

ITINERARY TIMETABLE



KILOMETRES				TIMETABLE			
To be run	Run	STAGE 5		Caravan	44 kph	42 kph	40 kph
MORBIHAN (56)							
		VC	LORIENT (VC-D162)	10:20	12:20	12:20	12:20
		D162	Kerdiret				
			PLCEMEUR (D162-D162 E)				
204.5	0	D162 E	LORIENT	10:40	12:40	12:40	12:40
201.5	3		Fort-Bloqué (D162 E-D152)	10:44	12:44	12:44	12:44
197.5	7	D152	GUIDEL-Plages (D152-D306-C651-C108)	10:50	12:49	12:50	12:50
194	10.5	C108	Brunénant (GUIDEL)	10:56	12:54	12:55	12:56
193	11.5		Carrefour C108-D162	10:57	12:56	12:56	12:57
192.5	12	D162	Kergoldec (GUIDEL)	10:58	12:56	12:57	12:58
FINISTÈRE (29)							
186	18.5	D224	CLOHARS-CARNOËT (D224-D24)	11:07	13:05	13:06	13:07
182.5	22	D24	MOËLAN-SUR-MER	11:12	13:09	13:11	13:12
175.5	29		RIEC-SUR-BÉLON (D24-VC-D783)	11:23	13:19	13:21	13:23
172	32.5	D783	Kerlaouen	11:28	13:24	13:26	13:28
171	33.5		PONT-AVEN	11:30	13:25	13:27	13:30
167.5	37		Croas Hent Kergoz	11:35	13:30	13:33	13:35
162	42.5		TRÉGUNC	11:43	13:37	13:40	13:43
158.5	46		Pont Minaouët	11:48	13:42	13:45	13:48
155.5	49		CONCARNEAU (D783-D322 A-VC)	11:53	13:46	13:49	13:53
149.5	55	VC	Anse Saint-Jean	12:02	13:54	13:58	14:02
148	56.5		Beg Menez (near)	12:04	13:56	14:00	14:04
147	57.5		Carrefour VC-D783	12:06	13:58	14:01	14:06
146.5	58	D783	Kérlin (D783-D44)	12:07	13:59	14:03	14:07
146	58.5	D44	Carrefour D44-VC	12:08	14:00	14:04	14:08
144.5	60	VC	Ker Izella (LA FORËT-FOUESNANT)	12:10	14:02	14:05	14:10
142	62.5		Toulgoat	12:13	14:05	14:09	14:13
140.5	64		SAINT-YVI (VC-D765-VC)	12:15	14:07	14:11	14:15
134.5	70		ELLIANT (VC-D115-D150-VC)	12:25	14:15	14:20	14:25
127.5	77		TOURC'H (VC-D36)	12:35	14:25	14:30	14:35
123.5	81	D36	CORAY (D36-D15)	12:41	14:30	14:35	14:41
120.5	84	D15	Beg an Aël (LEUHAN)	12:46	14:34	14:40	14:46
117	87.5		Ty Louët (LEUHAN)	12:51	14:39	14:45	14:51
MORBIHAN (56)							
112	92.5	D1	ROUDOUALLEC	12:58	14:46	14:52	14:58
112	92.5		ROUDOUALLEC (D1-D108)	12:59	14:46	14:52	14:59
FINISTÈRE (29)							
110.5	94	D41	Kroaz Ti Fao (SAINT-GOAZEC)	13:01	14:48	14:54	15:01
108	96.5		Croaz an Teurec (D41-V3)	13:05	14:52	14:58	15:05
107	97.5	V3	Carrefour V3-VC	13:06	14:52	14:59	15:06
105.5	99	VC	Saint-Nogot	13:08	14:55	15:01	15:08
102.5	102		Kermorvan	13:12	14:58	15:05	15:12
101.5	103		SAINT-GOAZEC	13:14	15:00	15:07	15:14
98.5	106		Côte de Kaliforn	13:19	15:04	15:11	15:19
98	106.5		Kaliforn	13:19	15:05	15:12	15:19
96	108.5		Mendy	13:22	15:07	15:14	15:22
93	111.5		Rozic (LAZ) (VC-D6)	13:27	15:12	15:19	15:27
91.5	113	D6	Côte de Trimen	13:29	15:14	15:21	15:29
88	116.5		Carrefour D6-D36	13:34	15:19	15:26	15:34
83.5	121	D36	CHÂTEAUNEUF-DU-FAOU (D36-D72)	13:41	15:24	15:32	15:41
78	126.5	D72	Penn ar Stank (D72-VC)	13:50	15:32	15:41	15:50
77.5	127	VC	Kerbiriou	13:50	15:33	15:41	15:50
76.5	128		Kerbilged	13:52	15:34	15:43	15:52
74	130.5		Pont de Kergoniou	13:55	15:37	15:46	15:55
73	131.5		LENNON	13:57	15:39	15:47	15:57
66.5	138		GOUÉZEC (VC-D41-VC)	14:07	15:48	15:57	16:07
64	140.5		Côte de la Roche du Feu	14:10	15:51	16:00	16:10
59.5	145		Les Trois Fontaines (VC-D785)	14:17	15:57	16:07	16:17
59	145.5	D785	Ty Daoudal (BRIEC) (D785-D241)	14:18	15:58	16:08	16:18
55.5	149	D241	Carrefour D241-D41	14:23	16:03	16:12	16:23
54	150.5	D41	Carrefour D41-D770	14:25	16:05	16:14	16:25
52.5	152	D770	Le Quinquis (SAINT-COULTIZ)	14:27	16:07	16:17	16:27

