

ITINERARY TIMETABLE

KM		STAGE 9		TIMETABLE			
To be run	Run			Caravan	46kph	44kph	42kph
CORRÈZE (19)							
		D141	MALEMORT 	11:10	13:35	13:35	13:35
			BRIVE-LA-GAILLARDE (D141-VC-D38)				
185.5	0	D38	MALEMORT 	11:20	13:45	13:45	13:45
184	1.5		Les Escrozes (BRIVE-LA-GAILLARDE, COSNAC)	11:22	13:47	13:47	13:47
183.2	2.3		Rochelongue (BRIVE-LA-GAILLARDE, COSNAC)	11:24	13:48	13:48	13:48
181.1	4.4		Monplaisir (COSNAC, JUGEALS-NAZARETH) (D38-D8)	11:27	13:51	13:51	13:51
180.3	5.2	D8	La Dercie	11:29	13:52	13:52	13:52
178.7	6.8		Logne	11:31	13:54	13:54	13:55
178.4	7.1		JUGEALS-NAZARETH	11:32	13:54	13:55	13:55
173.8	11.7		TURENNE	11:39	14:00	14:01	14:02
171.1	14.4		Turenne-Gare (D8-D19)	11:44	14:04	14:05	14:05
170.8	14.7		Cross level n° 95	11:44	14:04	14:05	14:06
169.8	15.7	D19	Le Peuch (LIGNEYRAC)	11:46	14:05	14:06	14:07
165.1	20.4		Crossroads D19-D38	11:54	14:12	14:13	14:14
164.7	20.8	D38	Le Lac	11:55	14:12	14:13	14:15
164.2	21.3		COLLONGES-LA-ROUGE	11:55	14:13	14:14	14:15
162.4	23.1		MEYSSAC (D38-D14)	11:58	14:15	14:16	14:18
160	25.5	D14	La Rozière	12:02	14:18	14:20	14:21
159.2	26.3		Cheyssiol	12:04	14:19	14:21	14:22
157.2	28.3		Ratabout (LAGLEYGEOLLE)	12:07	14:22	14:23	14:25
155.8	29.7		La Croix d'Antignac (LAGLEYGEOLLE)	12:09	14:24	14:25	14:27
155.5	30		Le Liondor (LAGLEYGEOLLE)	12:10	14:24	14:26	14:28
154.7	30.8		La Croix du Bouix (SÉRILHAC)	12:11	14:25	14:27	14:29
152.9	32.6		Le Barrat (LAGLEYGEOLLE)	12:14	14:27	14:29	14:31
152.3	33.2		Le Planchat (SÉRILHAC, BEYNAT)	12:15	14:28	14:30	14:32
151.1	34.4		Le Suc	12:17	14:30	14:32	14:34
150.3	35.2		Groschamp	12:19	14:31	14:33	14:35
147.8	37.7		LANTEUIL (D14-D921)	12:23	14:34	14:36	14:39
147.5	38		La Miraudie	12:23	14:35	14:37	14:39
143.8	41.7		Le Moulin à Papier	12:29	14:39	14:42	14:44
141	44.5		BEYNAT (entry)	12:34	14:43	14:46	14:49
140.6	44.9		BEYNAT 	12:35	14:43	14:46	14:49
138.1	47.4		Le Perrier Haut	12:39	14:47	14:50	14:53
137.2	48.3		Lac de Miel	12:40	14:48	14:51	14:54
135.2	50.3		Les Quatre Routes (ALBUSSAC) (D921-D940)	12:44	14:51	14:54	14:57
130	55.5	D940	Clairfage	12:52	14:57	15:01	15:04
127.8	57.7		Riou-Blanquet	12:56	15:00	15:04	15:07
126.9	58.6		La Chapeloune	12:58	15:01	15:05	15:09
126.2	59.3		SAINTE-FORTUNADE	12:59	15:02	15:06	15:10
123.9	61.6		Le Grelet	13:03	15:05	15:09	15:13
123.5	62		La Croix d'Eure	13:03	15:06	15:09	15:14
119.9	65.6		Quartier Montana (LAGUENNE-SUR-AVALOUZE)	13:09	15:11	15:14	15:19
119.8	65.7		TULLE (D940-VC-D23)	13:09	15:11	15:15	15:19
110.9	74.6	D23	Crossroads D23-D58	13:24	15:22	15:27	15:31
109.9	75.6	D58	Le Maugein	13:26	15:24	15:28	15:33
108.5	77		Côte de Naves 	13:28	15:25	15:30	15:35
108.1	77.4		NAVES (D58-D1120)	13:29	15:26	15:30	15:35
105.7	79.8	D1120	Crossroads D1120-D53	13:33	15:29	15:34	15:39
104.3	81.2	D53	Puy de Cueille	13:35	15:31	15:36	15:41
103	82.5		Vimbelle (BAR) (D53-D23-D32)	13:37	15:32	15:37	15:43
100.2	85.3	D32	Neuvialle (ORLIAC-DE-BAR)	13:42	15:36	15:41	15:47

