

# 2023 Tour de l'Abitibi Glencore



---

## ***TECHNICAL GUIDE***

### ***COURSES DETAILS***

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

**July 11th to 16, 2023**

---

# Contents

<b>Schedule</b>	<b>1</b>
<b>Stage 1 : Val-d'Or - Amos</b>	<b>2</b>
Course	2
Start details	3
Finish details	4
Elevation	5
<b>Stage 2 : Rouyn-Noranda - Amos</b>	<b>7</b>
Course	7
Start details	8
Finish details	8
Elevation	9
<b>Stage 3 - ITT</b>	<b>11</b>
Course	11
Start details	12
Finish details	13
Elevation	14
<b>Stage 4 : Malartic - Malartic</b>	<b>16</b>
Course	16
Start details	17
Finish details	18
Elevation	19
<b>Stage 5 : Senneterre - VD - Senneterre</b>	<b>21</b>
Course	21
Start details	22
Finish details	23
Elevation	24
<b>Stage 6 : Amos -Preissac - RH - Amos</b>	<b>26</b>
Course	26
Start details	27
Finish details	28
Elevation	29
<b>Stage 7 : La Sarre - Amos</b>	<b>31</b>
Course	31
Start details	32
Finish details	33
Elevation	34

## 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> Val-d'Or - Amos (via Barraute)  <b>Stage 1</b> Distance : 95.1 km + (4 x 5.4 km) = 116.7 km (3 km controlled start)	<b>16:45</b>	Circuit arrival : <b>18:58</b>
		Val-d'Or, Place Agnico-Eagle	Finish : <b>19:28</b>
			Amos, Cathedral
Wednesday July 12th	<b>Road race</b> Rouyn-Noranda - Amos (via Poularies)  <b>Stage 2</b> Distance : 125.6 km (5 km controlled start)	<b>16:15</b>	<b>19:13</b>
		Rouyn-Noranda, CEGEP	Amos, Cathedral
Thursday July 13th (AM)	Individual Time Trial Amos - Saint-Maurice - Amos Distance : 10.0 km  <b>Stage 3 (half-stage)</b>	First start : <b>09:30</b>	Last start : <b>09:43</b>
		First arrival : <b>11:40</b>	Last arrival : <b>11:53</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> Senneterre ↗ Senneterre (via Val-d'Or)  <b>Stage 5</b> Distance : 140 km (5 km controlled start)	<b>14:00</b>	<b>17:22</b>
		Senneterre, City Hall	Senneterre, Mont Bell
Saturday July 15th	<b>Road race</b> Amos ↗ Amos (via Rivière-Héva & Preissac )  <b>Stage 6</b> 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)  <b>Stage 7</b> 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

