

ITINERARY TIMETABLE

Km

KILOMETRES		TIMETABLE					
To be run	Run	STAGE 4		Caravan	46 kph	44 kph	42 kph

LOIRE-ATLANTIQUE (44)								
		VC	LA BAULE (VC-D92-VC)	NEUTRALISED START	11:05	13:05	13:05	13:05
			LE POULIGUEN (VC-D45)					
		D45	Cross level n°408		11:14	13:14	13:14	13:14
			Leniphen (D45-D774)					
		D774	Saillé					
195	0		LA BAULE	RACE START	11:25	13:25	13:25	13:25
194	1		GUÉRANDE (near) (D774-D51)		11:26	13:26	13:26	13:26
189	6	D51	La Guérandaise		11:33	13:32	13:33	13:33
187.5	7.5		La Madeleine (near)		11:35	13:34	13:35	13:35
182.5	12.5		Le Pont d'Os		11:43	13:41	13:42	13:43
182	13		SAINT-LYPHARD (D51-VC)		11:43	13:41	13:42	13:43
180	15	VC	La Chapelle		11:46	13:45	13:45	13:46
179.5	15.5		Marlais (HERBIGNAC) (VC-D51)		11:47	13:45	13:46	13:47
178	17	D51	Hoscas (HERBIGNAC)		11:49	13:47	13:48	13:49
175	20		Mayun (near)		11:53	13:51	13:52	13:53
174	21		LA CHAPELLE-DES-MARAIS (D51-D33)		11:55	13:52	13:54	13:55
171.5	23.5	D33	Cuziac		11:59	13:56	13:57	13:59
170	25		SAINTE-REINE-DE-BRETAGNE		12:00	13:57	13:59	14:00
165	30		Le Calvaire		12:08	14:04	14:06	14:08
163	32		Le Petit Haut Bodio		12:11	14:07	14:09	14:11
162.5	32.5		PONT-CHÂTEAU		12:11	14:07	14:09	14:11
159	36		La Bodinais		12:16	14:12	14:14	14:16
158.5	36.5		Le Clos Fleuri		12:17	14:12	14:14	14:17
158	37		La Gouërie		12:18	14:13	14:15	14:18
157	38		Binard		12:19	14:14	14:16	14:19
156	39		Saint-Lomer		12:20	14:15	14:18	14:20
155.5	39.5		Chapelle Saint-Lomer		12:21	14:16	14:18	14:21
154.5	40.5		Le Clos de la Lande		12:22	14:17	14:20	14:22
154	41		SAINTE-ANNE-SUR-BRIVET		12:23	14:18	14:21	14:23
150.5	44.5		Les Quatre Routes		12:28	14:23	14:25	14:28
150	45		QUILLY (D33-D43-D33)		12:29	14:23	14:26	14:29
144.5	50.5		Carrefour D33-D102		12:37	14:30	14:33	14:37
142.5	52.5	D102	Saint-Cloud (D102-C7)		12:40	14:33	14:36	14:40
142	53	C7	Le Pont de Barel (GUENROUET)		12:41	14:34	14:37	14:41
141	54		Saint-Omer-de-Blain		12:42	14:35	14:38	14:42
139	56		Carrefour C7-D81		12:44	14:38	14:41	14:44
139	56	D81	Carrefour D81-D164		12:45	14:38	14:41	14:45
133.5	61.5	D164	BLAIN (D164-D42)		12:52	14:45	14:48	14:52
130.5	64.5	D42	La Moutonnerie		12:56	14:49	14:52	14:56
129.5	65.5		L'Emion		12:58	14:50	14:54	14:58
127.5	67.5		LE GÂVRE (D42-D35)		13:01	14:53	14:57	15:01
126.5	68.5	D35	La Gare du Gâvre (D35-D44)		13:02	14:54	14:58	15:02
122	73	D44	VAY (D44-D2)		13:09	15:00	15:04	15:09
116	79	D2	NOZAY (D2-VC-D121)		13:18	15:08	15:13	15:18
113	82	D121	La Grande Haie (D121-D771)		13:21	15:11	15:16	15:21
110	85	D771	Carrefour D771-C203		13:26	15:16	15:21	15:26
109.5	85.5	C203	La Touche d'Aguenais (C203-VC)		13:27	15:16	15:22	15:27
108	87	VC	L'Épinais		13:29	15:18	15:23	15:29

