

ITINERARY TIMETABLE

KM		STAGE ⑦		TIMETABLE			
Toberun	Run			Caravan	46kph	44kph	42kph
ILLE-ET-VILAINE (35)							
		VC	SAINT-MALO (VC-D155)	NEUTRALISED START	10:10	12:10	12:10
		D155	Crossroads D155-D6				
		D6	Le Tertre Bal		10:25	12:25	12:25
197	0		SAINT-MALO	OFFICIAL START	10:25	12:25	12:25
195.6	1.4		SAINT-MÉLOIR-DES-ONDES (D6-VC-D6-D76)		10:27	12:27	12:27
191.5	5.5	D76	Limonay		10:33	12:32	12:32
191.3	5.7		Cross level		10:33	12:32	12:33
190.7	6.3		LA GOUESNIÈRE (D76-D476-D4)		10:34	12:33	12:34
187.1	9.9	D4	Crossroads D4-D74		10:39	12:38	12:39
185.8	11.2	D74	SAINT-PÈRE-MARC-EN-POULET		10:41	12:40	12:41
183.6	13.4		Bellevet		10:44	12:42	12:43
181.9	15.1		CHÂTEAUNEUF-D'ILLE-ET-VILAINE		10:47	12:45	12:46
180.1	16.9		Doslet (LA VILLE-ÈS-NONAIIS)		10:49	12:47	12:48
CÔTES-D'ARMOR (22)							
180	17	D29	Doslet		10:49	12:47	12:48
177.4	19.6		Le Buet		10:53	12:50	12:52
176.2	20.8		PLEUDIHEN-SUR-RANCE		10:55	12:52	12:53
174.1	22.9		La Ville Jean		10:58	12:55	12:56
172.3	24.7		LA VICOMTÉ-SUR-RANCE		11:00	12:57	12:59
172	25		Cross level n°154		11:01	12:58	12:59
169.8	27.2		La Croix du Frêne (SAINT-HÉLEN) (D29-D795-D29)		11:04	13:00	13:02
168.7	28.3		Le Gué Carousseau (SAINT-HÉLEN)		11:05	13:02	13:04
167.1	29.9		Bellevue (SAINT-HÉLEN)		11:08	13:04	13:06
165.9	31.1		Le Perroquet Vert (LANVALLAY) (D29-D68)		11:09	13:05	13:07
165.8	31.2		Crossroads D68-D794		11:10	13:06	13:08
164.2	32.8	D794	Frimbert (LES CHAMPS-GÉRAUX)		11:12	13:08	13:10
ILLE-ET-VILAINE (35)							
162.3	34.7		Pilleverte (D794-D79)		11:14	13:10	13:12
160.9	36.1	D79	La Tremblaye		11:16	13:12	13:14
160.2	36.8		PLESDER (D79-D78-D79)		11:18	13:13	13:15
159.3	37.7		La Cocheriais		11:19	13:14	13:16
156.4	40.6		La Chapelle Trévinial		11:23	13:18	13:20
155.7	41.3		Les Vaux		11:24	13:19	13:21
155	42		TRÉVÉRIEN (D79-D11)		11:25	13:20	13:25
CÔTES-D'ARMOR (22)							
152.2	44.8	D78	Le Châtel (SAINT-JUDOCE)		11:29	13:23	13:26
151.3	45.7		ÉVRAN (D78-D2-D78)		11:30	13:24	13:27
149.1	47.9		Bétineuc (D78-D26)		11:33	13:27	13:30
145.4	51.6	D26	CALORGUEN (D26-D12)		11:39	13:32	13:35
142.6	54.4	D12	Les Hauts Villots (SAINT-CARNÉ) (near)		11:43	13:36	13:39
140.9	56.1		Léhon		11:45	13:38	13:41
140.7	56.3		DINAN (D12-D795)		11:45	13:38	13:42
137.3	59.7	D795	QUÉVERT (D795-D794)		11:50	13:43	13:50
129.7	67.3	D794	CORSEUL		12:01	13:53	13:57
123.9	73.1		PLANCOËT (D794-D768-VC-D768)		12:09	14:00	14:05
120.8	76.2	D768	La Maison Neuve (SAINT-LORMEL)		12:14	14:04	14:09
120	77		Crossroads D768-D17		12:15	14:05	14:15
119.2	77.8	D17	PLUDUNO		12:16	14:06	14:16
116.3	80.7		La Ville Échet (SAINT-PÔTAN)		12:20	14:10	14:20
113.3	83.7		Le Grand Chemin (RUCA)		12:25	14:14	14:19
109.5	87.5		HÉNANBIHEN		12:30	14:19	14:30

