

ITINERARY TIMETABLE

KM		STAGE 7		TIMETABLE			
To be run	Run			Caravan	46kph	44kph	42kph
LANDES (40)							
		VC	HAGETMAU (VC-D933 S) 	10:50	13:15	13:15	13:15
175.1	0	D933 S	HAGETMAU  Km 0	11:00	13:25	13:25	13:25
172.1	3		Barrat (near) (HORSARRIEU)	11:05	13:29	13:29	13:29
171.9	3.2		Menhir de Capdoubos (near) (SAINTE-COLOMBE)	11:05	13:29	13:29	13:29
170.6	4.5		DUMES (near)	11:07	13:31	13:31	13:31
166	9.1		SAINT-SEVER	11:15	13:37	13:37	13:38
159.6	15.5		BAS-MAUCO (near)	11:26	13:45	13:46	13:47
156.3	18.8		Castagnet (near) (BENQUET)	11:31	13:49	13:51	13:52
153.7	21.4		Quartier Sitton (near) (HAUT-MAUCO)	11:36	13:53	13:54	13:55
150.6	24.5		SAINT-PIERRE-DU-MONT	11:41	13:57	13:58	14:00
149.2	25.9		MONT-DE-MARSAN (D933 S-VC-D53)	11:43	13:59	14:00	14:02
148.9	26.2		Cross level n° 29	11:44	13:59	14:01	14:02
142.5	32.6		Crossroads D53-D53 E	11:54	14:07	14:09	14:12
139.2	35.9	D53 E	Crossroads D53 E-D651	12:00	14:12	14:14	14:16
136.3	38.8		Parentis d'Uchacq (UCHACQ-ET-PARENTIS)	12:05	14:16	14:18	14:20
132.5	42.6		CÈRE	12:11	14:20	14:23	14:26
126.1	49		BROCAS LES FORGES	12:22	14:29	14:32	14:35
118.9	56.2		LABRIT	12:34	14:38	14:42	14:45
101.2	73.9		LUXEY	13:03	15:01	15:06	15:11
91.1	84		SORE (D651-D43)	13:20	15:14	15:19	15:25
GIRONDE (33)							
76.8	98.3		SAINT-SYMPHORIEN (D220-D3-D11)	13:44	15:33	15:39	15:45
71.9	103.2	D11	Crossroads D11-D220	13:52	15:40	15:46	15:52
67.8	107.3	D220	ORIGNE (D220-D110-D220)	13:59	15:45	15:51	15:58
66.4	108.7		Blaye	14:01	15:47	15:53	16:00
61.7	113.4		GUILLOS (D220-D125)	14:09	15:53	16:00	16:07
54.9	120.2	D125	LANDIRAS (D125-D11) (entry)	14:20	16:02	16:09	16:17
54.9	120.2		LANDIRAS 	14:20	16:02	16:09	16:17
52	123.1	D11	Artigues	14:25	16:06	16:13	16:21
49.6	125.5		ILLATS	14:29	16:09	16:16	16:24
46.9	128.2		Crossroads D11-D117 E2	14:34	16:12	16:20	16:28
44	131.1		CÉRONS (D117 E2-D117-D11)	14:38	16:16	16:24	16:32
41.2	133.9	D11	CADILLAC-SUR-GARONNE (D11-D10-D10 E7)	14:43	16:20	16:28	16:36
40.8	134.3	D10 E7	BÉGUEY (D10 E7-D13)	14:44	16:20	16:28	16:37
39.1	136	D13	Reynon	14:47	16:22	16:30	16:39
37.8	137.3		Côte de Béguey 	14:49	16:24	16:32	16:41
36.7	138.4		Jourdan (near) (RIONS)	14:51	16:25	16:34	16:43
36	139.1		CARDAN	14:52	16:26	16:35	16:44
32.4	142.7		Gaudin	14:58	16:31	16:40	16:49
31	144.1		CAPIAN	15:00	16:33	16:41	16:51
29.4	145.7		Crossroads D13-D140	15:03	16:35	16:44	16:53

DISTANCE FROM NEUTRALISED START TO OFFICIAL START

3.8km

CATEGORISED CLIMBS AND SUMMIT FINISHES

 Km 137.3 - Côte de Béguey
Climb of 1.2km at 4.4%

RELAIS-ÉTAPE

Parking des Allées de Lattre de Tassigny
D10 - 33410 Cadillac-sur-Garonne
Km 134.1

OFF-ROUTE ITINERARY

Exit point at km 24 on the race route (crossroads of D933 S - access ramp to D824). Take the D824 (Rocade Sud de Mont-de-Marsan - southern ring road), the D932 E, the D932 t'en the D933 N towards Agen-Périgueux-A65. Take the A65 (junction 4 to Mont-de-Marsan-Est) towards Bordeaux. Heads towards Bordeaux on the A62 t'en the A630 (Rocade Extérieure Est de Bordeaux - eastern ring road). Approaching Bordeaux, stay on the N230 (rocade extérieure Est de Bordeaux) towards Paris. Leave the N230 at exit 23 to Floirac-Centre. At Bouliac, keep heading towards Floirac-Centre on Route de Latresne then Avenue Gaston Cabannes. At Floirac, at the roundabout at Avenue Gaston Cabannes - Avenue Jean Alfonséa, go left on Avenue Jean Alfonséa towards the Arkéa Aréna, then rue du Mascaret on the right and avenue de la Garonne on the left.

Entry point onto race route: crossroads of avenue de la Garonne - Quai de la Souys at Floirac, 4.5km from the finish line "Pont Simone Veil"

Total distance: 171km



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KM		STAGE ⑦		TIMETABLE			
Toberun	Run			Caravan	46kph	44kph	42kph
25	150.1	D140	Crossroads D140-D239	15:10	16:41	16:50	16:59
24.5	150.6	D239	LANGOIRAN (D239-D240)	15:11	16:41	16:50	17:00
23.6	151.5	D240	LE TOURNE (D240-D10 E6-D10)	15:12	16:43	16:51	17:01
21.7	153.4	D10	Rouquey (TABANAC)	15:16	16:45	16:54	17:04
20	155.1		BAURECH	15:18	16:47	16:56	17:06
18.1	157		CAMBES	15:22	16:50	16:59	17:09
15.9	159.2		Esconac (CAMBES, QUINSAC)	15:25	16:53	17:02	17:12
15	160.1		Le Joucla	15:27	16:54	17:03	17:14
14.4	160.7		Bigueresse	15:28	16:55	17:04	17:14
13.1	162		QUINSAC (near)	15:30	16:56	17:06	17:16
11.8	163.3		CAMBLANES-ET-MEYNAC	15:32	16:58	17:08	17:18
10.8	164.3		Crossroads D10-D113	15:34	16:59	17:09	17:20
8.2	166.9	D113	LATRESNE	15:38	17:03	17:13	17:23
6	169.1		BOULIAC (D113-VC)	15:42	17:05	17:16	17:26
5.5	169.6	VC	FLOIRAC	15:43	17:06	17:16	17:27
4.5	170.6		Pont Simone Veil	15:44	17:07	17:18	17:29
3.9	171.2		BORDEAUX (entry)	15:45	17:08	17:18	17:29
0	175.1		BORDEAUX 	15:52	17:13	17:24	17:35