DISTANCE FROM NEUTRALISED TO OFFICIAL START

9.2km

CATEGORISED CLIMBS

4 Km 135.5

Côte de Saint-Jean-la-Poterie

Climb of 800m at 7.8%

RELAIS-ÉTAPE

70, rue de Vannes

35600 Redon

Km 131.5

ROUTE FOR NON-RACE VEHICLES

Leave from the hors course (off-route) parking area (don't go on to the race route). Head towards Nantes on the D92, the D192, the D213 and then the N171 (in the opposite direction to which the start area was accessed). At Donges, leave the N171 and head towards Vannes on the D4 and then the D773. Entering Pont-Château, turn right towards Campbon-Nantes on the rue de la Cadivais and then the D16. Take the N165 (junction 11, Pont-Château-Est) towards Vannes. Leave the N165 at junction 23 marked Theix-Noyal. Take the D116 then, when passing through Theix, head towards Sarzeau on the D7, the rue du Général de Gaulle, and rue des Sports. Take rue de Rosmadec then allée du Landy to join the D780. Stay on the D780 to Sarzeau.

Entry point on to the race route: the crossroads of the D780-D20 (Saint-Colombier roundabout), 4km from the finish line.

Total distance: 115km



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KILOMETRES				TIMETABLE			
To be run	Run	STAGE 4		Caravan	46 kph	44 kph	42 kph
106	89		JANS (VC-C2-VC-D39)	13:32	15:21	15:26	15:32
104	91	D39	Belle-Lune	13:35	15:23	15:29	15:35
101.5	93.5		Carrefour D39-D46	13:38	15:27	15:32	15:38
97.5	97.5	D46	DERVAL	13:44	15:32	15:38	15:44
97	98		DERVAL (D46-D775-D537-D775) (entry)	13:45	15:33	15:38	15:45
95	100	D775	DERVAL	13:47	15:35	15:41	15:47
90.5	104.5		La Gare (CONQUEREUIL)	13:54	15:41	15:47	15:54
84.5	110.5		GUÉMÉNÉ-PENFAO	14:03	15:49	15:55	16:03
73.5	121.5		La Ville en Pierre (AVESSAC)	14:18	16:03	16:10	16:18
69.5	125.5		Les Quatre Routes (AVESSAC)	14:24	16:09	16:16	16:24
66	129		SAINT-NICOLAS-DE-REDON (D775-D164)	14:29	16:13	16:20	16:29
64.5	130.5	D164	Cross level n°395	14:31	16:15	16:22	16:31
ILLE-ET-VILAINE (35)							
63.5	131.5		REDON (D164-D775)	14:32	16:16	16:24	16:32
MORBIHAN (56)							
61	134	D775	Aucfer (RIEUX) (D775-C202-C1)	14:36	16:20	16:27	16:36
59.5	135.5	C1	Côte de Saint-Jean-la-Poterie	14:38	16:21	16:30	16:38
59.5	135.5		SAINT-JEAN-LA-POTERIE (C1-D114)	14:38	16:22	16:30	16:38
56.5	138.5	D114	ALLAIRE	14:43	16:26	16:34	16:43
54	141		Carrefour D114-D136	14:46	16:28	16:37	16:46
53	142	D136	La Mornaie	14:47	16:30	16:38	16:47
51	144		Brandéha	14:50	16:32	16:41	16:50
49.5	145.5		La Croisette (SAINT-GORGON)	14:53	16:35	16:43	16:53
47	148		Bourg Maria	14:56	16:38	16:46	16:56
45.5	149.5		CADEN (D136-D21-D136)	14:58	16:40	16:48	16:58
41.5	153.5		Saint-Nicolas	15:04	16:45	16:54	17:04
40.5	154.5		Le Ballo	15:06	16:46	16:56	17:06
39	156		LIMERZEL (D136-D774-D153)	15:08	16:48	16:58	17:08
38.5	156.5		LIMERZEL	15:08	16:49	16:58	17:08
35	160	D153	Coët-Bihan (QUESTEMBERT)	15:13	16:53	17:03	17:13
29	166		NOYAL-MUZILLAC (D153-D5)	15:22	17:01	17:11	17:22
24.5	170.5	D5	MUZILLAC (D5-D20)	15:28	17:07	17:17	17:28
20	175	D20	Rubbish collection zone	15:36	17:14	17:24	17:36
18	177		AMBON	15:38	17:16	17:26	17:38
15.5	179.5		Billion	15:41	17:19	17:30	17:41
11.5	183.5		SURZUR	15:47	17:24	17:35	17:47
5	190		SAINT-ARMEL	15:56	17:32	17:43	17:56
4	191		Carrefour D20-D780	15:58	17:34	17:45	17:58
3	192	D780	Saint-Colombier (near)	15:59	17:35	17:46	17:59
0	195		SARZEAU	16:03	17:39	17:51	18:03