

4^e étape : (vendredi 19 août)

Les Lacs de Haute Charente / Limoges

Caravane Publicitaire : Départ Grande Plage de la Guerlie : 10 h 30
Signature Coureurs : de 10 h 40 à 11 h 40

Appel des coureurs : 11 h 45
Départ fictif : 11 h 50 (parcours promenade : 4,6 km)
Départ réel arrêté : 12 h 00

KMS à parcourir	KMS parcourus	Routes	Itinéraires	Alt.	Carav Pub	Moyennes horaires			Observations
						44 km	42 km	40 km	
CHARENTE (16)									
		D.160	GRANDE PLAGES DE LA GUERLIE	230m	10:30	11:50	11:50	11:50	Départ fictif
180.9	0.0		PRESSIGNAC	249m	10:35	11:55	11:55	11:55	
176.4	4.5		Sortie Bourg	241m	10:40	12:00	12:00	12:00	Départ réel
175.8	5.1		CHASSENON	212m	10:46	12:06	12:06	12:06	
172.3	8.6	D.29	Intersection D.160/D.29	210m	10:46	12:06	12:07	12:07	
171.6	9.3		CHABANAIS	201m	10:51	12:11	12:12	12:12	
162.6	18.3	D.162	Intersection D.29/D.162	176m	10:52	12:12	12:13	12:13	
159.5	21.4	D.163	Intersection D.162/D.163	270m	11:04	12:24	12:26	12:27	
159.0	21.9		MASSIGNAC	243m	11:09	12:29	12:30	12:32	Sprint
158.9	22.0	D.13	Intersection D.163/D.13	248m	11:09	12:29	12:31	12:32	
155.0	25.9	D.52	Intersection D.13/D.52	253m	11:10	12:30	12:31	12:33	
150.7	30.2		LESIGNAC	233m	11:15	12:35	12:37	12:38	
147.7	33.2		SURIS	208m	11:21	12:41	12:43	12:45	
147.2	33.7		LA PERUSE	235m	11:25	12:45	12:47	12:49	
142.8	38.1	D.16	Intersection D.52/D.16	241m	11:25	12:45	12:48	12:50	
141.4	39.5	D.86	Intersection D.16/D.86	225m	11:31	12:51	12:54	12:57	Point bas MG
141.1	39.8		Point bas MG	173m	11:33	12:53	12:56	12:59	
140.4	40.5		GENOUILLAC	190m	11:34	12:54	12:56	12:59	
140.2	40.7		Côte de Genouillac (5,60 %)	229m	11:35	12:55	12:57	13:00	M.G. 3
137.7	43.2	D.369	Intersection D.86/D.369	224m	11:35	12:55	12:58	13:01	
137.2	43.7		ROUMAZIERES-LOUBERT	223m	11:38	12:58	13:01	13:04	
136.1	44.8	D.161	Intersection D.369/D.161	226m	11:39	12:59	13:02	13:05	
135.4	45.5		Cisaillage N.141	218m	11:41	13:01	13:04	13:07	
133.5	47.4	D.166	Intersection D.161/D.166	209m	11:42	13:02	13:05	13:08	
132.8	48.1	D.69	Intersection D.166/D.69	177m	11:44	13:04	13:07	13:11	
130.6	50.3	Intersection D.69/.....	188m	11:45	13:05	13:08	13:12	
127.8	53.1	D.16	Intersection/D.16	182.0	11:48	13:08	13:11	13:15	
127.7	53.2		LA PERUSE	233m	11:52	13:12	13:15	13:19	
123.0	57.9	D.370	Intersection D.16/D.370	236m	11:52	13:12	13:16	13:19	
122.7	58.2		EXIDEUIL	152m	11:58	13:18	13:22	13:26	
120.8	60.1	D.165	Intersection D.370/D.165	150m	11:59	13:19	13:23	13:27	
119.2	61.7	Intersection D.165/.....	218m	12:01	13:21	13:25	13:30	
119.1	61.8		CHIRAC	172m	12:04	13:24	13:28	13:32	
118.8	62.1	D.59	Intersection/D.59	172m	12:04	13:24	13:28	13:32	
112.1	68.8	D.165	Intersection D.59/D.165	178m	12:04	13:24	13:28	13:33	
111.7	69.2		CHABRAC	217m	12:13	13:33	13:38	13:43	
111.6	69.3	D.948	Intersection D.165/D.948	218m	12:14	13:34	13:38	13:43	
