

4	30 mai 2026	AVRANCHES			AVRANCHES			
Kms	170,000 Kms	Vitesse estimée de l'étape (km/h)			44	H départ	13H00	
Route	COMMUNES	itinéraire	Signaleurs	Points	PK	PK Restant	Horaires Course	
		DENIVELE 2321M						
	Départ Fictif	Départ D456 devant place Carnot, Bd Leon Jozeau Marigné,			2,470 Kms		12h45	
Avranches								
D7	Départ Réel	Inter Rue Saint Brice	1	KM0	0,000 Kms	170,000 Kms	13:00:00	
	Giratoire	R.P. 2ème Sortie en Face Vers D7	3		0,100 Kms	170,200 Kms	13:00:08	
	Intersection	Sortie Voie Express	1		0,300 Kms	170,000 Kms	13:00:25	
PONTS								
D175	Giratoire	R.P. 2ème Sortie en Face (inter D7e2)	2		0,700 Kms	169,600 Kms	13:00:57	
	Intersection	A Droite vers D175 route de Chavoy	1		0,900 Kms	169,400 Kms	13:01:14	
	Intersection	Inter Z.A. de Maudon	1		1,200 Kms	169,100 Kms	13:01:38	
	Intersection	Chemin sans nom (Martellieres)	1		1,900 Kms	168,400 Kms	13:02:35	
	Intersection	Rue la Mazuré / Chemin de la Lande	2		2,600 Kms	167,700 Kms	13:03:33	
	Intersection	Inter D241	1		3,100 Kms	167,200 Kms	13:04:14	
CHAVOY								
D175	Intersection	Inter D460 route de plomb / rue le nogent	2		3,700 Kms	166,600 Kms	13:05:03	
	Meilleur Grimpeur	Inter Le Vaive / Le Vouige			5,000 Kms	165,300 Kms	13:06:49	
	Intersection	Inter D473 Route du Chatelier	1		5,800 Kms	164,500 Kms	13:07:55	
LE LUOT								
D39	Intersection	A Droite Vers D39 STOP	2		7,300 Kms	163,000 Kms	13:09:57	
	Intersection	Inter Croix du Bourg	1		7,600 Kms	162,700 Kms	13:10:22	
	Intersection	Inter D473 rue de L'église	1		7,700 Kms	162,600 Kms	13:10:30	
	SAINT PIENCE / BRAFFAIS							
	Intersection	Inter D476 (léglise)	1		9,000 Kms	161,300 Kms	13:12:16	
	Intersection	Franchissement D975	1+1GND		9,600 Kms	160,700 Kms	13:13:05	
	Intersection	Inter le Hamel (Serrurerie Joel Chardron)	1		10,900 Kms	159,400 Kms	13:14:52	
	Intersection	Inter D560 Les Forges (Tirepied)	1		12,000 Kms	158,300 Kms	13:16:22	
	Intersection	Inter D560 La Boiserie (L'Epine 4)	1		12,050 Kms	158,250 Kms	13:16:26	
	LA CHAISE BEAUDOIN							
	D39	Intersection	Inter Traiteur Pâtisier Moulin de la chaise	1		13,200 Kms	157,100 Kms	13:18:00
		Intersection	Inter C3 route de champagnes	1		13,700 Kms	156,600 Kms	13:18:41
Intersection		Inter Rue de Soisnadière	1		14,000 Kms	156,300 Kms	13:19:05	
Intersection		A Droite Vers D39 Inter D561	1		14,200 Kms	156,100 Kms	13:19:22	
Intersection		Inter D461 Ront d'Avy / Route de la Crete Descente Dangereuse	1		14,900 Kms	155,400 Kms	13:20:19	
NOTRE DAME DE LIVOYE								
Intersection		Inter D362	1		16,600 Kms	153,700 Kms	13:22:38	
Intersection		Inter C2 Mirroir / La Masselinere	1		17,000 Kms	153,300 Kms	13:23:11	
Intersection		Inter D162 Le Manoir	1		17,900 Kms	152,400 Kms	13:24:25	
Intersection		Inter D162 Le Vivier	1		18,200 Kms	152,100 Kms	13:24:49	
