

# 2023 Tour de l'Abitibi Glencore



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## ***TECHNICAL GUIDE***

### ***COURSES DETAILS***

**53<sup>th</sup> edition**

**July 11th to 16, 2023**

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Version : 2023-08-03

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## Notes

In order to avoid wasting paper and to facilitate updates to the document, only the details of the courses will be available in paper format.

Please refer to the website : <https://tourabitibi.github.io/guide2023/EN> for complete technical guide information.

# Schedule

Date	Event	Start	Finish
Monday July 10th	Team Presentation Challenge Sprint Abitibi	<b>16h30</b>	<b>17h</b>
		<b>17h30</b> Amos, Cathedral	<b>19h</b> Amos, Cathedral
Tuesday July 11th	<b>Road race</b>	<b>16:45</b>	Circuit arrival :
	Val-d'Or - Amos (via Barraute)	Val-d'Or, Place Agnico-Eagle	<b>18:58</b> Finish :
	<b>Stage 1</b> Distance : 95.1 km + (4 x 5.4 km) = 116.7 km (3 km controlled start)		<b>19:28</b> Amos, Cathedral
Wednesday July 12th	<b>Road race</b>	<b>16:15</b>	<b>19:13</b>
	Rouyn-Noranda - Amos (via Poularies)	Rouyn-Noranda, CEGEP	Amos, Cathedral
	<b>Stage 2</b> Distance : 125.6 km (5 km controlled start)		
Thursday July 13th (AM)	Individual Time Trial Amos - Saint-Maurice - Amos Distance : 10.0 km	First start : <b>09:30</b>	Last start : <b>09:43</b>
		First arrival : <b>10:58</b>	Last arrival : <b>11:11</b>
		Amos, Cathedral	Amos, Cathedral
Thursday July 13th (PM)	<b>Road race</b> Malartic - Cadillac - Malartic Distance : 57.5 km (2 km controlled start)	<b>18:15</b>	<b>19:32</b>
		Malartic, Le Tremplin High School	Malartic, Le Tremplin High School
Friday July 14th	<b>Road race</b> Amos & Amos (via Preissac & Rivière-Héva ) Distance : 115.9 km (3 km controlled start)	<b>11:00</b>	<b>13:42</b>
		Amos, Cathedral	Amos, Cathedral
Saturday July 15th	<b>Road race</b> Amos & Amos (via Rivière-Héva & Preissac ) Distance : 115.9 km (3 km controlled start)	<b>16:30</b>	<b>19:12</b>
		Amos, Cathedral	Amos, Cathedral
Sunday July 16th	<b>Road race</b> La Sarre - Amos (via Macamic) Distance : 93.5 km + ( 5 x 5.4 km) = 120.5 km (3 km controlled start)	<b>14:00</b>	Circuit arrival : <b>16:11</b>
		La Sarre, Nicol Auto Arena	Finish : <b>16:48</b>
			Amos, Cathedral

## Stage 1 : Val-d'Or - Amos

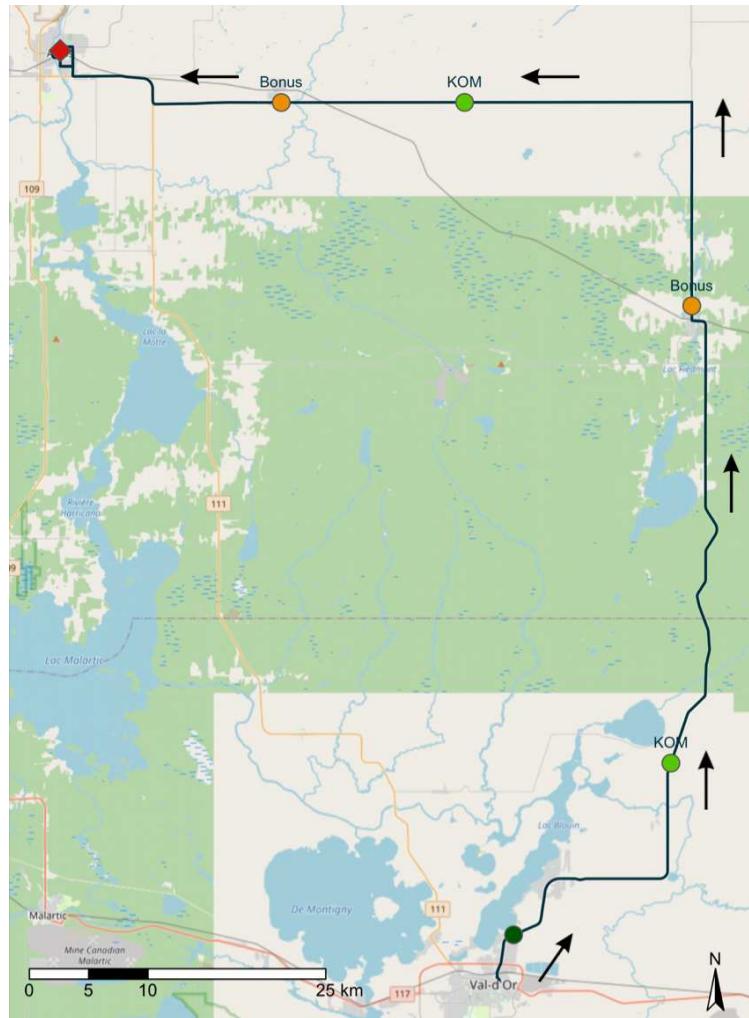
Tuesday, July 11th, 2023

119.7 km



	Time
Start	16:45
Circuit entrance	18:58
Finish	19:28

### Course

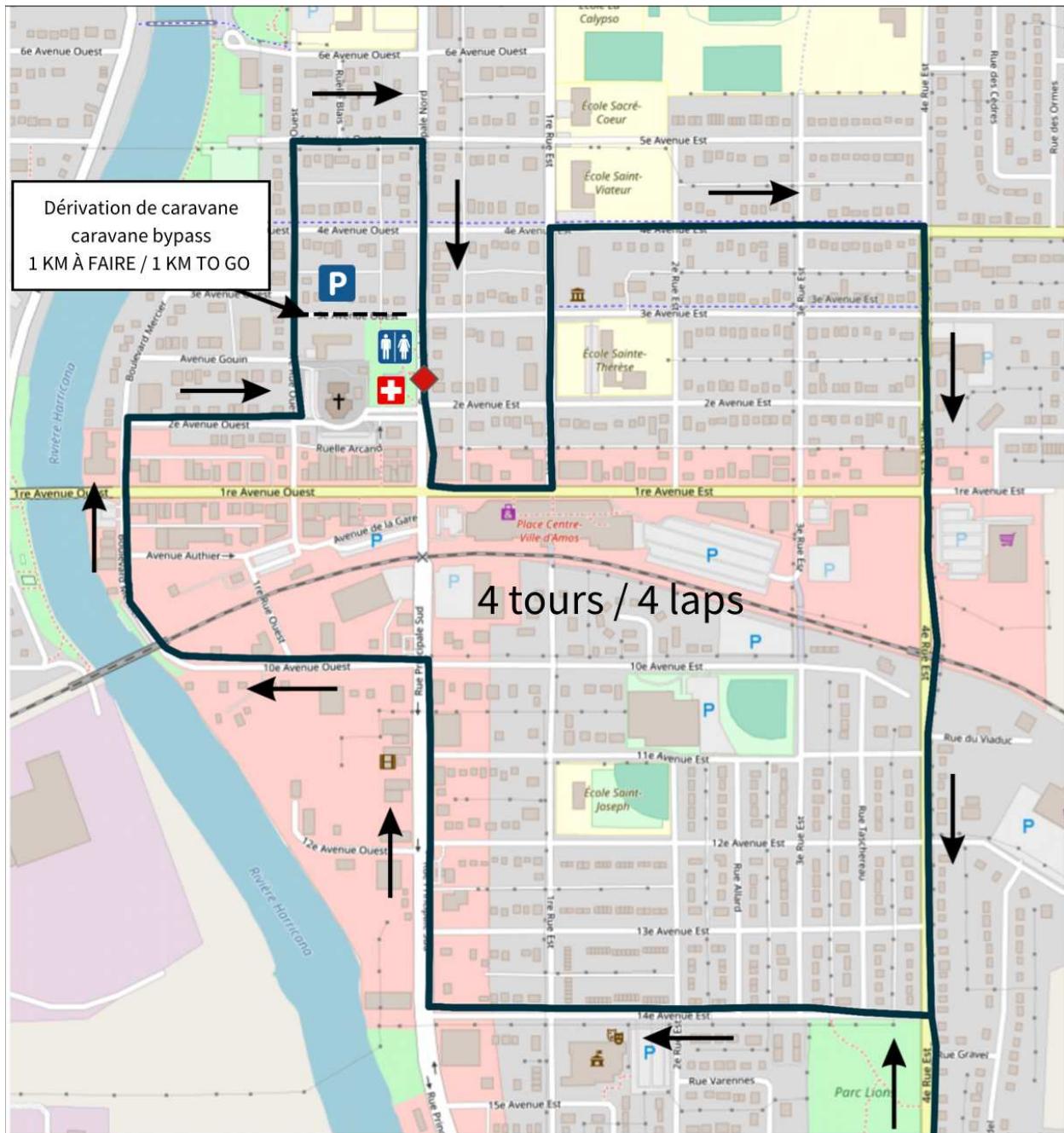


**Start details**



Neutralized start on 3 km

Finish details

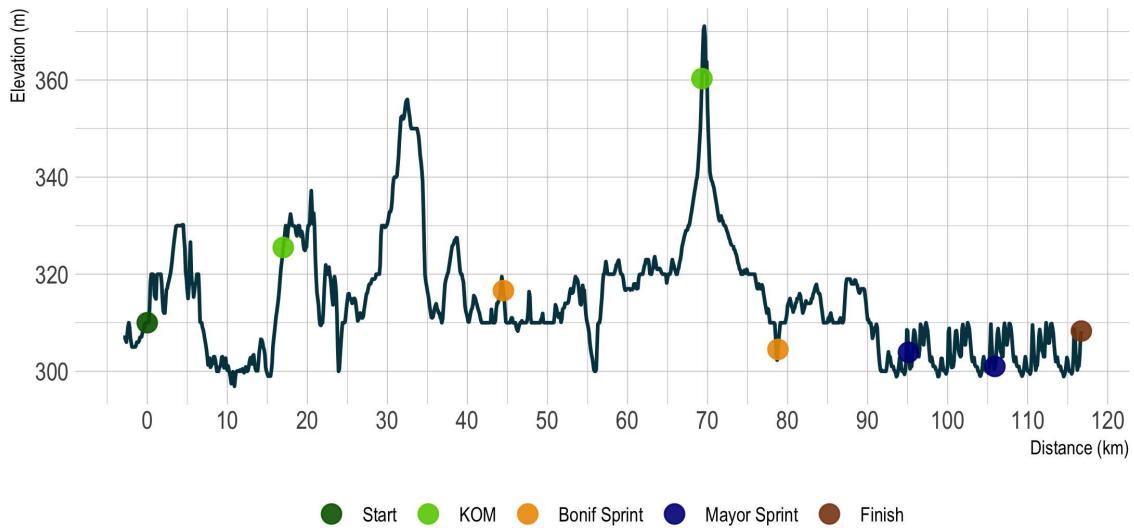


- ⌚ 4 full clockwise laps of the 5.4 km finish circuit
- ⌚ The entrance to the circuit is located at the intersection of 4e Rue Est and 14e Avenue Est

