

L'itinéraire et les horaires

A parcourir	Total			Itinéraire	44 km/h	42 km/h	40 km/h
/	/			Avranches <i>Départ fictif</i>	13.00	13.00	13.00
				6kms700 à allure réduite			
157	0.0	D.47	D	Avranches <i>Départ réel</i>	13.15	13.15	13.15
143	14.0		S	Isigny-le-Buat	13.34	13.35	13.36
138	19	D.85		Les Biards	13.41	13.42	13.44
136	21			Carrefour D.85-C.5	13.44	13.45	13.47
133	24	C.5		Saint Martin de Landelles	13.48	13.49	13.51
132.5	24.5	D.85	G	Côte de la Pigeonnière (1^{er} passage)	13.48	13.50	13.52
131	26			Carrefour D.85-D.481	13.50	13.52	13.54
130.5	26.5	D.481		Carrefour D.481-D.481 E	13.51	13.53	13.55
129	28	C.201		Les Douets	13.53	13.55	13.57
128	29			Carrefour C.201-D.30	13.55	13.56	13.59
126	31	D.30		Saint Martin de Landelles (1 ^{er} passage)	13.57	13.59	14.02
121	36	C.6		Carrefour C.6-C.5	14.04	14.06	14.09
120.5	36.5	C.5		Saint Martin de Landelles	14.05	14.07	14.10
120.5	36.5			Côte de la Pigeonnière (2 ^{ème} passage)	14.05	14.07	14.10
118.5	38.5	D.85		Carrefour D.85-D.481	14.08	14.10	14.13
118	39	D.481		Carrefour D.481-D.481 E	14.08	14.11	14.14
116	41	C.201		Les Douets	14.11	14.14	14.17
115.5	41.5			Carrefour C.201-D.30	14.12	14.14	14.17
113.5	43.5	D.30	S	Saint Martin de Landelles (2^{ème} passage)	14.14	14.17	14.20
108	49	C.6		Carrefour C.6-C.5	14.22	14.25	14.29
108	49	C.5		Saint Martin de Landelles	14.22	14.25	14.29
107.5	49.5	D.85	G	Côte de la Pigeonnière (3^{ème} passage)	14.23	14.26	14.29
105.5	51.5			Carrefour D.85-D.481	14.25	14.29	14.32
105.5	51.5	D.481		Carrefour D.481-D.481 E	14.25	14.29	14.32
103.5	53.5	C.201		Les Douets	14.28	14.31	14.35
103	54			Carrefour C.201-D.30	14.29	14.32	14.36
101	56	D.30		Saint Martin de Landelles (3 ^{ème} passage)	14.31	14.35	14.39
95.5	61.5	C.6		Carrefour C.6-C.5	14.39	14.43	14.47
95.5	61.5	C.5		Saint Martin de Landelles	14.39	14.43	14.47
95	62			Côte de la Pigeonnière (4 ^{ème} passage)	14.40	14.44	14.48
93	64	D.85		Carrefour D.85-D.481	14.42	14.46	14.51
92.5	64.5	D.481		Carrefour D.481-D.481 E	14.43	14.47	14.52
91	66	C.201		Les Douets	14.45	14.49	14.54
90.5	66.5			Carrefour C.201-D.30	14.46	14.50	14.55
88.5	68.5	D.30		Saint Martin de Landelles (4 ^{ème} passage)	14.48	14.53	14.58
83	74	C.6		Carrefour C.6-C.5	14.56	15.01	15.06
83	74	C.5		Saint Martin de Landelles	14.56	15.01	15.06
82.5	74.5			Côte de la Pigeonnière (5 ^{ème} passage)	14.57	15.01	15.07
80.5	76.5	D.85		Carrefour D.85-D.481	14.59	15.04	15.10
80	77	D.481		Carrefour D.481-D.481 E	15.00	15.05	15.11
78.5	78.5	C.201		Les Douets	15.02	15.07	15.13
78	79			Carrefour C.201-D.30	15.03	15.08	15.14
75.5	81.5	D.30		Saint Martin de Landelles (5 ^{ème} passage)	15.06	15.11	15.17
70.5	86.5	C.6		Carrefour C.6-C.5	15.13	15.19	15.25
70	87	C.5		Saint Martin de Landelles	15.14	15.19	15.26
70	87			Côte de la Pigeonnière (6 ^{ème} passage)	15.14	15.19	15.26
68	89	D.85		Carrefour D.85-D.481	15.16	15.22	15.29
67.5	89.5	D.481		Carrefour D.481-D.481 E	15.17	15.23	15.29
66	91	C.201		Les Douets	15.19	15.25	15.32
65	92			Carrefour C.201-D.30	15.20	15.26	15.33
63	94	D.30	S	Saint Martin de Landelles (6^{ème} passage)	15.23	15.29	15.36
58	99	C.6		Carrefour C.6-C.5	15.30	15.36	15.44
57.5	99.5	C.5		Saint Martin de Landelles	15.31	15.37	15.44
57	100		G	Côte de la Pigeonnière (7^{ème} passage)	15.31	15.38	15.45
55.5	101.5	D.85		Carrefour D.85-D.481	15.33	15.40	15.47