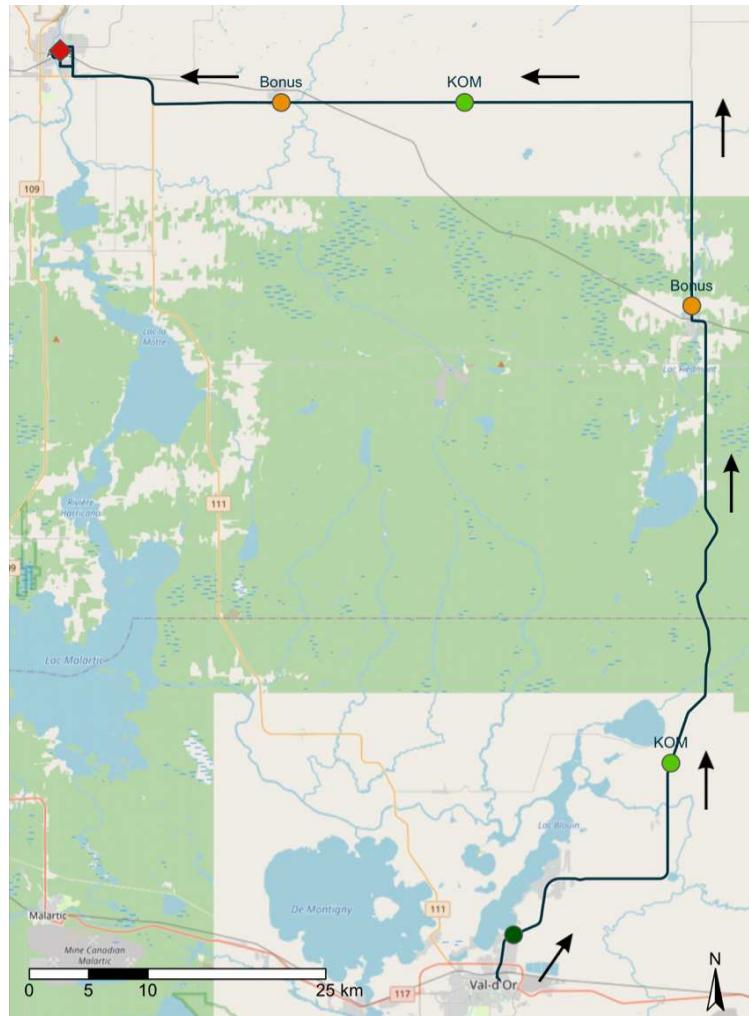
Tuesday, July 11th, 2023

119.7 km



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

### Course

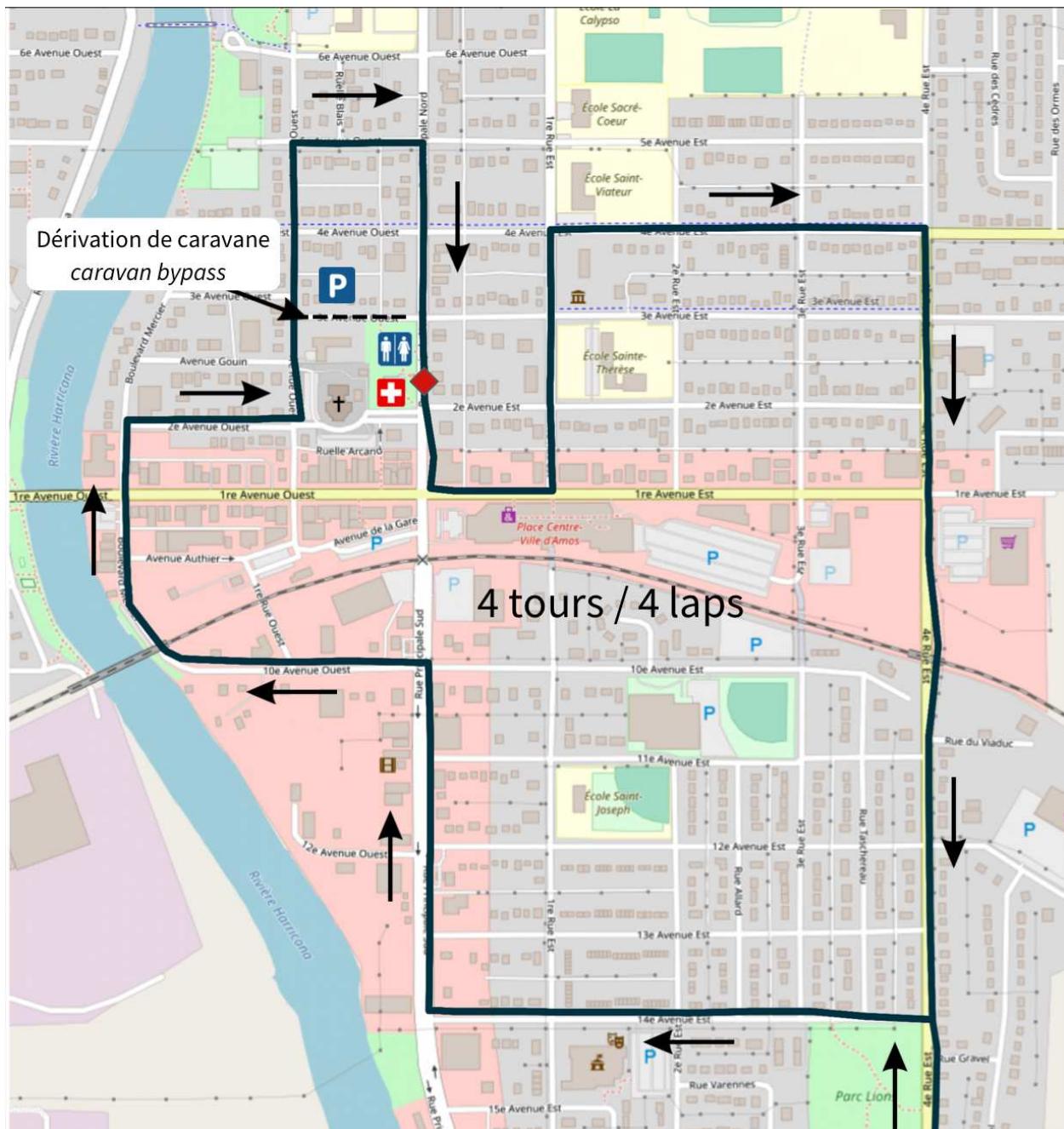


**Start details**



Neutralized start on 3 km

Finish details

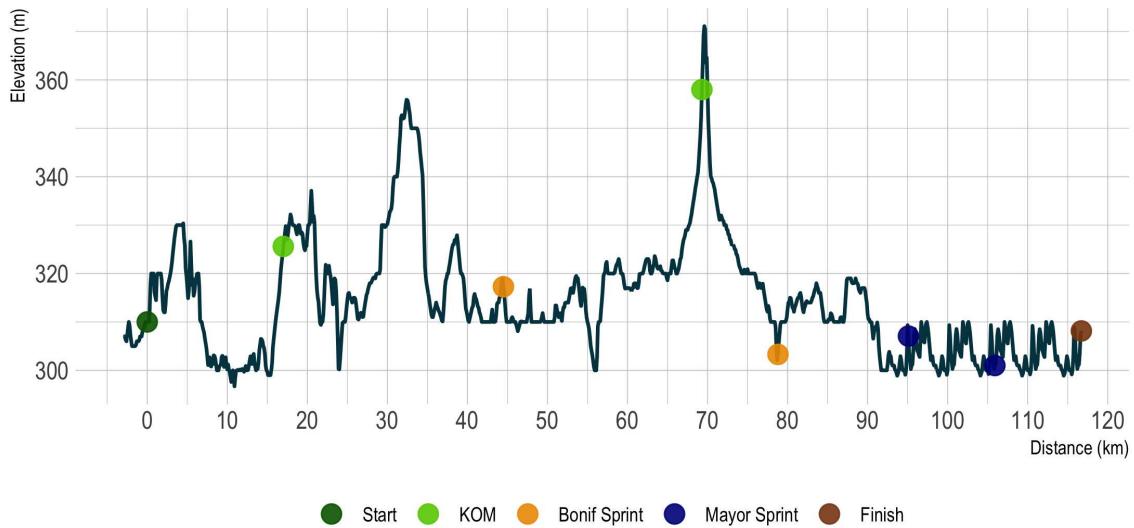


- ⌚ 4 full clockwise laps of the 5.4 km finish circuit
- ⌚ The entrance to the circuit is located at the intersection of 4e Rue Est and 14e Avenue Est

## Elevation

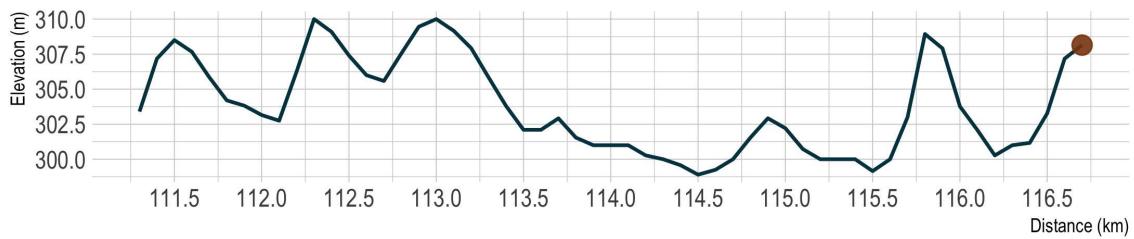
### Stage 1 - Topographic profile

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
<b>119.2</b>	<b>-2.5</b>	△	Railroad crossing	<b>16:45</b>	<b>16:45</b>	<b>16:45</b>
118.7	<b>-2.0</b>	↺	Round about (2nd exit, straight)	16:46	16:46	16:46
<b>116.7</b>	<b>0.0</b>	▶	Official start	<b>16:48</b>	<b>16:49</b>	<b>16:49</b>
103.0	<b>13.7</b>	ℹ	City of Val-Senneville	17:06	17:07	17:08
<b>99.7</b>	<b>17.0</b>	炬	KOM Points (Chemin Fortier)	<b>17:11</b>	<b>17:12</b>	<b>17:13</b>
86.7	<b>30.0</b>	≡	Feed open	17:28	17:30	17:32
<b>72.2</b>	<b>44.5</b>	▶	Sprint bonification temps et points (1er 2e Rang Ouest, Barrault)	<b>17:46</b>	<b>17:49</b>	<b>17:52</b>
60.8	<b>55.9</b>	←	Route 386	18:01	18:05	18:09
<b>47.4</b>	<b>69.3</b>	炬	KOM Points	<b>18:19</b>	<b>18:23</b>	<b>18:28</b>
<b>40.2</b>	<b>76.5</b>	△	Railroad crossing	<b>18:28</b>	<b>18:33</b>	<b>18:38</b>
38.2	<b>78.5</b>	ℹ	Landrienne	18:31	18:36	18:41
<b>37.9</b>	<b>78.8</b>	▶	Sprint bonification temps et points (rue Trépanier)	<b>18:31</b>	<b>18:36</b>	<b>18:41</b>
36.9	<b>79.8</b>	ℹ	Trash zone	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, right)	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\$)	<b>18:52</b>	<b>18:58</b>	<b>19:05</b>
21.4	<b>95.3</b>	←	1re Ave 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 Av 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\$)	<b>19:07</b>	<b>19:13</b>	<b>19:20</b>
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>	炬	Caravan bypass Right on 3e avenue	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

