

1	Ploumilliau > Lannion	Total page: 0.80 km
0.00		0.00
	DEPART FICTIF Groupe Scolaire Public	1
0.10		0.10
	Rue des Ecoles	2
0.50		0.60
		3
0.10		0.70
		4
0.10		0.80
		5
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2	Ploumilliau > Lannion	Total page: 4.00 km
0.60		1.40
	Route de Kertanguy	6
0.80		2.20
		7
0.10		2.30
		8
1.00		3.30
		9
1.50		4.80
	DEPART REEL	10
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3	Ploumilliau > Lannion	Total page: 5.40 km
Raz 0.70		0.70
	NE PAS DEFLECHER A DROITE VERS PLOUZELAMBRE	11
3.70		4.40
		12
0.30		4.70
		13
0.60		5.30
		14
0.10		5.40
		15


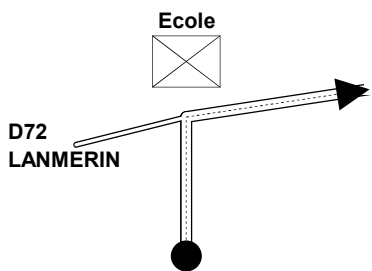
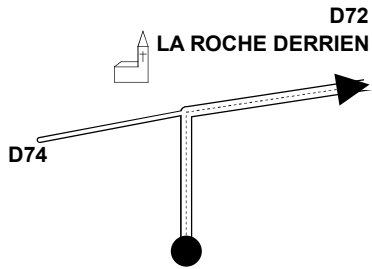
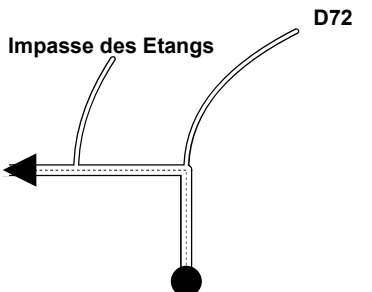
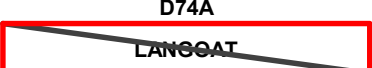
4	Ploumilliau > Lannion	Total page: 8.20 km
4.00		9.40
		16
0.40		9.80
		17
0.60		10.40
		18
0.50		10.90
		19
2.70		13.60
		20

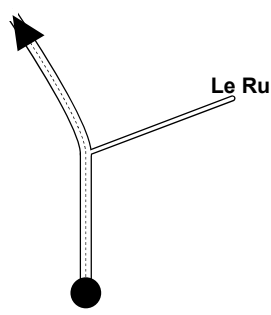
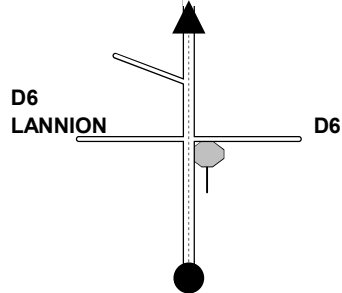
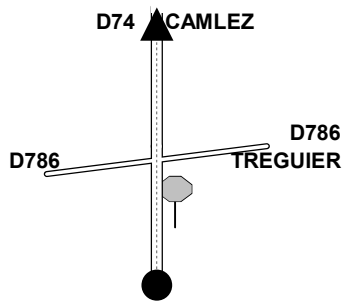
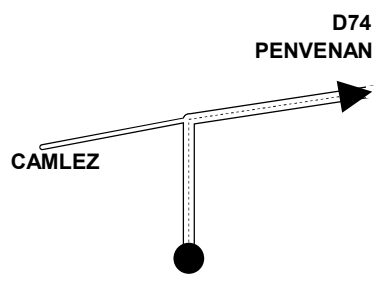
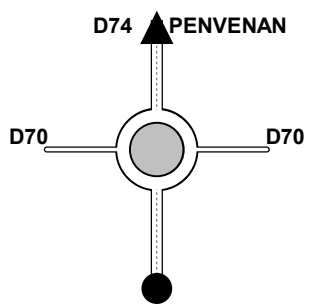
5	Ploumilliau > Lannion	Total page: 5.40 km
2.60	Manoir de Guernahan 	16.20
		21
0.70	Trolong 	16.90
		22
1.20	Keriezou 	18.10
		23
0.30	N°3 	18.40
		24
0.60		19.00
	Passage à Niveau N°258	25