BRECEY								
D39	Intersection	Inter C3 L Hardelaire (Serres)	1		19,400 Kms	150,900 Kms	13:26:27	
	Intersection	Inter C7 LA Doisneliere (La Menardière)	1		20,000 Kms	150,300 Kms	13:27:16	
	Intersection	Inter C77 (Chateau de la Semondière)	1		20,500 Kms	149,800 Kms	13:27:57	
	Intersection	Inter des Camélias / Banteln	1		20,800 Kms	149,500 Kms	13:28:22	
	Intersection	Inter C126 Rue de Fonteny	1		21,000 Kms	149,300 Kms	13:28:38	
	Intersection	Inter Rue Saint Denis	1		21,300 Kms	149,000 Kms	13:29:03	
	Intersection	Franchissement D999 Vers D911	1+1GND		21,400 Kms	148,900 Kms	13:29:11	
	Intersection	A Gauche vers D911	1		21,425 Kms	148,875 Kms	13:29:13	
	Intersection	Inter Rue du Bocage	1		21,500 Kms	148,800 Kms	13:29:19	
	Point Chaud	Point Chaud			21,700 Kms	148,600 Kms	13:29:35	
	Intersection	Inter Boulevard des Merisiers	1		21,800 Kms	148,500 Kms	13:29:44	
	Intersection	Inter Rue de la Bigottière	1		21,900 Kms	148,400 Kms	13:29:52	
	Intersection	Inter D79 rue du plan d'eau	1		22,600 Kms	147,700 Kms	13:30:49	
	SAINT LAURENT DE CUVES							
Intersection	Inter D463(St Laurent de Cuves)	1		23,500 Kms	146,800 Kms	13:32:03		
CUVES Ilot Central								
Intersection	Inter D48	1		26,300 Kms	144,000 Kms	13:35:52		
Intersection	Inter Rue du Cimetiere (D48)	1		26,500 Kms	143,800 Kms	13:36:08		
Intersection	Inter Semondière	1		28,200 Kms	142,100 Kms	13:38:27		
LE MESNIL GILBERT								
D911	Intersection	Inter Route aux Moines	1		28,500 Kms	141,800 Kms	13:38:52	
	Intersection	Inter D179	2		29,700 Kms	140,600 Kms	13:40:30	
	Intersection	Inter Route de la Bruyere D173	1		30,100 Kms	140,200 Kms	13:41:03	
	JUVIGNY LES VALLEES (Chérence le Roussel)							
	Intersection	Inter D33	1		33,000 Kms	137,300 Kms	13:45:00	
Intersection	Inter D55 et D33	2		33,300 Kms	137,000 Kms	13:45:25		
Intersection	Inter D55	1		33,500 Kms	136,800 Kms	13:45:41		
BROUAINS								
D911	Intersection	Inter La Vallée	1		36,400 Kms	133,900 Kms	13:49:38	
	Intersection	Inter D279	2		36,700 Kms	133,600 Kms	13:50:03	
	Intersection	Inter Route de la Durantière	1		39,600 Kms	130,700 Kms	13:54:00	
	Intersection	Inter D496 et D596	2		40,300 Kms	130,000 Kms	13:54:57	
SOURDEVAL								
Meilleur Grimpeur	Meilleur Grimpeur			42,100 Kms	128,200 Kms	13:57:25		
Intersection	Inter Rochefort et Cité Beauséjour	2		42,200 Kms	128,100 Kms	13:57:33		
Intersection	Inter Rue de Clérison	1		42,600 Kms	127,700 Kms	13:58:05		

	Intersection	Inter Rue Vallée Durand	Etape_n°4	1		42,700 Kms	127,600 Kms	13:58:14	
	Intersection	Inter Boulevard du Maine		2		43,000 Kms	127,300 Kms	13:58:38	
	Intersection	En Face Vers D82 (Inter bd Alsace Lorraine)		1+1GND		43,100 Kms	127,200 Kms	13:58:46	
	Intersection	Inter Rue de l'église (place Charles ee Gaulle)		1		43,300 Kms	127,000 Kms	13:59:03	
