

# ROADBOOK : BRM 200 KM VELOCE CLUB MONTALBANAIS

DISTANCE : 200.45 km | D+ : 2261 m  
LIEN GPX : <https://www.openrunner.com/route-details/20422041>

| Lieu                     | Route                                   | Km S. | Cumul | Alt | D+  | R. | Vit. | Heure | Météo | T°   | Vent      |
|--------------------------|-----------------------------------------|-------|-------|-----|-----|----|------|-------|-------|------|-----------|
| Montauban                | Rue Henri Tournié                       | 0.0   | 0.0   | 104 | 0   | ■  | 25.0 | 07:00 |       | 12°C | 5km/h O   |
| Montauban                | Chemin du Ramierou                      | 5.0   | 5.0   | 110 | 11  | ■  | 25.0 | 07:12 |       | 12°C | 5km/h O   |
| Saint-Étienne-de-Tulmont | Chemin des Mourets                      | 5.0   | 10.0  | 111 | 7   | ■  | 25.0 | 07:24 |       | 12°C | 5km/h O   |
| Nègrepelisse             | Vieille Route de Saint-Étienne          | 5.2   | 15.2  | 111 | 7   | ■  | 25.0 | 07:36 |       | 12°C | 5km/h O   |
| Nègrepelisse             | D 64                                    | 5.0   | 20.3  | 89  | 4   | ▼  | 30.0 | 07:46 |       | 11°C | 2km/h SO  |
| Caussade                 | Route de Bioule                         | 5.3   | 25.6  | 141 | 56  | ▲  | 18.0 | 08:04 |       | 12°C | 3km/h SSO |
| Saint-Cirq               | Route de Septfonds                      | 5.1   | 30.7  | 161 | 70  | ▲  | 18.0 | 08:21 |       | 12°C | 3km/h SSO |
| Septfonds                | Route de Lavaurette                     | 5.3   | 36.0  | 190 | 68  | ▲  | 18.0 | 08:38 |       | 12°C | 3km/h SSO |
| Lavaurette               | Route de Caylus                         | 5.1   | 41.0  | 277 | 110 | ▲  | 18.0 | 08:55 |       | 11°C | 3km/h S   |
| Caylus                   | Route de Montauban [PAUSE 5min]         | 5.1   | 46.2  | 317 | 47  | ▲  | 18.0 | 09:17 |       | 13°C | 3km/h SSO |
| Saint-Pierre-de-Livron   | Route de la Cascade Pétrifiante         | 5.1   | 51.3  | 210 | 33  | ▼  | 30.0 | 09:28 |       | 13°C | 3km/h SSO |
| Loze                     | Route des Moulins                       | 5.2   | 56.5  | 244 | 60  | ▲  | 18.0 | 09:45 |       | 13°C | 3km/h SSO |
| Saint-Projet             | Route du Lot                            | 5.0   | 61.5  | 357 | 138 | ▲  | 18.0 | 10:02 |       | 14°C | 4km/h SSO |
| Vidaillac                | D 53                                    | 5.3   | 66.8  | 370 | 46  | ▲  | 18.0 | 10:19 |       | 14°C | 4km/h SSO |
| Limogne-en-Que rcy       | Route de Saint-Jean-de-Laur             | 5.4   | 72.2  | 348 | 20  | ▼  | 30.0 | 10:30 |       | 16°C | 5km/h SSO |
| Saint-Jean-de-L aur      | Route ou Chemin                         | 5.0   | 77.2  | 292 | 61  | ▼  | 30.0 | 10:40 |       | 16°C | 5km/h SSO |
| Salvagnac-Cajarc         | Route de Lacombe                        | 5.2   | 82.3  | 169 | 48  | ▼  | 30.0 | 10:50 |       | 17°C | 6km/h SSO |
| Cajarc                   | Route de la Combe de Paven [PAUSE 5min] | 5.0   | 87.3  | 270 | 141 | ▲  | 18.0 | 11:12 |       | 19°C | 5km/h SO  |
| Gréalou                  | Route du Mas de Pégourié                | 5.0   | 92.4  | 323 | 126 | ▲  | 18.0 | 11:29 |       | 19°C | 5km/h SO  |
| Brengues                 | Route de Saint Preigne                  | 5.0   | 97.4  | 298 | 122 | ▼  | 30.0 | 11:39 |       | 21°C | 4km/h SO  |
| Saint-Sulpice            | Route du Mas de Jordy                   | 5.0   | 102.4 | 168 | 36  | ▼  | 30.0 | 11:49 |       | 22°C | 4km/h SO  |
| Marcilhac-sur-C élé      | Route de Cajarc                         | 5.4   | 107.8 | 278 | 153 | ▲  | 18.0 | 12:07 |       | 22°C | 4km/h OSO |
| Marcilhac-sur-C élé      | Route de Cahors                         | 5.0   | 112.8 | 181 | 44  | ▼  | 30.0 | 12:17 |       | 23°C | 4km/h OSO |