6	Ploumilliau > Lannion	Total page: 7.10 km
4.30	D32 D33 PLUZUNET 	23.30
		26
0.40	St Idriel 	23.70
		27
0.40	N°5 	24.10
		28
0.70	Le Loc'h 	24.80
		29
1.30		26.10
		30

7	Ploumilliau > Lannion	Total page: 3.90 km
0.20		26.30
		31
0.50		26.80
		32
0.20	Quelvin 	27.00
		33
1.60		28.60
		34
1.40	D33 LANNION 	30.00
		35

8	Ploumilliau > Lannion	Total page: 9.70 km
0.60		30.60
		36
3.90	D33 	34.50
		37
0.70	D33 	35.20
		38
2.30	D33 	37.50
		39
2.20	D33 	39.70
		40

9	Ploumilliau > Lannion	Total page: 2.50 km
1.30		41.00
		41
0.70		41.70
		42
0.10		41.80
		43
0.30		42.10
		44
0.10		42.20
		45

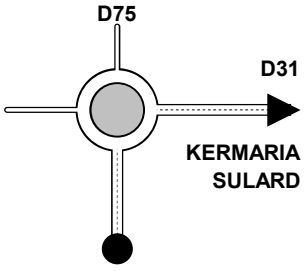
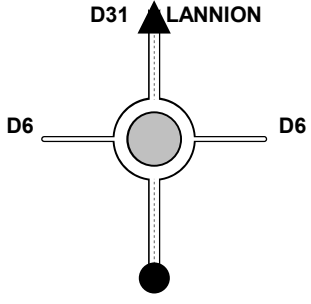
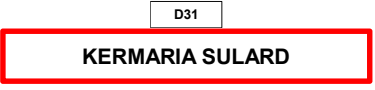
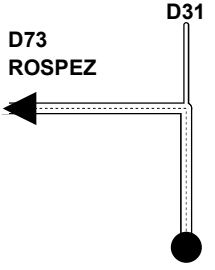
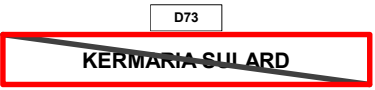
10	Ploumilliau > Lannion	Total page: 5.00 km
0.10		42.30
		46
0.40		42.70
		47
1.10		43.80
		48
1.10		44.90
		49
2.30		47.20
		50


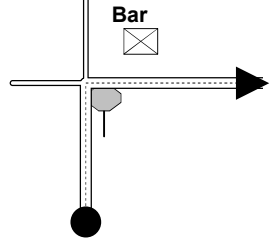
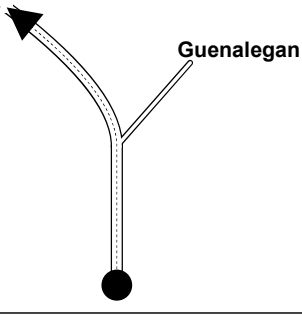

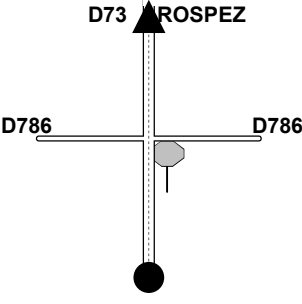
11	Ploumilliau > Lannion	Total page: 6.30 km
0.80		48.00
		51
2.40		50.40
		52
0.80		51.20
		53
1.20		52.40
		54
1.10		53.50
		55

