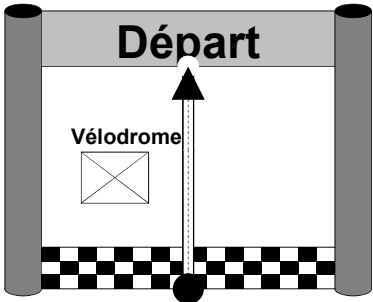
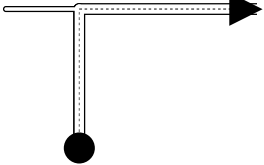
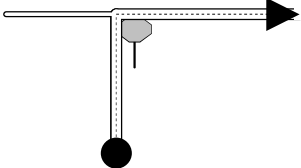
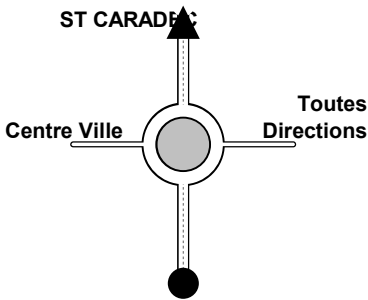
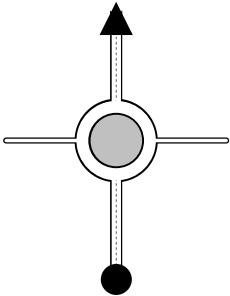
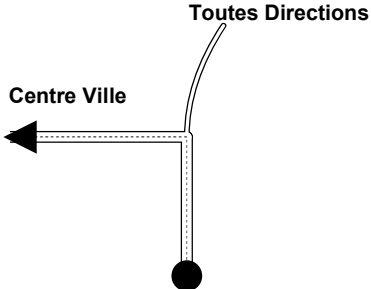
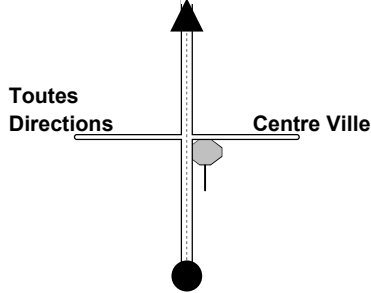
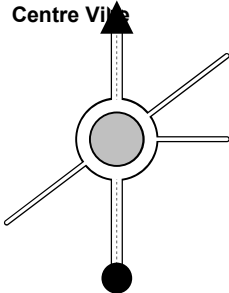
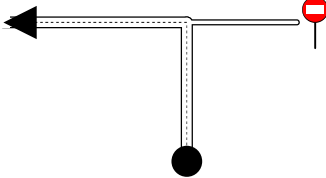
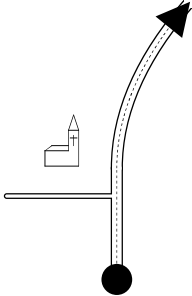
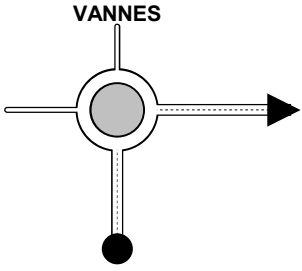
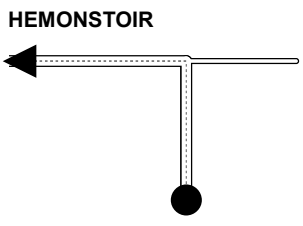
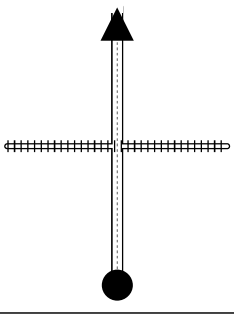
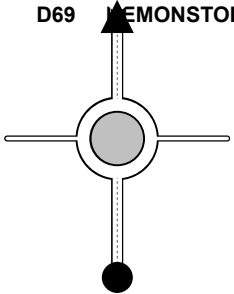
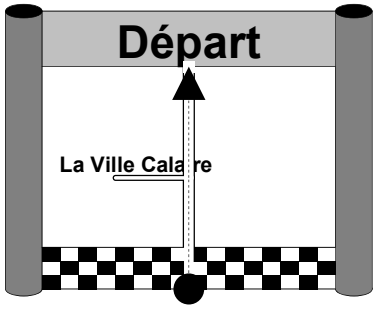
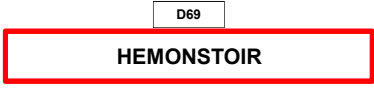
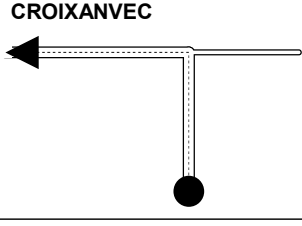
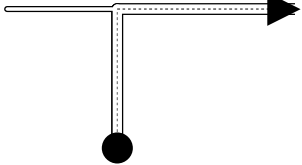
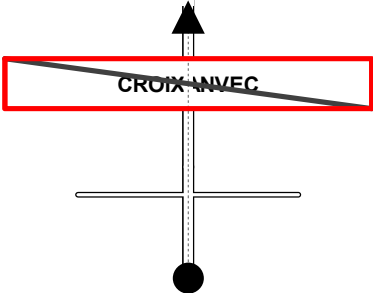
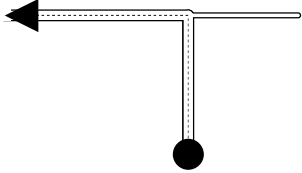
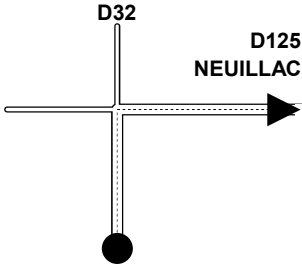


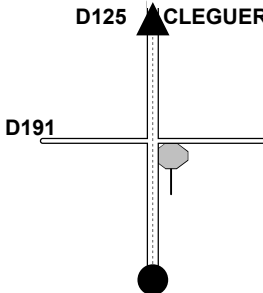
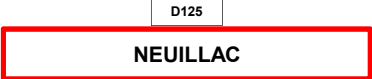
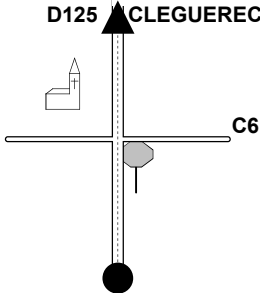
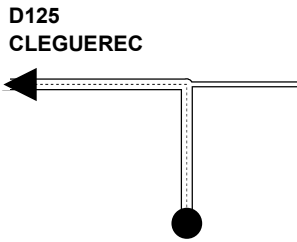
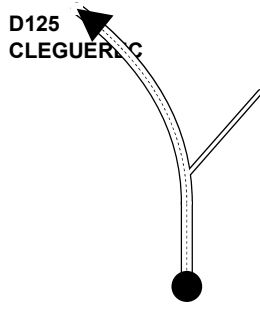
1	Loudéac - Plonéour Lanvern	Total page: 0.80 km
0.00	 Départ Vélodrome DEPART FICTIF Parking du vélodrome	0.00
		1
0.10		0.10
		2
0.10		0.20
		3
0.30	 ST CARADES Centre Ville Toutes Directions Boulevard Henri Castel	0.50
		4
0.30		0.80
		5
Copyright: TDB25 - E3		

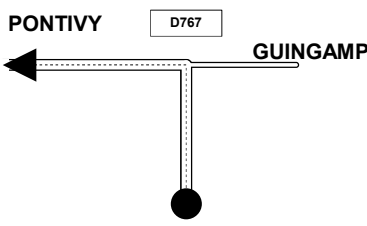
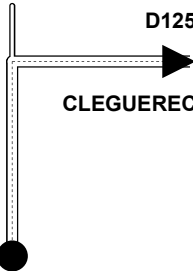
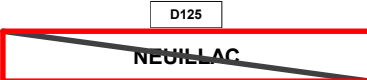
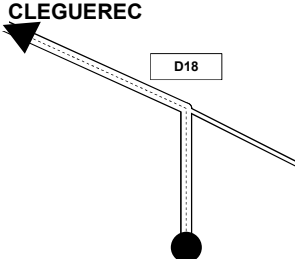
2	Loudéac - Plonéour Lanvern	Total page: 1.60 km
0.30	 Toutes Directions Centre Ville Rue Henri le Vezouet	1.10
		6
