



LA FRANCE EN COURANT
36ème Tour du 19 Juillet au 2 août 2025
dimanche, 20 juillet 2025
1ère Etape

Etape de **195 Km** **COURNONTERRAL (34) CLAIRA (86)**

Dis-Part	km	parcourus	Commune - Lieu Dit	Commune Traversée	ROUTE	Altitude	Heures de passages				
							16km/h	15km/h	14 km/h	13 km/h	12 km/h
34 HERAULT											
0.0	195.0	0	Cournonterral	Cournonterral	M5	50	03:00	03:00	03:00	03:00	03:00
2.0	193.0	2.0	Cournonsec	Cournonsec	M5	60	03:07	03:08	03:08	03:09	03:10
4.5	188.5	6.5	Inter D6 D2	Montbazin	D5	30	03:24	03:26	03:27	03:30	03:32
	188.5	6.5		Poussan			03:24	03:26	03:27	03:30	03:32
6.5	182.0	13.0	Villeveyrac	Villeveyrac	D6	65	03:48	03:52	03:55	04:00	04:06
12.0	170.0	25.0	Montagnac	Montagnac	D161A	50	04:33	04:40	04:47	04:55	05:05
	170.0	25.0		Aumes	D161		04:33	04:40	04:47	04:55	05:05
5.5	164.5	30.5	Inter D161 D32E5	Castelnau-de-Guers	D32E5		04:54	05:02	05:10	05:20	05:32
2.0	162.5	32.5	D32 VC Ch Carrière Mercada	Pézénas	VC	18	05:01	05:10	05:19	05:30	05:42
5.0	157.5	37.5	Nézignan-l'Évêque	Nézignan-l'Évêque	D13E15	30	05:20	05:30	05:40	05:53	06:07
3.0	154.5	40.5	Saint-Thibéry	Saint-Thibéry	D18	18	05:31	05:42	05:53	06:06	06:22
4.5	150.0	45.0	Montblanc	Montblanc	D15	38	05:48	06:00	06:12	06:27	06:45
3.5	146.5	48.5	Inter DN2009 D18e4	Servian	D18e4	65	06:01	06:14	06:27	06:43	07:02
4.0	142.5	52.5	Servian	Servian	D39		06:16	06:30	06:45	07:02	07:22
5.0	137.5	57.5	Bassan	Bassan	D39	80	06:35	06:50	07:06	07:25	07:47
1.0	136.5	58.5	Inter D39 D15		D15	60	06:39	06:54	07:10	07:30	07:52
1.5	135.0	60.0	Inter D18 VC vers La Gare	Lieuran-lès-Béziers	VC		06:45	07:00	07:17	07:36	08:00
0.5	134.5	60.5	Int VC D909 D39		D39	84	06:46	07:02	07:19	07:39	08:02
3.5	131.0	64.0	Corneilhan	Corneilhan	D39	100	07:00	07:16	07:34	07:55	08:20
4.0	127.0	68.0	Lignan-sur-Orb	Lignan-sur-Orb	D39	19	07:15	07:32	07:51	08:13	08:40
2.5	124.5	70.5	Maraussan	Maraussan	D39	30	07:24	07:42	08:02	08:25	08:52
	124.5	70.5		Cazouls-lès-Béziers	D39		07:24	07:42	08:02	08:25	08:52
	124.5	70.5		Cazouls-lès-Béziers	D162	60	07:24	07:42	08:02	08:25	08:52
4.5	120.0	75.0	Maurellhan	Maurellhan	D162	40	07:41	08:00	08:21	08:46	09:15
7.5	112.5	82.5	Capestang	Capestang	D16	20	08:09	08:30	08:53	09:20	09:52
3.5	109.0	86.0	Inter D16 D16e1	Montels	D16e1	8	08:22	08:44	09:08	09:36	10:10
2.0	107.0	88.0			D418	20	08:30	08:52	09:17	09:46	10:20
3.0	104.0	91.0	Ouveillan	Ouveillan	VC		08:41	09:04	09:30	10:00	10:35
	104.0	91.0	Rue Led Pelletier de St Fargeau		VC		08:41	09:04	09:30	10:00	10:35
5.5	98.5	96.5	Zone Industrielle de Trulhas	Sallèles-d'Aude	VC	38	09:01	09:26	09:53	10:25	11:02
1.5	97.0	98.0	Mirepeisset	Mirepeisset	D326	40	09:07	09:32	10:00	10:32	11:10
1.5	96.5	99.5	Inter D602 D326		D326	42	09:13	09:38	10:06	10:39	11:17