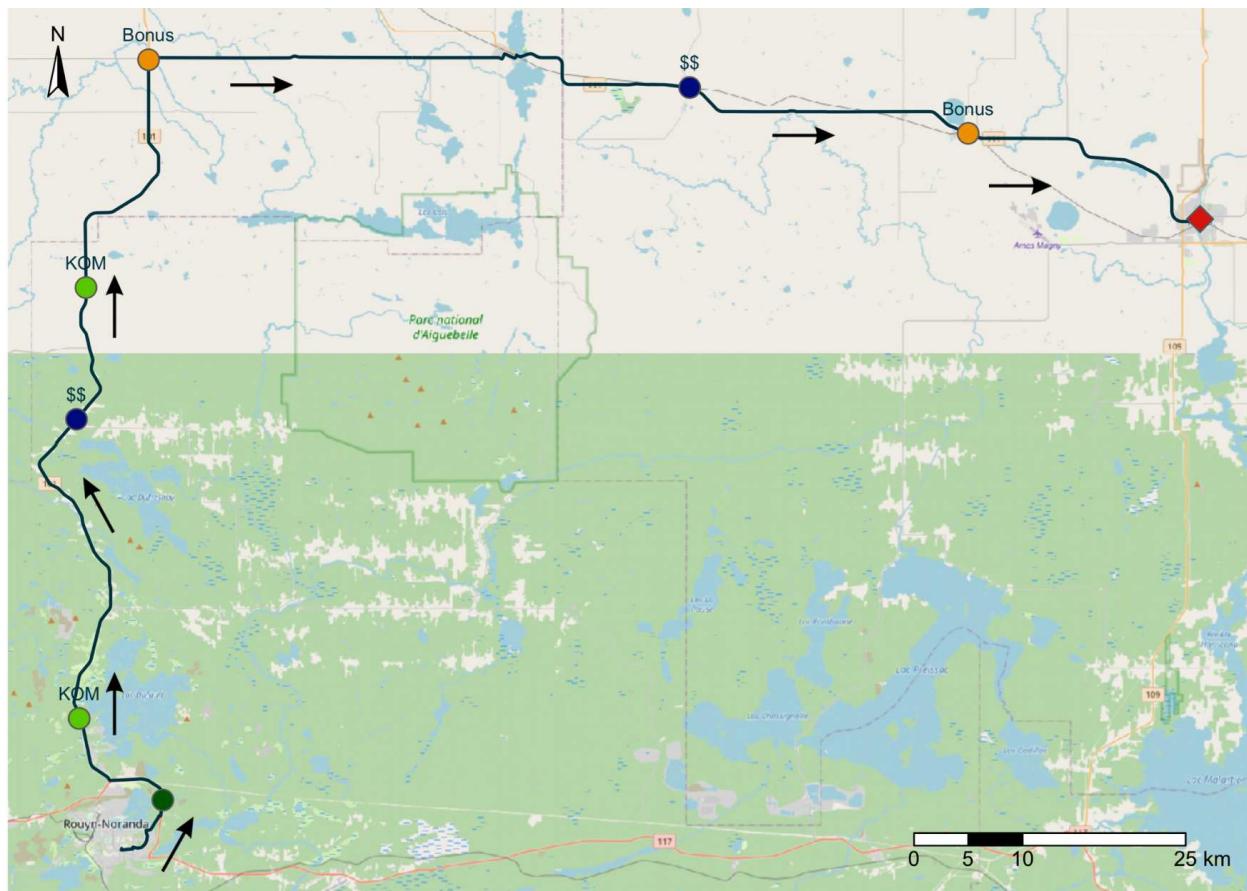
Wednesday, July 12th, 2023

130.6 km

Québec 

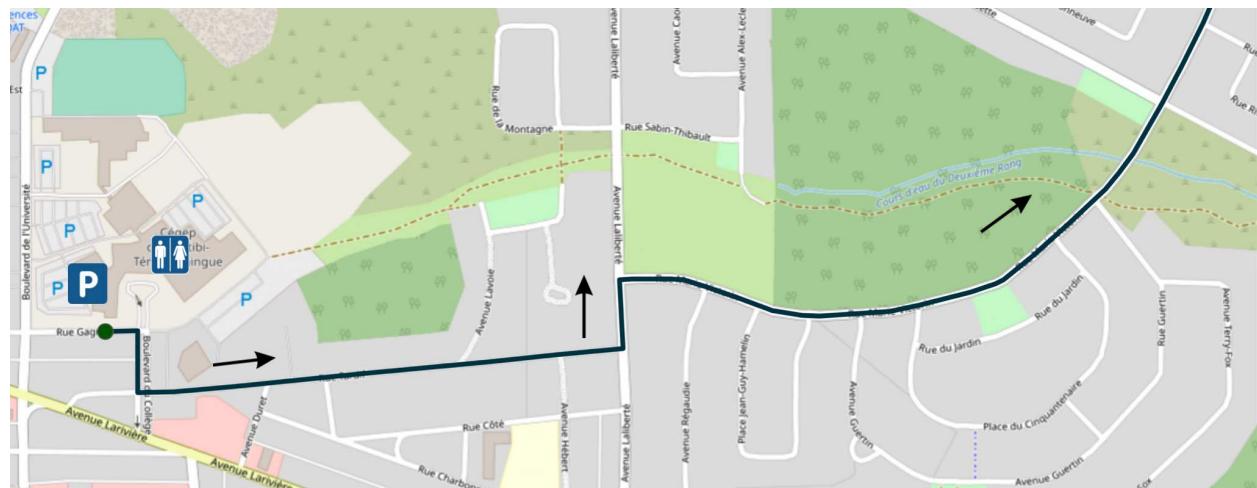
Time	
Start	16:15
Finish	19:13

### Course



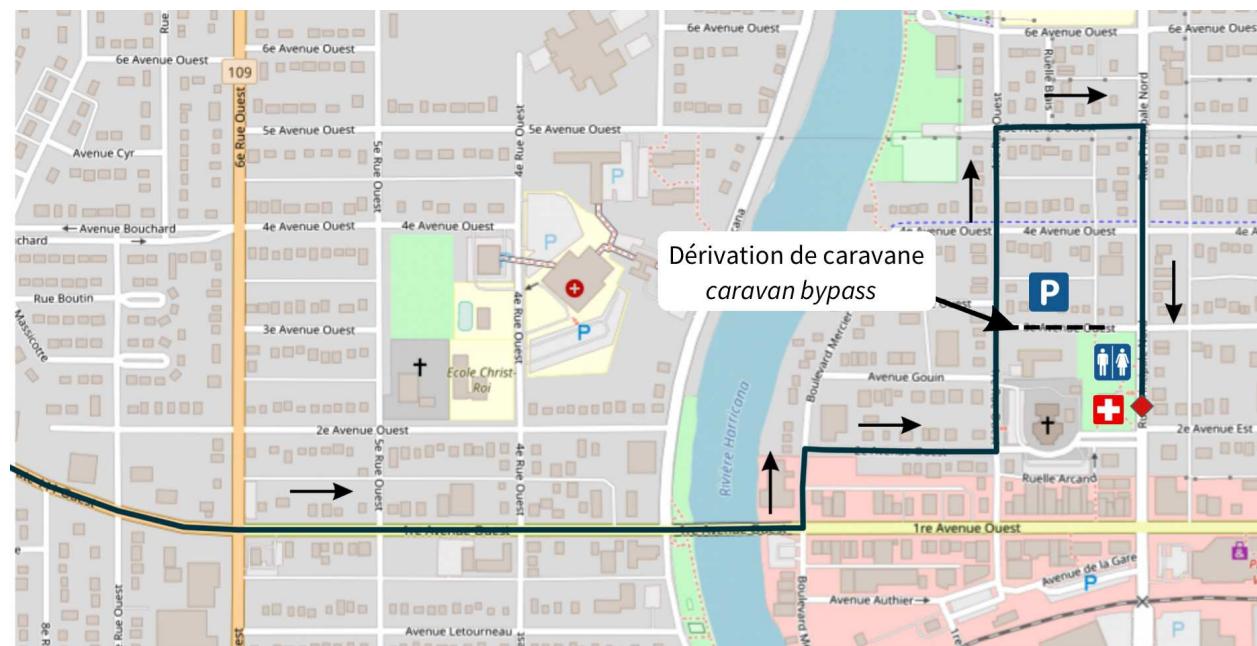
## STAGE 2 : ROUYN-NORANDA - AMOS

### Start details



🏁 Neutralized start on 5 km

### Finish details



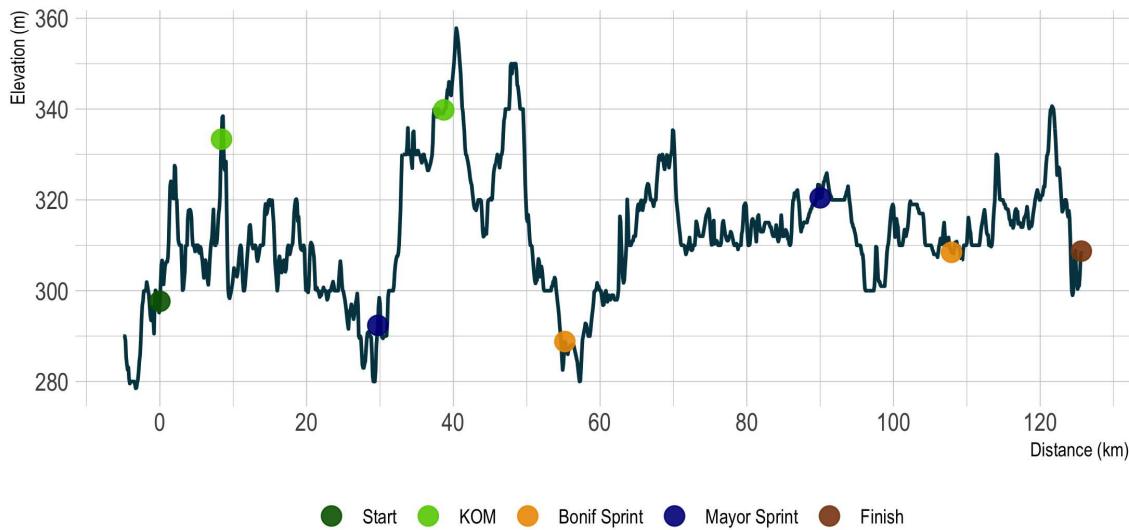
🏁 Finish without circuit

## STAGE 2 : ROUYN-NORANDA - AMOS

### Elevation

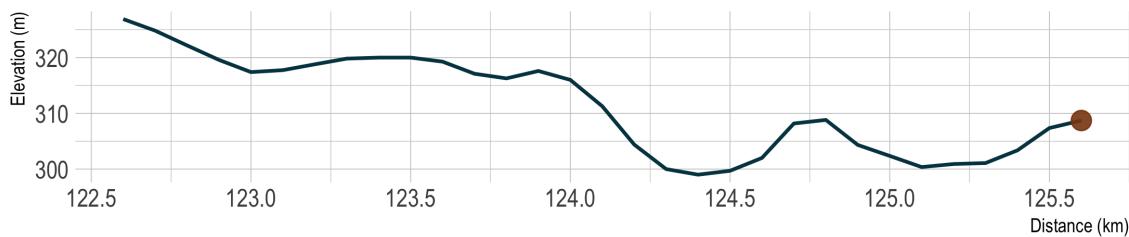
#### Stage 2 - Topographic profile

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 Est	16:18	16:18	16:18
126.6	<b>-1.0</b>	←	Rte 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>	♂	Roundabout (use 1st exit)	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 district	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
86.9	<b>38.7</b>	▲	KOM Points (Intersection Chemin de l'Eske)	17:12	17:14	17:17
70.5	<b>55.1</b>	ℹ	Municipality of 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	Municipality of Taschereau	18:01	18:06	18:11
48.6	<b>77.0</b>	♻	Trash zone	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	Municipality of Launay	18:18	18:23	18:30
35.6	<b>90.0</b>	\$	Rouyn-Noranda Mayor's sprint \$250 (Engoulement 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	Municipality of 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 Ouest	19:03	19:11	19:20
0.9	<b>124.7</b>	←	1re Rue Ouest	19:04	19:11	19:20
0.8	<b>124.8</b>	↖	Caravan bypass Right on 3e avenue	19:04	19:12	19:20
0.5	<b>125.1</b>	→	5e Avenue Ouest	19:04	19:12	19:20
0.3	<b>125.3</b>	→	Rue Principale Nord	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