0.40	 Toutes Directions Centre Ville	1.50
		7
0.40	 Centre Ville	1.90
		8
0.30		2.20
		9
0.20		2.40
		10
Copyright: TDB25 - E3		

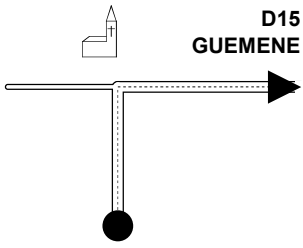
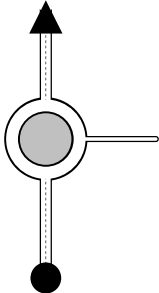
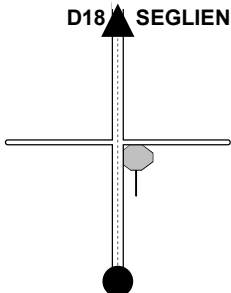
3	Loudéac - Plonéour Lanvern	Total page: 2.00 km
0.20		2.60
	Rue Bigrel	11
0.50		3.10
		12
0.20		3.30
!	PN 47 Pas de train	13
0.80		4.10
		14
0.30		4.40
		15
Copyright: TDB25 - E3		

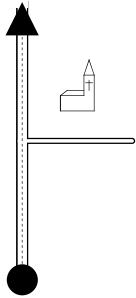
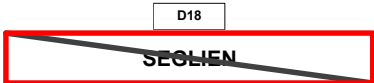
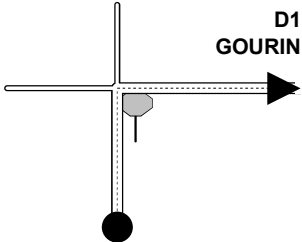
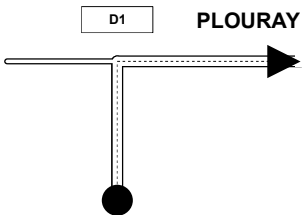
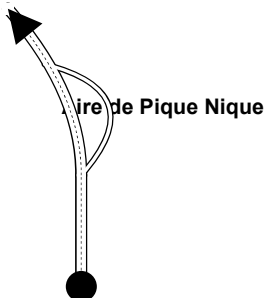
4	Loudéac - Plonéour Lanvern	Total page: 5.50 km
0.90		5.30
		16
1.70		7.00
		17
Raz		1.80
1.80		18
0.50		2.30
		19
0.60		2.90
		20
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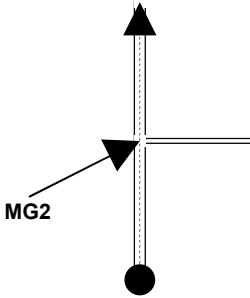
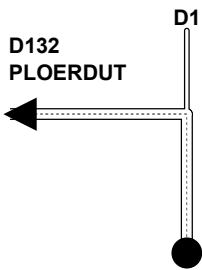
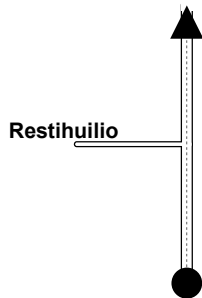
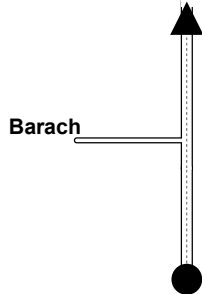
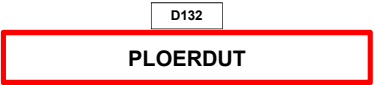
5	Loudéac - Plonéour Lanvern	Total page: 8.00 km
3.00		5.90
	Ralentisseur	21
0.10		6.00
	Rue des Pivoines	22
0.20		6.20
		23
1.40		7.60
		24
3.30		10.90
		25
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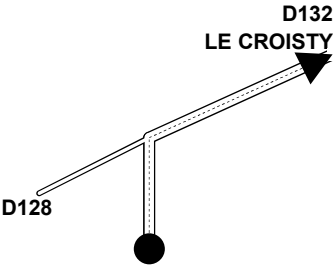
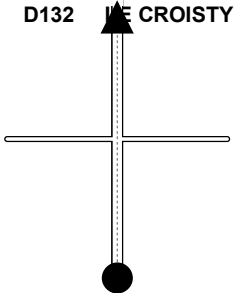
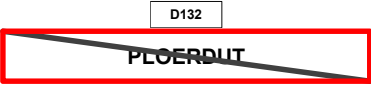
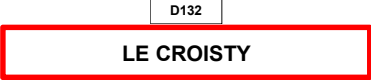
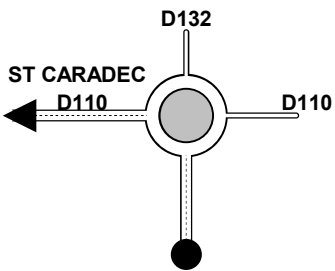
6	Loudéac - Plonéour Lanvern	Total page: 5.80 km
2.90		13.80
		26
2.40		16.20
		27
0.40		16.60
	Traversée sinueuse	28
0.10		16.70
	Rétrécissement	29
0.00		16.70
		30