DISTANCE FROM NEUTRALISED START TO OFFICIAL START
7.4km

CATEGORISED CLIMBS AND SUMMIT FINISHES

4 km 178.8 - Côte du village de Mûr-de-Bretagne

Climb of 1.6km at 4.1%

3 km 181.7 - Mûr-de-Bretagne Guerlédan
1st crossing passage through finish line

Climb of 2km at 6.9%

3 km 197 - Mûr-de-Bretagne Guerlédan
Climb of 2km at 6.9%

RELAIS-ÉTAPE

Place Antoine de Saint-Pierre
22530 Saint-Gilles-Vieux-Marché
Km 188

ROUTE FOR NON-RACE VEHICLES

Exit directly from the parking areas for non-race vehicles (don't take the neutralised race route). Follow signs for "Toutes directions" via Quai Duguay-Trouain, Boulevard de la République and Boulevard des Talards, then head towards Rennes on Rue Pierre de Coubertin, Rue Jean-Pierre de Triquerville and Avenue du Général de Gaulle. Take the D137 towards Rennes-Dinan. Leave the D137 and take the N176 towards Saint-Brieuc. Leave the N176 at the "Plénée-Jugon" exit and take the D16, D92 and then the D792 towards Plénée-Jugon (passage beneath a bridge where vehicle height is limited to 4.10m in Les Vallées (Dolo). At Plénée-Jugon, continue on the D792 towards Collinée. At Collinée, continue on the D792 towards Plémet. At Plémet, continue on the D792 towards Loudéac. Take the N164 towards Loudéac and then Quimper-Rostrenen.
Entry point onto the race route: crossroads N164-D35 at Pont Quémer (Guerlédan) at 5.2km de la ligne d'arrivée
Total distance: 128km

RESTRICTION ON THE CARAVAN ALL HEAVY GOODS VEHICLES

Km 130 - Saint-Brieuc, Tourin viaduct
Bridge with weight restriction
Diversion for vehicles weighing more than 3.5t at km 129.1

RESTRICTION ON THE CARAVAN

Km 193.3 - Mûr-de-Bretagne Guerlédan
Diversion for the entire caravan, 3.7km from the finish line (crossroads of D63-N164)



