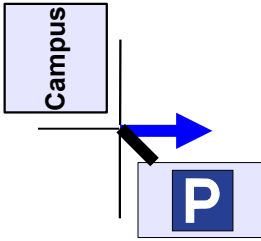
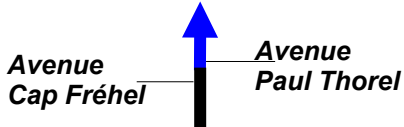
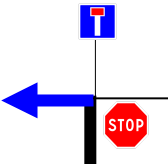
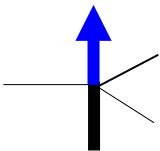

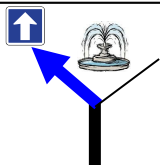



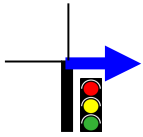
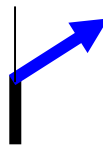
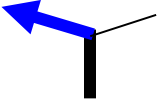
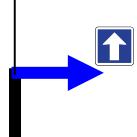
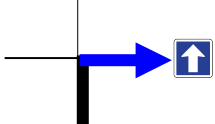
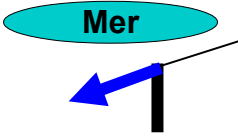


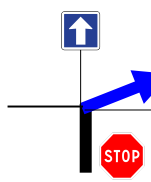
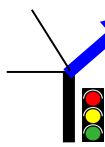
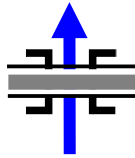
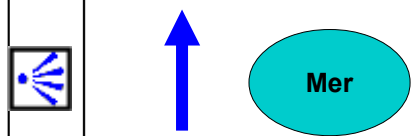
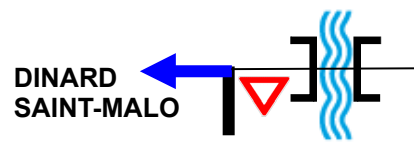
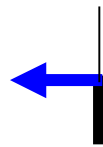

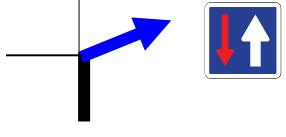
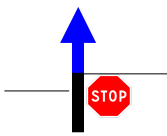
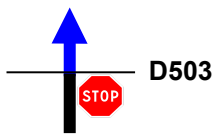
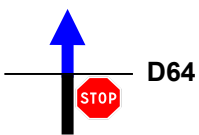
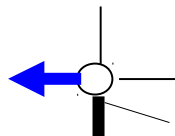
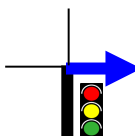

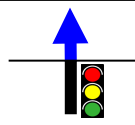


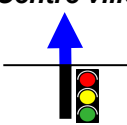
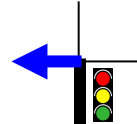
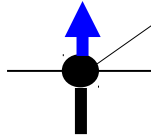
## Samedi 30 mai à 18 h : Tour d'échauffement : 18 km

Kilomètres		Itinéraires	Routes	Moyenne horaire de passage			Direction / Observations
reste	cumul			20 km/h	22 km/h	25 km/h	
18,0	0,0	<b>DINARD</b> <b>DEPART</b> : parking CESB Rue des Marettes	VC	18:00	18:00	18:00	
17,8	0,2	Boulevard de la Mer	VC	18:01	18:01	18:01	
17,7	0,3	Boulevard de la Mer	VC	18:01	18:01	18:01	
17,4	0,6	Boulevard de la Mer	VC	18:02	18:02	18:02	
17,2	0,8	Boulevard Albert Lacroix		18:03	18:03	18:02	
17,1	0,9	Boulevard Albert Lacroix	VC	18:03	18:03	18:03	
16,9	1,1	Rue de Port-Blanc	VC	18:04	18:03	18:03	
16,2	1,8	Boulevard Sergent Boullanger		18:06	18:05	18:05	