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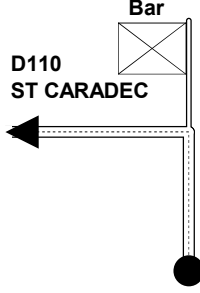
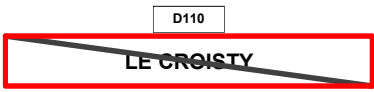
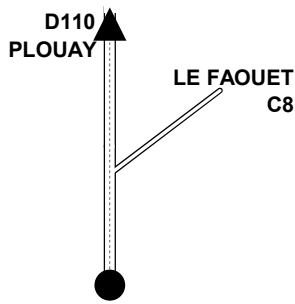
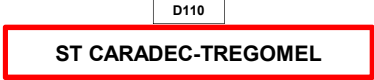
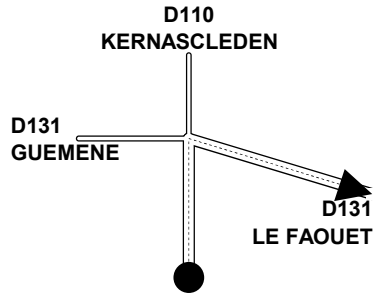
7	Loudéac - Plonéour Lanvern	Total page: 7.10 km
0.50		17.20
		31
0.10		17.30
		32
0.00		17.30
		33
6.00		23.30
		34
0.50		23.80
		35
	Ralentisseur	
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8	Loudéac - Plonéour Lanvern	Total page: 8.10 km
0.50		24.30
		36
0.50		24.80
		37
0.70		25.50
		38
3.30		28.80
		39
3.10		31.90
		40
	Aménagements urbains	
Copyright: TDB25 - E3		

9	Loudéac - Plonéour Lanvern	Total page: 8.30 km
0.50		32.40
		41
0.50		32.90
		42
4.70		37.60
		43
1.20		38.80
	Début Zone Ravito 1	44
1.40		40.20
	Fin Zone Ravito 1	45
Copyright: TDB25 - E3		

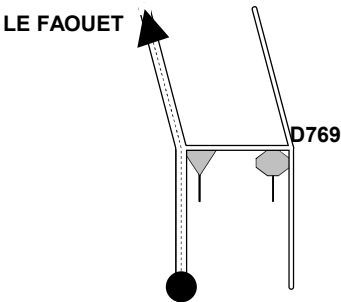
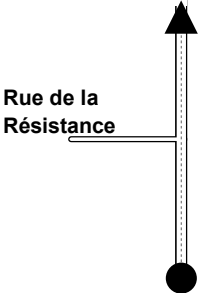
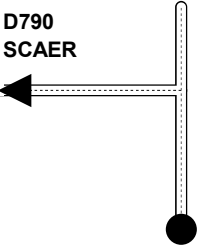
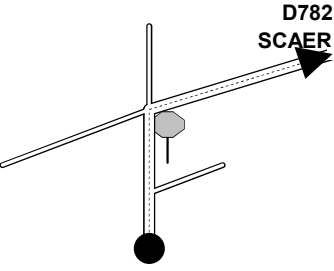
10	Loudéac - Plonéour Lanvern	Total page: 4.10 km
2.00		42.20
	MG2 Kersalut 3400m à 4%	46
1.00		43.20
		47
0.50		43.70
	Début Zone Déchet 1	48
0.30		44.00
	Fin Zone Déchet 1	49
0.30		44.30
	Aménagements urbains	50
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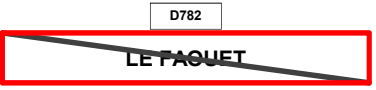
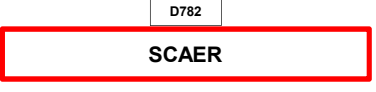
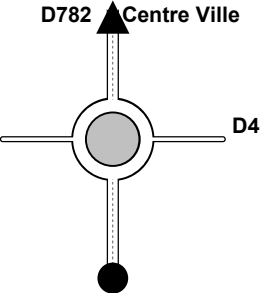
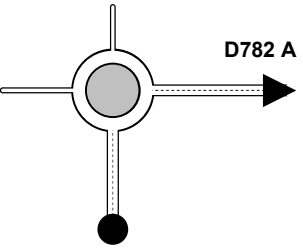
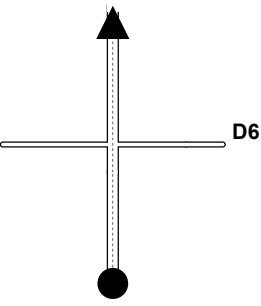
11	Loudéac - Plonéour Lanvern	Total page: 7.00 km
0.80		45.10
		51
0.20		45.30
		52
0.50		45.80
		53
5.20		51.00
! !	SPRINT INTERMEDIAIRE Aménagement 50m après	54
0.30		51.30
