	17:11
19.8	154.4	D914	Côte de Bonsecours - Stèle Jean Robic 4	15:16	16:56	17:06	17:16
17	157.2	VC	SAINT-LÉGER-DU-BOURG-DENIS (VC-D138-D42)	15:20	17:00	17:09	17:20
15.9	158.3	D42	DARNÉTAL (D42-N31)	15:21	17:01	17:11	17:21
15.5	158.7	N31	ROUEN (N31-VC)	15:22	17:02	17:11	17:22
12.1	162.1	VC	Côte de la Grand'Mare 4	15:27	17:06	17:16	17:27
5.2	169		Rampe Saint-Hilaire 3	15:36	17:15	17:25	17:36
5.1	169.1		BIHOREL	15:37	17:16	17:26	17:37
3.6	170.6		BOIS-GUILLAUME	15:39	17:17	17:28	17:39
2.7	171.5		ROUEN (entry)	15:40	17:19	17:29	17:40
0	174.2		ROUEN 4	15:44	17:22	17:32	17:44