	Intersection	Inter Rue Brouansière		1		43,350 Kms	126,950 Kms	13:59:07	
	Intersection	Franchissement D977		1+1GND		43,400 Kms	126,900 Kms	13:59:11	
	Intersection	Inter Rue Maréchal Leclerc		1		43,450 Kms	126,850 Kms	13:59:15	
	Intersection	Inter Rue du Commande Clouard		1		43,500 Kms	126,800 Kms	13:59:19	
	Intersection	Inter Etang de la Tessadière (Lotissement Jonquilles)		1		43,900 Kms	126,400 Kms	13:59:52	
	Intersection	Inter Le Moulin Foulon		2		45,400 Kms	124,900 Kms	14:01:55	
	Intersection	Inter D182 (St Clément)		1		47,000 Kms	123,300 Kms	14:04:05	
	Intersection	Inter D499		1		48,200 Kms	122,100 Kms	14:05:44	
	Intersection	Inter D499		1		48,400 Kms	121,900 Kms	14:06:00	
	SAINT CLEMENT								
	Sprint Bonification	Inter D282 KM50				50,000 Kms	120,300 Kms	14:08:11	
	GER								
	Intersection	Inter D260 / D60 Rue des Ruisseaux		1		51,300 Kms	119,000 Kms	14:09:57	
	Intersection	Inter D60 rue du Château D'eau		1		51,900 Kms	118,400 Kms	14:10:46	
	Intersection	Inter Rue des Ecoles		1		55,200 Kms	115,100 Kms	14:15:16	
	Intersection	Inter D82 Rue Claude Chappe VERS en face D82e3 STOP		2		55,250 Kms	115,050 Kms	14:15:20	
D82E3	Intersection	A droite VERS D36 rue Parc de la Motte		1		55,300 Kms	115,000 Kms	14:15:25	
	Intersection	Franchissement D157 STOP		2		55,350 Kms	114,950 Kms	14:15:29	
	Giratoire	R.P. Franchissement D82 tout droit		2		55,500 Kms	114,800 Kms	14:15:41	
	Intersection	Inter Rue de la Selune		2		55,700 Kms	114,600 Kms	14:15:57	
	Intersection	Inter rue des Moulins		1		56,000 Kms	114,300 Kms	14:16:22	
	SAINT GEORGES DE ROUELLEY								
	Intersection	Inter D134 (Fosse Arthur)		1		60,800 Kms	109,500 Kms	14:22:55	
	BARENTON								
	Intersection	Inter D188		1		63,100 Kms	107,200 Kms	14:26:03	
	Intersection	Inter D182 (Carrière)		1		65,500 Kms	104,800 Kms	14:29:19	
	Intersection	Inter Rue du Bocage		1		65,900 Kms	104,400 Kms	14:29:52	
D36	Intersection	Inter G. Pompidou		1		66,000 Kms	104,300 Kms	14:30:00	
	Intersection	Franchissement D907 STOP		2+1GND		66,400 Kms	103,900 Kms	14:30:33	
	Intersection	Inter rue S.Marie Antoinette / Mt St Michel D47		2		66,450 Kms	103,850 Kms	14:30:37	
	Intersection	Rue Docteur Augier et Petit		1		66,500 Kms	103,800 Kms	14:30:41	
	DANGER	Retrécissement X 2				66,700 Kms	103,600 Kms	14:30:57	
	Intersection	Inter La Fougère (Arrêt de Bus)		1		68,300 Kms	102,000 Kms	14:33:08	
	SAINT CYR du BAILLEUL								
	Intersection	Inter D84 (Jarry)		1		70,000 Kms	100,300 Kms	14:35:27	
	LE TEILLEUL								
	Intersection	Inter D494		1		71,100 Kms	99,200 Kms	14:36:57	
	DECHETS	Zone de Déchets Impasse la Maison Neuve 300M				72,000 Kms	98,300 Kms	14:38:11	
	Intersection	A Gauche VERS D32 inter D184 STOP		2+1GND		73,100 Kms	97,200 Kms	14:39:41	