	Rue des Ecoles	55
Copyright: TDB25 - E3		

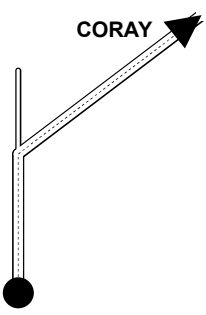
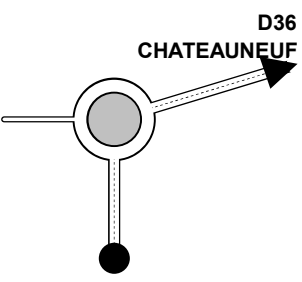
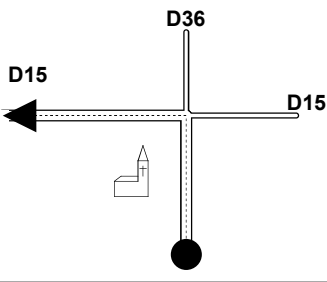
12	Loudéac - Plonéour Lanvern	Total page: 3.70 km
0.30		51.60
		56
0.70		52.30
		57
0.50		52.80
		58
1.70		54.50
! !	Ralentisseur	59
0.50		55.00
! !	Rue de la Mairie Virage serré	60
Copyright: TDB25 - E3		

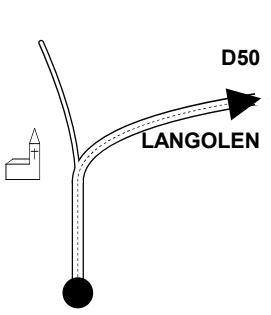
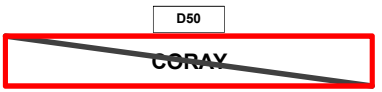
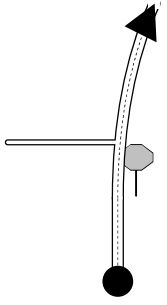
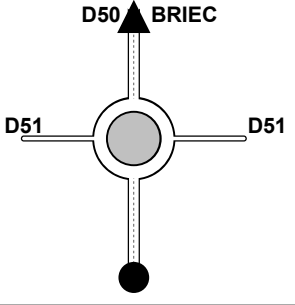
13	Loudéac - Plonéour Lanvern	Total page: 4.10 km
0.10	D131 ST CARADES TREGOMEL	55.10
		61
2.80	KERCHOCHEN	57.90
		62
0.90	MAISON BLANCHE	58.80
		63
0.20	LE FAOUE D109 PRIZIAC	59.00
		64
0.10	D109 D131 LE FAOUE	59.10
		65
Copyright: TDB25 - E3		

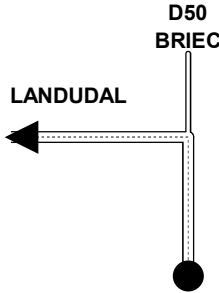
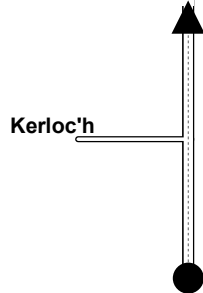
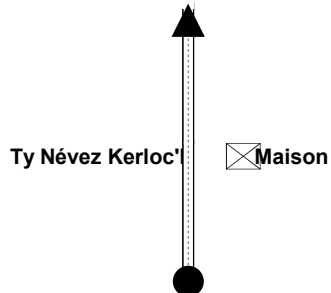
14	Loudéac - Plonéour Lanvern	Total page: 8.10 km
0.20	BELLE VUE	59.30
		66
5.20	D782 LE FAOUE	64.50
		67
1.20	D782 LE FAOUE D769 D769	65.70
		68
1.00	Point Vert	66.70
!	Route de Steroulin Plusieurs rétrécissements en descente	69
0.50	D769	67.20
		70
Copyright: TDB25 - E3		

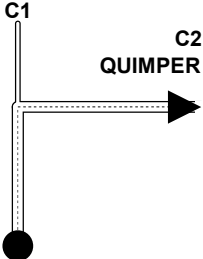
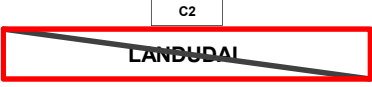
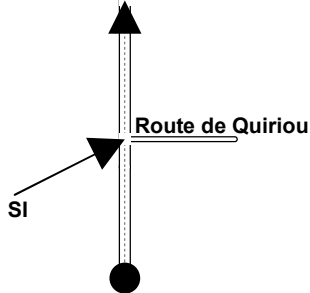
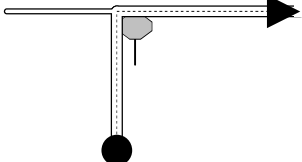
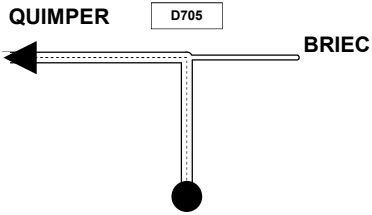
15	Loudéac - Plonéour Lanvern	Total page: 4.00 km
0.90		68.10
		71
0.80	LE FAOUET	68.90
		72
0.30	 MG2 Le Faouët 1000 m à 5%, passages à 6%	69.20
		73
1.10		70.30
		74
0.90		71.20
		75