## Elevation

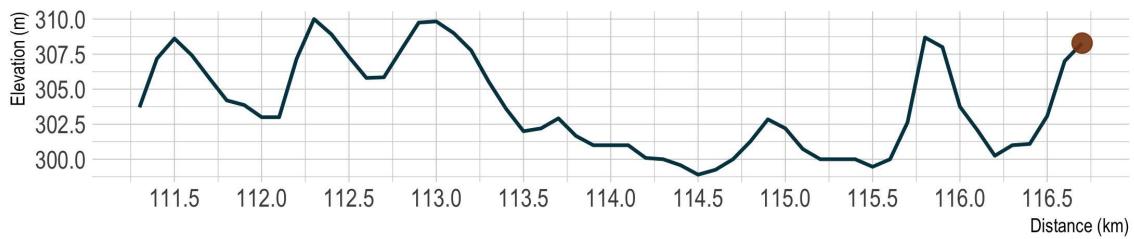
### Stage 1 - Topographic profile

Val-d'Or - Amos (95.1 km + (4 x 5.4 km) = 116.7 km)



### Stage 1 - Topographic profile - Last 5.4 km

Val-d'Or - Amos (95.1 km + (4 x 5.4 km) = 116.7 km)



km		Course	Val-d'Or - Amos	km/h		
to go	done	info	95.1 km + (4 x 5.4 km) = 116.7 km	46	44	42
119.7	<b>-3.0</b>	▷	Start – Val-d'Or Place Agnico Eagle	16:45	16:45	16:45
119.6	<b>-2.9</b>	←	Boulevard Lamaque	16:45	16:45	16:45
119.4	<b>-2.7</b>	→	7e Rue	16:45	16:45	16:45
119.2	<b>-2.5</b>	△	Railroad crossing	16:45	16:45	16:45
118.7	<b>-2.0</b>	♂	Round about 2nd exit straight ahead Boulevard JJ Cossette / Route 397	16:46	16:46	16:46
116.7	<b>0.0</b>	▶	Official start	16:48	16:49	16:49
103.0	<b>13.7</b>	ℹ	Val-Senneville	17:06	17:07	17:08
99.7	<b>17.0</b>	▲	KOM Points (Chemin Fortier)	17:11	17:12	17:13
86.7	<b>30.0</b>	⊣	Feed open	17:28	17:30	17:32
73.9	<b>42.8</b>	ℹ	Barraute	17:44	17:47	17:50
72.2	<b>44.5</b>	▶	Sprint bonification temps et points (1er 2e Rang Ouest, Barraute)	17:46	17:49	17:52
60.8	<b>55.9</b>	←	Route 386	18:01	18:05	18:09
47.4	<b>69.3</b>	▲	KOM Points	18:19	18:23	18:28
40.2	<b>76.5</b>	△	Railroad crossing	18:28	18:33	18:38
38.2	<b>78.5</b>	ℹ	Landrienne	18:31	18:36	18:41
37.9	<b>78.8</b>	▶	Sprint bonification temps et points (rue Trépanier)	18:31	18:36	18:41
36.9	<b>79.8</b>	♻	Trash zone (on 200 m)	18:33	18:37	18:43
30.6	<b>86.1</b>	→	Ramp toward Route 111	18:41	18:46	18:52
25.9	<b>90.8</b>	ℹ	Amos	18:47	18:52	18:59
25.2	<b>91.5</b>	⊣	Feed closed	18:48	18:53	19:00
25.1	<b>91.6</b>	♂	Round about 1st exit on the right 4e rue	18:48	18:54	19:00
24.6	<b>92.1</b>	←	Circuit finish entrance 14e Avenue E	18:49	18:54	19:00
23.9	<b>92.8</b>	→	Rue Principale S	18:49	18:55	19:01
23.4	<b>93.3</b>	←	10e Avenue O	18:50	18:56	19:02
22.7	<b>94.0</b>	→	2e Avenue E	18:51	18:57	19:03
22.4	<b>94.3</b>	←	1re Rue O	18:51	18:57	19:04
22.0	<b>94.7</b>	→	5e Avenue E	18:52	18:58	19:04
21.9	<b>94.8</b>	→	Rue Principale N	18:52	18:58	19:04
21.6	<b>95.1</b>	\$	Start of 1st lap (4 laps to go) Val-d'Or Mayor's sprint (250\$)	18:52	18:58	19:05
21.4	<b>95.3</b>	←	1re Avenue O	18:53	18:59	19:05
21.2	<b>95.5</b>	←	1re Rue E	18:53	18:59	19:05
20.9	<b>95.8</b>	→	4e Avenue E	18:53	18:59	19:06
20.3	<b>96.4</b>	→	4e Rue	18:54	19:00	19:07
19.2	<b>97.5</b>	→	14e Avenue E	18:56	19:02	19:08
18.5	<b>98.2</b>	→	Rue Principale S	18:57	19:03	19:09
18.1	<b>98.6</b>	←	10e Avenue O	18:57	19:03	19:10
17.4	<b>99.3</b>	→	2e Avenue E	18:58	19:04	19:11
17.1	<b>99.6</b>	←	1re Rue O	18:58	19:04	19:11
16.7	<b>100.0</b>	→	5e Avenue E	18:59	19:05	19:12
16.5	<b>100.2</b>	→	Rue Principale N	18:59	19:05	19:12
16.2	<b>100.5</b>	↑	Start of 2nd lap (3 laps to go)	19:00	19:06	19:12
10.8	<b>105.9</b>	\$	Start of 3rd lap (2 laps to go) Val-d'Or Mayor's sprint (250\$)	19:07	19:13	19:20
5.4	<b>111.3</b>		Start of 4th lap (1 lap to go)	19:14	19:20	19:28
1.0	<b>115.7</b>	⤻	Caravan bypass Right on 3e avenue O	19:19	19:26	19:34
<b>0.0</b>	<b>116.7</b>	▶	Finish Time and points bonus	<b>19:21</b>	<b>19:28</b>	<b>19:36</b>