D32	Intersection	Résidences Belval et Basse Porte		2		73,750 Kms	96,550 Kms	14:40:34	
	Point Chaud	Point Chaud				73,850 Kms	96,450 Kms	14:40:42	
	Intersection	A Droite VERS D134 (Inter Tertre/Beauregard/D32E/ Boisledoc)		4		74,000 Kms	96,300 Kms	14:40:55	
	Intersection	Inter rue Bois le Doc		1		74,100 Kms	96,200 Kms	14:41:03	
	Intersection	Inter résidence Pierre Blanche		1		74,300 Kms	96,000 Kms	14:41:19	
	Intersection	Inter D494		1		75,400 Kms	94,900 Kms	14:42:49	
	Intersection	Inter Route de Valabon et Route du Coudray		2		76,600 Kms	93,700 Kms	14:44:27	
D134	Intersection	Rte de la Fouillé / Moulin de Pontorsier Descente Dangereuse		1		77,500 Kms	92,800 Kms	14:45:41	
	Intersection	Inter D158		1		78,000 Kms	92,300 Kms	14:46:22	
	Intersection	Inter D18 Route du Bois Hue		1		78,300 Kms	92,000 Kms	14:46:46	
	LE TEILLEUL (FERRIERES)								
	Intersection	Inter Route du Pont Marie		1		80,100 Kms	90,200 Kms	14:49:14	
	Intersection	Inter D488		2		80,600 Kms	89,700 Kms	14:49:55	
	Intersection	A Gauche VERS D46		2+1GND		81,600 Kms	88,700 Kms	14:51:16	
D46	Zone de Ravitaillement	Zone de Ravitaillement				82,000 Kms	88,300 Kms	14:51:49	
	Intersection	Inter D488 route de la carrière		1		83,500 Kms	86,800 Kms	14:53:52	
	BUAIS								
	Intersection	A Droite VERS D976 Route de St Hilaire Feu Tricolore		1+1GND		84,100 Kms	86,200 Kms	14:54:41	
D976	Intersection	A Gauche VERS D358		1+1GND		84,200 Kms	86,100 Kms	14:54:49	
	Intersection	Inter Lotissement des Rosiers (Retrécissement)		1		84,300 Kms	86,000 Kms	14:54:57	
	SAVIGNY LE VIEUX								
D358	Intersection	Inter Route de la Croix du Chêne		1		87,200 Kms	83,100 Kms	14:58:55	
	Intersection	Inter Route de Saint Symphorien tout droit VERS D134		1		88,800 Kms	81,500 Kms	15:01:05	
	Intersection	Inter D358		1		89,300 Kms	81,000 Kms	15:01:46	
D134	Intersection	Inter Route de la Delinais		1		89,600 Kms	80,700 Kms	15:02:11	
	Sprint Bonification	Sprint Bonification				89,800 Kms	80,500 Kms	15:02:27	
	Intersection	Inter rue du Champs Long		1		90,000 Kms	80,300 Kms	15:02:44	
	Intersection	A Droite VERS D334 Route de ST Hilaire		1		90,200 Kms	80,100 Kms	15:03:00	
D334	Intersection	Inter rue du Champs Long		1		90,500 Kms	79,800 Kms	15:03:25	
	Intersection	Inter Route de la Delinais		1		91,200 Kms	79,100 Kms	15:04:22	
	MOULINES								
	Intersection	A Gauche VERS D171 Descente Dangereuse et Retrécissement		1		92,500 Kms	77,800 Kms	15:06:08	
	LES LOGES MARCHIS								
	Intersection	Inter D371 Route du Plessis		1		94,900 Kms	75,400 Kms	15:09:25	
	Intersection	Inter rue du Taillis		1		95,400 Kms	74,900 Kms	15:10:05	
	Intersection	Inter rue des Binotiers et D492 / Rue Decouverte		2		95,900 Kms	74,400 Kms	15:10:46	