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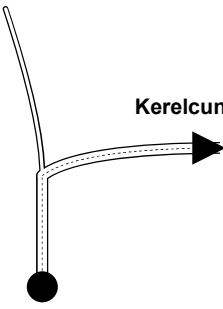
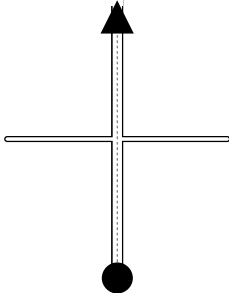
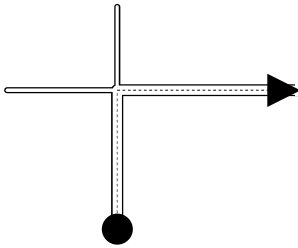
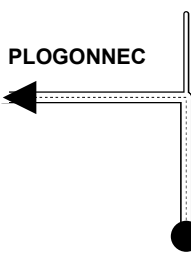
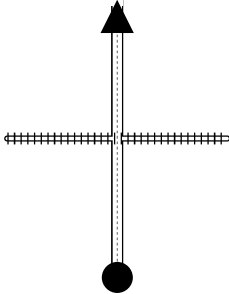
16	Loudéac - Plonéour Lanvern	Total page: 17.00 km
0.10	D782 	71.30
		76
15.00	D782 	86.30
		77
0.60		86.90
		78
0.70		87.60
	Rétrécissements dus au stationnement	79
0.60		88.20
		80
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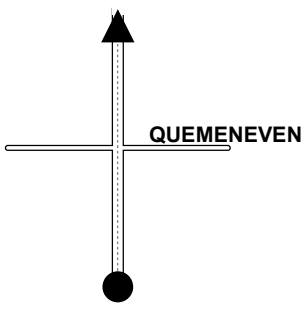
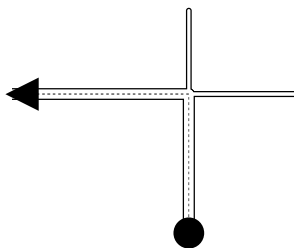
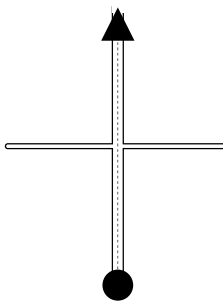
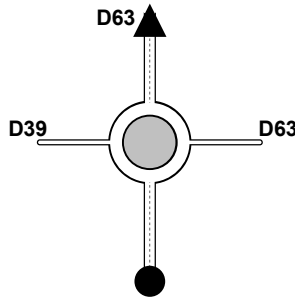
17	Loudéac - Plonéour Lanvern	Total page: 10.80 km
0.40		88.60
		81
1.00		89.60
		82
8.90		98.50
		83
0.10		98.60
		84
0.40		99.00
		85
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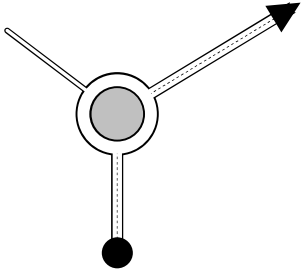
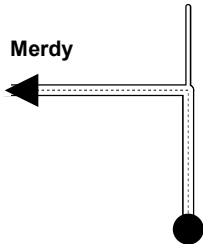
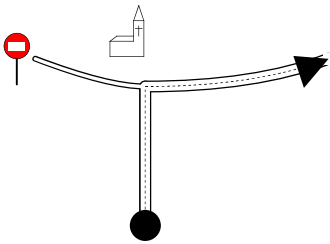
18	Loudéac - Plonéour Lanvern	Total page: 8.10 km
0.10		99.10
		86
0.50		99.60
		87
6.30		105.90
	Début Zone Ravito 2	88
0.10		106.00
		89
1.10		107.10
		90
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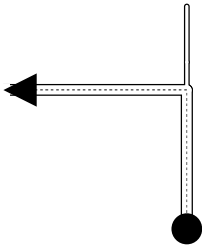
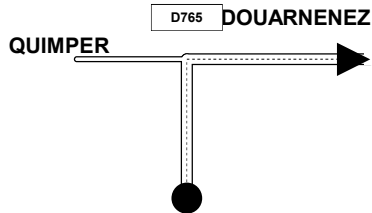
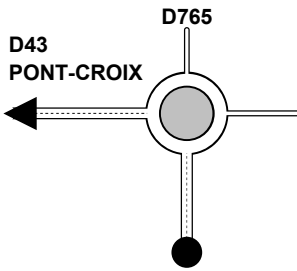
19	Loudéac - Plonéour Lanvern	Total page: 4.60 km
0.20		107.30
		91
0.70		108.00
	Fin Zone Ravito 2 (50m avant)	92
1.70		109.70
	Début Zone Déchet 2	93
0.50		110.20
	Fin Zone Déchet 2	94
1.50		111.70
		95
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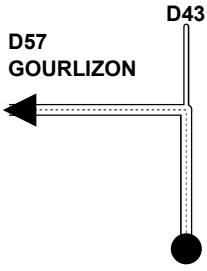
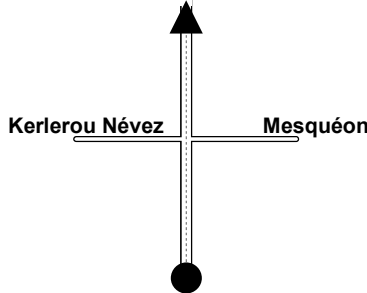
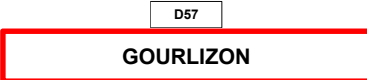
