

# ITINERARY TIMETABLE

KM		STAGE 16		TIMETABLE			
To be run	Run			Caravan	47kph	45kph	43kph
<b>AUDE (11)</b>							
		VC	<b>GRUISSAN (VC-D332)</b>	<b>11:05</b>	<b>13:05</b>	<b>13:05</b>	<b>13:05</b>
		D332	Narbonne plage (NARBONNE) (D332-VC)				
		VC	Saint-Pierre-la-Mer (FLEURY) (VC-D1118)				
<b>188.6</b>	<b>0</b>	<b>D1118</b>	<b>GRUISSAN</b>	<b>11:30</b>	<b>13:30</b>	<b>13:30</b>	<b>13:30</b>
187.7	0.9		Le Reiveillou	11:31	13:31	13:31	13:31
181.4	7.2		FLEURY (D1118-D618)	11:40	13:39	13:40	13:40
<b>HÉRAULT (34)</b>							
175.3	13.3	D14	LESPIGNAN	11:49	13:47	13:48	13:49
168.2	20.4		Les Bréguines (D14-D609)	11:58	13:56	13:57	13:58
167.6	21	D609	BÉZIERS (D609-VC-D19-VC-D909)	11:59	13:57	13:58	13:59
156.9	31.7	D909	Crossroad D909-D15	12:14	14:10	14:12	14:14
154.5	34.1	D15	LIEURAN-LÈS-BÉZIERS	12:18	14:13	14:15	14:18
<b>152.8</b>	<b>35.8</b>		<b>Cross level n°5</b>	<b>12:20</b>	<b>14:16</b>	<b>14:18</b>	<b>14:20</b>
151.1	37.5		ESPONDEILHAN (D15-D33)	12:22	14:18	14:20	14:22
149	39.6	D33	COULOBRES	12:25	14:20	14:23	14:25
148.1	40.5		ABEILHAN	12:26	14:22	14:24	14:26
143.3	45.3		ALIGNAN-DU-VENT	12:33	14:28	14:30	14:33
140	48.6		Crossroad D33-D13	12:38	14:32	14:35	14:38
137	51.6	D13	PÉZENAS (D13-D13E18-D913)	12:42	14:36	14:39	14:42
133.6	55	D913	Crossroad D913-D613	12:47	14:40	14:43	14:47
130.7	57.9	D613	MONTAGNAC (D613-D32)	12:51	14:44	14:47	14:51
122.4	66.2	D32	BÉLARGA	13:02	14:54	14:58	15:02
115.5	73.1		Laumède (LE POUGET)	13:12	15:03	15:07	15:12
109.3	79.3		GIGNAC (D32-D619-D32)	13:21	15:11	15:16	15:21
105.9	82.7		ANIANE	13:25	15:16	15:20	15:25
99.3	89.3		PUÉCHABON	13:35	15:24	15:29	15:35
<b>92.5</b>	<b>96.1</b>		<b>LES MATELLETES</b>	<b>13:44</b>	<b>15:33</b>	<b>15:38</b>	<b>15:44</b>
90.5	98.1		VIOLS-LE-FORT	13:47	15:35	15:41	15:47
84.7	103.9		SAINT-MARTIN-DE-LONDRES (D32-VC-D122)	13:55	15:43	15:49	15:55
81.5	107.1	D122	MAS-DE-LONDRES	13:59	15:47	15:53	15:59
77	111.6		Crossroad D122-D1	14:06	15:52	15:59	16:06
<b>76</b>	<b>112.6</b>	<b>D1</b>	<b>Côte de Fambetou</b>	<b>14:07</b>	<b>15:54</b>	<b>16:00</b>	<b>16:07</b>
69.2	119.4		SAINT-MATHIEU-DE-TRÉVIERS	14:17	16:02	16:09	16:17
61.9	126.7		SAINT-BAUZILLE-DE-MONTMEL	14:27	16:12	16:19	16:27
57.5	131.1		BUZIGNARGUES	14:33	16:17	16:25	16:33
56.5	132.1		GALARGUES	14:34	16:19	16:26	16:34
<b>GARD (30)</b>							
50.6	138	D22	SOMMIÈRES (D22-D6110)	14:43	16:26	16:34	16:43
47.7	140.9		VILLEVIELLE (D6110-D40)	14:46	16:30	16:38	16:46
44	144.6	D40	AUJARGUES	14:52	16:35	16:43	16:52
37.9	150.7		CALVISSON (D40-D1)	15:00	16:42	16:51	17:00
33.1	155.5	D1	VERGÈZE (D1-D139)	15:07	16:48	16:57	17:07
25.5	163.1	D139	VESTRIC ET CANDIAC (D139-D135)	15:17	16:58	17:07	17:17
19.7	168.9	D135	AUBORD	15:26	17:06	17:15	17:26
<b>16.5</b>	<b>172.1</b>		<b>Cross level n°5</b>	<b>15:30</b>	<b>17:10</b>	<b>17:19</b>	<b>17:30</b>
12.4	176.2		CAISSARGUES	15:36	17:15	17:25	17:36
3.2	185.4		NÎMES (D135-D999-VC)	15:49	17:27	17:37	17:49
<b>0</b>	<b>188.6</b>	<b>VC</b>	<b>NÎMES</b>	<b>15:53</b>	<b>17:31</b>	<b>17:41</b>	<b>17:53</b>

## DISTANCE FROM NEUTRALISED START TO OFFICIAL START

12.5km

## CATEGORISED CLIMBS AND SUMMIT FINISHES

km 112.6 - Côte de Fambetou  
Climb of 1.2km at 5%

## RELAIS-ÉTAPE

Parking des aires

Place des aires

30250 Sommières

Km 139.5

## ROUTE FOR NON-RACE VEHICLES

Exit directly from the off-course parking area (don't follow the race route). Leave Boulevard de Planasse via the D32 and join the A9 at junction 37 heading towards Nîmes. Leave the A9 at junction 24 and then continue on Route d'Avignon and then Boulevard du Président Salvador Allende.

### Entry point onto the race route:

crossroads of the Boulevard du Président Salvador Allende and the D999, 2.5km from the finish line.

**Total distance:** 159km