	Intersection	Franchissement D977 Feu Tricolore		1+1GND		96,300 Kms	74,000 Kms	15:11:19	
D171	Intersection	Inter Route de l'aumondais Descente Dangereuse		1		96,800 Kms	73,500 Kms	15:12:00	
	SAINT BRICE DES LANDELLES								
	Intersection	Inter D172		2		98,900 Kms	71,400 Kms	15:14:52	
	Intersection	A Droite VERS D171 (Inter la Croix de la Chesnais		1		99,500 Kms	70,800 Kms	15:15:41	
	Intersection	Inter Route C5/C1.1		1		100,400 Kms	69,900 Kms	15:16:55	
	Intersection	Inter Route C1 La Garchinière		1		101,100 Kms	69,200 Kms	15:17:52	
	SAINT MARTIN DES LANDELLES								
		Retrécissement en Entrée							

	Intersection	A Gauche Vers D30	2		101,700 Kms	68,600 Kms	15:18:41	
D30	Intersection	Inter D185 Beausoleil	1		101,800 Kms	68,500 Kms	15:18:49	
	Intersection	Inter Résidence Le bois D'avenel Ilot Central	1		102,500 Kms	67,800 Kms	15:19:46	
	Intersection	Inter Rue Bel Air Suivi Ilots Centraux	1		102,400 Kms	67,900 Kms	15:19:38	
	Intersection	Inter D85	2		103,200 Kms	67,100 Kms	15:20:44	
	Intersection	Inter D285 Rue Saint Georges Ilot Central	1		103,250 Kms	67,050 Kms	15:20:48	
	Intersection	Inter Résidence des Paquerettes	1		103,600 Kms	66,700 Kms	15:21:16	
	HAMELIN							
	Intersection	Inter Bois des Olives	1		105,800 Kms	64,500 Kms	15:24:16	
	Intersection	Inter D481	1		105,900 Kms	64,400 Kms	15:24:25	
	Intersection	A Droite VERS D43 LA Vallée	1		106,400 Kms	63,900 Kms	15:25:05	
D43	Intersection	Inter La Vallée N°57	1		106,800 Kms	63,500 Kms	15:25:38	
	Sprint Bonification	Sprint Bonification			106,800 Kms	63,500 Kms	15:25:38	
	SAINT LAURENT DE TERREGATE							
	DECHETS	Zone de Déchets Impasse la Maison Neuve 300M				107,400 Kms	62,900 Kms	15:26:27
	Intersection	Route des Forges	1		108,300 Kms	62,000 Kms	15:27:41	
	Intersection	Inter D482 Route de la Lande	1		109,100 Kms	61,200 Kms	15:28:46	
	Intersection	A Droite Vers D482	1		109,500 Kms	60,800 Kms	15:29:19	
D482	Intersection	Inter Route du Ponts Martin	1		109,700 Kms	60,600 Kms	15:29:35	
	Intersection	Inter Route du Livet	1		110,100 Kms	60,200 Kms	15:30:08	
	Intersection	Inter rue Haut bourg	1		111,100 Kms	59,200 Kms	15:31:30	
	Intersection	Inter Rue Champ Davy VERS D78	3		111,200 Kms	59,100 Kms	15:31:38	
D78	Intersection	Inter D482	2		111,300 Kms	59,000 Kms	15:31:46	
	Giratoire	Inter Rue des Ecoliers	1		111,400 Kms	58,900 Kms	15:31:55	
	Intersection	Inter Route de Gazengel	1		111,900 Kms	58,400 Kms	15:32:35	
	Intersection	Inter Route de Etangs	1		112,000 Kms	58,300 Kms	15:32:44	
	Intersection	A Gauche vers D78 Route de Ducey (Inter D582)	2		112,600 Kms	57,700 Kms	15:33:33	
	Intersection	Inter Route de Bouffigny	1		113,400 Kms	56,900 Kms	15:34:38	
	DUCEY							
	Intersection	Inter Sabliere Mortrie	1		115,700 Kms	54,600 Kms	15:37:46	
	Intersection	A Gauche Vers D78 (Inter D150)	1		116,400 Kms	53,900 Kms	15:38:44	