DISTANCE FROM NEUTRALISED START TO OFFICIAL START

4.6km

CATEGORISED CLIMBS AND SUMMIT FINISHES

3 Km 77 - Côte de Naves

Climb of 2.3km at 7.4%

2 Km 105 - Suc au May

Climb of 3.8km at 7.7%

3 Km 129.4 - Côte de la Croix du Pey

Climb of 4.8km at 6%

4 Km 161 - Mont Bessou

Climb of 900m à 7.3%

RELAIS-ÉTAPE

Place de la République

19260 Treignac

Km 121.8

OFF-ROUTE ITINERARY

Exit from the off-route parking area (don't go onto the neutralised race route). Take Rue Henri Bessemer, Rue du Bessot, Avenue de la Tour de Loyre, Avenue de l'Industrie (D141 E4), the D921 and then the D1089 towards the A20. Take the A20 (junction 49 Brive-Est-Malemort) towards Limoges. Leave the A20 and take the A89 heading for Clermont-Ferrand. Leave the A89 at exit 24 Ussel-Est. Take the D1089 towards Ussel. At the Eybrail roundabout, turn right on the D3089 towards Tulle (direct access towards the Permanence/Press Centre from the roundabout by going left on Avenue de Champ Grand and then following the signs). At the roundabout at the junction of the D3089-D982, go left on the D982 (Route de la Courtine) towards Tulle and Ussel-Centre. At Ussel, continue on Avenue du Général Leclerc, Rue de Charlusset and Rue Charles de Gaulle, then follow the signs towards the different parking zones at the assembly point.

No entry point onto the final section of the race route

Total distance: 127km



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Toberun	Run			Caravan	46kph	44kph	42kph
98.1	87.4		Le Chassagnou (ORLIAC-DE-BAR)	13:46	15:39	15:44	15:50
97.4	88.1		La Chèze (ORLIAC-DE-BAR)	13:47	15:40	15:45	15:51
96.7	88.8		L'Échamel (ORLIAC-DE-BAR)	13:48	15:41	15:46	15:52
94.2	91.3		Sarlat	13:52	15:44	15:49	15:55
93	92.5		Le Mas	13:54	15:46	15:51	15:57
91.9	93.6		SAINT-AUGUSTIN (D32-D26-D32)	13:56	15:47	15:53	15:59
89.3	96.2		Mézinges	14:00	15:50	15:56	16:02
85.6	99.9		CHAUMEIL (D32-D121-VC)	14:06	15:55	16:01	16:08
84.2	101.3	VC	Étang de Maurianges	14:09	15:57	16:03	16:10
80.8	104.7		Site de la Fournaise	14:14	16:02	16:08	16:15
80.5	105		Suc au May (903m) 	14:15	16:02	16:08	16:15
80.1	105.4		Site du Hangar (VC-D128 E)	14:16	16:02	16:09	16:16
78.6	106.9	D128 E	Col du Bos (D128 E-D128)	14:18	16:04	16:11	16:18
74.6	110.9	D128	Crossroads D128-D121	14:25	16:10	16:16	16:23
72.5	113	D121	MADRANGES (D121-D44)	14:28	16:12	16:19	16:26
70.4	115.1	D44	Boulou (D44-D940) (AFFIEUX, LE LONZAC)	14:32	16:15	16:22	16:29
67.6	117.9		La Gane Sauviat (AFFIEUX)	14:36	16:19	16:26	16:33
65.4	120.1		Le Puy Montviallard (AFFIEUX)	14:40	16:22	16:29	16:37
64.4	121.1		TREIGNAC (D940-D16 E5-D16)	14:42	16:23	16:30	16:38
62	123.5	D16	Le Boucheteil Bas	14:46	16:26	16:33	16:41
61.9	123.6		Le Boucheteil Haut	14:46	16:26	16:34	16:42
60.9	124.6		Pont d'Auxillat	14:48	16:28	16:35	16:43
57	128.5		La Croix de la Gane	14:54	16:32	16:40	16:48
56.1	129.4		Côte de la Croix du Pey 	14:56	16:34	16:41	16:50
55.5	130		LESTARDS	14:57	16:34	16:42	16:51
54.8	130.7		La Philipperie (D16-D32)	14:58	16:35	16:43	16:52
49	136.5	D32	GOURDON-MURAT	15:07	16:43	16:51	17:00
48.1	137.4		Chemin	15:09	16:44	16:52	17:01
42.8	142.7		Vezou	15:18	16:51	17:00	17:09
42.6	142.9		BUGEAT (D32-D979)	15:18	16:51	17:00	17:09
37.3	148.2	D979	PÉROLS-SUR-VÉZÈRE (near)	15:27	16:58	17:07	17:17
26.4	159.1		Crossroads D979-VC	15:45	17:12	17:22	17:32
24.5	161	VC	Mont Bessou 	15:48	17:15	17:25	17:35
22.4	163.1		Crossroads VC-D36	15:52	17:18	17:27	17:38
19.2	166.3	D36	La Feuilleade	15:57	17:22	17:32	17:42
18.9	166.6		MEYMAC (D36-D36 E-D979)	15:58	17:22	17:32	17:43
17.9	167.6	D979	Cross level n° 64	15:59	17:23	17:33	17:44
13.6	171.9		Les Bulgeottes	16:06	17:29	17:39	17:51
9.3	176.2		SAINT-ANGEL (D979-D1089)	16:14	17:35	17:45	17:57
4.9	180.6	D1089	L'Empereur	16:21	17:40	17:51	18:03
0.8	184.7		USSEL (entry)	16:28	17:46	17:57	18:09
0	185.5		USSEL 	16:29	17:47	17:58	18:10