**Points and bonifications :**

Bonus sprint : 3-2-1 sec & 6-4-2 pts

Final Finish : 10-6-4 sec & 30-24-20-16-12-10-8-6-4-2 pts

KOM : 5-3-2 points

## Stage 2 : Rouyn-Noranda - Amos

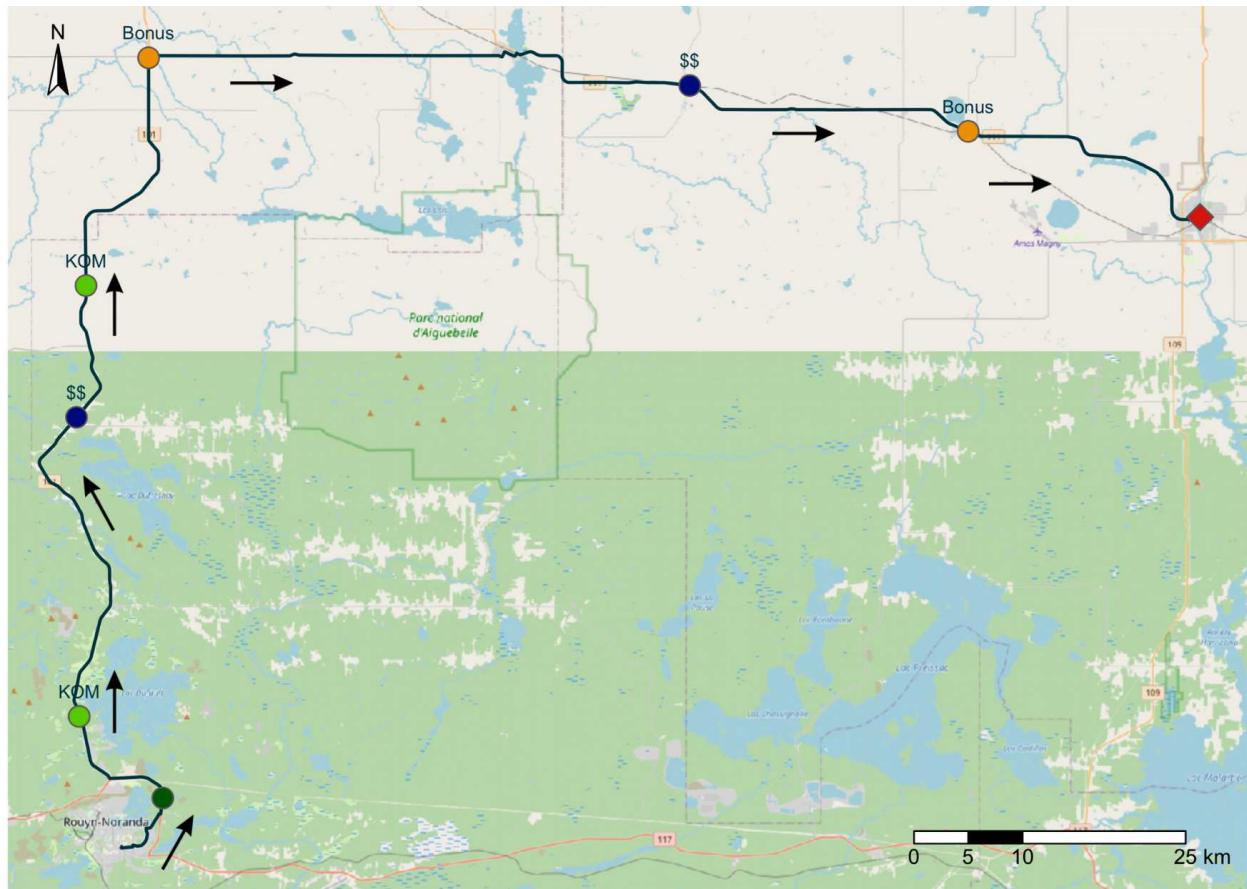
Wednesday, July 12th, 2023

130.6 km

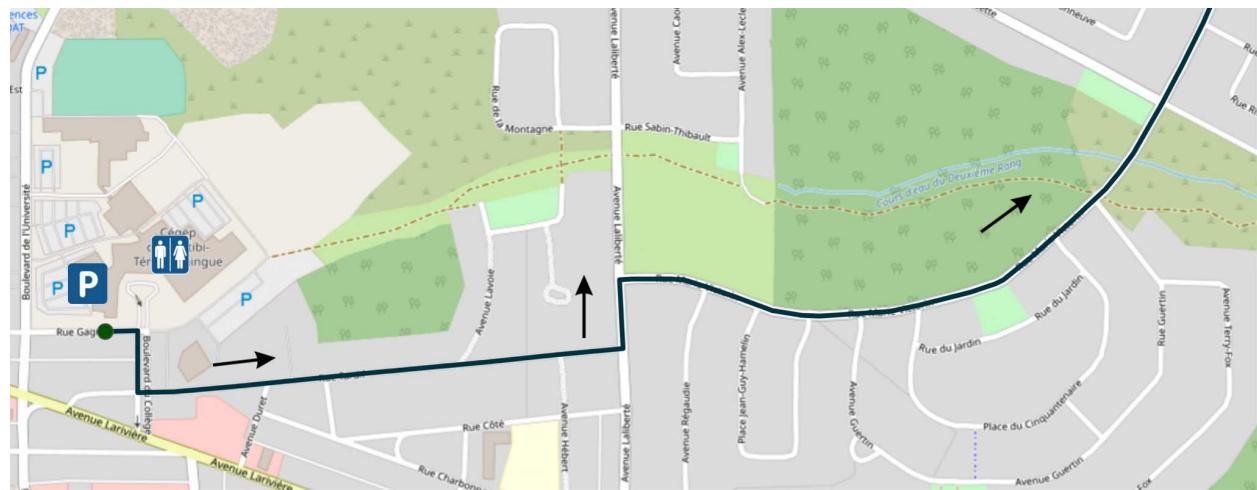
Québec 

Time	
Start	16:15
Finish	19:13

### Course

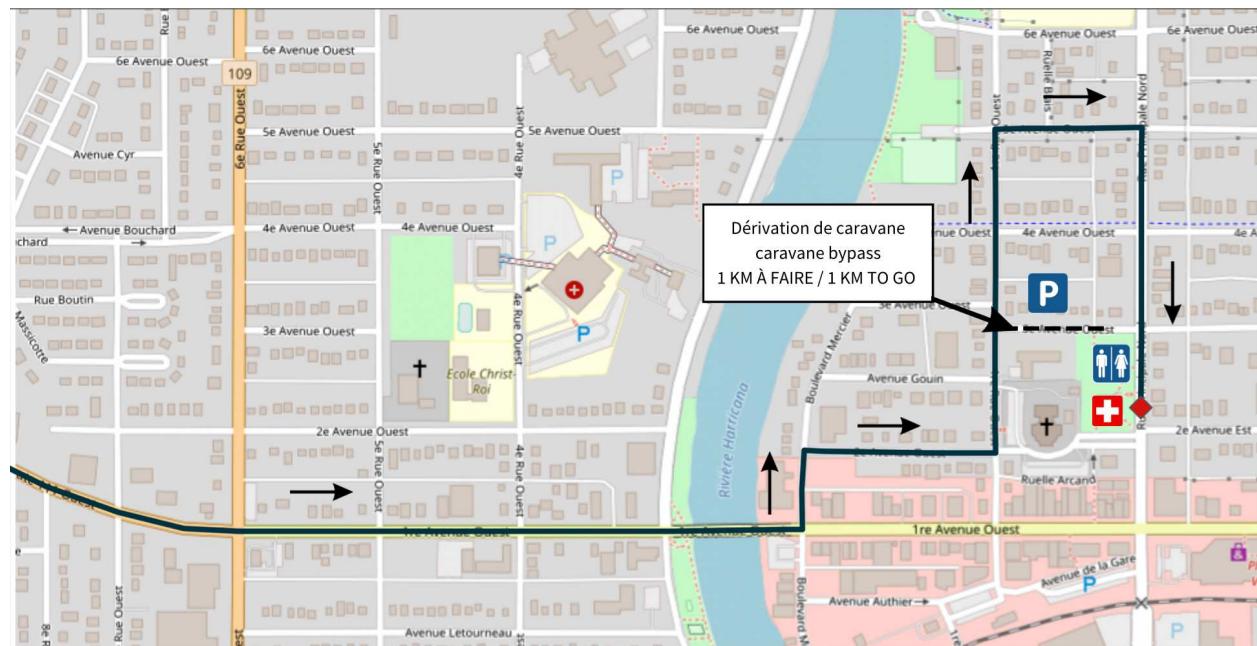


## Start details



🏁 Neutralized start on 5 km

## Finish details

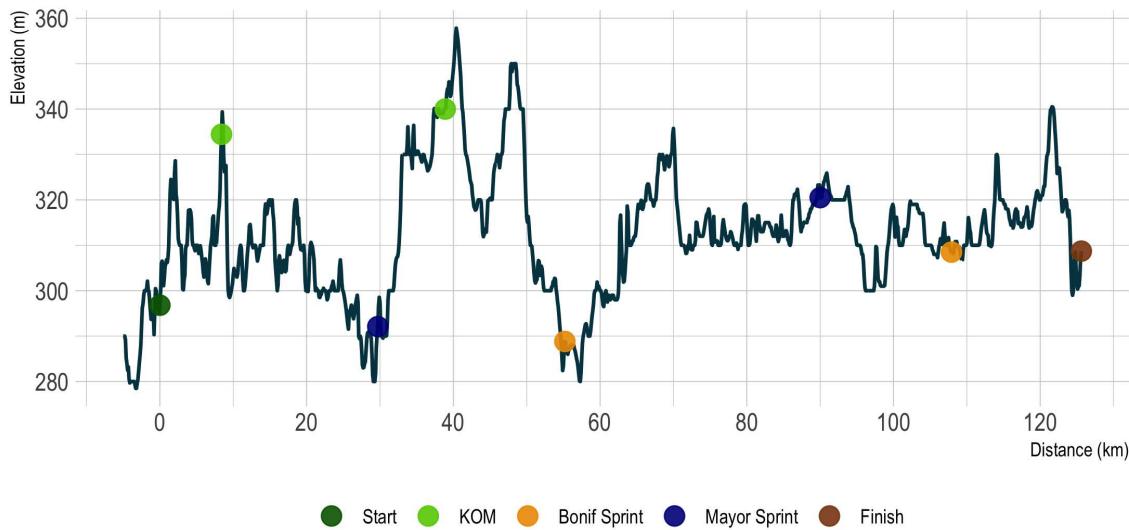


🏁 Finish without circuit

## Elevation

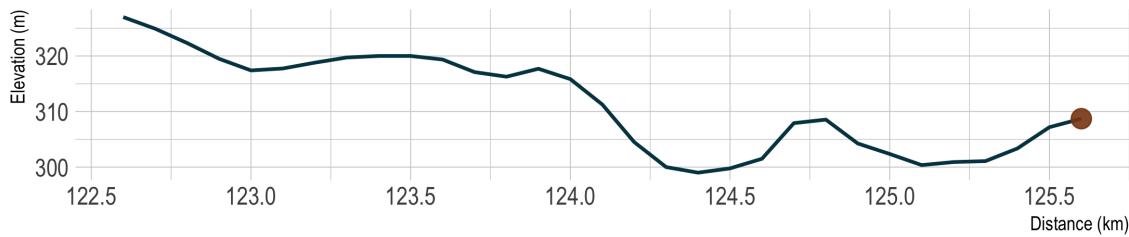
### Stage 2 - Topographic profile

Rouyn-Noranda - Amos (125.6 km)



### Stage 2 - Topographic profile - Last 3 km

Rouyn-Noranda - Amos (125.6 km)



km		Course	Rouyn-Noranda - Amos			km/h
to go	done	info	125.6 km	46	44	42
130.6	<b>-5.0</b>	▷	Start - Cegep of Abitibi-Témiscamingue	16:15	16:15	16:15
130.5	<b>-4.9</b>	→	Boulevard du Collège	16:15	16:15	16:15
130.4	<b>-4.8</b>	←	Rue Tardif	16:15	16:15	16:15
129.8	<b>-4.2</b>	←	Avenue Laliberté	16:16	16:16	16:16
129.7	<b>-4.1</b>	→	Rue Marie-Victorin	16:16	16:16	16:16
127.9	<b>-2.3</b>	→	Rue Perreault E	16:18	16:18	16:18
126.6	<b>-1.0</b>	←	Route 117 - Bypass route	16:20	16:20	16:20
125.6	<b>0.0</b>	▶	Official start	16:21	16:21	16:22
121.5	<b>4.1</b>	♂	Round about 1st exit, right Boulevard Saguenay / Route 101	16:26	16:27	16:28
117.2	<b>8.4</b>	▲	KOM Points (Lac Dufault)	16:32	16:33	16:34
110.5	<b>15.1</b>	ℹ	D'Alembert	16:41	16:42	16:43
95.9	<b>29.7</b>	\$	Rouyn-Noranda Mayor's sprint \$250 (Renault Parc)	17:00	17:02	17:04
95.6	<b>30.0</b>	⌚	Feed open	17:00	17:02	17:05
86.7	<b>38.9</b>	▲	KOM Points ("Récupération de chablis" road sign)	17:12	17:14	17:17
70.5	<b>55.1</b>	ℹ	Poularies	17:33	17:36	17:40
70.4	<b>55.2</b>	▶	Bonification Sprint - times and points (Tony Mercier Garage)	17:33	17:37	17:41
70.2	<b>55.4</b>	→	Chemin des Pionniers / Route 390	17:33	17:37	17:41
48.9	<b>76.7</b>	ℹ	Taschereau	18:01	18:06	18:11
48.6	<b>77.0</b>	♻	Trash zone (on 200 m)	18:01	18:06	18:12
47.6	<b>78.0</b>	←	Rue Principale	18:03	18:08	18:13
47.5	<b>78.1</b>	⚠	Railroad crossing	18:03	18:08	18:13
47.4	<b>78.2</b>	→	Route 111	18:03	18:08	18:13
43.8	<b>81.8</b>	⚠	Railroad crossing	18:08	18:13	18:19
36.1	<b>89.5</b>	ℹ	Launay	18:18	18:23	18:30
35.6	<b>90.0</b>	\$	Rouyn-Noranda Mayor's sprint \$250 (Engoulevent municipal parc)	18:18	18:24	18:30
24.0	<b>101.6</b>	⚠	Oblique railroad crossing	18:34	18:40	18:47
22.3	<b>103.3</b>	ℹ	Trécesson	18:36	18:42	18:49
20.0	<b>105.6</b>	⌚	Feed closed	18:39	18:45	18:53
17.7	<b>107.9</b>	▶	Bonification Sprint - times and points (Trécesson rest stop)	18:42	18:48	18:56
3.2	<b>122.4</b>	ℹ	City of Amos	19:01	19:08	19:17
1.2	<b>124.4</b>	←	Boulevard Mercier	19:03	19:11	19:19
1.1	<b>124.5</b>	→	2e Avenue O	19:03	19:11	19:20
0.9	<b>124.7</b>	←	1re Rue O	19:04	19:11	19:20
0.8	<b>124.8</b>	✉	Caravan bypass Right on 3e avenue O	19:04	19:12	19:20
0.5	<b>125.1</b>	→	5e Avenue O	19:04	19:12	19:20
0.3	<b>125.3</b>	→	Rue Principale N	19:04	19:12	19:21
0.0	<b>125.6</b>	▶	Finish Time and points bonus	19:05	19:13	19:21