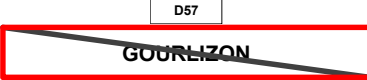
20	Loudéac - Plonéour Lanvern	Total page: 4.50 km
0.50		112.20
!	Coussins berlinois en descente	96
0.50		112.70
		97
1.70		114.40
!	SPRINT INTERMEDIAIRE QUIRIOU Ligne droite 600m 3-5%	98
1.60		116.00
		99
0.20		116.20
		100
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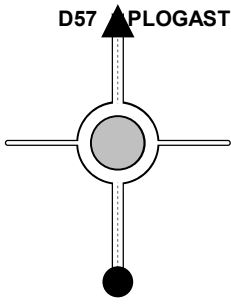
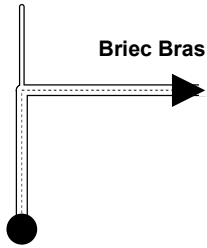
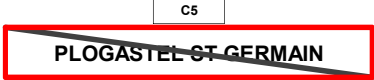
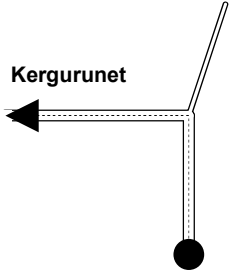
21	Loudéac - Plonéour Lanvern	Total page: 11.00 km
2.30		118.50
	Roue de l'ancienne école	101
0.10		118.60
		102
1.00		119.60
		103
5.90		125.50
		104
1.70		127.20
	PN 523 Train 14h18 / 14h41	105
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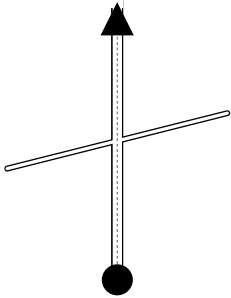
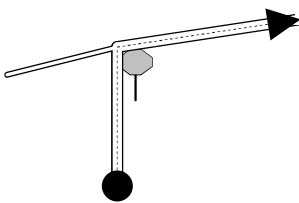
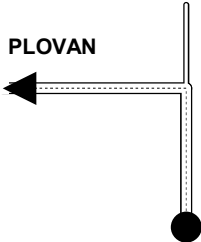
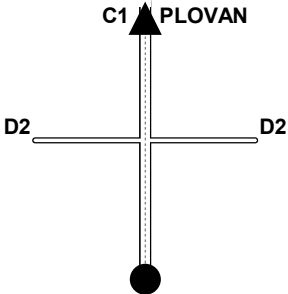
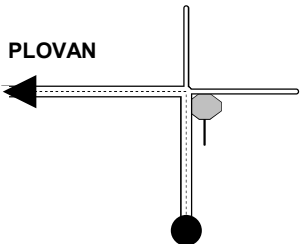
22	Loudéac - Plonéour Lanvern	Total page: 8.30 km
0.90		128.10
	MG1 Kerguinou 900 m à 9% de moyenne, passage à 12%	106
4.50		132.60
	Route de Menez Run	107
0.70		133.30
	Route de Bonescat	108
2.10		135.40
		109
0.10	LE CROEZOU	135.50
		110
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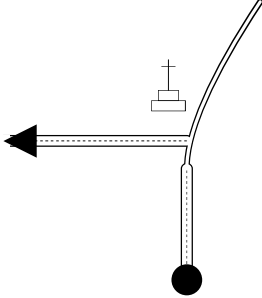
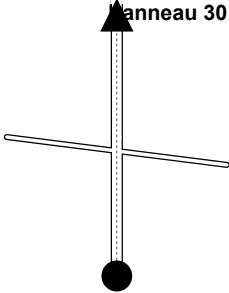
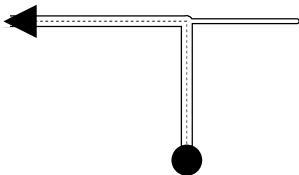
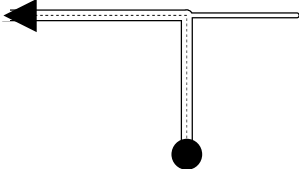
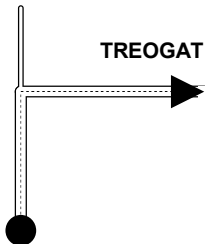
23	Loudéac - Plonéour Lanvern	Total page: 4.10 km
0.10		135.60
	Route de la Gare	111
0.20		135.80
		112
2.10		137.90
	Chicanes en descente	113
1.50		139.40