DISTANCE FROM NEUTRALISED TO OFFICIAL START

10 km

CATEGORISED CLIMBS

4 Km 106 - Côte de Kaliforn

Climb of 1.7km at 7.1%

4 Km 113 - Côte de Trimen

Climb of 1.6km at 5.6%

3 Km 140.5 - Côte de la Roche du Feu

Climb of 1.9km at 6.6%

3 Km 159.5 - Côte de Menez Quelerc'h

Climb of 3km at 6.2%

3 Km 181

Côte de la montagne de Locronan

Climb of 2.2km at 5.9%

RELAIS-ÉTAPE

Place Saint-Hubert

29150 Cast

Km 167

ROUTE FOR NON-RACE VEHICLES

Exit point comes after 1.3km on the neutralised route (crossroads of avenue de la Perrière and avenue de Kergroise). Follow avenue de Kergroise and join the D465 (rue Georges Pompidou). Follow the D465 and then take the N165 towards Quimper. At Quimper, leave the N165 at junction 56 to Quimper Nord-Park Poullig. Take the D770 and then the D100 (boulevard de la Pointe du Van) towards Locronan, then follow signs to the Parc des Expositions on the D39 (route de Plogonnec). At the Ti Pont Kerroué roundabout, turn right onto avenue de Ti Pont towards Kervouyec.

Entry point on to the race route: avenue de Ti Pont and allée de Meilh Stang Vihan roundabout, 1.2km from the finish line.

Total distance: 80km

RESTRICTIONS FOR THE CARAVAN

Km 130.5 - Pont de Kergoniou

Weight limit for vehicles crossing the bridge (3.5 tonnes). Diversion at km 122 (Châteauneuf-du-Faou)

Km 179 - Locronan

Narrow road (width is 2.30m)

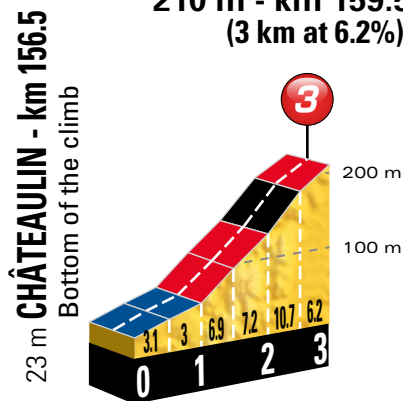
KILOMETRES				TIMETABLE			
To be run	Run	STAGE 5		Caravan	44 kph	42 kph	40 kph
49.5	155		CHÂTEAULIN (D770-VC)	14:32	16:11	16:21	16:32
47.5	157	VC	Banine (SAINT-COULITZ)	14:35	16:13	16:24	16:35
45	159.5		Côte de Menez Quelerc'h	14:39	16:17	16:28	16:39
42	162.5		Pors Richard	14:43	16:21	16:32	16:43
41	163.5		Grannec	14:45	16:23	16:34	16:45
40	164.5		Menez Quelerc'h	14:46	16:24	16:34	16:46
37.5	167		Carrefour VC-D7	14:50	16:27	16:38	16:50
37.5	167	D7	CAST	14:50	16:28	16:38	16:50
31.5	173		Kergoat (QUÉMÉNÉVEN) (D7-D61)	14:59	16:36	16:47	16:59
27.5	177	D61	Ty Didrouz (PLONÉVEZ-PORZAY) (D61-D63)	15:05	16:41	16:52	17:05
25.5	179	D63	LOCRONAN (D63-VC)	15:08	16:44	16:55	17:08
23.5	181	VC	Côte de la montagne de Locronan	15:11	16:47	16:58	17:11
21	183.5		Landibilic (VC-D63)	15:15	16:50	17:02	17:15
20	184.5	D63	PLOGONNEC	15:16	16:51	17:03	17:16
19.5	185		Rubbish collection zone	15:17	16:52	17:04	17:17
17.5	187		Le Croëzou	15:20	16:54	17:07	17:20
14	190.5		Ty Faou	15:25	16:59	17:11	17:25
13	191.5		Roz ar Brug (D63-VC)	15:27	17:01	17:13	17:27
12	192.5	VC	Côte de la chapelle de la Lorette	15:29	17:02	17:15	17:29
9.5	195		Seznec (near) (VC-D39)	15:32	17:05	17:18	17:32
6.5	198	D39	Kerlividic (D39-VC)	15:37	17:10	17:23	17:37
5	199.5	VC	Kergadonna	15:39	17:12	17:24	17:39
0.5	204		QUIMPER (entry)	15:45	17:18	17:31	17:45
0	204.5		QUIMPER	15:47	17:19	17:32	17:47



PARTICULAR PROFILE

CÔTE DE MENEZ QUELERC'H

Côte de Menez Quelerc'h
210 m - km 159.5
(3 km at 6.2%)



THE KEY

- From 3 to 5.9%
- From 6 to 8.9%
- From 9%