#### Points and bonifications :

Bonus sprint : 3-2-1 sec & 6-4-2 pts

Final Finish : 10-6-4 sec & 30-24-20-16-12-10-8-6-4-2 pts

KOM : 5-3-2 points

## Stage 3 - ITT

Thursday, July 13th, 2023

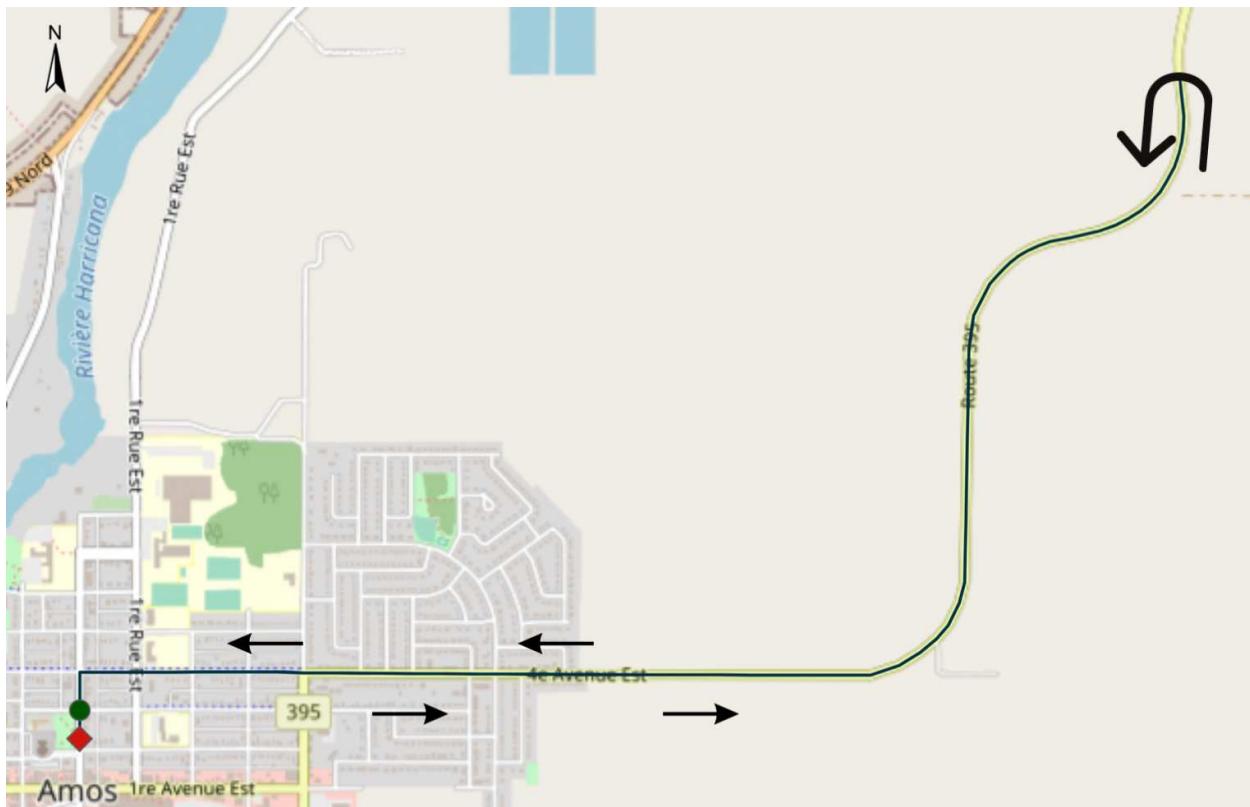
10 km



**eldorado gold**

	Time
First start	09:30
First finish	09:43
Last start	10:58
Last finish	11:11

## Course

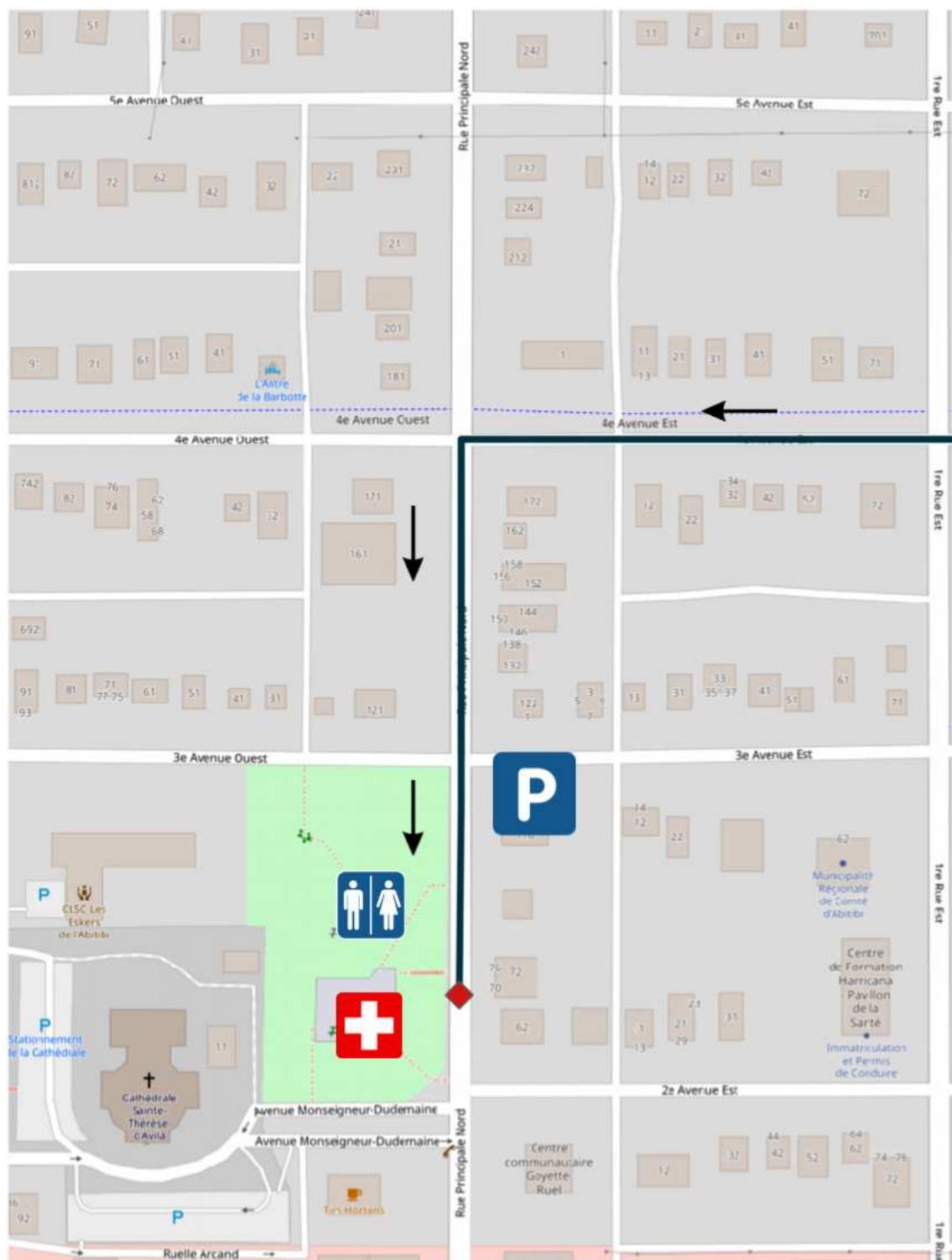


Start details



- ⌚ Round-trip time trial : 2 x 5 km
- ⌚ Team car deviation towards 3e ave Est and 1ere Rue Est

## Finish details



## Elevation

### Stage 3 - Topographic profile

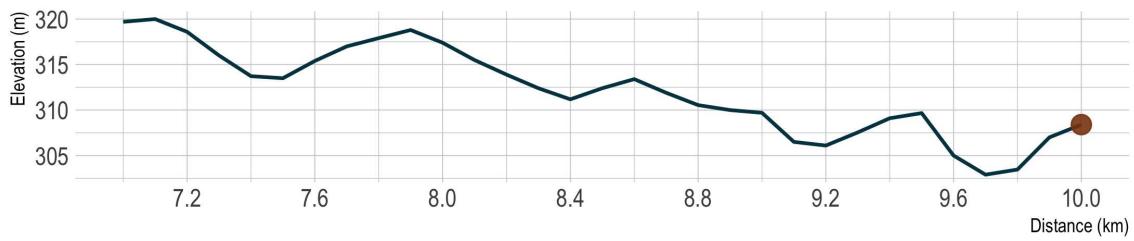
Amos - CLMI (10.0 km)



● Start ● Finish

### Stage 3 - Topographic profile - Last 3 km

Amos - CLMI (10.0 km)



km		Course	Amos - CLMI	km/h		
to go	done	info	10.0 km	48	46	42
10.0	0.0	▶	Start - Cathedral	09:30	09:30	09:30
9.9	0.1	→	4e Avenue Est	09:30	09:30	09:30
5.0	5.0	♂	U-turn	09:36	09:36	09:37
0.2	9.8	←	Rue Principale Nord	09:42	09:42	09:44
0.0	10.0	▶	Finish	09:42	09:43	09:44

