

| Distance / Km | | ROUTES | COMMUNE OU LIEU DIT | Vitesses en KM/H | | |
|---------------|--------------|----------|--|------------------|--------------|-----------------|
| | Km restant | | | 39 | 39,5 | 40 |
| 0,0 | 247,8 | D 769 B | PLOUAY LIGNE Départ fictif | 09:45:00 | 09:45 | 09:45:00 |
| 2,1 | 245,7 | D178 | Le LEZOT | 9:48:14 | 09:48:12 | 09:48:09 |
| 3,1 | 244,7 | D18 | Le Lezot /D18 - Kergo | 9:49:47 | 09:49:43 | 09:49:40 |
| 9,3 | 238,5 | D18 | INGUINIEL/D145 | 9:59:20 | 09:59:09 | 09:58:59 |
| 17,8 | 230,0 | D18 | carrefour D782/D18 | 10:12:27 | 10:12:06 | 10:11:46 |
| 21,7 | 226,1 | D782 | Rond point D782/D3 | 10:18:28 | 10:18:02 | 10:17:37 |
| 22,4 | 225,4 | D18 | GUEMENE/SCORFF -D782/D18 | 10:19:32 | 10:19:06 | 10:18:41 |
| 23,0 | 224,8 | D18 | Carrefour D1/D18 Locmalo | 10:20:28 | 10:20:01 | 10:19:35 |
| 27,8 | 220,0 | D18 | D18/Séglien | 10:27:52 | 10:27:19 | 10:26:48 |
| 28,1 | 219,7 | D18 | SEGLIEN | 10:28:20 | 10:27:47 | 10:27:15 |
| 32,0 | 215,8 | D18 | Ty Souquet/D18/D764 | 10:34:20 | 10:33:43 | 10:33:06 |
| 35,7 | 212,1 | D18/D15 | Le Clandy | 10:40:03 | 10:39:21 | 10:38:40 |
| 36,5 | 211,3 | D18 | CLEGUEREC D15/D18 | 10:41:17 | 10:40:34 | 10:39:52 |
| 44,0 | 203,8 | D18 | Sortie Le Corboulo /D31 | 10:52:51 | 10:51:59 | 10:51:09 |
| 44,5 | 203,3 | D35 | St Aignan -D18/D31/D35 | 10:53:37 | 10:52:45 | 10:51:54 |
| 47,8 | 200,0 | D35/D767 | Entrée MUR DE BRETAGNE | 10:58:42 | 10:57:46 | 10:56:52 |
| 48,5 | 199,3 | D767 | MUR DE BRETAGNE /D767 | 10:59:47 | 10:58:50 | 10:57:55 |
| 49,0 | 198,8 | D767 | Toul Louz D767/N164 | 11:00:33 | 10:59:36 | 10:58:40 |
| 51,0 | 196,8 | D767/VC | Direction Le Dreïno | 11:03:38 | 11:02:39 | 11:01:40 |
| 53,2 | 194,6 | VC/D63 | Poulancre/vers St Gilles | 11:07:02 | 11:05:59 | 11:04:59 |
| 54,7 | 193,1 | D69 | St Gilles V Marché /D63/D69 | 11:09:21 | 11:08:16 | 11:07:14 |
| 56,8 | 191,0 | D69/VC | st Gilles - le Moire - vers St Léon | 11:12:35 | 11:11:28 | 11:10:23 |
| 59,8 | 188,0 | VC | St Léon /St Léon Pape | 11:17:12 | 11:16:02 | 11:14:54 |
| 60,0 | 187,8 | VC | Beau séjour - Merléac | 11:17:31 | 11:16:21 | 11:15:12 |
| 61,3 | 186,5 | VC | MERLEAC/D53 | 11:19:31 | 11:18:19 | 11:17:09 |
| 65,8 | 182,0 | VC | Le Moulin du bara/D41 | 11:26:27 | 11:25:10 | 11:23:55 |
| 66,4 | 181,4 | D41 | ALLINEUC - Le Stade - Direct. Bourg Neuf | 11:27:23 | 11:26:05 | 11:24:49 |
| 69,4 | 178,4 | VC/D44 | le Bourg neuf | 11:32:01 | 11:30:39 | 11:29:20 |
| 70,0 | 177,8 | D44 | Bourg neuf /D700 Dir le Paly | 11:32:56 | 11:31:34 | 11:30:14 |