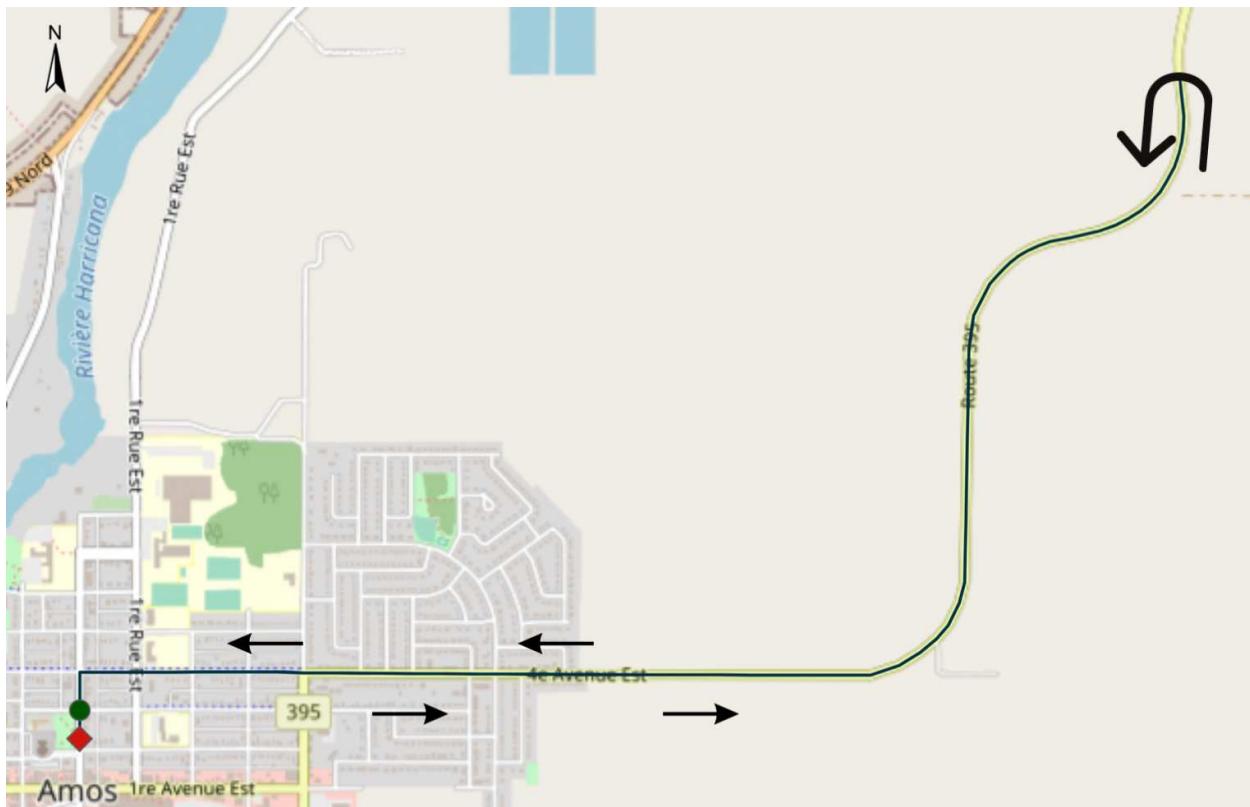
10 km



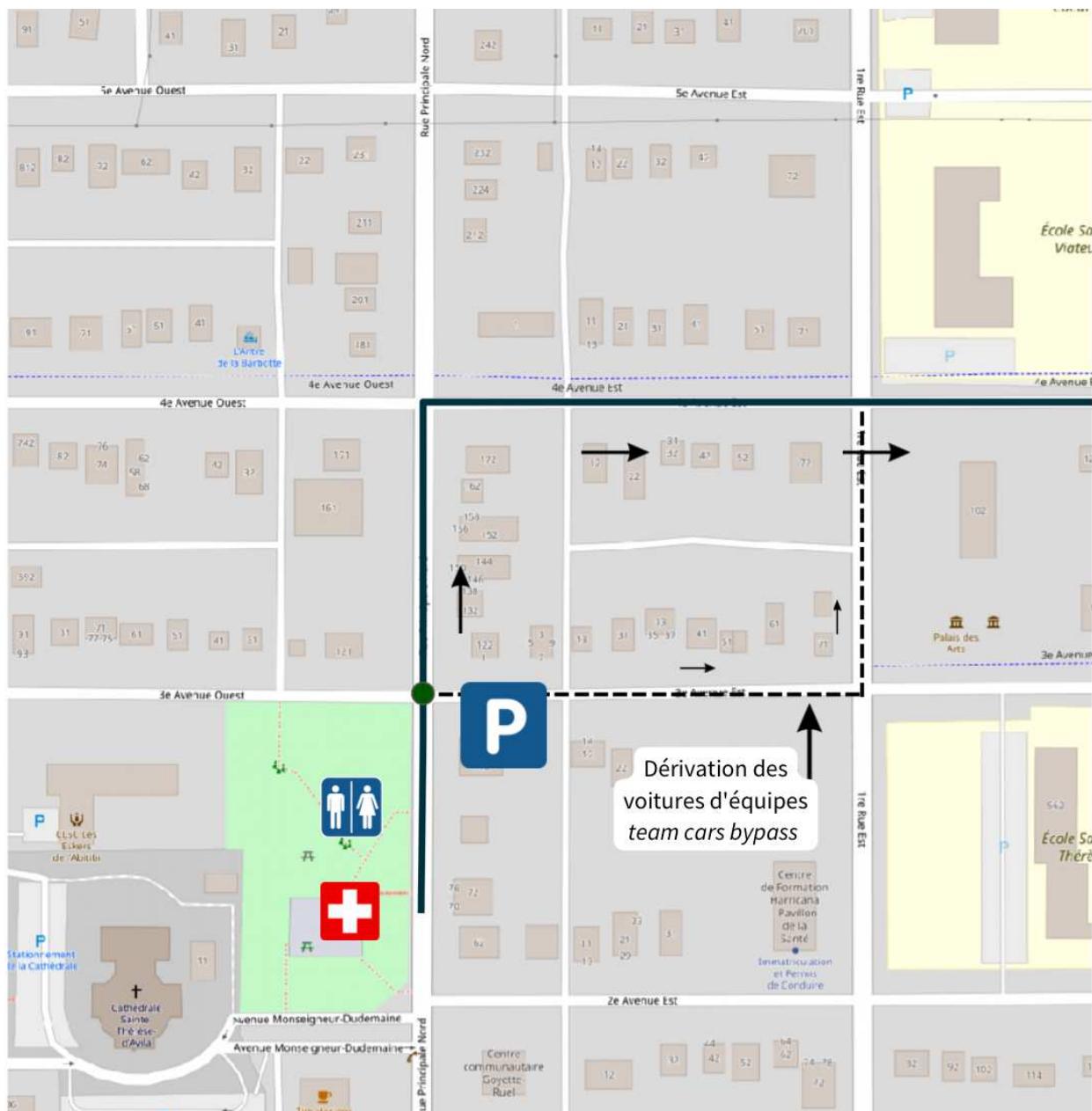
**eldorado gold**

	Time
First start	09:30
First finish	09:43
Last start	11:40
Last finish	11:53

## Course

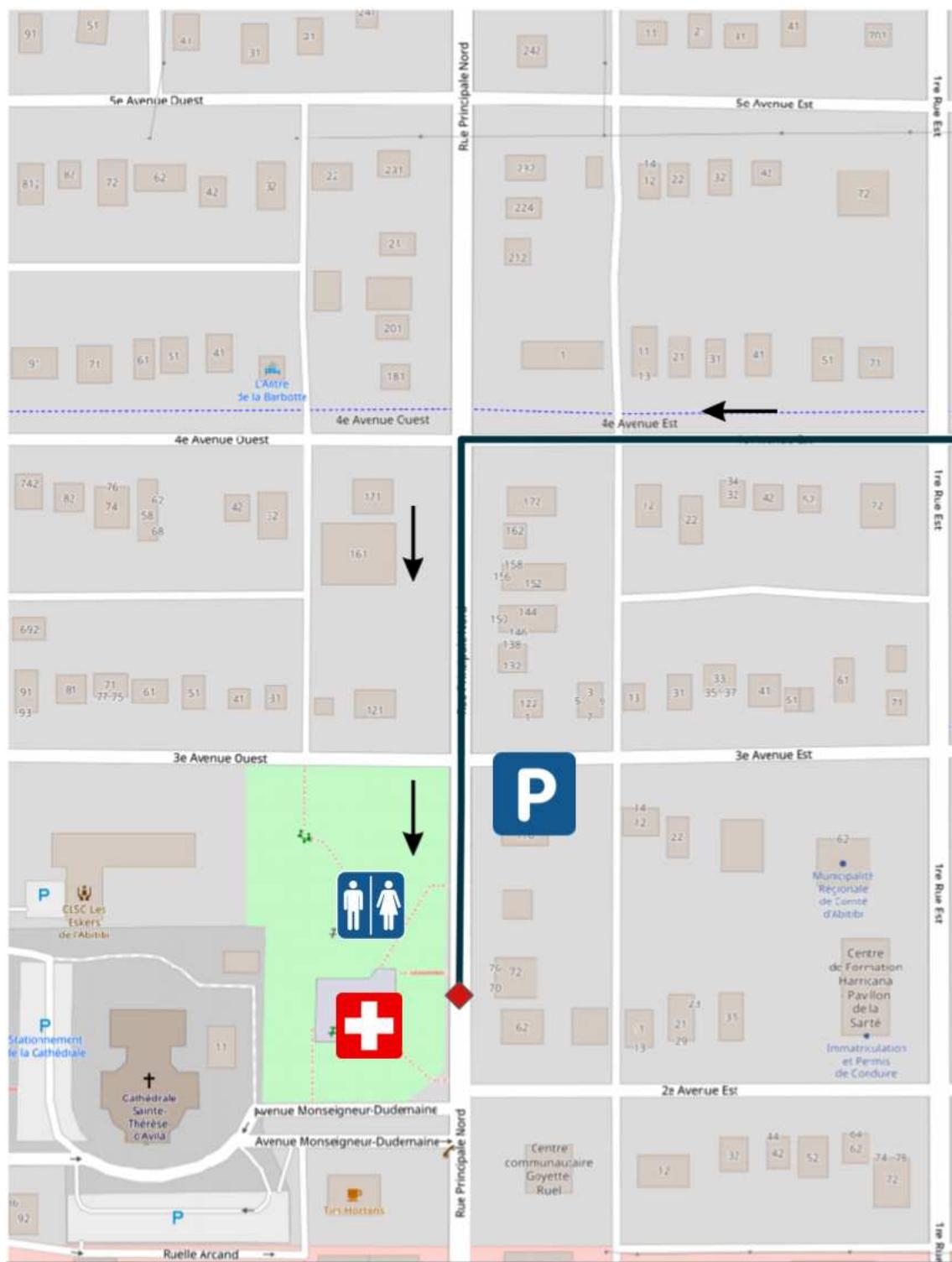


Start details



- ⌚ 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

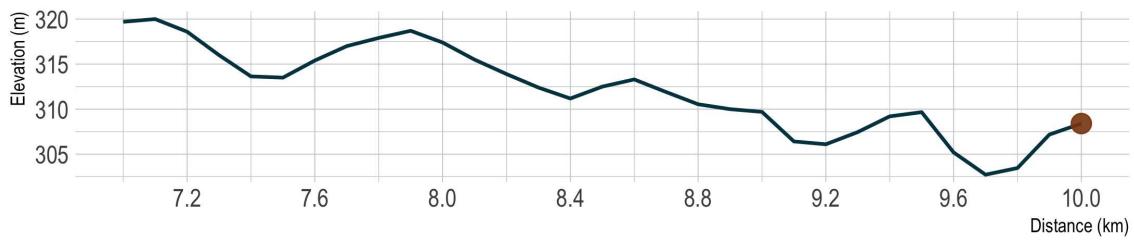
Amos - CLMI (10.0 km)