	MG1 Guengat 900m à 6% de moyenne, passage à 9%	114
0.20		139.60
	Aménagements	115
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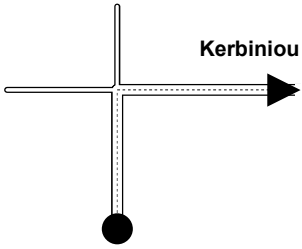
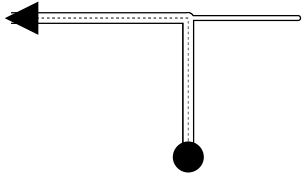
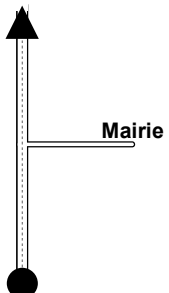
24	Loudéac - Plonéour Lanvern	Total page: 4.40 km
0.10		139.70
	Rue d'Armor	116
0.60		140.30
		117
2.30		142.60
	Début Zone Ravito 3	118
1.00		143.60
		119
0.40		144.00
	Fin Zone Ravito 3	120
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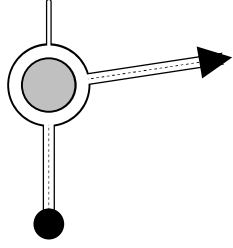
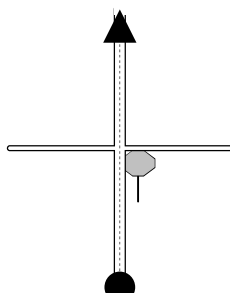
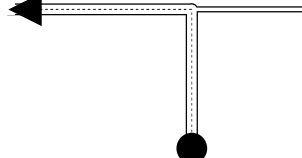
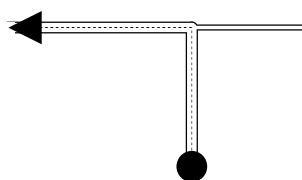
25	Loudéac - Plonéour Lanvern	Total page: 5.10 km
0.90		144.90
	Début Zone Déchet 3	121
0.50		145.40
	Fin Zone Déchet 3	122
0.30		145.70
	Aménagements urbains	123
0.90		146.60
		124
2.50	KERANDOARE	149.10
	MG2 Kerandoaré 1600m à 5% de moyenne, passage à 8%	125
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26	Loudéac - Plonéour Lanvern	Total page: 3.10 km
0.30		149.40
		126
1.10		150.50
		127
0.10		150.60
		128
0.10		150.70
		129
1.50		152.20
		130
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27	Loudéac - Plonéour Lanvern	Total page: 8.30 km
1.30		153.50
	Nombreuses quilles plastique	131
0.60		154.10
		132
2.70		156.80
		133
2.60		159.40
		134
1.10		160.50
		135
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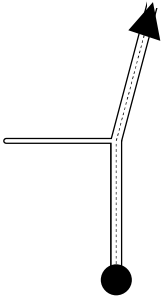
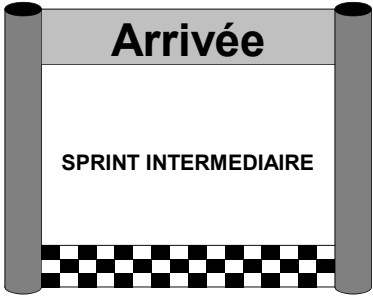
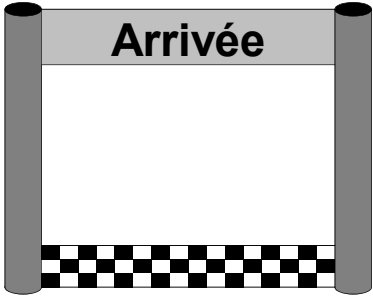
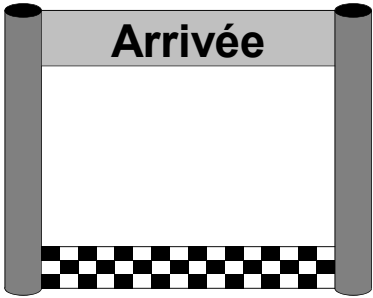
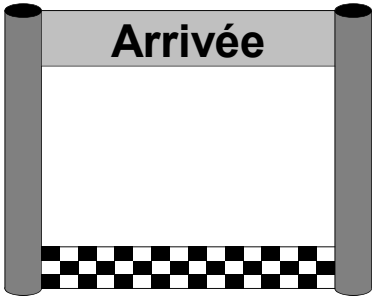
28	Loudéac - Plonéour Lanvern	Total page: 4.50 km
