

ITINERARY TIMETABLE

KM		STAGE 10		TIMETABLE			
To be run	Run			Caravan	43kph	41kph	39kph
CANTAL (15)							
		VC	AURILLAC (VC-N122) 	10:45	13:10	13:10	13:10
			Milly-Crespiat (ARPAJON-SUR-CÈRE) (N122-D617)				
166.6	0	D617	AURILLAC 	11:00	13:25	13:25	13:25
164	2.6		La Course du Mouton	11:04	13:28	13:29	13:29
163.2	3.4		ROANNES-SAINT-MARY	11:06	13:30	13:30	13:30
156.4	10.2		Crossroads D617-D20	11:18	13:38	13:39	13:40
155.6	11	D20	Crossroads D20-D45	11:19	13:40	13:40	13:41
151.6	15	D45	La Loudière	11:26	13:45	13:46	13:47
151.4	15.2		MARCOLÈS (D45-VC-D66)	11:27	13:45	13:46	13:47
150.3	16.3	D66	Crossroads D66-D51	11:29	13:47	13:48	13:49
144.7	21.9	D51	Crossroads D51-D601	11:39	13:54	13:55	13:57
142.7	23.9	D601	Le Garric	11:42	13:57	13:58	14:00
141.3	25.3		LACAPELLE-DEL-FRAISSE (entry)	11:45	13:59	14:00	14:02
141.1	25.5		LACAPELLE-DEL-FRAISSE 	11:45	13:59	14:00	14:02
139.7	26.9		LAFEUILLADE-EN-VÉZIE (D601-D920)	11:47	14:01	14:02	14:04
134.9	31.7	D920	PRUNET (near)	11:56	14:07	14:09	14:11
134.4	32.2		Lasprandine	11:57	14:08	14:10	14:12
133.7	32.9		La Croix d'Aubugues (D920-D8)	11:58	14:09	14:11	14:13
131.6	35	D8	Crossroads D8-D32	12:02	14:12	14:14	14:16
130.9	35.7	D32	La Joyeuse (D32-D8)	12:03	14:12	14:15	14:17
123.8	42.8	D8	Lachaux	12:15	14:22	14:25	14:28
122.7	43.9		Feneyrols	12:17	14:23	14:26	14:29
122.2	44.4		Crossroads D8-D990	12:18	14:24	14:27	14:30
118.3	48.3	D990	CARLAT	12:25	14:29	14:32	14:36
112.2	54.4		Loubéjac	12:36	14:37	14:41	14:45
107.1	59.5		Crossroads D990-D59	12:45	14:44	14:48	14:52
105.9	60.7	D59	Cropières (RAULHAC)	12:47	14:46	14:50	14:54
103.9	62.7		JOU-SOUS-MONJOU	12:51	14:49	14:52	14:57
101.7	64.9		Crossroads D59-D54	12:55	14:52	14:56	15:00
101.1	65.5	D54	Cassagne	12:56	14:52	14:56	15:01
98.6	68		Côte de Pailherols 	13:00	14:56	15:00	15:05
98.1	68.5		PAILHEROLS	13:01	14:57	15:01	15:05
96.2	70.4		La Bonétie	13:04	14:59	15:04	15:08
93.2	73.4		LACAPELLE-BARRÈS (D54-D990)	13:09	15:03	15:08	15:13
AVEYRON (12)							
92.1	74.5	D990	Le Chambon (THÉRONDELS)	13:11	15:05	15:10	15:15
CANTAL (15)							
90.5	76.1		Pont la Vieille (D990-D57) (NARNHAC)	13:14	15:07	15:12	15:17
85.3	81.3	D57	Vigouroux (SAINT-MARTIN-SOUS-VIGOUROUX)	13:23	15:14	15:20	15:25
81.6	85		Landonnes (BREZONS)	13:30	15:19	15:25	15:31
81.2	85.4		Chauteil (BREZONS)	13:31	15:20	15:25	15:31
80.9	85.7		Le Pessin (D57-D39) (BREZONS)	13:31	15:20	15:26	15:32
79.2	87.4	D39	Farreyre (BREZONS)	13:34	15:23	15:28	15:35
76.6	90		Les Roussinches (BREZONS)	13:39	15:26	15:32	15:38
75.1	91.5		Le Bourguet (BREZONS)	13:41	15:29	15:34	15:41
71.1	95.5		La Griffoul (BREZONS)	13:48	15:34	15:40	15:47
69.3	97.3		Col de la Griffoul (1,336m) 	13:52	15:37	15:43	15:50
65.9	100.7		La Sagnette (PAULHAC)	13:58	15:41	15:48	15:55
62.8	103.8		Col de Prat de Bouc 	14:03	15:46	15:52	16:00