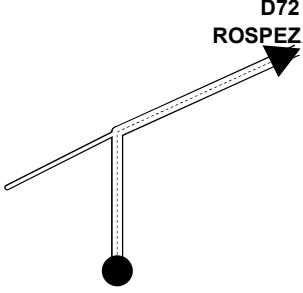
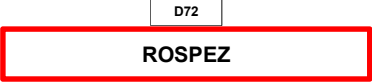
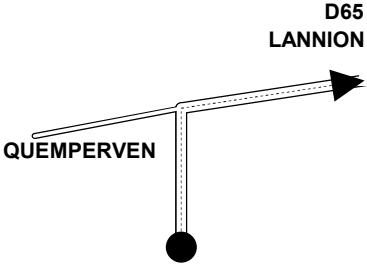
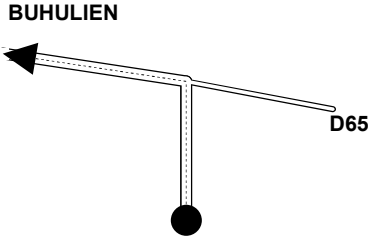

12	Ploumilliau > Lannion	Total page: 3.90 km
0.60		54.10
		56
0.90		55.00
		57
0.10		55.10
	MG2 : Montée de 1000m à 5%	58
1.70		56.80
		59
0.60		57.40
		60

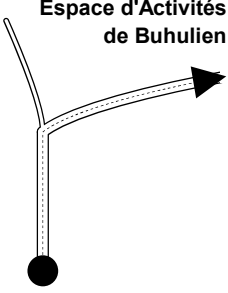
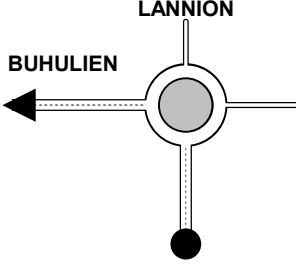
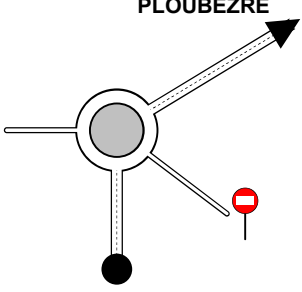


13	Ploumilliau > Lannion	Total page: 3.10 km
0.20		57.60
	Rue d'Armor	61
0.80		58.40
		62
1.10		59.50
		63
0.90		60.40
		64
0.10		60.50
		65

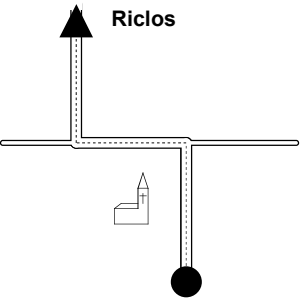
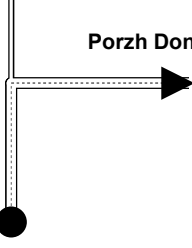

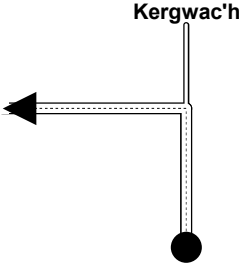
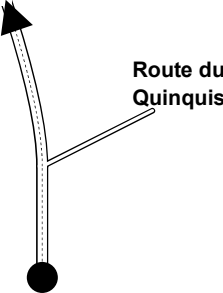
14	Ploumilliau > Lannion	Total page: 5.80 km
0.40		60.90
		66
2.30		63.20
		67
2.00		65.20
!	SPRINT INTERMEDIAIRE	68
0.40		65.60
		69
0.70		66.30
		70

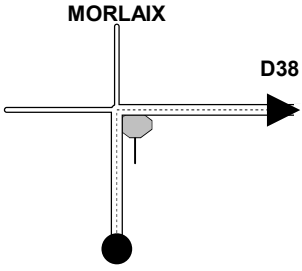

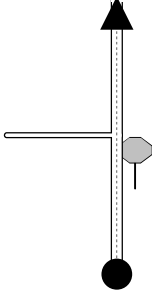
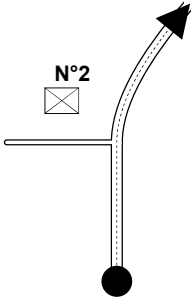
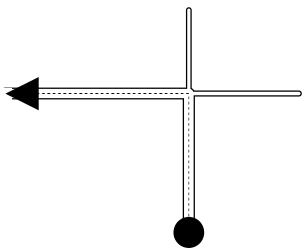