2.10		162.60
		136
0.50		163.10
	Lieu-dit Croas Pilo Vihan	137
0.60		163.70
	Virage serré en descente	138
1.20		164.90
		139
0.10		165.00
		140
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29	Loudéac - Plonéour Lanvern	Total page: 4.70 km
0.40		165.40
		141
2.50		167.90
	Route de la Mer	142
0.60	D156 TREGUENNEC	168.50
		143
0.30		168.80
!	Rue du Bourg Ralentisseur	144
0.90	D156 TREGUENNEC	169.70
		145

30	Loudéac - Plonéour Lanvern	Total page: 3.10 km
1.90	D156 PLONEOUR-LANVERN	171.60
		146
0.10		171.70
		147
0.30		172.00
		148
0.70		172.70
		149
0.10		172.80
	ENTREE SUR CIRCUIT FINAL	150

31	Loudéac - Plonéour Lanvern	Total page: 2.00 km
0.40	D57 PLONEOUR-LANVERN	173.20
		151
0.80	Arrivée Supermarché 1er passage	174.00
		152
0.10	Début Zone Ravito / Zone Déchets Circuit 50m après ligne Arrivée	174.10
		153
0.20	Stade Municipal Fin Zone Ravito / Zone Déchets Circuit	174.30
		154
0.50	PLONEOUR-LANVERN	174.80
		155
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32	Loudéac - Plonéour Lanvern	Total page: 4.80 km
0.80	Kergueff	175.60
		156
2.50	Kersegas	178.10
		157
1.40	SAINT-JEAN-TROLIMON	179.50
		158
0.00		179.50
		159
0.10	D57 SAINT-JEAN-TROLIMON	179.60
		160
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33	Loudéac - Plonéour Lanvern	Total page: 32.40 km	34	Loudéac - Plonéour Lanvern	Total page: 0.00 km
2.70		182.30			
	RETOUR ENTREE CIRCUIT	161			
1.20		183.50			
!	SI 2ème passage	162			
9.50		193.00			
	3ème passage	163			
9.50		202.50			
	4ème passage	164			
9.50		212.00			
	5ème passage et ARRIVEE	165			
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