## Stage 4 : Malartic - Malartic

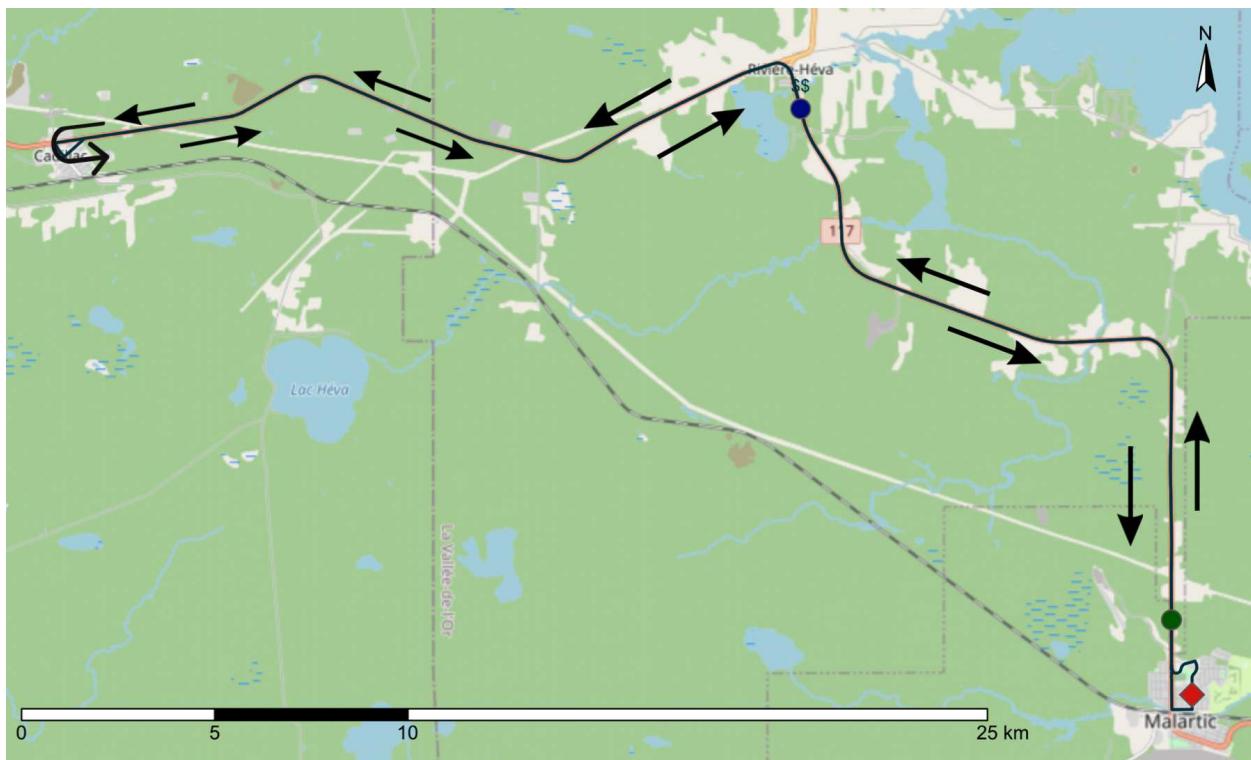
Thursday, July 13th, 2023

59.5 km



	Time
Start	18:15
Finish	19:32

### Course



## Start details



Neutralized start on 2 km

Finish details



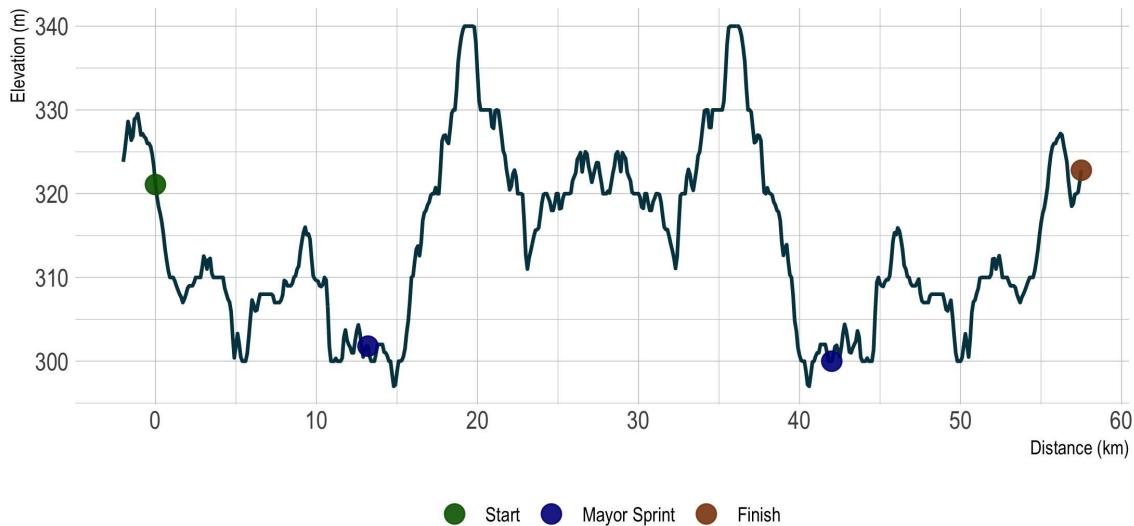
☞ Dinner will be served at the *Théâtre Meglab*, near the finish line

## STAGE 4 : MALARTIC - MALARTIC

### Elevation

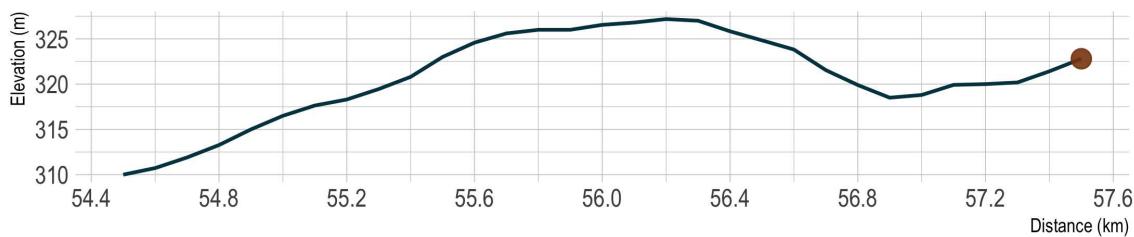
#### Stage 4 - Topographic profile

Malartic - Malartic (57.5 km)



#### Stage 4 - Topographic profile - Last 3 km

Malartic - Malartic (57.5 km)



km		Course	Malartic - Malartic	km/h		
to go	done	info	57.5 km	49	46	44
59.5	-2.0	↗	Start - Meglab Theater	18:15	18:15	18:15
58.9	-1.4	←	Chemin du Camping-Régional	18:15	18:15	18:15
58.4	-0.9	↺	Round about 1st exit, right Route 117	18:16	18:16	18:16
57.5	0.0	↖	Official start	18:17	18:17	18:17
44.3	13.2	\$	Malartic Mayor's Sprint - 250\$ (Road sign « Malartic 15 - Val-d'Or 45 »)	18:33	18:34	18:35
43.9	13.6	ℹ	Rivière-Héva	18:34	18:35	18:36
30.6	26.9	ℹ	Cadillac	18:50	18:52	18:54
30.0	27.5	←	Rue Principale - Cadillac	18:51	18:53	18:55
29.7	27.8	←	2e Avenue E - Cadillac	18:51	18:53	18:55
29.3	28.2	→	Route 117	18:51	18:54	18:56
16.7	40.8	ℹ	Rivière-Héva	19:07	19:10	19:13
15.5	42.0	\$	Malartic Mayor's Sprint - 250\$ (Road sign « Malartic 15 - Val-d'Or 45 »)	19:08	19:12	19:15
1.7	55.8	ℹ	Malartic	19:25	19:30	19:33
1.4	56.1	↺	Round about 2nd exit, straight ahead	19:26	19:30	19:34
0.8	56.7	←	Rue de l'Harricana	19:26	19:31	19:35
0.3	57.2	←	4e Avenue	19:27	19:32	19:35
0.1	57.4	↖	Caravan bypass Right on Rue des Érables	19:27	19:32	19:36
0.0	57.5	↖	Finish Time and points bonus	19:27	19:32	19:36