● 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

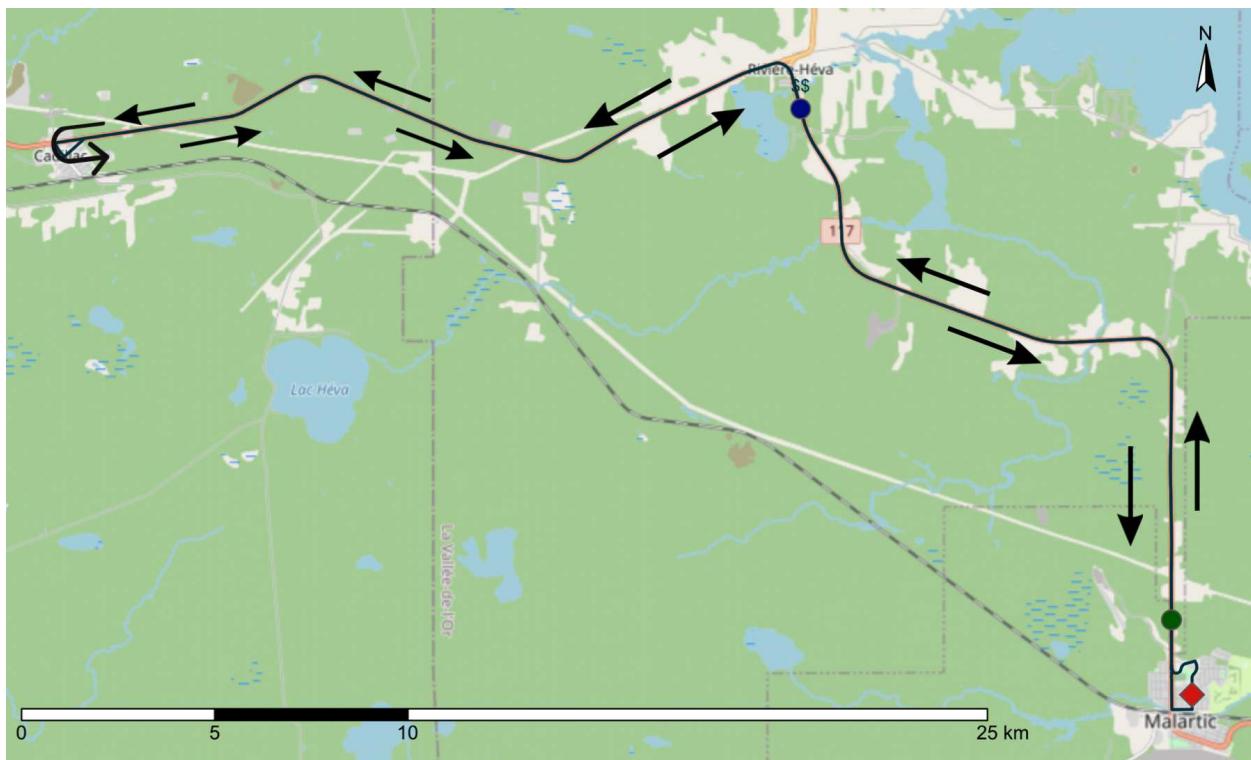
Thursday, July 13th, 2023

59.5 km



	Time
Start	18:15
Finish	19:32

### Course



Start details



⌚ Neutralized start on 2 km

#### **STAGE 4 : MALARTIC - MALARTIC**

## Finish details

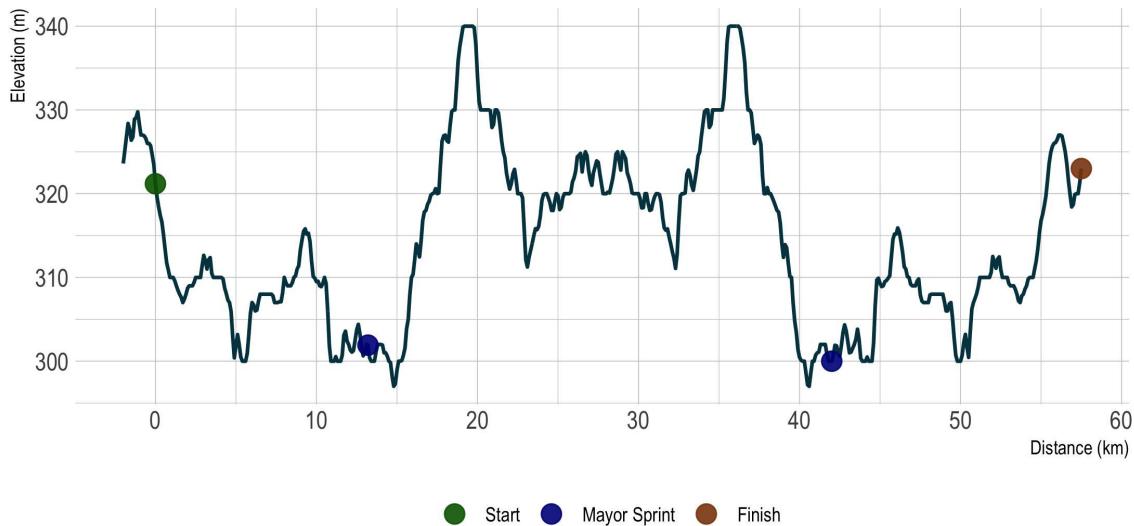


☞ Dinner will be served at the *Théâtre Meglab*, near the finish line

## Elevation

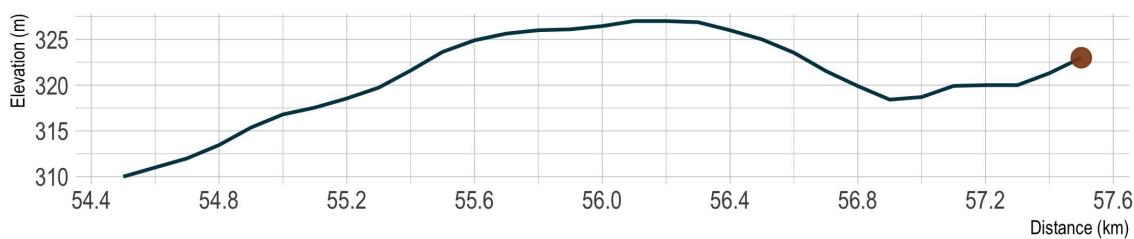
### Stage 4 - Topographic profile

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	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 Est - Cadillac	18:51	18:53	18:55
29.3	28.2	→	Route 117 S	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
1.4	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 : 10-6-4 sec & 30-24-20-16-12-10-8-6-4-2 pts

