

:: LE POINÇONNET - LIMOGES :: SAMEDI 12 MARS 2016

Le Poinçonnet – Limoges Beaune-les-Mines

Remise des Dossards : de 09 h 00 à 11 h 15
Réunion Directeurs Sportifs : 10 h 45
Appel des coureurs : 11 h 30

Présentation des équipes : 11 h 45
Départ fictif : 12h15
Départ réel lancé : 12 h 30

Trajet promenade (3,8 km) : Le Poinçonnet, Rue du 30 août 1944 > Rue Jean Bouin > Allée Paul Rue > Avenue de la Forêt - D.990 (arrêt devant la Mairie, Km 0.6)
Départ réel lancé, sur la D.990 (Km 3.8)

KMS à parcourir	KMS parcourus	KMS partiel	Routes	Itinéraire	Moyennes horaires			Observations
					42 km/h	40 km/h	38 km/h	
				INDRE (36)				
				LE POINÇONNET - Gymnase, rue du 30 août 1944	12:15	12:15	12:15	Départ Fictif
162.3	0.0	0.0	D.990	Après 2 ^{ème} rond-point, entrée forêt	12:30	12:30	12:30	Départ Réel lancé
153.8	8.5	8.5		Intersection D.990/D.12	12:41	12:42	12:42	
150.4	11.9	3.4	D.12	JEU-LES-BOIS	12:47	12:48	12:49	
150.2	12.1	0.2		Intersection D.12/D.74	12:47	12:48	12:49	
144.5	17.8	5.7	D.74	Intersection D.74/.....	12:55	12:57	12:58	
142.9	19.4	1.6	Intersection/D.38	12:58	12:59	13:01	
140.8	21.5	2.1	D.38	NEUVY-SAINT-SEPULCHRE	13:01	13:02	13:04	
140.3	22.0	0.5		Sprint	13:01	13:03	13:05	Sprint
140.1	22.2	0.2		Csailllement D.927	13:02	13:03	13:05	
136.3	26.0	3.8		MOUHERS	13:07	13:09	13:11	
133.0	29.3	3.3		Intersection D.38/D.990	13:12	13:14	13:16	
132.7	29.6	0.3	D.990	CLUIS	13:12	13:14	13:17	
119.2	43.1	13.5		AIGURANDE	13:32	13:35	13:38	
118.3	44.0	0.9		Sprint	13:33	13:36	13:39	Sprint
118.0	44.3	0.3		Intersection D.990/D.951b	13:33	13:36	13:40	
117.3	45.0	0.7	D.951b	CREUSE (23)	13:37	13:39	13:41	
107.5	54.8	9.8	D.951	CHAMBON-STE-CROIX	13:48	13:52	13:57	
96.4	65.9	11.1		DUN-LE-PALESTEL	14:04	14:09	14:14	
95.6	66.7	0.8		Sprint	14:05	14:10	14:15	Sprint
91.4	70.9	4.2		COLONDANNES	14:11	14:16	14:22	
89.5	72.8	1.9		SAINT-LEGER-BRIDEREIX	14:14	14:19	14:25	
89.0	73.3	0.5		Intersection D.951/D.49	14:15	14:20	14:26	
85.7	76.6	3.3	D.49	Côte de St-Léger-Bridereix (3,46 %)	14:19	14:25	14:31	M.G.
82.2	80.1	3.5		NOTH	14:24	14:30	14:36	
79.9	82.4	2.3		Intersection D.49/D.912a1	14:28	14:34	14:40	
79.9	82.4	0.0	D.912a1	Intersection D.912a1/D.49	14:28	14:34	14:40	
78.9	83.4	1.0	D.49	LIZIERES	14:29	14:35	14:42	
78.6	83.7	0.3		Intersection D.49/D.74	14:30	14:36	14:42	
77.3	85.0	1.3	D.74	Intersection D.74/D.72	14:31	14:37	14:44	
76.9	85.4	0.4	D.72	Intersection D.72/D.74	14:32	14:38	14:45	
75.2	87.1	1.7	D.74	SAINT-PIERRE-ET-ETIENNE-DE-FURSAC	14:34	14:41	14:48	
75.0	87.3	0.2		Intersection D.74/D.52	14:35	14:41	14:48	
74.9	87.4	0.1	D.52	Intersection D.52/D.10	14:35	14:41	14:48	
74.3	88.0	0.6	D.10	Intersection D.10/D.74	14:36	14:42	14:49	
68.9	93.4	5.4	D.74	SAINT-PIERRE-ST-ETIENNE-DE-FURSAC	14:43	14:50	14:57	