55	102.0	D.481		Carrefour D.481-D.481 E	15.34	15.41	15.48
53	104.0	C.201		Les Douets	15.37	15.44	15.51
52.5	104.5			Carrefour C.201-D.30	15.38	15.44	15.52
50.5	106.5	D.30		Saint Martin de Landelles (7 ^{ème} passage)	15.40	15.47	15.55
45	112.0	C.6		Carrefour C.6-C.5	15.48	15.55	16.03
45	112.0	C.5		Saint Martin de Landelles	15.48	15.55	16.03
44.5	112.5			Côte de la Pigeonnière (8 ^{ème} passage)	15.48	15.56	16.04
42.5	114.5	D.85		Carrefour D.85-D.481	15.51	15.59	16.07
42.5	114.5	D.481		Carrefour D.481-D.481 E	15.51	16.59	16.07
40.5	116.5	C.201		Les Douets	15.54	16.01	16.10
40	117.0			Carrefour C.201-D.30	15.55	16.02	16.11
38	119.0	D.30		Saint Martin de Landelles (8 ^{ème} passage)	15.57	16.05	16.14
32.5	124.5	C.6		Carrefour C.6-C.5	16.05	16.13	16.22
32.5	124.5	C.5		Saint Martin de Landelles	16.05	16.13	16.22
32	125			Côte de la Pigeonnière (9 ^{ème} passage)	16.05	16.14	16.23
30	127	D.85		Carrefour D.85-D.481	16.08	16.16	16.26
29.5	127.5	D.481		Carrefour D.481-D.481 E	16.09	16.17	16.26
28	129.0	C.201		Les Douets	16.11	16.19	16.29
27.5	129.5			Carrefour C.201-D.30	16.12	16.20	16.29
25.5	131.5	D.30		Saint Martin de Landelles (9 ^{ème} passage)	16.14	16.23	16.32
20	137	C.6		Carrefour C.6-C.5	16.22	16.31	16.41
20	137	C.5		Saint Martin de Landelles	16.22	16.31	16.41
19.5	137.5			Côte de la Pigeonnière (10 ^{ème} passage)	16.23	16.31	16.41
17.5	139.5	D.85		Carrefour D.85-D.481	16.25	16.34	16.44
17	140.0	D.481		Carrefour D.481-D.481 E	16.26	16.35	16.45
15.5	141.5	C.201		Les Douets	16.28	16.37	16.47
15	142.0			Carrefour C.201-D.30	16.29	16.38	16.48
12.5	144.5	D.30		Saint Martin de Landelles (10 ^{ème} passage)	16.32	16.41	16.52
7.5	149.5	C.6		Carrefour C.6-C.5	16.39	16.49	16.59
7	150	C.5		Saint Martin de Landelles	16.40	16.49	17.00
7	150			Côte de la Pigeonnière (11 ^{ème} passage)	16.40	16.49	17.00
5	152	D.85		Carrefour D.85-D.481	16.42	16.52	17.03
4.5	152.5	D.481		Carrefour D.481-D.481 ^E	16.43	16.53	17.04
3	154.0	C.201		Les Douets	16.45	16.55	17.06
2	155.0			Carrefour C.201-D.30	16.46	16.56	17.08
0	157.0	D.30	A	Saint Martin de Landelles Arrivée	16.49	16.59	17.11

Distance : 157 km

Légendes : D départ S sprint G grimpeur A arrivée