| 70,8 | 177,0 | D44 | L'HERMITAGE Lorge - | 11:34:10 | 11:32:47 | 11:31:26 |
| 75,5 | 172,3 | D44 | Ploeuc - la Gare- la Maladrerie | 11:41:25 | 11:39:56 | 11:38:30 |
| 76,9 | 170,9 | D27 | PLOEUC -sur Lié D44/D27 | 11:43:34 | 11:42:04 | 11:40:37 |
| 78,0 | 169,8 | VC | D27/ St Eloy | 11:45:16 | 11:43:45 | 11:42:16 |
| 79,0 | 168,8 | VC | Gouromplay- la lande helo | 11:46:49 | 11:45:16 | 11:43:46 |
| 79,7 | 168,1 | D81 | St Eloy -- /D81 | 11:47:53 | 11:46:20 | 11:44:49 |
| 85,0 | 162,8 | | HENON Rue Jean SIO | 11:56:04 | 11:54:24 | 11:52:47 |
| 85,2 | 162,6 | VC | HENON /D25 | 11:56:22 | 11:54:42 | 11:53:05 |
| 87,0 | 160,8 | VC | Château du Colombier-- | 11:59:09 | 11:57:27 | 11:55:48 |
| 89,5 | 158,3 | D81 | QUESOY D81/Vers D28et D1 | 12:03:00 | 12:01:15 | 11:59:33 |
| 90,4 | 157,4 | D81 | Rue de la Corderie - D1/ D81 | 12:04:23 | 12:02:37 | 12:00:54 |
| 90,6 | 157,2 | VC | D81/ vers Morgan - La lande | 12:04:42 | 12:02:56 | 12:01:12 |
| 93,6 | 154,2 | VC | Le Plebo --la Quiébra -la Chêneraie | 12:09:19 | 12:07:30 | 12:05:43 |
| 96,1 | 151,7 | VC | Rue Fardel - Vers D81 | 12:13:11 | 12:11:18 | 12:09:28 |
| 96,6 | 151,2 | D81 | VC/D81 | 12:13:57 | 12:12:04 | 12:10:13 |
| 97,0 | 150,8 | D81 | D81 Sous N12 | 12:14:34 | 12:12:40 | 12:10:50 |
| 97,5 | 150,3 | VC | YFFINIAC /D712 Dir R des Grèves | 12:15:20 | 12:13:26 | 12:11:35 |
| 100,4 | 147,4 | VC | LANGUEUX - Bout de Ville | 12:19:48 | 12:17:51 | 12:15:56 |
| 103,0 | 144,8 | vc | les courses Grève des Courses | 12:23:49 | 12:21:48 | 12:19:51 |
| 105,1 | 142,7 | VC | R de Lisbonne/AV DE France | 12:27:03 | 12:25:00 | 12:23:00 |
| 106,3 | 141,5 | VC | AV D'ARMOR/BD SVIGNE (P de Just, | 12:28:54 | 12:26:50 | 12:24:48 |
| 107,3 | 140,5 | VC | Gare/RABBE GARNIER vers BD Carnot | 12:30:27 | 12:28:21 | 12:26:19 |
| 108,7 | 139,1 | D790 | Brézillet /R GUY DE MAUPASSANT /D 790 | 12:32:36 | 12:30:29 | 12:28:25 |
| 111,0 | 136,8 | D790 | PLOUFRAGAN- les CROIX /D222 | 12:36:09 | 12:33:59 | 12:31:52 |
| 114,0 | 133,8 | D790 | le Bois joli-- Rocher goëland | 12:40:47 | 12:38:33 | 12:36:23 |
| 115,0 | 132,8 | D790 | SAINT JULIEN - D40/D790 | 12:42:19 | 12:40:04 | 12:37:53 |
| 116,5 | 131,3 | | D40 le Houllin | 12:44:38 | 12:42:22 | 12:40:08 |
| 117,0 | 130,8 | | le Houllin Ste Anne | 12:45:24 | 12:43:07 | 12:40:54 |
| 119,0 | 128,8 | D40 | PLAINE HAUTE /D40 | 12:48:29 | 12:46:10 | 12:43:54 |
| 123,4 | 124,4 | | D40/La Croix Neuve | 12:55:16 | 12:52:52 | 12:50:31 |
| 124,9 | 122,9 | | QUINTIN / D40/D40a vers St Thurian | 12:57:35 | 12:55:09 | 12:52:46 |
| 126,0 | 121,8 | D7 | St Thurian /D7 | 12:59:17 | 12:56:49 | 12:54:25 |