15	Ploumilliau > Lannion	Total page: 7.30 km
3.30		69.60
		71
3.10		72.70
		72
0.00		72.70
		73
0.50		73.20
		74
0.40		73.60
		75

16	Ploumilliau > Lannion	Total page: 2.60 km
0.40		74.00
		76
0.60		74.60
		77
0.00		74.60
		78
0.10		74.70
		79
1.50		76.20
		80

17	Ploumilliau > Lannion	Total page: 2.80 km
1.10		77.30
		81
0.20		77.50
		82
0.90		78.40
		83
0.10		78.50
		84
0.50		79.00
		85

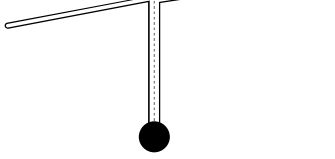
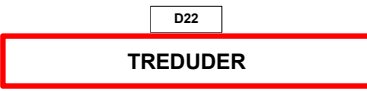

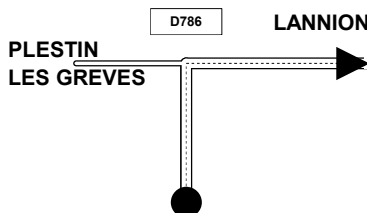
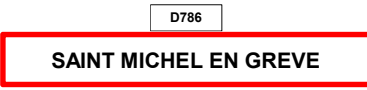

18	Ploumilliau > Lannion	Total page: 6.00 km
0.90		79.90
		86
1.20		81.10
		87
0.10		81.20
		88
2.60	DECHETTERIE MG1	83.80
	MG1 : Montée de 1200m à 5-7%	89
1.20		85.00
		90

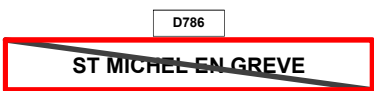
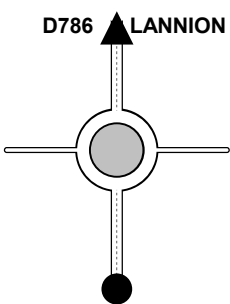
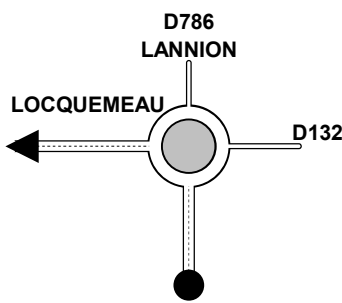
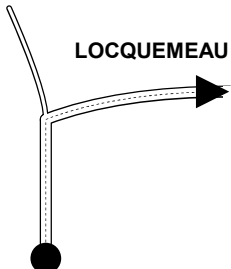
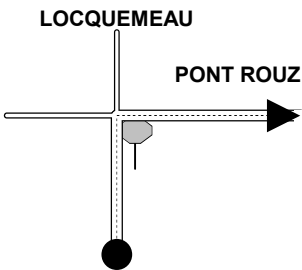

19	Ploumilliau > Lannion	Total page: 2.30 km
0.30		85.30
	Rue Yves Cudennec	91
0.20		85.50
		92
0.10		85.60
		93
0.50		86.10
		94
1.20		87.30
		95

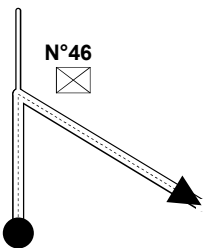
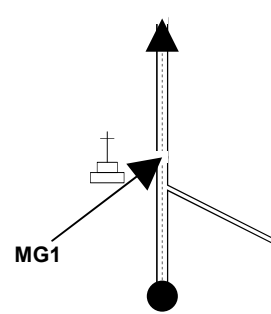
20	Ploumilliau > Lannion	Total page: 5.40 km
2.50		89.80
		96
2.50		92.30
		97
0.10		92.40
		98
0.20		92.60
		99
0.10		92.70
	DEBUT ZONE DE RAVITAILLEMENT	100