	Intersection	Inter résidence Saint Père	1		117,700 Kms	52,600 Kms	15:40:30	
Intersection	Droite / Gauche Vers D976	2+1GND		117,900 Kms	52,400 Kms	15:40:46		
D976	Intersection	Rue Chamoine Gournel D178e2 / Rue du Couvent	2		118,100 Kms	52,200 Kms	15:41:03	
	Giratoire	R.P. 3ème A Gauche	2+1GND		118,400 Kms	51,900 Kms	15:41:27	
	Intersection	Inter rue de Semalle / Bienville	1		118,600 Kms	51,700 Kms	15:41:44	
	Intersection	A Droite Vers D78 Feu Tricolore	1+1GND		118,500 Kms	51,800 Kms	15:41:35	
	Intersection	Inter rue de la Gare	1		118,900 Kms	51,400 Kms	15:42:08	
SAINT QUENTIN SUR LE HOMME								
	Intersection	Inter D310e1	1		119,600 Kms	50,700 Kms	15:43:05	
	Intersection	Inter rue de la Selune	1		119,900 Kms	50,400 Kms	15:43:30	
	Intersection	Inter D564	1		120,900 Kms	49,400 Kms	15:44:52	
	Intersection	Inter Cité du Clos du Holme	1		122,100 Kms	48,200 Kms	15:46:30	
	Intersection	Inter Rue Alphonse Lenoir	1		121,150 Kms	49,150 Kms	15:45:12	
	Entrée de Circuit	A Gauche vers D78 (Inter D103)	1		122,200 Kms	48,100 Kms	15:46:38	
	Intersection	Inter Rue Alphonse Lenoire / Route des Vallées	2		122,500 Kms	47,800 Kms	15:47:03	
	Intersection	A Droite Vers D78 rue de Libération	1		122,600 Kms	47,700 Kms	15:47:11	
	Intersection	Inter Rue des Ecoles	1		123,400 Kms	46,900 Kms	15:48:16	
SAINT LOUP								
D78	Intersection	Inter D557	1		124,300 Kms	46,000 Kms	15:49:30	
	Intersection	Inter Route du Manoir	1		126,400 Kms	43,900 Kms	15:52:22	
	AVRANCHES							
	Giratoire	R.P. 2ème Sortie en Face	2		127,300 Kms	43,000 Kms	15:53:35	
	Meilleur Grimpéur	Meilleur Grimpéur Monté du Quesnoy			128,700 Kms	41,600 Kms	15:55:30	
	Intersection	Inter Résidence des Sources	1		129,000 Kms	41,300 Kms	15:55:55	
	Intersection	Inter Résidence du Bocage	1		129,100 Kms	41,200 Kms	15:56:03	
	Intersection	Inter Rues Vanniers / Jardin Renard / Prevostière	3		129,200 Kms	41,100 Kms	15:56:11	
	1er Passage	1er Passage sur ligne Devant Clinique Vétérinaire			129,500 Kms	40,800 Kms	15:56:35	
	Intersection	Inter Avenue du Quesnoy / Rue des Sorbiers	2		129,800 Kms	40,500 Kms	15:57:00	
	Intersection	Inter rue du Baron D'Orsenne / Acacias	2		129,900 Kms	40,400 Kms	15:57:08	
	Intersection	A Droite Vers Rue Jean Mermoz	1		130,000 Kms	40,300 Kms	15:57:16	
	Jean Mermoz	Intersection	Inter Pierre Coubetin / Rue Baron D'orsenne / Rue Guynemer Beaucoup de DOS D'ANES	3		131,100 Kms	39,200 Kms	15:58:46
		Intersection	Inter Rue Jean Bouin / Rue de la Chaussonière	2		131,200 Kms	39,100 Kms	15:58:55
		Intersection	A Droite Vers D47 rue de la Division Leclerc STOP Avec Ilot Central	1+1GND		130,500 Kms	39,800 Kms	15:57:57
	D47	Intersection	Inter Rue Jean de Villet / Rue Des Tilleuls (Leclerc)	2		130,800 Kms	39,500 Kms	15:58:22