Kilomètres		Itinéraires	Routes	Moyenne horaire de passage			Direction / Observations
reste	cumul			20 km/h	22 km/h	25 km/h	
16,0	2,0	Rue de Stanberg	VC / D786	18:06	18:06	18:05	 
15,7	2,3	<del>DINARD</del>	D786	18:07	18:07	18:06	
15,7	2,3	<del>La Fourberie (Commune de St-Lunaire)</del>	D786	18:07	18:07	18:06	
14,9	3,1	<del>La Fourberie (Commune de St-Lunaire)</del>	D786	18:10	18:09	18:08	
14,2	3,8	<del>SAINT-LUNAIRE</del>	D786	18:12	18:11	18:10	
13,8	4,2	Boulevard de la Plage	D786	18:13	18:12	18:11	 SAINT-BRIAC
13,4	4,6	Boulevard Charles de Gaulle	D786	18:14	18:13	18:12	
13,0	5,0	Boulevard du Décollé	D786 / VC	18:15	18:14	18:12	 <i>Pointe du Décollé</i>
12,4	5,6	Rue du Pont du Diable	VC	18:17	18:16	18:14	
12,2	5,8	Boulevard de la Mer	VC	18:18	18:16	18:14	   La pointe du Décollé

Kilomètres		Itinéraires	Routes	Moyenne horaire de passage			Direction / Observations
reste	cumul			20 km/h	22 km/h	25 km/h	
11,6	6,4	Boulevard de Longchamp	VC / D786	18:20	18:18	18:16	 St-BRIAC-S/-MER
10,6	7,4	<del>SAINT LUNAIRE</del>	D786	18:23	18:21	18:18	
9,7	8,3	<del>ST-BRIAC SUR MER</del>	D786	18:25	18:23	18:20	
8,9	9,1	Les Balcons d'Émeraude	D786	18:28	18:25	18:22	 <i>Autres directions</i> Centre ville LANCIEUX
7,9	10,1	Les Balcons d'Émeraude	D786	18:31	18:28	18:25	 Vieux pont en pierre
		Les Balcons d'Émeraude	D786				
7,8	10,2		D786 / D603	18:31	18:28	18:25	 DINARD SAINT-MALO
7,4	10,6	<del>ST-BRIAC SUR MER</del>	D603	18:32	18:29	18:26	
6,9	11,1	Rue des Écoles	D603 / VC	18:34	18:31	18:27	
6,7	11,3	Rue des Préaux Puis Rue du Chemin	VC	18:34	18:31	18:28	

Kilomètres		Itinéraires	Routes	Moyenne horaire de passage			Direction / Observations
reste	cumul			20 km/h	22 km/h	25 km/h	
6,3	11,7	Rue du Chemin	VC	18:36	18:32	18:29	
6,0	12,0	<del>ST-BRIAC SUR MER</del>	VC	18:36	18:33	18:29	
5,2	12,8	Le Chemin	VC	18:39	18:35	18:31	
5,0	13,0	La Ville Agan	VC	18:39	18:36	18:32	
3,6	14,4	<b>Le Pont</b>	VC	18:44	18:40	18:35	
3,6	14,4	La Ville-es-Lemetz	VC	18:44	18:40	18:35	
2,8	15,2	<b>La Fourberie</b> <i>(Commune de St-Lunaire)</i>	VC	18:46	18:42	18:37	
2,6	15,4	<b>DINARD</b>	VC	18:47	18:42	18:37	
2,1	15,9	Boulevard du Villou	VC / D786	18:48	18:44	18:39	
1,4	16,6	Rue de Stanberg	D786	18:50	18:46	18:40	
1,0	17,0	Boulevard Édouard VII	D786	18:51	18:47	18:41	
0,7	17,3	Boulevard Édouard VII	D786	18:52	18:48	18:42	

Kilomètres		Itinéraires	Routes	Moyenne horaire de passage			Direction / Observations
reste	cumul			20 km/h	22 km/h	25 km/h	
0,4	17,6	Boulevard Édouard VII	D786	18:53	18:48	18:43	<p>Centre ville</p> 
0,3	17,7	Boulevard Lhotelier		18:54	18:49	18:43	<p>Campus</p> 
0,1	17,9	Rue des Marettes		18:54	18:49	18:43	
0,0	18,0	<b>DINARD</b> <b>ARRIVEE : parking</b> <b>CESB</b> <b>Rue des Marettes</b>		18:54	18:50	18:44	