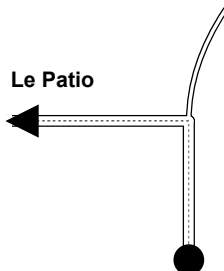
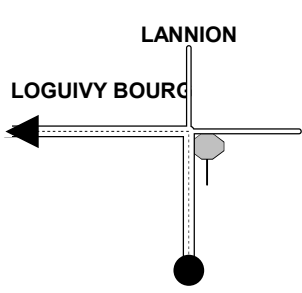
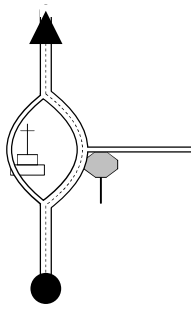

21	Ploumilliau > Lannion	Total page: 2.00 km
0.30		93.00
	FIN ZONE DE RAVITAILLEMENT	101
0.20		93.20
		102
0.50		93.70
	Route de Kertanguy	103
0.90		94.60
		104
0.10		94.70
		105

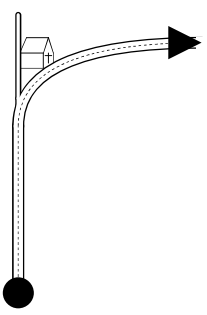

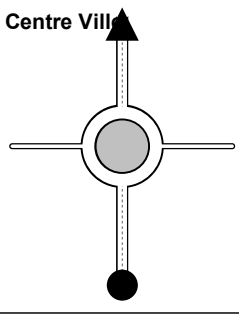
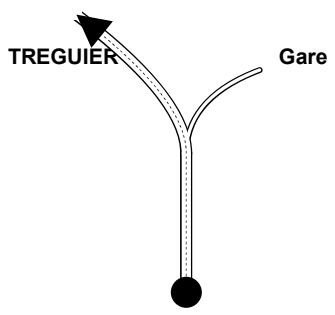
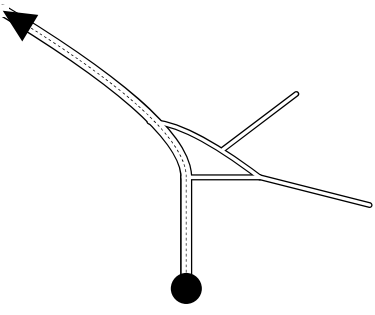

22	Ploumilliau > Lannion	Total page: 5.20 km
1.10		95.80
		106
2.20		98.00
		107
1.30		99.30
		108
0.40		99.70
		109
0.20		99.90
		110

