

ITINERARY TIMETABLE

KILOMETRES				TIMETABLE				
To be run	Run	STAGE 13		Caravan	40 kph	38 kph	36 kph	
			ARIÈGE (09)					
		VC	SAINT-GIRONS (VC-D618)	NEUTRALISED START	12:35	14:35	14:35	14:35
		D618	EYCHEIL					
101	0		SAINT-GIRONS	RACE START	12:45	14:45	14:45	14:45
99.5	1.5		LACOURT		12:47	14:46	14:46	14:47
93	8		Kercabanac (SOULAN) (D618-D3)		12:56	14:55	14:55	14:56
89.5	11.5	D3	OUST (near)		13:01	15:00	15:00	15:01
88	13		SEIX (entry)		13:03	15:02	15:02	15:03
87.5	13.5		SEIX		13:04	15:02	15:03	15:04
85	16		Moulin Lauga		13:08	15:06	15:07	15:08
83	18		Pont de la Taule (D3-D8 F)		13:10	15:08	15:09	15:10
81	20	D8 F	La Bincarede (USTOU)		13:13	15:11	15:12	15:13
80	21		La Pomarède (USTOU)		13:15	15:12	15:13	15:15
79.5	21.5		Tourte (USTOU)		13:15	15:13	15:14	15:15
79	22		Escots (USTOU)		13:16	15:14	15:15	15:16
77	24		Le Trein-d'Ustou (USTOU)		13:19	15:16	15:17	15:19
75.5	25.5		Sérac-d'Ustou (USTOU)		13:21	15:18	15:19	15:21
70	31		Col de Latrape (1 110 m)		13:36	15:30	15:33	15:36
65	36		AULUS-LES-BAINS		13:41	15:36	15:38	15:41
54.5	46.5		Col d'Agnes (1 570 m)		14:08	15:58	16:03	16:08
50.5	50.5		Étang de Lers (LE PORT)		14:13	16:03	16:07	16:13
49.5	51.5		Carrefour D8 F-D18		14:13	16:03	16:08	16:13
46	55	D18	Courtal de Peyre Auselère (LE PORT)		14:18	16:08	16:12	16:18
43	58		Mouréou (LE PORT)		14:21	16:10	16:15	16:21
41	60		LE PORT		14:24	16:13	16:18	16:24
37.5	63.5		MASSAT (D18-D618)		14:28	16:17	16:22	16:28
36	65		Rubbish collection zone		14:33	16:20	16:25	16:33
34	67	D618	Espiès (BOUSSENAC)		14:37	16:24	16:30	16:37
32.5	68.5		Col del Four (BOUSSENAC)		14:40	16:27	16:33	16:40
31.5	69.5		Bomprat (BOUSSENAC)		14:45	16:31	16:37	16:45
30.5	70.5		Col des Caougous (D618-D17)		14:47	16:33	16:39	16:47
27	74	D17	Mur de Péguère (1 375 m)		14:58	16:42	16:50	16:58
22.5	78.5		Col de Jouels (SENTENAC-DE-SÉROU)		15:04	16:48	16:55	17:04
19	82		Col des Marrous (LE BOSQ)		15:09	16:52	17:00	17:09
14	87		BURRET		15:15	16:58	17:06	17:15
9.5	91.5		La Mouline (SERRES-SUR-ARGET)		15:21	17:03	17:11	17:21
8.5	92.5		La Coupière (SERRES-SUR-ARGET)		15:22	17:04	17:12	17:22
7.5	93.5		Gaynes (SERRES-SUR-ARGET)		15:23	17:05	17:13	17:23
5.5	95.5		SAINT-PIERRE-DE-RIVIÈRE (D17-D11-D17)		15:26	17:08	17:16	17:26
4	97		Mouragues		15:28	17:10	17:18	17:28
1.5	99.5		FOIX (D17-D117-D117 C) (entry)		15:31	17:13	17:21	17:31
0	101	D117 C	FOIX		15:33	17:15	17:23	17:33

DISTANCE FROM
NEUTRALISED
TO OFFICIAL START
5.4km

CATEGORISED CLIMBS

- 7 Km 31 - Col de Latrape
Climb of 5.6km at 7.3%
- 7 Km 46.5 - Col d'Agnes
Climb of 10km at 8.2%
- 7 Km 74 - Mur de Péguère
Climb of 9.3km at 7.9%

RELAIS-ÉTAPE

Stade Albert Parolin
09140 Oust
Km 11.5

OFF-COURSE ITINERARY

From the assembly point car parks, vehicles not accredited for the race route will take the route de Foix out of Saint-Girons and will then follow the D117 (via Lescure, Castelnau-Durban and La Bastide-de-Sérou) to Foix, where they will join the race route. The entry point (crossroads avenue de Lérida/rue du Faubourg Planissoles) is located 1.1km from the finish line.

Total distance: 45km