

ITINERARY TIMETABLE



MECENAT
CHIRURGIE
CARDIAQUE
enfants du monde



Start at 13:15 at the relais-étape
Plaine des Sports car park
Cadillac-sur-Garonne
Km 126.9

KM		STAGE 7				TIMETABLE			
To be run	Run				Caravan	47kph	45kph	43kph	
LANDES (40)									
		VC	MONT-DE-MARSAN (VC-D634-D932)		11:15	13:15	13:15	13:15	
		D932	Crossroad D932-D53						
169.9	0	D53	MONT-DE-MARSAN		11:30	13:30	13:30	13:30	
156.8	13.1		CANENX-ET-RÉAUT		11:48	13:47	13:47	13:48	
155.4	14.5		Les Mingéons		11:50	13:48	13:49	13:50	
154.9	15		MAILLÈRES (D53-VC)		11:51	13:49	13:50	13:51	
151.8	18.1	VC	Hameau du Ginx (ARUE)		11:55	13:53	13:54	13:55	
147.6	22.3		Crossroad VC-D626		12:01	13:58	14:00	14:01	
144.6	25.3	D626	ROQUEFORT (D626-D932 N-D323)		12:05	14:02	14:04	14:05	
139.2	30.7	D323	Le Braou		12:13	14:09	14:11	14:13	
136.7	33.2		SAINT-GOR		12:16	14:12	14:14	14:16	
131.1	38.8		VIELLE-SOUBIRAN (D323-VC)		12:24	14:19	14:22	14:24	
124.5	45.4	VC	Lussole		12:33	14:28	14:30	14:33	
124.1	45.8		Crossroad VC-D24		12:34	14:28	14:31	14:34	
120.2	49.7	D24	LOSSE (D24-D377-N524)		12:39	14:33	14:36	14:39	
102.6	67.3	N524	MAILLAS (N524-VC)		13:04	14:56	15:00	15:04	
GIRONDE (33)									
99.6	70.3	D10 E16	GISCOS (D10 E16-D10)		13:08	15:00	15:04	15:08	
95	74.9	D10	Castelnau (SAINT-MICHEL-DE-CASTELNAU)		13:14	15:06	15:10	15:14	
90	79.9		Le Communal (GOUALADE) (near)		13:21	15:12	15:16	15:21	
83.9	86		SILLAS		13:30	15:20	15:25	15:30	
83.4	86.5		Lousteau neuf		13:31	15:20	15:25	15:31	
82.4	87.5		GRIGNOLS (D10-D655-D10)		13:32	15:22	15:27	15:32	
81.9	88		GRIGNOLS		13:33	15:22	15:27	15:33	
77.1	92.8		CAUVIGNAC		13:39	15:28	15:34	15:39	
75	94.9		Mitton (SENDETS)		13:42	15:31	15:36	15:42	
67.9	102		BERTHEZ		13:52	15:40	15:46	15:52	
67	102.9		AUROS		13:53	15:41	15:47	15:53	
63.9	106		Saint-Germain		13:58	15:45	15:51	15:58	
61.9	108		Campech		14:01	15:48	15:54	16:01	
59.6	110.3		Le Grusson (SAINT-PIERRE-DE-MONS)		14:04	15:51	15:57	16:04	
56.4	113.5		LANGON (D10-N524-D932-D1113)		14:08	15:55	16:01	16:08	
53.2	116.7	D1113	Crossroad D1113-D19		14:13	15:59	16:06	16:13	
52.9	117	D19	SAINT-MAIXANT (D19-D10)		14:13	15:59	16:06	16:13	
50.5	119.4	D10	VERDELAIS		14:17	16:02	16:09	16:17	
48.3	121.6		SAINTE-CROIX-DU-MONT		14:20	16:05	16:12	16:20	
43.6	126.3		LOUPIAC (near)		14:26	16:11	16:18	16:26	
43	126.9		CADILLAC-SUR-GARONNE (D10-D13)		14:27	16:12	16:19	16:27	
41.9	128	D13	BÉGUEY		14:28	16:13	16:21	16:28	
40.3	129.6		Reynon		14:31	16:15	16:23	16:31	
38.9	131		Côte de Béguey		14:33	16:17	16:25	16:33	
37.8	132.1		Jourdan (RIONS) (near)		14:34	16:19	16:26	16:34	
37.3	132.6		CARDAN		14:35	16:19	16:27	16:35	
33.6	136.3		Gaudin		14:40	16:24	16:32	16:40	
32.2	137.7		CAPIAN		14:42	16:26	16:34	16:42	
30.5	139.4		Crossroad D13-D140		14:44	16:28	16:36	16:44	
26.2	143.7	D140	Crossroad D140-D239		14:51	16:33	16:42	16:51	
25.7	144.2	D239	LANGOIRAN (D239-D240)		14:51	16:34	16:42	16:51	
24.8	145.1	D240	LE TOURNE (D240-D10 E6-D10)		14:52	16:35	16:43	16:52	
23.1	146.8	D10	Saint-Agnan (TABANAC)		14:55	16:37	16:46	16:55	
22.9	147		Rouquey (TABANAC)		14:55	16:38	16:46	16:55	
21.1	148.8		BAURECH		14:58	16:40	16:48	16:58	
19.2	150.7		CAMBES		15:00	16:42	16:51	17:00	
17.3	152.6		Esconac		15:03	16:45	16:53	17:03	
16.4	153.5		Le Joucla		15:04	16:46	16:55	17:04	
15.6	154.3		Bigueresse		15:05	16:47	16:56	17:05	
12.9	157		CAMBLANES-ET-MEYNAC		15:09	16:50	16:59	17:09	
12	157.9		Crossroad D10-D113		15:10	16:52	17:00	17:10	
11.3	158.6	D113	QUINSAC (near)		15:11	16:52	17:01	17:11	
11.2	158.7		LATRESNE		15:11	16:53	17:02	17:11	
7.1	162.8		BOULIAC (D113-VC)		15:17	16:58	17:07	17:17	
6.6	163.3	VC	FLOIRAC		15:18	16:58	17:08	17:18	
0	169.9		BORDEAUX		15:27	17:07	17:17	17:27	

DISTANCE FROM NEUTRALISED TO OFFICIAL START

5.4km

CATEGORISED CLIMBS AND SUMMIT FINISHES

km 131 - Côte de Béguey
Climb of 1.2km at 4.4%

RELAIS-ÉTAPE

Plaine des Sports car park
33410 Cadillac-sur-Garonne
Km 126.9

ROUTE FOR NON-RACE VEHICLES

Exit point after 3.1km on the race route (crossroads of D932 and D53), then continue straight on Avenue du Maréchal Juin. Stay on the D932 and then take the A65 (junction 4). Follow the A65, the A62 (towards Bordeaux), the A630, take exit 21 towards the A631 then continue on Boulevard des Frères Moga.

Entry point onto the race route:

Crossroads of Pont Saint-Jean and Boulevard des Frères Moga, 2km from the finish line

Total distance: 133km