| Lieu                  | Route                 | Km S. | Cumul | Alt | D+  | R. | Vit. | Heure | Météo                                                                                 | T°   | Vent      |
|-----------------------|-----------------------|-------|-------|-----|-----|----|------|-------|---------------------------------------------------------------------------------------|------|-----------|
| Sauliac-sur-Célé      | Route de Saint-Martin | 5.2   | 118.0 | 212 | 101 | ▲  | 18.0 | 12:34 |    | 23°C | 4km/h OSO |
| Saint-Martin-Labouval | Route de Sauliac      | 5.1   | 123.1 | 303 | 169 | ▲  | 18.0 | 12:51 |    | 22°C | 4km/h OSO |
| Cornus                | Route de Cornus       | 5.2   | 128.2 | 145 | 38  | ▼  | 30.0 | 13:01 |    | 25°C | 4km/h O   |
| Crégols               | Route du Bournac      | 5.3   | 133.5 | 150 | 93  | ■  | 25.0 | 13:14 |    | 25°C | 4km/h O   |
| Concots               | Route de Crégols      | 8.0   | 141.5 | 284 | 159 | ▲  | 18.0 | 13:41 |    | 22°C | 4km/h O   |
| Escamps               | Route du Sol Vieil    | 5.2   | 146.7 | 280 | 62  | ■  | 25.0 | 13:53 |    | 22°C | 4km/h O   |
| Vaylats               | D 19 [PAUSE 5min]     | 5.1   | 151.9 | 284 | 33  | ■  | 25.0 | 14:11 |    | 23°C | 5km/h ONO |
| Lalbenque             | D 99                  | 5.2   | 157.0 | 272 | 55  | ■  | 25.0 | 14:23 |    | 22°C | 7km/h NO  |
| Labastide-de-Penne    | D 20                  | 5.4   | 162.4 | 244 | 52  | ▼  | 30.0 | 14:34 |    | 22°C | 7km/h NO  |
| Lapenche              | Chemin du Gabach      | 5.0   | 167.4 | 150 | 10  | ▼  | 30.0 | 14:44 |    | 23°C | 7km/h NO  |
| Montalzat             | Route de Lapenche     | 5.2   | 172.6 | 123 | 9   | ▼  | 30.0 | 14:54 |    | 24°C | 5km/h NO  |
| Caussade              | Rue du Truc           | 5.2   | 177.8 | 113 | 13  | ■  | 25.0 | 15:07 |   | 24°C | 6km/h NO  |
| Réalville             | Chemin de Carbounel   | 5.0   | 182.8 | 105 | 7   | ■  | 25.0 | 15:19 |  | 24°C | 6km/h NO  |
| Cayrac                | Route ou Chemin       | 5.1   | 187.9 | 86  | 6   | ▼  | 30.0 | 15:29 |  | 24°C | 6km/h NO  |
| Montauban             | Route de la Vitarelle | 5.3   | 193.2 | 95  | 15  | ■  | 25.0 | 15:42 |  | 24°C | 7km/h NNO |
| Montauban             | Rue de Pater          | 5.3   | 198.5 | 101 | 10  | ■  | 25.0 | 15:54 |  | 24°C | 8km/h NNO |
| Montauban             | Rue Henri Tournié     | 1.9   | 200.4 | 102 | 4   | ■  | 25.0 | 15:59 |  | 24°C | 8km/h NNO |