ITINERARY TIMETABLE

KM		STAGE ⑦		TIMETABLE			
Toberun	Run			Caravan	46kph	44kph	42kph
106.9	90.1		Saint-Samson	12:34	14:22	14:28	14:34
104.5	92.5		LA BOUILLIE	12:37	14:26	14:31	14:37
101.9	95.1		Le Grand Chemin	12:41	14:29	14:35	14:41
100.7	96.3		L'Hôtellerie Abraham (SAINT-ALBAN)	12:43	14:31	14:36	14:43
98.8	98.2		La Croix des Landes (D17-VC)	12:45	14:33	14:39	14:45
96.5	100.5	VC	PLÉNEUF-VAL-ANDRÉ (VC-D34)	12:48	14:36	14:42	14:48
91.1	105.9	D34	Port Pily (SAINT-ALBAN)	12:56	14:43	14:49	14:56
86.4	110.6		Planguenoual (LAMBALLE-ARMOR) (D34-VC-D34-D59-D786)	13:03	14:49	14:56	15:03
82.1	114.9	D786	Les Ponts Neufs (LAMBALLE-ARMOR)	13:09	14:55	15:02	15:09
79.6	117.4		Saint-René (HILLION) (D786-VC-D712)	13:13	14:58	15:05	15:13
76.5	120.5	D712	YFFINIAC (D712-D10)	13:17	15:02	15:09	15:17
75.3	121.7	D10	Les Grèves	13:19	15:04	15:11	15:19
71.6	125.4		LANGUEUX (D10-VC)	13:24	15:08	15:16	15:24
69.3	127.7	VC	SAINT-BRIEUC	13:27	15:12	15:19	15:27
62	135		TRÉGUEUX (VC-D27)	13:38	15:21	15:29	15:38
57.8	139.2	D27	PLÉDRAN 	13:44	15:27	15:35	15:44
57.7	139.3		PLÉDRAN	13:44	15:27	15:35	15:44
52.5	144.5		La Gare	13:51	15:33	15:42	15:51
51.8	145.2		SAINT-CARREUC	13:52	15:34	15:43	15:52
49.7	147.3		La Croix Rabet (HÉNON)	13:55	15:37	15:46	15:55
48.5	148.5		Le Champ de la Motte (HÉNON)	13:57	15:39	15:47	15:57
45	152		Plœuc-sur-Lié (PLœUC-L'HERMITAGE) (D27-D44-D27)	14:02	15:43	15:52	16:02
42.9	154.1		Le Pont Aiguillon (PLœUC-L'HERMITAGE)	14:05	15:46	15:55	16:05
41.9	155.1		La Croix au Coq (PLœUC-L'HERMITAGE) (D27-D81)	14:07	15:47	15:56	16:07
41.4	155.6		La Croix du Pays (PLœUC-L'HERMITAGE)	14:07	15:48	15:57	16:07
38	159	D81	Cross level n°29	14:12	15:52	16:02	16:12
36.9	160.1		Crossroads D81-VC	14:14	15:54	16:03	16:14
35.8	161.2	VC	Berlouze (SAINT-HERVÉ)	14:15	15:55	16:05	16:15
35.3	161.7		Berlouze (VC-D35)	14:16	15:56	16:05	16:16
34.5	162.5	D35	UZEL (near)	14:17	15:57	16:07	16:17
31.2	165.8		Bizoin (MERLÉAC)	14:22	16:01	16:11	16:22
30	167		Saint-Maurice	14:23	16:03	16:13	16:23
28.5	168.5		LE QUILLIO	14:26	16:05	16:15	16:26
23.4	173.6		Saint-Guen	14:33	16:11	16:22	16:33
20.9	176.1		Curlan	14:37	16:15	16:25	16:37
20.4	176.6		Pont Quémer	14:37	16:15	16:26	16:37
19.7	177.3		Mûr-de-Bretagne (D35-D767)	14:38	16:16	16:27	16:38
18.2	178.8	D767	Côte du village de Mûr-de-Bretagne 	14:40	16:18	16:29	16:40
17.3	179.7		Entry on the final circuit	14:42	16:19	16:30	16:42
15.3	181.7		Mûr-de-Bretagne Guerlédan (1 st crossing of the finish line) 	14:42	16:19	16:30	16:42
11.9	185.1		Crossroads D767-D76	14:47	16:24	16:35	16:47
11.5	185.5	D76	SAINT-MAYEUX (D76-D69)	14:47	16:24	16:35	16:47
10.2	186.8	D69	Bois Joly	14:49	16:26	16:37	16:49
8.6	188.4		SAINT-GILLES-VIEUX-MARCHÉ (D69-D63)	14:51	16:28	16:39	16:51
3.7	193.3	D63	Crossroads D63-N164	14:58	16:35	16:46	16:58
2	195	N164	Crossroads N164-D767		16:37	16:48	17:01
0	197	N164	MÛR-DE-BRETAGNE GUERLÉDAN  		16:39	16:51	17:04

197KM

MÛR-DE-BRETAGNE GUERLÉDAN

SAINT-MALO

FRIDAY 11 JULY

STAGE ⑦

78