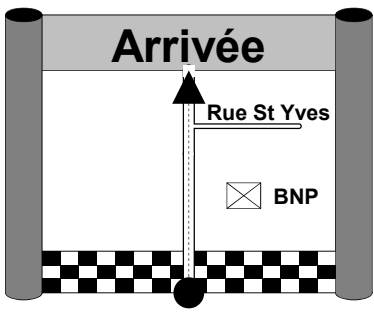
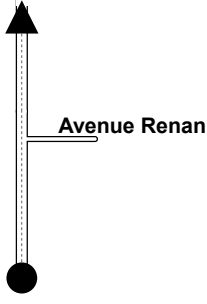
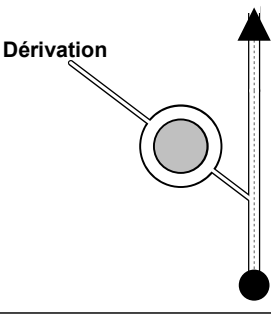
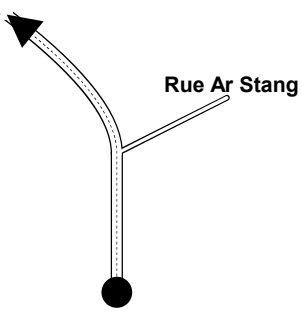
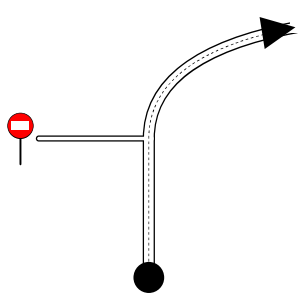
23	Ploumilliau > Lannion	Total page: 6.70 km
1.00		100.90
		111
1.00		101.90
		112
0.70		102.60
		113
2.40		105.00
		114
1.60		106.60
		115
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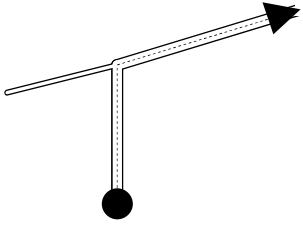
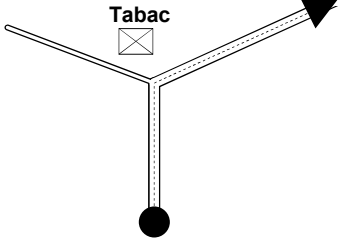
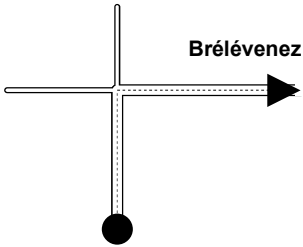
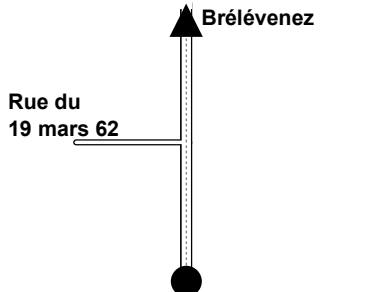
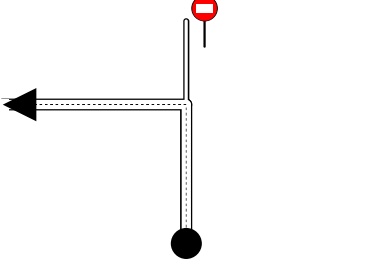
24	Ploumilliau > Lannion	Total page: 7.00 km
0.50		107.10
		116
2.30		109.40
		117
1.30		110.70
		118
0.10		110.80
		119
2.80		113.60
		120
	ATTENTION DESCENTE DANGEREUSE	
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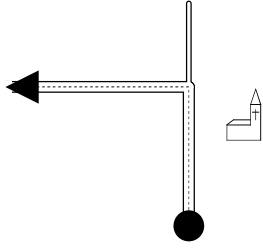
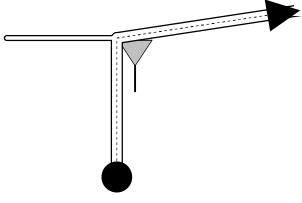
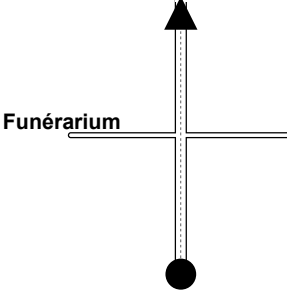
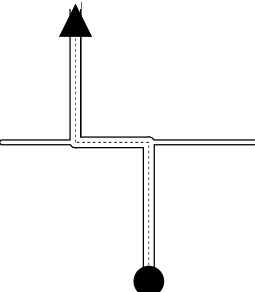
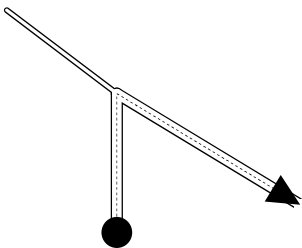
25	Ploumilliau > Lannion	Total page: 5.30 km
2.20	LE YAUDET	115.80
		121
0.30		116.10
		122
0.10	 MG1 Le Yaudet : Montée de 400m à 15%	116.20
		123
0.90	D88A LE YAUDET	117.10
		124
1.80	PLOULEC'H	118.90
		125