KOM : 5-3-2 points

## Stage 5 : Senneterre - VD - Senneterre

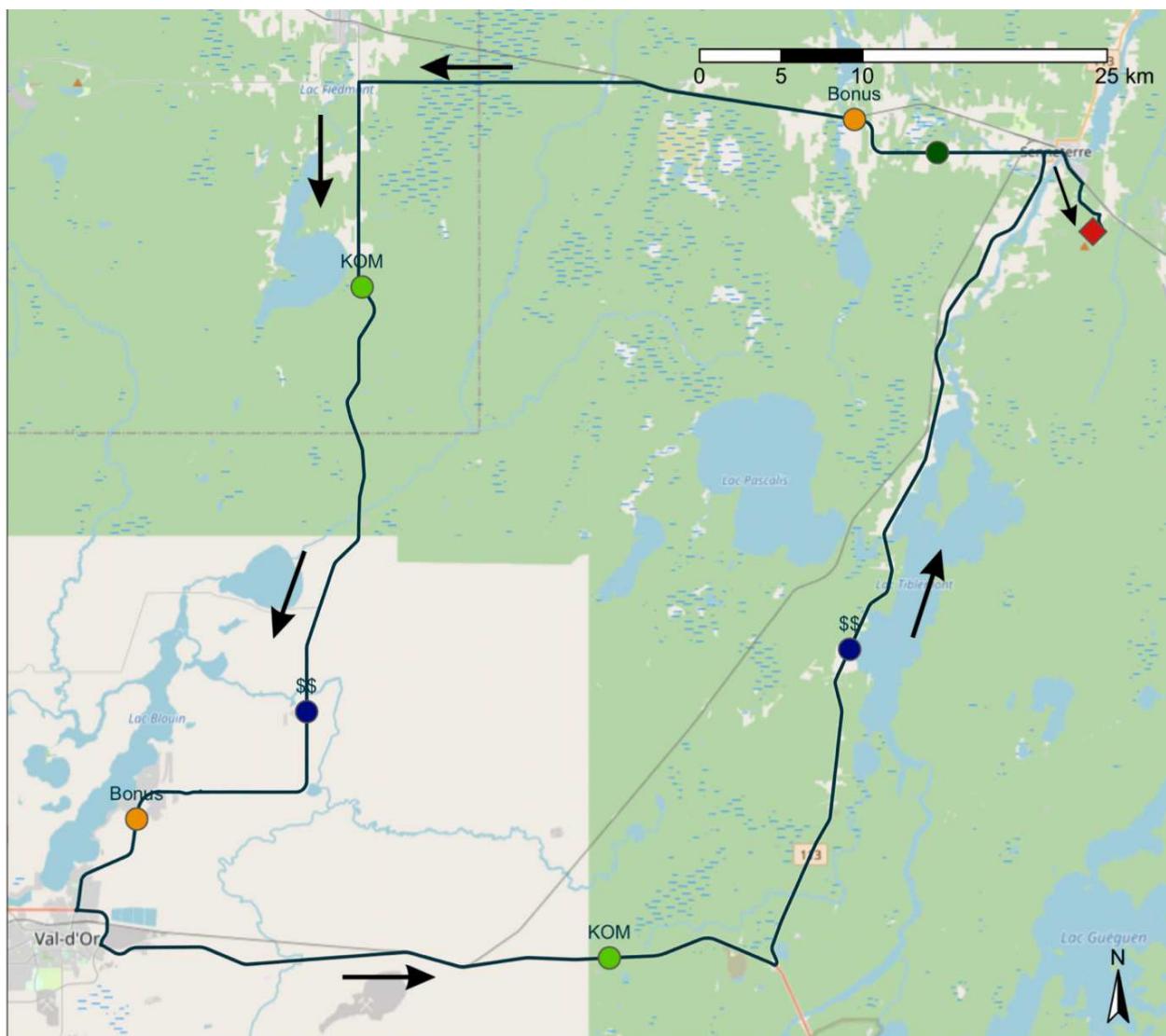
Friday, July 14th, 2023

145 km



Time	
Start	14:00
Finish	17:22

### Course

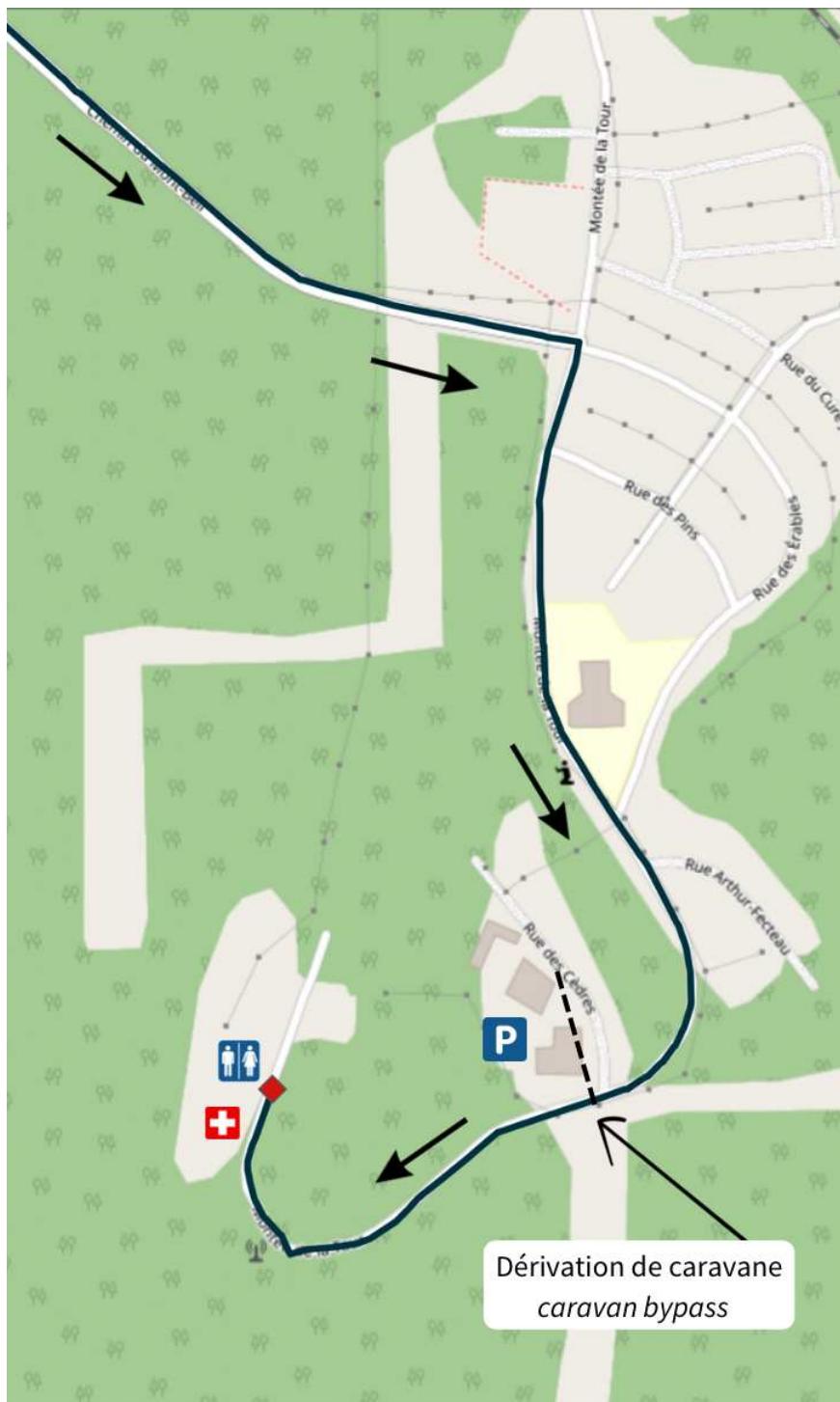


**Start details**



⚠ Neutralized start on 5 km

**Finish details**

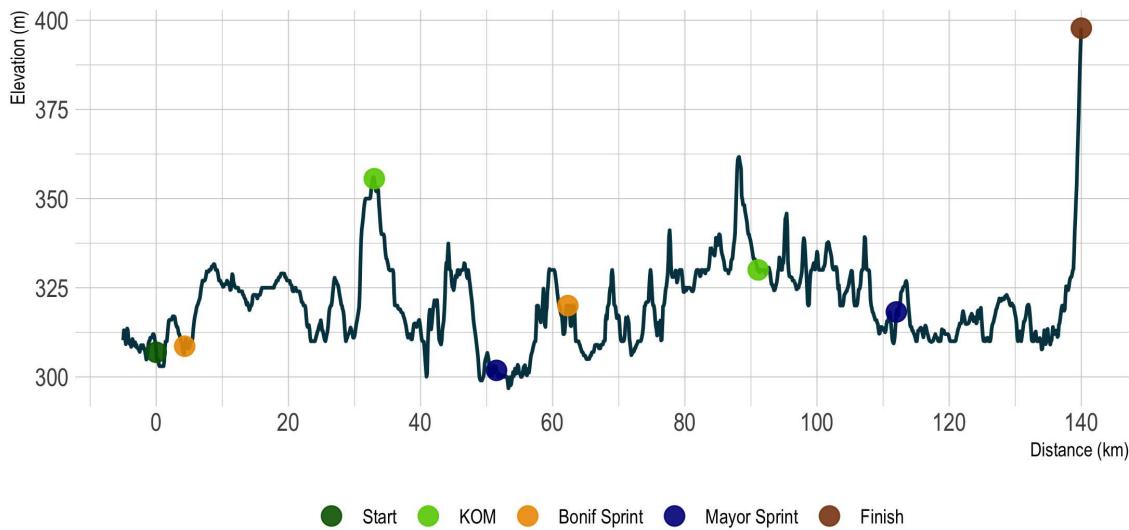


- Finish at the summit of Mont Bell
- KOM point doubled at the finish line KOM

## Elevation

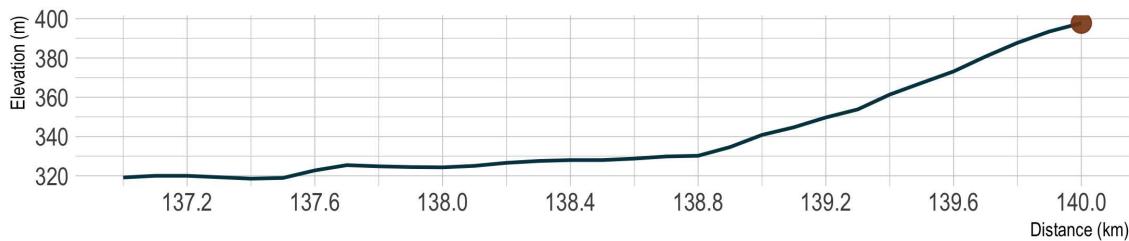
### Stage 5 - Topographic profile

Senneterre - VD - Senneterre (140 km)



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

Senneterre - VD - Senneterre (140 km)



km			Course	Senneterre - VD - Senneterre	km/h		
to go	done	info		140 km	45	43	41
145.0	<b>-5.0</b>	⌂		Start - Senneterre Town Hall	14:00	14:00	14:00
144.3	<b>-4.3</b>	↑		Stay on QC-386 O	14:00	14:00	14:01
140.0	<b>0.0</b>	▶		Official Start	14:06	14:06	14:07
136.2	<b>3.8</b>	ℹ		Belcourt	14:11	14:12	14:12
135.7	<b>4.3</b>	▶		Bonification Sprint - times and points (Intersection avenue Goulet)	14:12	14:12	14:13
115.4	<b>24.6</b>	←		QC-397 S	14:39	14:41	14:43
110.0	<b>30.0</b>	⌚		Feed open	14:46	14:48	14:51
107.0	<b>33.0</b>	▲		KOM points (Intersection sentier le Kao)	14:50	14:53	14:55
89.2	<b>50.8</b>	ℹ		Val-Senneville	15:14	15:17	15:21
88.5	<b>51.5</b>	\$		Senneterre Mayor's sprint 250\$ (École St-Isidore)	15:15	15:18	15:22
77.7	<b>62.3</b>	▶		Bonification Sprint - times and points (Intersection rue Alix)	15:29	15:33	15:38