| 127,0 | 120,8 | | le Bras d'Argent | 13:00:49 | 12:58:21 | 12:55:56 |

| | | | | | | |
|-------|-------|-------------|--|----------|----------|----------|
| 128,0 | 119,8 | | D790/D7dir Garduhon - Carestiemble | 13:02:22 | 12:59:52 | 12:57:26 |
| 131,1 | 116,7 | | D7b dir Lanfains | 13:07:09 | 13:04:35 | 13:02:05 |
| 132,9 | 114,9 | | Lanfains / la Ville d'en Haut | 13:09:55 | 13:07:20 | 13:04:48 |
| 135,0 | 112,8 | | la Ville au Sodoye | 13:13:09 | 13:10:31 | 13:07:57 |
| 136,5 | 111,3 | D44 | le Bodéo/D44 | 13:15:28 | 13:12:48 | 13:10:13 |
| 136,8 | 111,0 | | D44 vers Guermémo - la Chenaie | 13:15:56 | 13:13:16 | 13:10:40 |
| 139,4 | 108,4 | | Sous le Roc | 13:19:57 | 13:17:13 | 13:14:34 |
| 141,5 | 106,3 | | la Porte /D53 dir Loguello | 13:23:11 | 13:20:25 | 13:17:44 |
| 145,0 | 102,8 | | le Poteau St Yves | 13:28:35 | 13:25:45 | 13:22:59 |
| 146,4 | 101,4 | | le Cosquer - Keryhouée | 13:30:44 | 13:27:53 | 13:25:06 |
| 148,5 | 99,3 | D69 | St Mayeux / D69 | 13:33:58 | 13:31:04 | 13:28:15 |
| 150,0 | 97,8 | | le Rohanno/D767dir Kertanguy | 13:36:17 | 13:33:22 | 13:30:30 |
| 151,0 | 96,8 | VC | Kertanguy dir le Bot | 13:37:50 | 13:34:53 | 13:32:00 |
| 154,0 | 93,8 | VC | Kerigan---Site archéo --D76 | 13:42:27 | 13:39:27 | 13:36:31 |
| 155,0 | 92,8 | VC | Quelféneec --/D76 /Kerjegu | 13:44:00 | 13:40:58 | 13:38:01 |
| 157,9 | 89,9 | D76 | St Delon/D76 | 13:48:28 | 13:45:23 | 13:42:23 |
| 160,5 | 87,3 | D44 | LANISCAT/D95/D44 | 13:52:29 | 13:49:21 | 13:46:17 |
| 162,0 | 85,8 | VC | Ty Park vers Bon Repos | 13:54:47 | 13:51:38 | 13:48:33 |
| 164,9 | 82,9 | D44 | BONREPOS D2164/D44 | 13:59:16 | 13:56:03 | 13:52:54 |
| 166,0 | 81,8 | VC | la cour du Macon | 14:00:57 | 13:57:43 | 13:54:33 |
| 166,8 | 81,0 | VC | La coix rouge-- | 14:02:11 | 13:58:56 | 13:55:46 |
| 168,7 | 79,1 | VC | Kernevez -- Parco Guern | 14:05:07 | 14:01:50 | 13:58:37 |
| 170,4 | 77,4 | | Keraudic | 14:07:44 | 14:04:25 | 14:01:10 |
| 172,6 | 75,2 | VC | Le Pouldu vers Ker Julien | 14:11:08 | 14:07:46 | 14:04:29 |
| 172,1 | 75,7 | D5 | Ker Julien - Ker Francois | 14:10:22 | 14:07:00 | 14:03:44 |
| 173,9 | 73,9 | VC | D5/ LeBudi | 14:13:08 | 14:09:45 | 14:06:26 |
| 176,1 | 71,7 | D31 | crennard bihan-/D31--Kerresto | 14:16:32 | 14:13:06 | 14:09:45 |
| 177,0 | 70,8 | | Guernic | 14:17:55 | 14:14:28 | 14:11:06 |
| 179,0 | 68,8 | VC | Kermaria /Quinquizio | 14:21:00 | 14:17:30 | 14:14:06 |
| 182,2 | 65,6 | VC | Locmaria -- le Cosquer | 14:25:56 | 14:22:23 | 14:18:55 |
| 184,8 | 63,0 | VC | Lanvresse vers Quénépevan | 14:29:57 | 14:26:20 | 14:22:49 |