		Intersection	Inter Rue Sant Germain	1		130,900 Kms	39,400 Kms	15:58:30
Intersection		Inter Rue de la Datinère	1		131,000 Kms	39,300 Kms	15:58:38	
Intersection		Inter Rue du Chesnel	1		131,050 Kms	39,250 Kms	15:58:42	
Intersection		Inter Victor le Marchand D5e	1		131,100 Kms	39,200 Kms	15:58:46	
Intersection		Inter Rue du Stade D457	1		131,300 Kms	39,000 Kms	15:59:03	
Intersection		Inter Rue des Oliviers	1		131,900 Kms	38,400 Kms	15:59:52	
Giratoire		R.P. 2ème Sortie En Face inter D247	2		132,200 Kms	38,100 Kms	16:00:16	
SAINT LOUP								
	Intersection	A Droite vers D110	2		133,600 Kms	36,700 Kms	16:02:11	
D110	Intersection	Inter Route de la Prunerie / Mesnil Houe	1		134,400 Kms	35,900 Kms	16:03:16	
	Intersection	Inter Rue du Four à Chaux	1		134,700 Kms	35,600 Kms	16:03:41	
	Giratoire	2ème Sortie en Face Descente Dangereuse	2		134,800 Kms	35,500 Kms	16:03:49	
	Intersection	A Droite Vers D310	1		135,400 Kms	34,900 Kms	16:04:38	
SAINT QUENTIN SUR LE HOMME								
D310	Intersection	Inter Route de L'éclairais	1		135,500 Kms	34,800 Kms	16:04:46	
	Intersection	A Droite Vers D103	2		136,100 Kms	34,200 Kms	16:05:35	
	Intersection	Inter Route de l'éclairais	1		136,900 Kms	33,400 Kms	16:06:41	
D103	Intersection	Inter D457	1		137,100 Kms	33,200 Kms	16:06:57	
	Intersection	Inter D457	1		137,200 Kms	33,100 Kms	16:07:05	
	Intersection	Inter D150 Les Chéris	1		138,100 Kms	32,200 Kms	16:08:19	

	Intersection	Inter rue des Logis	1		138,200 Kms	32,100 Kms	16:08:27	
	Intersection	Inter Rue Alphonse Lenoir	1		138,400 Kms	31,900 Kms	16:08:44	
	Intersection	Inter D103 Tout droit Stop Vers D78	1		138,500 Kms	31,800 Kms	16:08:52	
D78	Intersection	Inter Rue Alphonse Lenoire / Route des Vallées	1		138,600 Kms	31,700 Kms	16:09:00	
	Intersection	A Droite Vers rue de Libération	1		138,700 Kms	31,600 Kms	16:09:08	
	Intersection	Inter Rue des Ecoles	1		138,800 Kms	31,500 Kms	16:09:16	
	SAINT LOUP							
	Intersection	Inter D557	1		139,800 Kms	30,500 Kms	16:10:38	
	Intersection	Inter Route du Manoir	1		140,200 Kms	30,100 Kms	16:11:11	
	AVRANCHES							
	Giratoire	R.P. 2ème Sortie en Face	2		141,100 Kms	29,200 Kms	16:12:25	
	Intersection	Inter Résidence des Sources	1		142,800 Kms	27,500 Kms	16:14:44	
	Intersection	Inter Résidence du Bocage	1		142,900 Kms	27,400 Kms	16:14:52	
	Intersection	Inter Rues Vanniers / Jardin Renard / Prevostière	3		143,000 Kms	27,300 Kms	16:15:00	
	POINT CHAUD	2ème Passage sur ligne Prime De la Commune 1806	(180/3)		143,300 Kms	27,000 Kms	16:15:25	
	Intersection	3ème Passage Sur Ligne			156,700 Kms	13,600 Kms	16:33:41	
	Sprint Bonification	4ème Passage ARRIVEE Devant Clinique Vétérinaire	ARRIVEE		170,300 Kms	0,000 Kms	16:52:14	
	ARRIVEE		108		170,300 Kms	0,000 Kms	16:52:14	