68.5	93.8	0.4		Intersection D.74/D.1	14:44	14:51	14:58	
62.7	99.6	5.8	D.19	HAUTE-VIENNE (87)	14:52	14:59	15:07	
59.4	102.9	3.3		Intersection D.19/D.914	14:57	15:04	15:12	
58.8	103.5	0.6	D.914	LAURIERE	14:58	15:05	15:13	
56.4	105.9	2.4		Intersection D.914/D.8a1	15:01	15:09	15:17	
55.9	106.4	0.5	D.8a1	SAINT-SULPICE-LAURIERE	15:02	15:10	15:18	
55.8	106.5	0.1		Intersection D.8a1/D.78	15:02	15:10	15:18	
51.6	110.7	4.2	D.78	Côte du Bois des Echelles (6,12 %)	15:08	15:16	15:25	M.G.
48.2	114.1	3.4		Intersection D.78/D.50	15:13	15:21	15:30	
47.6	114.7	0.6	D.50	SAINT-LEGER-LA-MONTAGNE	15:14	15:22	15:31	
47.5	114.8	0.1		Intersection D.50/D.78	15:14	15:22	15:31	
41.9	120.4	5.6	D.78	Lieu-dit « Grandmont »	15:22	15:31	15:40	
39.9	122.4	2.0		Intersection D.78/D.44	15:25	15:34	15:43	
39.7	122.6	0.2	D.44	SAINT-SYLVESTRE	15:25	15:34	15:44	
39.6	122.7	0.1		Intersection D.44/C.22	15:25	15:34	15:44	
37.5	124.8	2.1	C.22	Lieu-dit « Fanay »	15:28	15:37	15:47	
35.7	126.6	1.8		Intersection C.22/D.920	15:31	15:40	15:50	
35.3	127.0	0.4	D.920	Intersection D.920/V.4	15:31	15:40	15:51	
33.2	129.1	2.1	V.4	Lieu-dit « Venachat » - Inters. V.4/D.28	15:34	15:44	15:54	
32.1	130.2	1.1	D.28	Intersection D.28/D.5	15:36	15:45	15:56	
28.9	133.4	3.2	D.5	COMPREIGNAC	15:41	15:50	16:01	
28.6	133.7	0.3		Intersection D.5/C.6	15:41	15:51	16:01	
25.2	137.1	3.4	C.6	Côte de la Sablonnade (7 %)	15:46	15:56	16:06	M.G.
23.1	139.2	2.1		Intersection C.6/D.97	15:49	15:59	16:10	
22.0	140.3	1.1	D.97	Intersection D.97/D.226	15:50	16:00	16:12	
17.6	144.7	4.4	D.226	CHAPTELAT	15:57	16:07	16:18	
17.4	144.9	0.2		Intersection D.226/.....	15:57	16:07	16:19	
17.3	145.0	0.1	Intersection/D.39	15:57	16:07	16:19	
14.6	147.7	2.7	D.39	LIMOGES - BEAUNE-LES-MINES	16:01	16:12	16:23	
14.2	148.1	0.4		Csailllement D.220	16:02	16:12	16:24	
13.7	148.6	0.5		Intersection D.39/Avenue de Pilet	16:02	16:13	16:25	
13.3	149.0	0.4	Intersection Rue de Pilet/Avenue de Beaune	16:03	16:13	16:25	
13.0	149.3	0.3	1^{er} passage sur la ligne	16:03	16:14	16:26	
12.9	149.4	0.1		Csailllement D.220	16:03	16:14	16:26	
10.0	152.3	2.9	C.3	BONNAC-LA-COTE	16:08	16:19	16:30	
9.5	152.8	0.5		Intersection C.3/D.97	16:08	16:19	16:31	
9.0	153.3	0.5	D.97	Intersection D.97/D.226	16:09	16:20	16:32	
4.6	157.7	4.4	D.226	CHAPTELAT	16:15	16:27	16:39	
4.4	157.9	0.2		Intersection D.226/.....	16:16	16:27	16:39	
4.3	158.0	0.1	Intersection/D.39	16:16	16:27	16:39	
1.6	160.7	2.7	D.39	LIMOGES - BEAUNE-LES-MINES	16:20	16:31	16:44	
1.7	161.1	0.4		Csailllement D.220	16:20	16:32	16:44	
0.7	161.6	0.5		Intersection D.39/Rue de Pilet	16:21	16:32	16:45	
0.3	162.0	0.4	Intersection Rue de Pilet/Avenue de Beaune	16:21	16:33	16:46	
0.0	162.3	0.3	ARRIVEE	16:22	16:33	16:46	