| 186,5 | 61,3 | D3 | Quénépevan --/D3 | 14:32:34 | 14:28:56 | 14:25:23 |
| 190,0 | 57,8 | D1 | Terminus /D1 | 14:37:58 | 14:34:15 | 14:30:38 |
| 190,7 | 57,1 | D131 | GUEMENE/SCORFF/D131 | 14:39:03 | 14:35:19 | 14:31:41 |
| 191,5 | 56,3 | VC | Pont Tichot-- Keronés | 14:40:17 | 14:36:32 | 14:32:54 |
| 194,3 | 53,5 | VC | Botcoët | 14:44:36 | 14:40:48 | 14:37:06 |
| 196,5 | 51,3 | D1 | Poulmarc'h /D1 | 14:47:59 | 14:44:09 | 14:40:25 |
| 198,0 | 49,8 | D132 | D1/D132 vers Ploerdut | 14:50:18 | 14:46:26 | 14:42:40 |
| 200,1 | 47,7 | VC | PLOERDUT/D132/D128 dir guernévélien | 14:53:32 | 14:49:38 | 14:45:49 |
| 203,2 | 44,6 | | Kerno vers Moulin de Ninez | 14:58:19 | 14:54:21 | 14:50:29 |
| 205,1 | 42,7 | | Limoustoir vers Kervignan d'en haut | 15:01:15 | 14:57:15 | 14:53:20 |
| 206,9 | 40,9 | VC | Guernio -- Kervinigan d'en haut | 15:04:01 | 14:59:59 | 14:56:03 |
| 208,5 | 39,3 | VC | D131/KERCADO | 15:06:29 | 15:02:25 | 14:58:27 |
| 211,2 | 36,6 | D 178 | Calerden /D178 Dir Kernascleden | 15:10:39 | 15:06:32 | 15:02:31 |
| 212,8 | 35,0 | D178 | KERNASCLEDEN/D782 | 15:13:07 | 15:08:58 | 15:04:55 |
| 213,8 | 34,0 | VC | D178 / Canquisquélen - Port pimpec | 15:14:40 | 15:10:29 | 15:06:25 |
| 214,4 | 33,4 | | Port pimpec vers coet cado | 15:15:35 | 15:11:24 | 15:07:19 |
| 215,8 | 32,0 | D110 | Coët cado - Dir Chapelle St Anne /D110 | 15:17:45 | 15:13:32 | 15:09:26 |
| 216,1 | 31,7 | VC | St Anne D110 dir la Croix verte | 15:18:12 | 15:13:59 | 15:09:53 |
| 218,1 | 29,7 | VC | Berné la Croix Verte | 15:21:17 | 15:17:02 | 15:12:53 |
| 220,6 | 27,2 | D50 | BERNE - D109/D50 | 15:25:09 | 15:20:50 | 15:16:38 |
| 222,1 | 25,7 | D204 | D50/D204 | 15:27:27 | 15:23:07 | 15:18:54 |
| 223,8 | 24,0 | VC | Kerfany - Marta | 15:30:05 | 15:25:43 | 15:21:27 |
| 225,6 | 22,2 | VC | Marta | 15:32:51 | 15:28:27 | 15:24:09 |
| 227,0 | 20,8 | VC | Kerihuel - Kerharf | 15:35:01 | 15:30:35 | 15:26:16 |
| 230,1 | 17,7 | D110 | Pont-Neuf -Entrée du Circuit | 15:39:48 | 15:35:18 | 15:30:55 |
| 231,8 | 16,0 | D110 | Restergal | 15:42:25 | 15:37:53 | 15:33:29 |
| 233,8 | 14,0 | ligne /D769 | 1er passage Ligne | 15:45:30 | 15:40:56 | 15:36:29 |
| 235,8 | 12,0 | D178 | Le Lezot | 15:48:35 | 15:43:59 | 15:39:30 |
| 239,1 | 8,7 | | D178/ Kervréhandir Toul er clanche | 15:53:40 | 15:49:00 | 15:44:27 |
| 244,0 | 3,8 | D110 | Pont Neuf | 16:01:14 | 15:56:28 | 15:51:49 |
| 245,8 | 2,0 | D110 | Restergal | 16:04:00 | 15:59:12 | 15:54:32 |
| 247,8 | 0,0 | ligne /D769 | AR | 16:07:05 | 16:02:15 | 15:57:32 |
| | | | PROTOCOLE | | | |