#### Points and bonifications :

Bonus sprint : 3-2-1 sec & 6-4-2 pts

Final Finish : 6-4-2 sec & 30-24-20-16-12-10-8-6-4-2 pts

KOM : 5-3-2 points

## Stage 5 : Amos - Preissac - RH - Amos

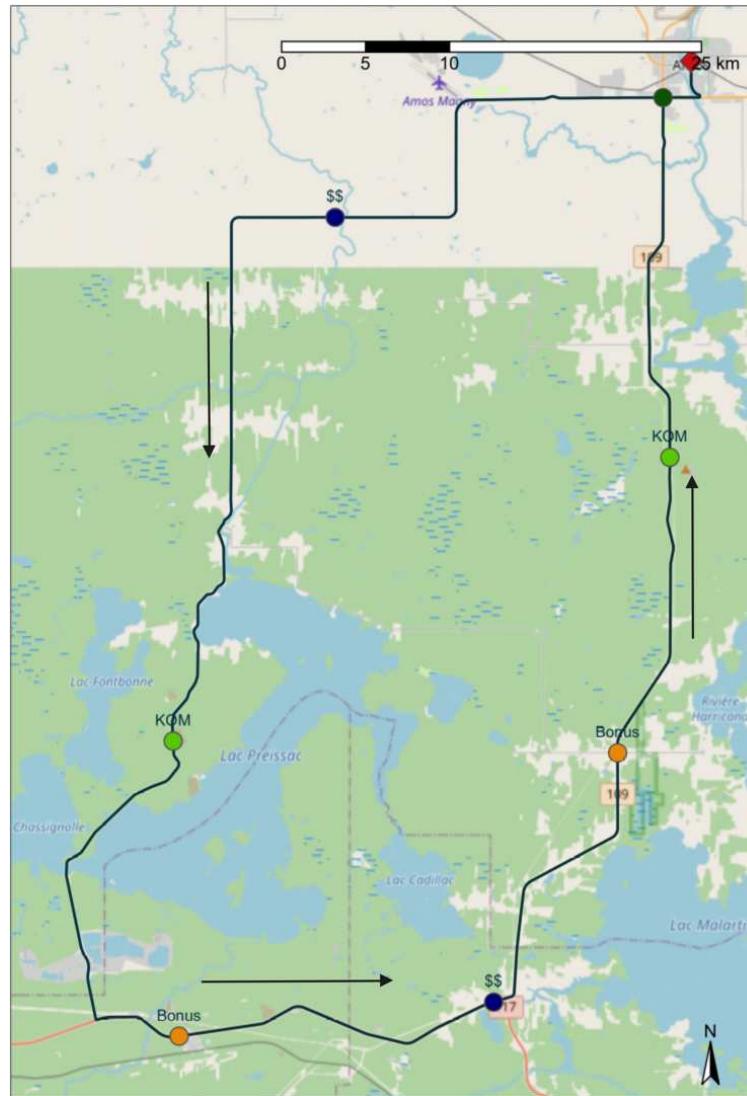
Friday, July 14th, 2023

118.9 km

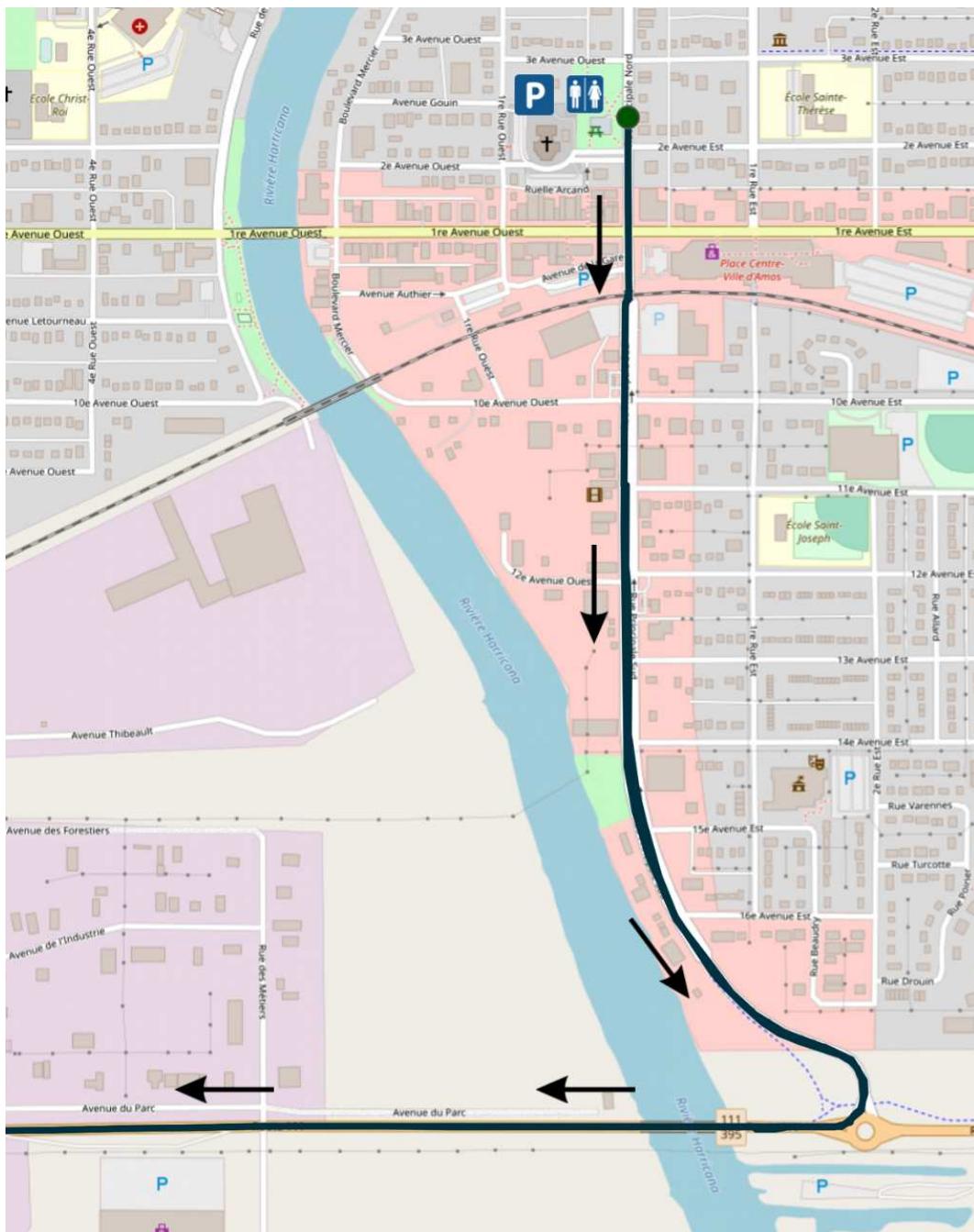


	Time
Start	11:00
Finish	13:42

### Course



## Start details



Neutralized start on 3 km

## Finish details

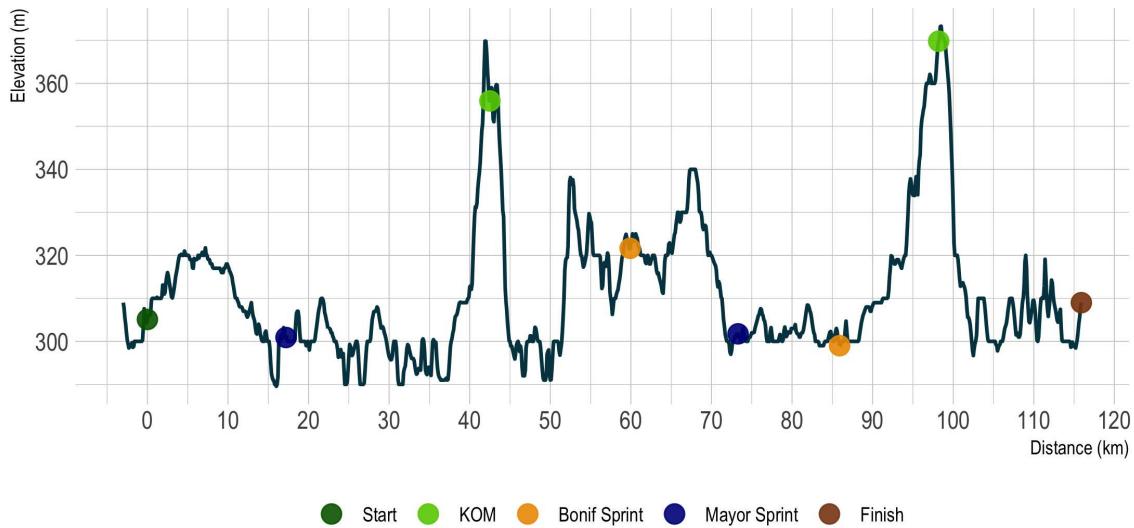


Finish without circuit

## Elevation

### Stage 5 - Topographic profile

Amos - Preissac - RH - Amos (115.9 km)



### Stage 5 - Topographic profile - Last 3 km

Amos - Preissac - RH - Amos (115.9 km)



km		Course	Amos - Preissac - RH - Amos			km/h		
to go	done	info	115.9 km			46	44	42
118.9	<b>-3.0</b>	▷	Start - Parc de la Cathédrale d'Amos			11:00	11:00	11:00
117.3	<b>-1.4</b>	→	Round about, 1st exit right Route 111			11:02	11:02	11:02
115.9	<b>0.0</b>	▶	Official Start			11:03	11:04	11:04
115.9	<b>0.0</b>	↑	Route 109			11:03	11:04	11:04
98.8	<b>17.1</b>	ℹ	Ste-Gertrude			11:26	11:27	11:28
98.7	<b>17.2</b>	\$	Senneterre Mayor's sprint \$250 Ste-Gertrude church			11:26	11:27	11:28
85.9	<b>30.0</b>	⌚	Feed open			11:43	11:45	11:47
82.6	<b>33.3</b>	ℹ	Preissac			11:47	11:49	11:51
73.4	<b>42.5</b>	▲	KOM Points Preissac Summit			11:59	12:02	12:05
65.5	<b>50.4</b>	♻	Trash zone (after the bridge, on 200 m)			12:09	12:12	12:16
59.5	<b>56.4</b>	←	Route 117			12:17	12:21	12:24
56.4	<b>59.5</b>	ℹ	Cadillac			12:21	12:25	12:29
56.0	<b>59.9</b>	▶	Bonification Sprint - times and points Rest Area Cadillac			12:22	12:25	12:29
42.8	<b>73.1</b>	ℹ	Rivière-Heva			12:39	12:43	12:48
42.6	<b>73.3</b>	\$	Senneterre Mayor's sprint \$250 Shell gas station			12:39	12:44	12:49
42.3	<b>73.6</b>	←	Rue des Quatre-Coins			12:39	12:44	12:49
42.0	<b>73.9</b>	↖	Route 395			12:40	12:44	12:49
30.0	<b>85.9</b>	▶	Bonification Sprint - times and points Intersection chemin St-Luc			12:55	13:01	13:07
20.0	<b>95.9</b>	⌚	Feed closed			13:09	13:14	13:21
17.7	<b>98.2</b>	▲	KOM Points Côte de St-Mathieu			13:12	13:18	13:24
13.2	<b>102.7</b>	ℹ	St-Mathieu-d'Harricana			13:17	13:24	13:31
3.0	<b>112.9</b>	→	Route 111			13:31	13:38	13:45
1.6	<b>114.3</b>	↺	Round about 1st exit, left Rue Principale S (opposite direction of normal traffic)			13:33	13:39	13:47
0.3	<b>115.6</b>	⚠	Railroad crossing			13:34	13:41	13:49
0.1	<b>115.8</b>	⟲	Caravan bypass Right on 2e avenue Est			13:34	13:42	13:49
0.0	<b>115.9</b>	▶	Finish Time and points bonus			13:35	13:42	13:49

#### Points and bonifications :

Bonus sprint : 3-2-1 sec & 6-4-2 pts

Final Finish : 10-6-4 sec & 30-24-20-16-12-10-8-6-4-2 pts

KOM : 5-3-2 points

## Stage 6 : Amos - RH - Preissac - Amos

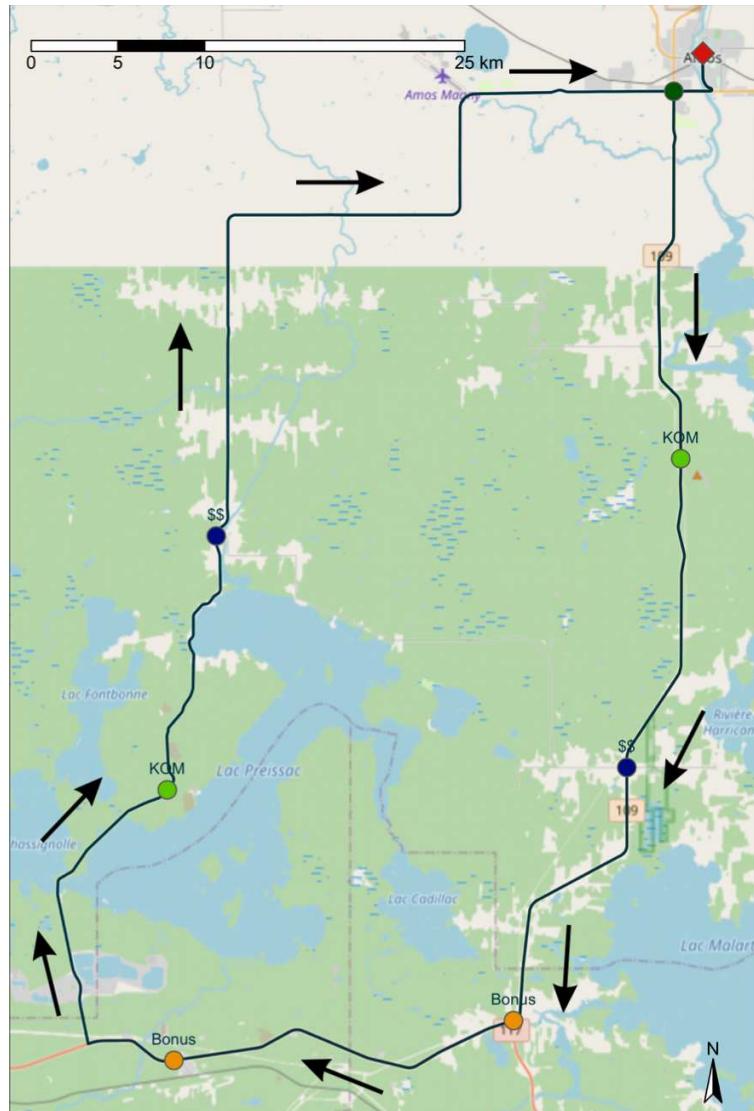
Saturday, July 15th, 2023

118.9 km

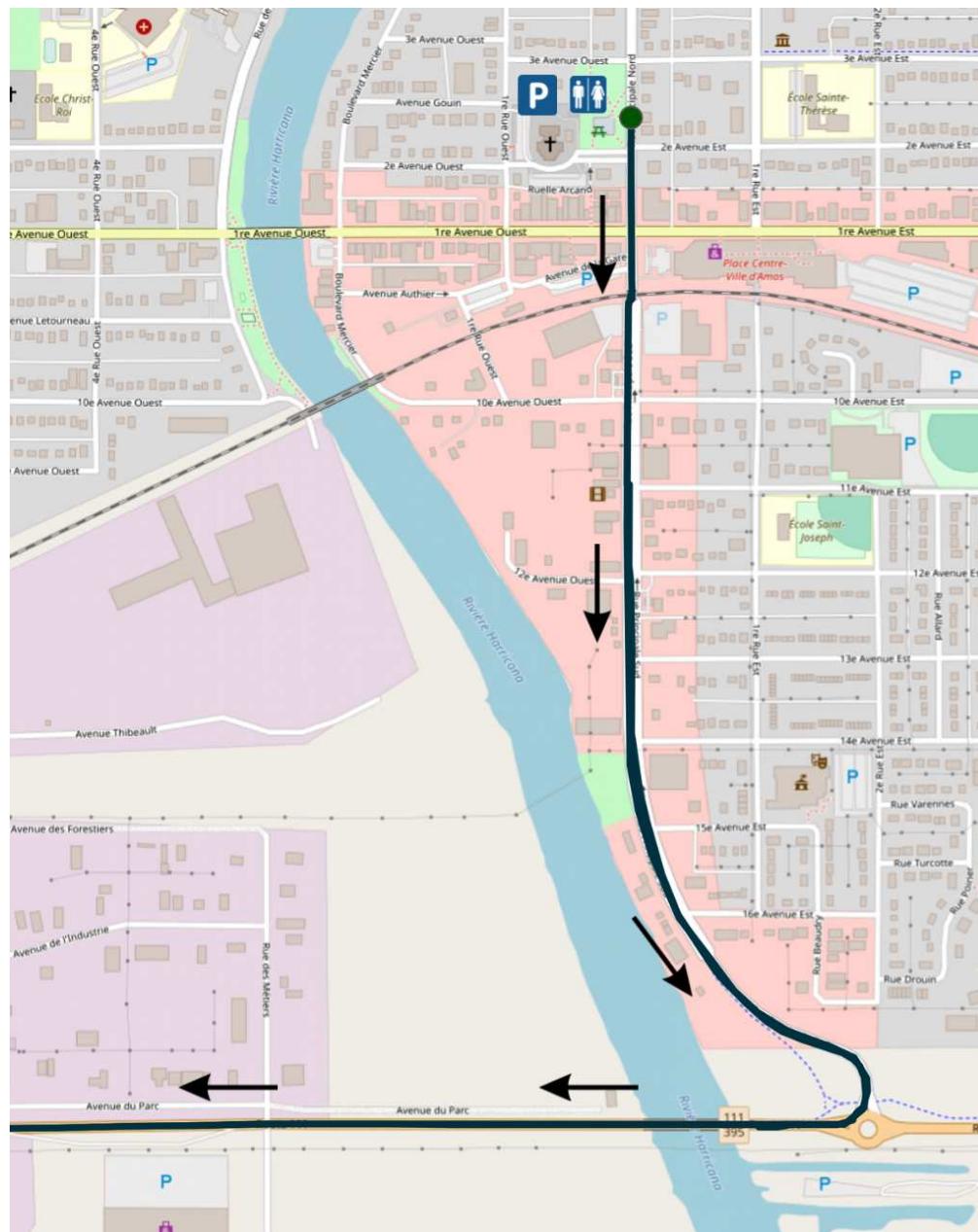
Centre  
de services scolaire  
Harricana  
Québec 