108.9	72.0	D.165	Intersection D.948/D.165	221m	12:14	13:34	13:39	13:43	
107.3	73.6	D.29	Intersection D.165/D.29	209m	12:18	13:38	13:42	13:48	
106.8	74.1		SAULGOND	199m	12:20	13:40	13:45	13:50	Sprint
101.4	79.5	D.165	Intersection D.29/D.165	212m	12:21	13:41	13:45	13:51	
100.9	80.0		BRIGUEUIL	272m	12:28	13:48	13:53	13:59	
100.6	80.3	D.30	Intersection D.165/D.30	277m	12:29	13:49	13:54	14:00	
96.2	84.7	D.165	Intersection D.30/D.165	294m	12:29	13:49	13:54	14:00	
95.4	85.5		MONTROLLET	301m	12:35	13:55	14:01	14:07	
92.8	88.1		Intersection D.165/D.82	288m	13:06	13:56	14:02	14:08	
HAUTE-VIENNE (87)									
91.9	89.0	D.9	Intersection D.9/D.675	341m	13:11	14:01	14:07	14:13	
87.8	93.1	D.675	Début Zone de Ravitaillement	341m	13:11	14:01	14:07	14:13	Ravitaillement
85.1	95.8		Fin Zone de Ravitaillement	402m	13:16	14:06	14:13	14:19	
85.0	95.9		MORTEMART	305m	13:20	14:10	14:16	14:23	
84.9	96.0	D.5	Intersection D.675/D.5	308m	13:20	14:10	14:17	14:23	Point bas MG
83.9	97.0	D.5a3	Intersection D.5/D.5a3	311m	13:20	14:10	14:17	14:24	
83.5	97.4		MONTROL-SENARD	368m	13:22	14:12	14:18	14:25	
82.8	98.1	D.204	Intersection D.5a3/D.204	379m	13:22	14:12	14:19	14:26	
72.3	108.6		Côte de Montrol-Senard (6 %)	440m	13:23	14:13	14:20	14:27	M.G. 2
72.1	108.8		CIEUX	312m	13:38	14:28	14:35	14:42	
71.6	109.3	D.711	Intersection D.204/D.711	323m	13:38	14:28	14:35	14:43	
64.6	116.3	D.3	Intersection D.711/D.3	326m	13:39	14:29	14:36	14:43	
63.5	117.4		ORADOUR SUR GLANE	280m	13:48	14:38	14:46	14:54	Sprint
57.8	123.1	D.9	Intersection D.3/D.9	275m	13:50	14:40	14:47	14:56	
54.5	126.4	D.28	Intersection D.9/D.28	320m	13:57	14:47	14:55	15:04	
54.3	126.6		Lieu-dit «La Chatre»	329m	14:02	14:52	15:00	15:09	
52.8	128.1	Intersection D.28/.....	330m	14:02	14:52	15:00	15:10	
50.9	130.0		Lieu-dit «La Chassagne»	350m	14:04	14:54	15:03	15:12	
50.5	130.4		Lieu-dit «Le Theil»	332m	14:07	14:57	15:05	15:15	
48.0	132.9	V.5	Intersection/V.5	355m	14:07	14:57	15:06	15:15	
47.4	133.5		Lieu-dit «Les Coussades»	412m	14:11	15:01	15:09	15:19	
46.0	134.9	C.8	Intersection V.5/C.8	420m	14:12	15:02	15:10	15:20	
43.1	137.8	D.218	Intersection C.8/D.20/D.218	416m	14:13	15:03	15:12	15:22	
43.1	137.8	Intersection D.218/.....	333m	14:17	15:07	15:16	15:26	
42.3	138.6		Entrée circuit final	333m	14:17	15:07	15:16	15:26	
38.5	142.4		Lieu-dit «Beauvais»	320m	14:19	15:09	15:18	15:27	
36.0	144.9		LIMOGES	242m	14:24	15:14	15:23	15:33	
34.4	146.5		Ligne d'arrivée (1^{er} passage)	312m	14:27	15:17	15:27	15:37	
33.0	147.9		Point bas MG	255m	14:29	15:19	15:29	15:39	Point bas MG
24.0	156.9		Côte du Mas-Blanc (5,57 %)	333m	14:31	15:21	15:31	15:41	M.G. 3
12.0	168.9		Ligne d'arrivée (2^e passage)	312m	14:43	15:33	15:44	15:55	
0.0	180.9	D.18	Ligne d'arrivée (3^e passage)	312m	15:00	15:50	16:01	16:13	
			Ligne d'arrivée (4^e passage)	312m		16:06	16:18	16:31	ARRIVEE