




## L'ARIEGEOISE XXL 2020

Départ: 08:00:00

ITINERAIRE	VOIE	Kilometrage		Altitude	Dénivelé +		Estimation des Horaires de Passage					
		Partiel	Cumulé				31 Km/h	28 Km/h	25 Km/h	22 Km/h	19 Km/h	16 Km/h
<b>Tarascon sur Ariège</b> 	<b>D618</b>		<b>0,0</b>	<b>483</b>	<b>0</b>		<b>08:00</b>	<b>08:00</b>	<b>08:00</b>	<b>08:00</b>	<b>08:00</b>	<b>08:00</b>
La Charmille	D618	9,5	9,5	468	64	64	08:15	08:17	08:19	08:21	08:25	08:29
Nalzen	D117	11,5	21,0	636	181	245	08:36	08:40	08:44	08:50	08:58	09:09
Croisement D117/D509	D117/D509	4,5	25,5	569	7	252	08:42	08:47	08:52	08:59	09:09	09:21
Villeneuve d'Olmes	D9	1,5	27,0	615	63	315	08:45	08:50	08:56	09:04	09:14	09:27
Montferrier	D9	2,0	29,0	677	64	379	08:49	08:54	09:01	09:09	09:20	09:35
<b>Col de Montségur</b> 	<b>D9</b>	<b>4,5</b>	<b>33,5</b>	<b>1059</b>	<b>368</b>	<b>747</b>	<b>09:07</b>	<b>09:14</b>	<b>09:23</b>	<b>09:34</b>	<b>09:49</b>	<b>10:09</b>
Fougax et Barrineuf	D9	9,5	43,0	558	5	752	09:17	09:25	09:35	09:48	10:05	10:29
Bélesta	D9	5,0	48,0	501	2	754	09:24	09:33	09:44	09:58	10:17	10:43
<b>Col de la Croix des morts</b> 	<b>D16</b>	<b>7,0</b>	<b>55,0</b>	<b>899</b>	<b>395</b>	<b>1149</b>	<b>09:43</b>	<b>09:54</b>	<b>10:07</b>	<b>10:25</b>	<b>10:47</b>	<b>11:19</b>
Croisement D29/D613	D29/D613	7,0	62,0	908	76	1225	09:54	10:06	10:21	10:41	11:06	11:41
Espezet D615/D29	D615/D29	2,0	64,0	896	7	1232	09:57	10:10	10:25	10:45	11:11	11:47
Croisement D29/D20	D29/D20	5,0	69,0	750	20	1252	10:03	10:17	10:33	10:54	11:21	11:59
Rodome	D20	4,0	73,0	920	213	1465	10:13	10:27	10:44	11:07	11:36	12:17
Aunat 	D20	2,0	75,0	929	31	1496	10:16	10:30	10:48	11:11	11:42	12:23
Gesse D20/D118	D20/D118	8,0	83,0	554	26	1522	10:25	10:40	10:59	11:24	11:56	12:40
Rouze	D25	12,0	95,0	967	413	1935	10:44	11:02	11:24	11:52	12:28	13:19
Mijanès 	D25	2,0	97,0	1122	155	2090	10:51	11:10	11:32	12:01	12:40	13:32
<b>Col de Pailhères</b> 	<b>D25</b>	<b>11,0</b>	<b>108,0</b>	<b>2001</b>	<b>847</b>	<b>2937</b>	<b>11:31</b>	<b>11:53</b>	<b>12:22</b>	<b>12:57</b>	<b>13:44</b>	<b>14:49</b>
Ascou-Pailhères	D25	14,0	122,0	980	5	2942	11:44	12:08	12:38	13:16	14:05	15:14
Croisement D25/D613	D25/D613	1,0	123,0	944	0	2942	11:45	12:09	12:39	13:17	14:07	15:16
<b>Col du Chioula</b> 	<b>D613</b>	<b>7,0</b>	<b>130,0</b>	<b>1427</b>	<b>483</b>	<b>3425</b>	<b>12:07</b>	<b>12:33</b>	<b>13:06</b>	<b>13:48</b>	<b>14:42</b>	<b>15:58</b>
Col de Marmare	<b>D623/D2</b>	<b>2,0</b>	<b>132,0</b>	<b>1343</b>	<b>0</b>	<b>3425</b>	<b>12:09</b>	<b>12:36</b>	<b>13:09</b>	<b>13:51</b>	<b>14:46</b>	<b>16:02</b>
Caussou	D2	11,0	143,0	856	0	3425	12:21	12:49	13:24	14:08	15:06	16:26
Lordat	D20	5,0	148,0	896	84	3509	12:30	12:59	13:35	14:20	15:20	16:43
Endoumens D20/D120	D20/D120	9,0	157,0	881	129	3638	12:44	13:15	13:52	14:40	15:43	17:10
Les Cabannes 	D120/D522	5,0	162,0	536	0	3638	12:49	13:20	13:58	14:47	15:51	17:20
<b>Plateau de Beille</b> 	<b>D522</b>	<b>16,0</b>	<b>178,0</b>	<b>1786</b>	<b>1250</b>	<b>4888</b>	<b>13:45</b>	<b>14:22</b>	<b>15:08</b>	<b>16:06</b>	<b>17:23</b>	