	Time
Start	16:30
Finish	19:12

### Course

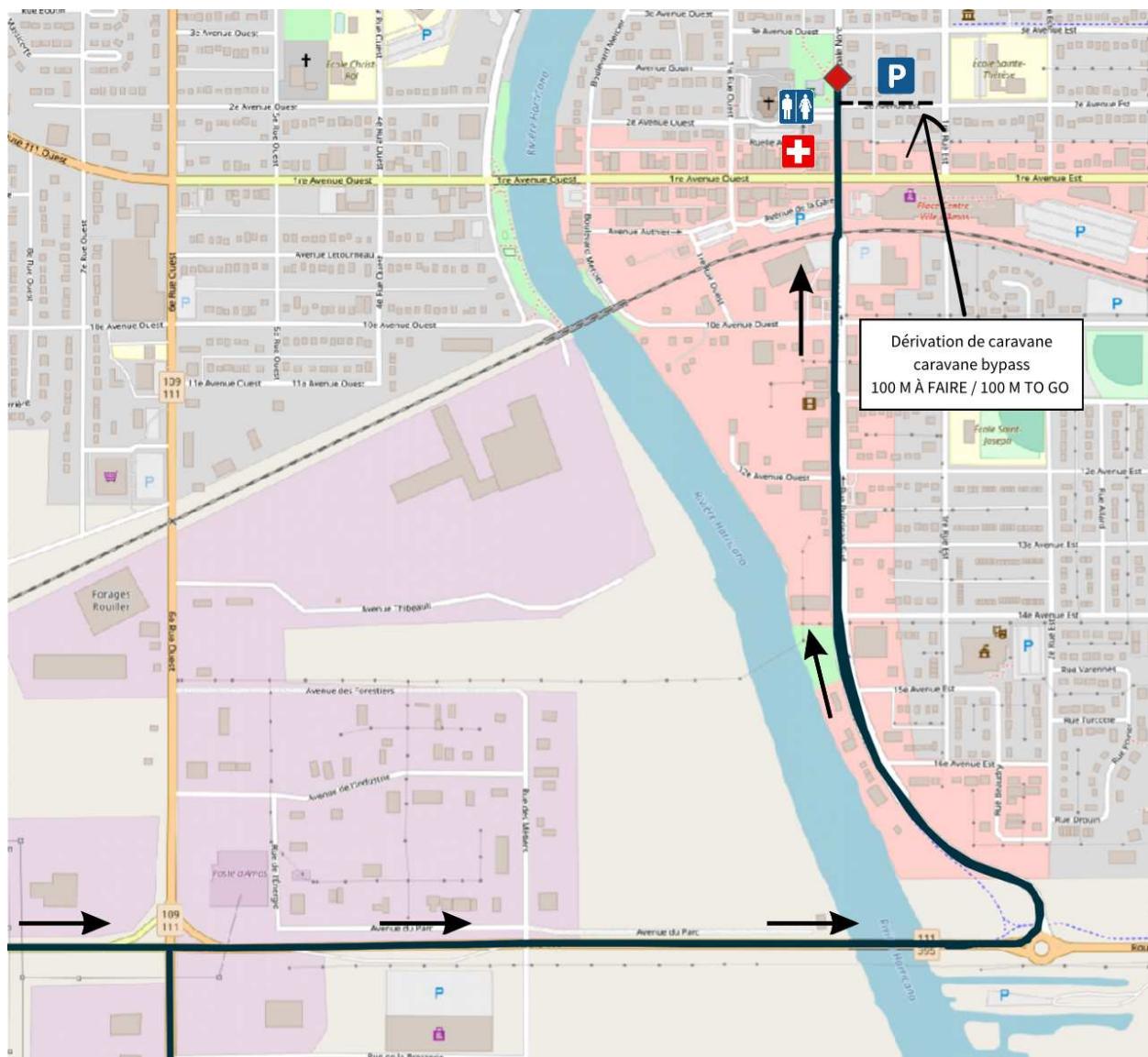


**Start details**



📎 Neutralized start on 3 km

## Finish details

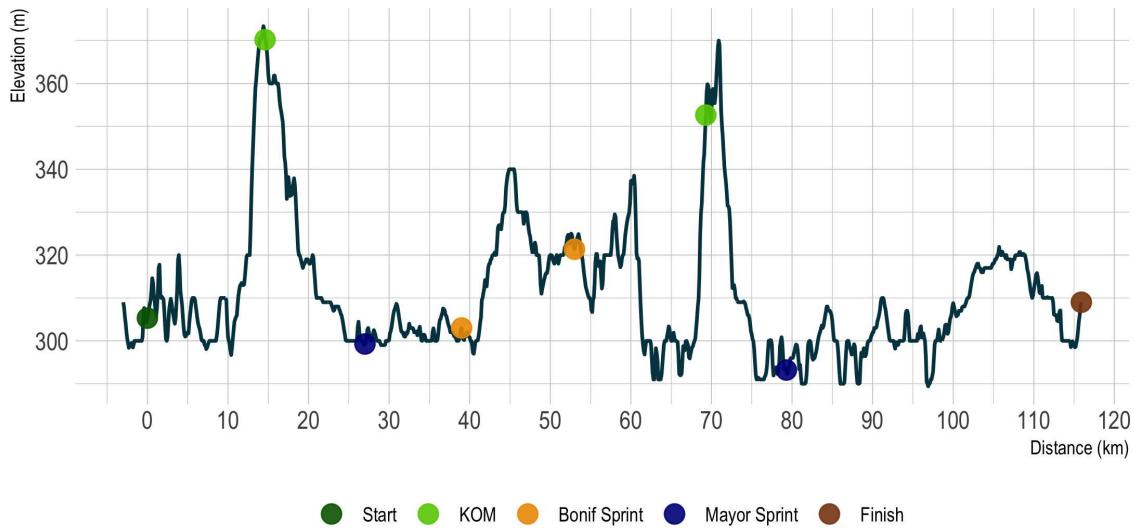


Finish without circuit

## Elevation

### Stage 6 - Topographic profile

Amos - RH - Preissac - Amos (115.9 km)



### Stage 6 - Topographic profile - Last 3 km

Amos - RH - Preissac - Amos (115.9 km)



km		Course	Amos - RH - Preissac - Amos			km/h
to go	done	info	115.9 km	46	44	42
118.9	<b>-3.0</b>	▷	Start - Parc de la Cathédrale d'Amos	16:30	16:30	16:30
117.3	<b>-1.4</b>	→	Round about, 1st exit right Route 111	16:32	16:32	16:32
115.9	<b>0.0</b>	▶	Official Start	16:33	16:34	16:34
115.9	<b>0.0</b>	←	Route 109	16:33	16:34	16:34
106.6	<b>9.3</b>	ℹ	St-Mathieu-d'Harricana	16:46	16:46	16:47
101.3	<b>14.6</b>	▲	KOM Points Côte de St-Mathieu	16:52	16:54	16:55
88.9	<b>27.0</b>	\$	Preissac Mayor's sprint \$250 Intersection chemin St-Luc	17:09	17:10	17:12
85.9	<b>30.0</b>	⌚	Feed open	17:13	17:15	17:17
77.2	<b>38.7</b>	ℹ	Rivière-Heva	17:24	17:26	17:29
76.9	<b>39.0</b>	▶	Bonification Sprint - times and points Intersection Rue Principale	17:24	17:27	17:30
76.3	<b>39.6</b>	↗	Route 117	17:25	17:28	17:30
63.7	<b>52.2</b>	ℹ	Cadillac	17:42	17:45	17:48
62.9	<b>53.0</b>	▶	Bonification Sprint - times and points Rest Area Cadillac	17:43	17:46	17:50
59.4	<b>56.5</b>	→	Route 395	17:47	17:51	17:55
53.8	<b>62.1</b>	ℹ	Preissac	17:54	17:58	18:03
46.6	<b>69.3</b>	▲	KOM Points Observation tower Preissac	18:04	18:08	18:13
36.6	<b>79.3</b>	\$	Preissac Mayor's sprint \$250 Gas Station Preissac	18:17	18:22	18:27
36.4	<b>79.5</b>	♻	Trash zone (on 200 m)	18:17	18:22	18:27
30.9	<b>85.0</b>	⚠	Wooden bridge	18:24	18:30	18:35
20.7	<b>95.2</b>	ℹ	Ste-Gertrude	18:38	18:43	18:50
20.0	<b>95.9</b>	⌚	Feed closed	18:39	18:44	18:51
3.0	<b>112.9</b>	↑	Route 111	19:01	19:08	19:15
1.6	<b>114.3</b>	♂	Round about 1st exit, left Rue Principale S (opposite direction of normal traffic)	19:03	19:09	19:17
0.3	<b>115.6</b>	⚠	Railroad crossing	19:04	19:11	19:19
0.1	<b>115.8</b>	⚡	Caravan bypass Right on 2e avenue Est	19:04	19:12	19:19
0.0	<b>115.9</b>	▶	Finish Time and points bonus	19:05	19:12	19:19