DISTANCE FROM NEUTRALISED START TO OFFICIAL START

7.4km

CATEGORISED CLIMBS AND SUMMIT FINISHES

3 Km 68 - Côte de Pailherols

Climb of 3km at 7.2%

2 Km 97.3 - Col de la Griffoul

Climb of 5.9km at 6.7%

3 Km 103.8 - Col de Prat de Bouc

Climb of 3.1km at 6.5%

3 Km 118.8 - Côte de Murat

Climb of 5.2km at 5.3%

1 Km 135.7 - Puy Mary - Pas de Peyrol

Climb of 7.8km at 6%

1 Km 152.1 - Col de Pertus

Climb of 4.4km at 8.5%

3 Km 163.9 - Col de Font de Cère

Climb of 3.1km at 5.8%

RELAIS-ÉTAPE

Parking route de Combe Nègre

Font de Cère

15800 Laveissière

Km 164

OFF-ROUTE ITINERARY

Exit from the off-route parking area (don't go onto the neutralised race route). Take Avenue Aristide Briand and then the D117 (travelling in the opposite direction used to access the start) to join the N122. Take the N122 towards Clermont-Ferrand. At Saint-Jacques-des-Blats, enter the race route (follow the instructions given by the police and race organisation officials) at the crossroads of the N122-D317. Stay on the race route for 3km on the N122. Leave the race route at the crossroads of the N122-D67. Continue towards Clermont-Ferrand on the N122 via the Le Lioran Tunnel. At the roundabout just beyond the tunnel, go left on the D67 towards Le Lioran.

Final entry point onto the race route:

crossroads of the D67 - Route de Font d'Alagnon, 700m from the finish line

Total distance: 38km

RESTRICTION CARAVAN

Km 160.7 - Le Lioran

Final climb

Diversion for very large vehicles at km 160.7 (crossroads of N122 - D67), 5.9km from the finish line



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KM		STAGE ⑩		TIMETABLE			
Toberun	Run			Caravan	43kph	41kph	39kph
58.2	108.4		Albepierre (ALBEPIERRE-BREDONS)	14:11	15:52	15:59	16:07
53.9	112.7		MURAT (D39-D3-VC-D3)	14:19	15:58	16:05	16:13
47.8	118.8	D3	Côte de Murat 3	14:30	16:07	16:14	16:23
45.4	121.2		Crossroads D3-D680	14:34	16:10	16:18	16:27
43.7	122.9	D680	Le Peuch	14:37	16:12	16:20	16:29
43.1	123.5		DIENNE	14:38	16:13	16:21	16:30
38.9	127.7		LAVIGERIE	14:45	16:19	16:27	16:37
35.1	131.5		Col de Serre	14:52	16:24	16:33	16:42
32.4	134.2		Col d'Eylac	14:57	16:28	16:37	16:47
30.9	135.7		Puy Mary - Pas de Peyrol (1,589m) (D680-D17) 1	14:59	16:30	16:39	16:49
29.1	137.5	D17	Col de Redondet	15:03	16:32	16:41	16:51
22.2	144.4		Rudez	15:15	16:39	16:48	16:58
19.6	147		MANDAILLES-SAINT-JULIEN (D17-D317)	15:19	16:41	16:50	17:01
14.5	152.1	D317	Col de Pertus (1,309m) 1	15:28	16:51	17:01	17:12
9.1	157.5		SAINT-JACQUES-DES-BLATS (D317-N122)	15:38	16:58	17:09	17:20
5.8	160.8	N122	Crossroads N122-D67	15:44	17:02	17:13	17:24
3.2	163.4	D67	Crossroads D67-VC	15:48	17:08	17:18	17:30
2.7	163.9	VC	Col de Font de Cère 3	15:49	17:09	17:19	17:32
0.7	159.9		Font d'Alagnon (VC-D67)	15:53	17:11	17:23	17:35
0	166.6	D67	LE LIORAN 4	15:54	17:12	17:24	17:36

LAST KILOMETRES PROFILE