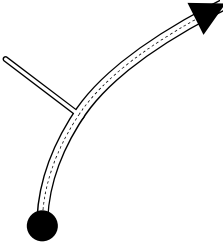
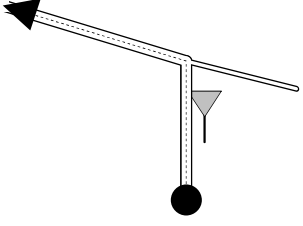
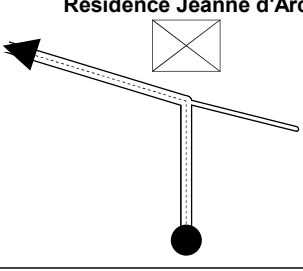
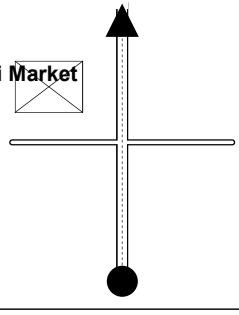
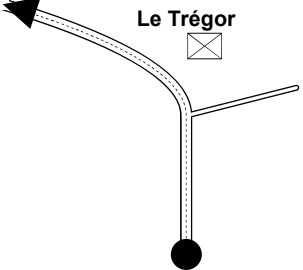
26	Ploumilliau > Lannion	Total page: 3.60 km
0.40	 Rue des Ecoles	119.30
		126
0.30	PLOULEC'H	119.60
		127
1.40	LOGUIVY LES LANNION	121.00
		128
1.20		122.20
		129
0.30	 ATTENTION DESCENTE DANGEREUSE	122.50
		130

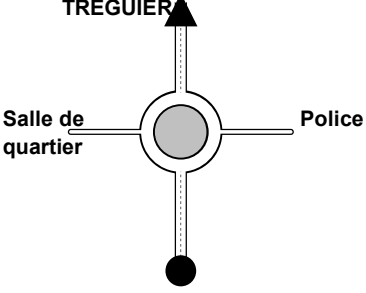
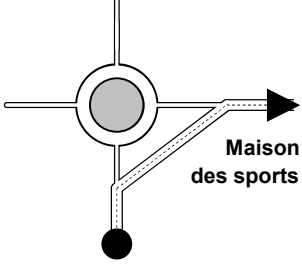
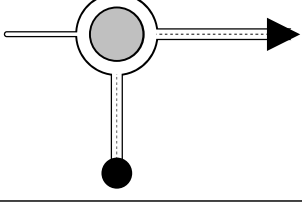
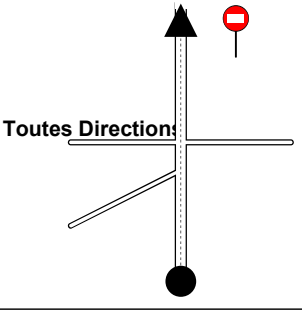
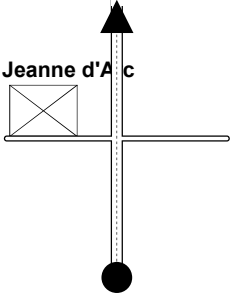
27	Ploumilliau > Lannion	Total page: 2.60 km
0.30		122.80
		131
0.30		123.10
		132
1.60		124.70
		133
0.30		125.00
		134
0.10		125.10
	ENTREE SUR LE CIRCUIT	135

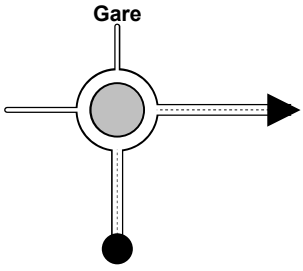
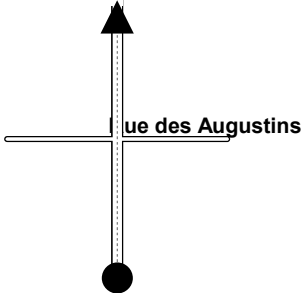