#### Points and bonifications :

Bonus sprint : 3-2-1 sec & 6-4-2 pts

Final Finish : 10-6-4 sec & 30-24-20-16-12-10-8-6-4-2 pts

KOM : 5-3-2 points

## Stage 7 : La Sarre - Amos

Sunday, July 16th, 2023

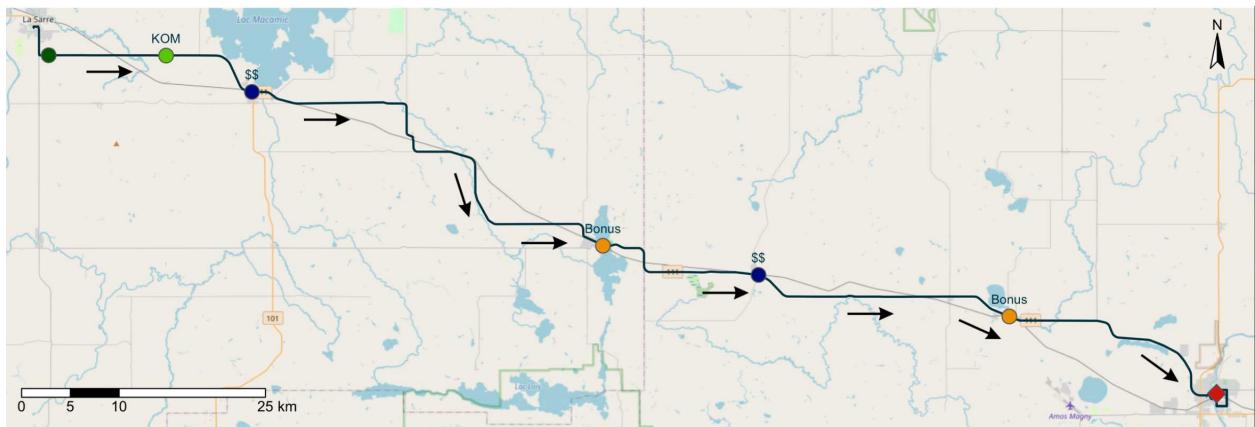
123.5 km



### Time

	Time
Start	14:00
Circuit entrance	16:11
Finish	16:48

### Course

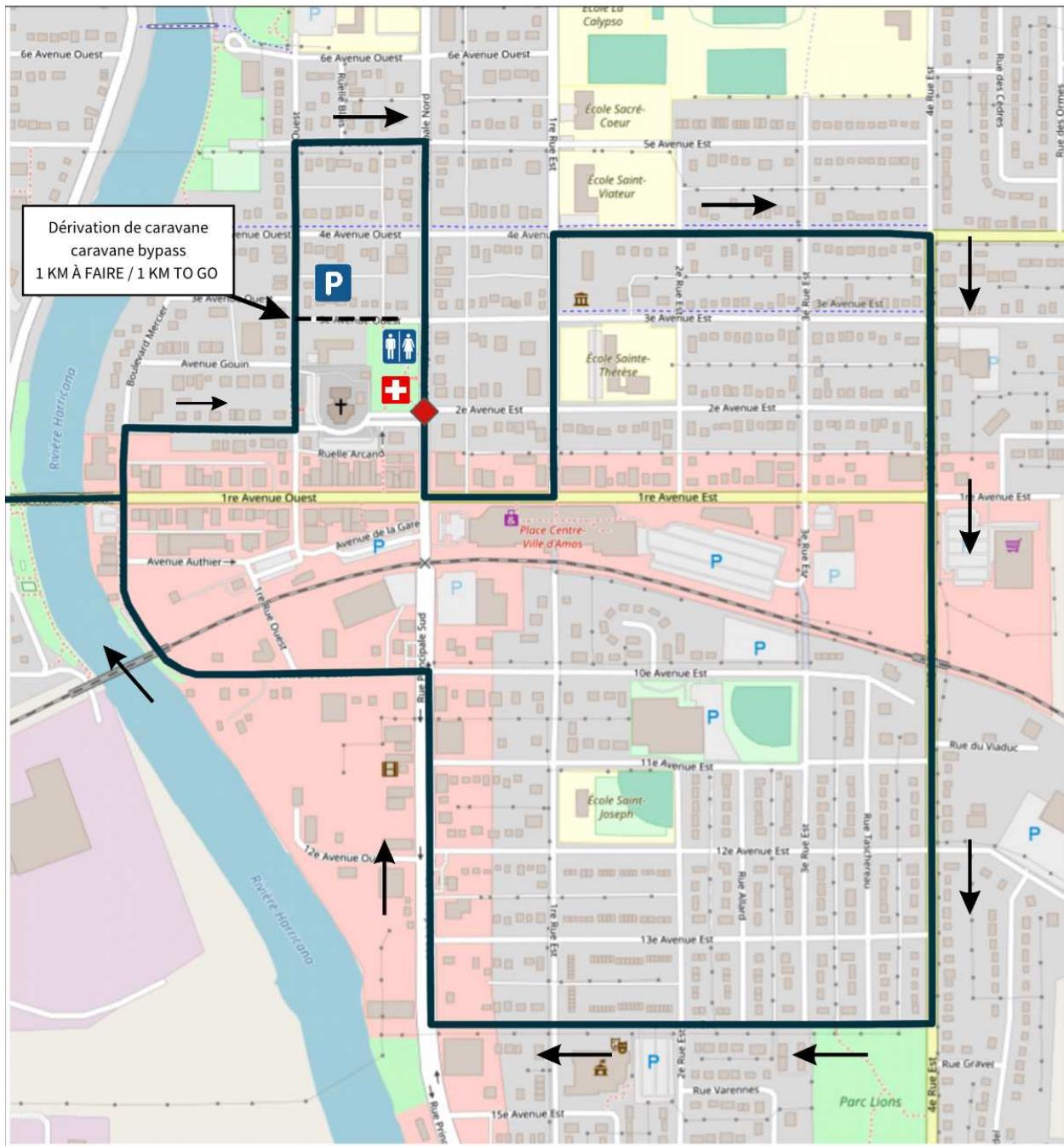


Start details



⌚ Neutralized start on 3 km

**Finish details**



- 📎 5 full clockwise laps of the 5.4 km finish circuit
- 📎 The entrance to the circuit is located at the intersection of 4e Rue Est and 14e Avenue Est

## Elevation

### Stage 7 - Topographic profile

La Sarre - Amos (93.5 km + ( 5 x 5.4 km ) = 120.5 km)



### Stage 7 - Topographic profile - Last 5.4 km

La Sarre - Amos (93.5 km + ( 5 x 5.4 km ) = 120.5 km)



km	Course	La Sarre - Amos	km/h			
to go	done	info	93.5 km + (5 x 5.4 km) = 120.5 km	46	44	42
123.5	<b>-3.0</b>	▷	Start - Nicol Auto Arena Parking	14:00	14:00	14:00
123.4	<b>-2.9</b>	←	Rue Principale	14:00	14:00	14:00
123.4	<b>-2.9</b>	→	11e Avenue E	14:00	14:00	14:00
123.1	<b>-2.6</b>	→	Route 111	14:00	14:00	14:00
121.2	<b>-0.7</b>	←	Ramp toward Rte 111E	14:03	14:03	14:03
120.5	<b>0.0</b>	▶	Official start	14:03	14:04	14:04
116.1	<b>4.4</b>	⚠	Railroad crossing	14:09	14:10	14:10
112.6	<b>7.9</b>	▲	KOM Sprint	14:14	14:14	14:15
106.0	<b>14.5</b>	↓	Macamic	14:22	14:23	14:25
105.5	<b>15.0</b>	\$	La Sarre Mayor's sprint 250\$ (Postal Office Macamic)	14:23	14:24	14:25
104.8	<b>15.7</b>	⚠	Bridge - reduced lane	14:24	14:25	14:26
95.1	<b>25.4</b>	⚠	Bridge - Roadwork 1 lane only	14:37	14:38	14:40
93.2	<b>27.3</b>	↓	Authier	14:39	14:41	14:43
92.2	<b>28.3</b>	⚠	Railroad crossing	14:40	14:42	14:44
90.5	<b>30.0</b>	≡	Feed open	14:43	14:45	14:47
88.3	<b>32.2</b>	⚠	Bridge - Roadwork	14:45	14:48	14:50
78.6	<b>41.9</b>	⚠	Railroad crossing	14:58	15:01	15:04
76.2	<b>44.3</b>	↓	Taschereau	15:01	15:04	15:07
74.5	<b>46.0</b>	▶	Bonification sprint - times and points (Routes 111/390 intersections)	15:03	15:06	15:10
74.3	<b>46.2</b>	⊗	Trash zone (on 200 m)	15:04	15:07	15:10
74.0	<b>46.5</b>	⚠	Bridge	15:04	15:07	15:10
70.8	<b>49.7</b>	⚠	Railroad crossing	15:08	15:11	15:15
62.9	<b>57.6</b>	↓	Launay	15:19	15:22	15:26
62.6	<b>57.9</b>	\$	La Sarre Mayor's sprint 250\$ (Engoulevent municipal parc)	15:19	15:23	15:27
51.0	<b>69.5</b>	⚠	Oblique Railroad crossing	15:34	15:38	15:43
49.3	<b>71.2</b>	↓	Trécesson	15:36	15:41	15:46
44.6	<b>75.9</b>	▶	Bonification Sprint - time and points (Trécesson rest stop)	15:42	15:47	15:52
31.2	<b>89.3</b>	↓	Amos	16:00	16:05	16:11
28.3	<b>92.2</b>	←	Circuit finish entrance Boulevard Mercier	16:04	16:09	16:16
28.2	<b>92.3</b>	→	2e Avenue O	16:04	16:09	16:16
27.9	<b>92.6</b>	←	1re Rue O	16:04	16:10	16:16
27.5	<b>93.0</b>	→	5e Avenue O	16:05	16:10	16:17
27.4	<b>93.1</b>	→	Rue Principale N	16:05	16:11	16:17
27.0	<b>93.5</b>	\$	Start of 1st lap (5 laps to go) Amos Mayor's sprint (100\$)	16:05	16:11	16:17
26.9	<b>93.6</b>	←	1re Avenue E	16:06	16:11	16:18
26.7	<b>93.8</b>	←	1re Rue E	16:06	16:12	16:18
26.3	<b>94.2</b>	→	4e Avenue E	16:06	16:12	16:18
25.8	<b>94.7</b>	→	4e Rue E	16:07	16:13	16:19
24.7	<b>95.8</b>	→	14e Avenue E	16:08	16:14	16:21
24.0	<b>96.5</b>	→	Rue Principale S	16:09	16:15	16:22
23.5	<b>97.0</b>	←	10e Avenue E	16:10	16:16	16:22
22.8	<b>97.7</b>	→	2e Avenue O	16:11	16:17	16:23
22.7	<b>97.8</b>	≡	Fix feed zone	16:11	16:17	16:24
22.6	<b>97.9</b>	←	1re Rue O	16:11	16:17	16:24
22.2	<b>98.3</b>	→	5e Avenue O	16:12	16:18	16:24
22.0	<b>98.5</b>	→	Rue Principale N	16:12	16:18	16:25
21.6	<b>98.9</b>	\$	Start of 2nd lap (4 laps to go) Amos Mayor's sprint (100\$)	16:12	16:18	16:25
16.2	<b>104.3</b>	≡	Feed closed	16:19	16:26	16:33
16.2	<b>104.3</b>	\$	Start of 3rd lap (3 laps to go) Amos Mayor's sprint (100\$)	16:19	16:26	16:33
10.8	<b>109.7</b>	\$	Start of 4th lap (2 laps to go) Amos Mayor's sprint (100\$)	16:27	16:33	16:41
5.4	<b>115.1</b>	\$	Start of 5th lap (1 lap to go) Amos Mayor's sprint (100\$)	16:34	16:41	16:48
1.0	<b>119.5</b>	↖	Caravan bypass Right on 3e avenue	16:39	16:47	16:55
0.0	<b>120.5</b>	▶	Finish Time and points bonus	16:41	16:48	16:56

**Points and bonifications :**

Bonus sprint : 3-2-1 sec & 6-4-2 pts

Final Finish : 10-6-4 sec & 30-24-20-16-12-10-8-6-4-2 pts

KOM : 5-3-2 points