2.0	93.5	101.5	Glnestas	Glnestas	D26	56	09:20	09:46	10:15	10:48	11:27
3.5	90.0	105.0	Ventenac-en-Minervois	Ventenac-en-Minervois	D124	35	09:33	10:00	10:30	11:04	11:45
1.5	88.5	106.5	Paraza	Paraza	D124	31	09:39	10:06	10:36	11:11	11:52
3.0	85.5	109.5	Roubia	Roubia	D124	35	09:50	10:18	10:49	11:25	12:07
2.5	83.0	112.0	Argens-Minervois	Argens-Minervois		38	10:00	10:28	11:00	11:36	12:20
1.0	82.0	113.0	Inter D424 D611 D11 D611		D611	35	10:03	10:32	11:04	11:41	12:25
	82.0	113.0					10:03	10:32	11:04	11:41	12:25
	82.0	113.0					10:03	10:32	11:04	11:41	12:25
	82.0	113.0					10:03	10:32	11:04	11:41	12:25
5.0	77.0	118.0	Lézignan-Corbières	Lézignan-Corbières		49	10:22	10:52	11:25	12:04	12:50
Départ de la 2ème demi étape											
0.0	77.0	118.0	Lézignan-Corbières	Lézignan-Corbières	D611		11:00	11:00	11:00	11:00	11:00
4.0	73.0	122.0	Passage SUP A61	Conilhac-Corbières	D611	63	11:15	11:16	11:17	11:18	11:20
2.5	70.5	124.5	Ferrals-les-Corbières	Ferrals-les-Corbières	D106		11:24	11:26	11:27	11:30	11:32
4.5	66.0	129.0	Villeroige La Crémade	Fabrezan	D106	117	11:41	11:44	11:47	11:50	11:55
0.5	65.5	129.5	Inter D106 D 611		D611	110	11:43	11:46	11:49	11:53	11:57
1.5	64.0	131.0	Inter D613 D 611	Thézan-des-Corbières	D611	98	11:48	11:52	11:55	12:00	12:05
1.5	62.5	132.5	Thézan-des-Corbières		D611	107	11:54	11:58	12:02	12:06	12:12
	62.5	132.5		Fontjoncouse	D611	115	11:54	11:58	12:02	12:06	12:12
	62.5	132.5		Villesèque-des-Corbières	D611	72	11:54	11:58	12:02	12:06	12:12
16.0	47.5	147.5		Durban-Corbières	D27	90	12:50	12:58	13:06	13:16	13:27
5.5	42.0	153.0	Saint-Jean-de-Barrou	Saint-Jean-de-Barrou	D27	128	13:11	13:20	13:30	13:41	13:55
	42.0	153.0		Fraissé-des-Corbières	D27	193	13:11	13:20	13:30	13:41	13:55
4.5	37.5	157.5	Col de Feulla	Feulla	D27	260	13:28	13:38	13:49	14:02	14:17
2.0	35.5	159.5	Inter D27 D227		D227	170	13:35	13:46	13:57	14:11	14:27
	35.5	159.5		Treilles	D227		13:35	13:46	13:57	14:11	14:27
	36.5	159.5		Fitou	D227		13:35	13:46	13:57	14:11	14:27
5.5	30.0	165.0			D5	243	13:56	14:08	14:21	14:36	14:55
5.0	25.0	170.0	Opoul-	Opoul-Périllos	D5	155	14:15	14:28	14:42	15:00	15:20
	25.0	170.0		Salses-le-Château	D5	65	14:15	14:28	14:42	15:00	15:20
10.0	15.0	180.0	Inter D5 D12	Rivesaltes	D12	30	14:52	15:08	15:25	15:46	16:10
2.0	13.0	182.0	Inter D12 D5		D5	22	15:00	15:16	15:34	15:55	16:20
2.5	10.5	184.5	Inter D5 D614		D614	20	15:09	15:26	15:45	16:06	16:32
4.0	6.5	188.5	Ch de Rivesaltes à la Salanq	Pla	VC	15	15:24	15:42	16:02	16:25	16:52
	6.5	188.5					15:24	15:42	16:02	16:25	16:52
	6.5	188.5					15:24	15:42	16:02	16:25	16:52
	6.5	188.5					15:24	15:42	16:02	16:25	16:52
	6.5	188.5					15:24	15:42	16:02	16:25	16:52
6.5	0.0	195.0	Claira	Claira	D1	10	15:48	16:08	16:30	16:55	17:25