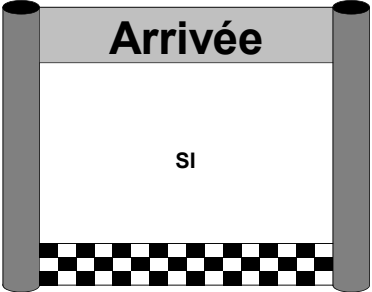

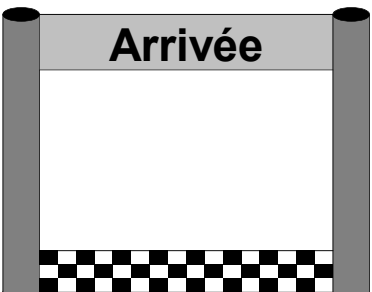
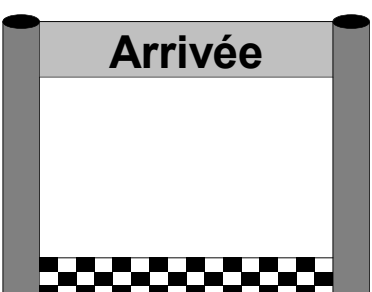
28	Ploumilliau > Lannion	Total page: 0.50 km
0.20		125.30
	1er Passage sur la ligne	136
0.00		125.30
		137
0.10		125.40
	Rue de Viarmes	138
0.00		125.40
	Rue Le Dantec	139
0.20		125.60
	Rue Kervenno	140

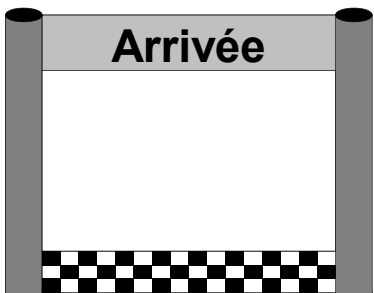
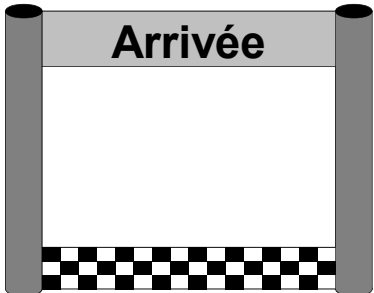
29	Ploumilliau > Lannion	Total page: 1.10 km
0.50		126.10
	Rue Pompidou	141
0.10		126.20
		142
0.10		126.30
	Rue des Templiers	143
0.30		126.60
		144
0.10		126.70
		145

30	Ploumilliau > Lannion	Total page: 1.10 km
0.20		126.90
	Rue Franz Petrei	146
0.10		127.00
	Rue du 19 mars 1962	147
0.30		127.30
	Rue du Hingar	148
0.20		127.50
	Rue de Kerembellec	149
0.30		127.80
	Rue St Hugeon	150

31	Ploumilliau > Lannion	Total page: 1.40 km
0.20		128.00
	Rue de Krec'h Huet	151
0.20		128.20
	Rue de Pors An Prat puis Rue de la Poterie et Rue Yann Peron	152
0.70		128.90
		153
0.20		129.10
		154
0.10		129.20
	Rue de Tréguier	155
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32	Ploumilliau > Lannion	Total page: 1.90 km
0.40		129.60
	Rue de Tréguier puis Rue de St Marc	156
0.40		130.00
	Rue Charles Gerhardt	157
0.20		130.20
		158
0.80		131.00
	Rue de la Bienfaisance	159
0.10		131.10
		160
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33	Ploumilliau > Lannion	Total page: 14.30 km
0.30		131.40
		161
0.40		131.80
	RETOUR ENTREE DU CIRCUIT	162
0.20		132.00
	SPRINT INTERMEDIAIRE 2ème Passage sur la ligne	163
6.70		138.70
	3ème Passage sur la ligne	164
6.70		145.40
	4ème Passage sur la ligne	165
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34	Ploumilliau > Lannion	Total page: 13.40 km
6.70		152.10
	5ème Passage sur la ligne	166
6.70		158.80
	6ème Passage et ARRIVEE	167
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