74.0	<b>66.0</b>	♻		Trash Zone Orbit Garant area	15:34	15:39	15:43
72.7	<b>67.3</b>	♂	At the round about, take the 3rd exit on route Transcanadienne/QC-117 S		15:36	15:40	15:45
72.2	<b>67.8</b>	△		Rail road	15:37	15:41	15:46
71.1	<b>68.9</b>	△		Rail road	15:38	15:43	15:48
70.2	<b>69.8</b>	♂	At the round about, take the 3rd exit and stay on Route Transcanadienne/QC-117 S		15:39	15:44	15:49
48.9	<b>91.1</b>	▲		KOM Points (Mine Aur Ressource)	16:08	16:14	16:20
41.7	<b>98.3</b>	←		QC-113 N	16:17	16:24	16:31
28.4	<b>111.6</b>	ℹ		Obaska	16:35	16:42	16:50
28.0	<b>112.0</b>	\$		Senneterre Mayor's sprint 250\$ (Camping le Huard)	16:36	16:43	16:51
20.0	<b>120.0</b>	⌚		Feed closed	16:46	16:54	17:02
6.0	<b>134.0</b>	ℹ		Senneterre	17:05	17:13	17:23
5.7	<b>134.3</b>	↖		Stay on 6e rue Ouest	17:05	17:14	17:23
5.2	<b>134.8</b>	→		10e Avenue/QC 386 E	17:06	17:15	17:24
4.5	<b>135.5</b>	→		Rue du Parc	17:07	17:16	17:25
2.9	<b>137.1</b>	→		Chemin du Mont Bell	17:09	17:18	17:27
1.2	<b>138.8</b>	→		Montée de la Tour	17:11	17:20	17:30
0.4	<b>139.6</b>	↗		Caravane by pass to the right Courthouse	17:12	17:21	17:31
0.1	<b>139.9</b>	↗		Montée de la tour	17:13	17:22	17:32
0.0	<b>140.0</b>	▶		Final summit Finish Double points KOM Time and points bonus	17:13	17:22	17:32

#### 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

KOM - mountain top finish : 10-6-4 points

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

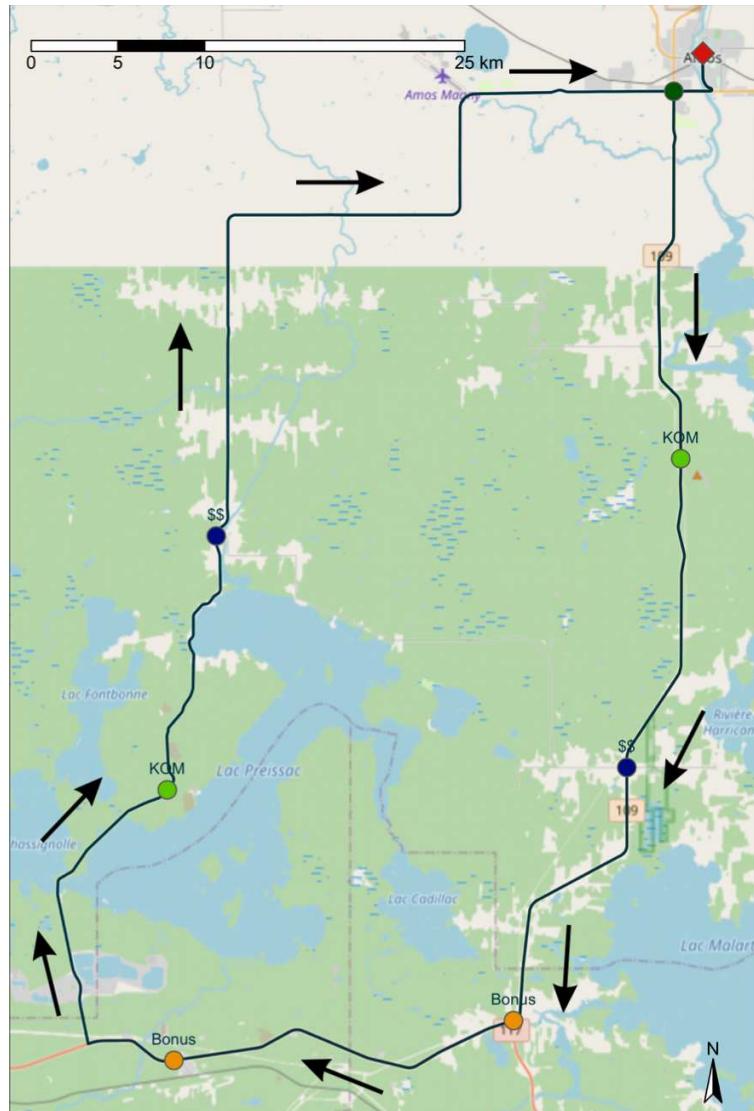
Saturday, July 15th, 2023

118.9 km

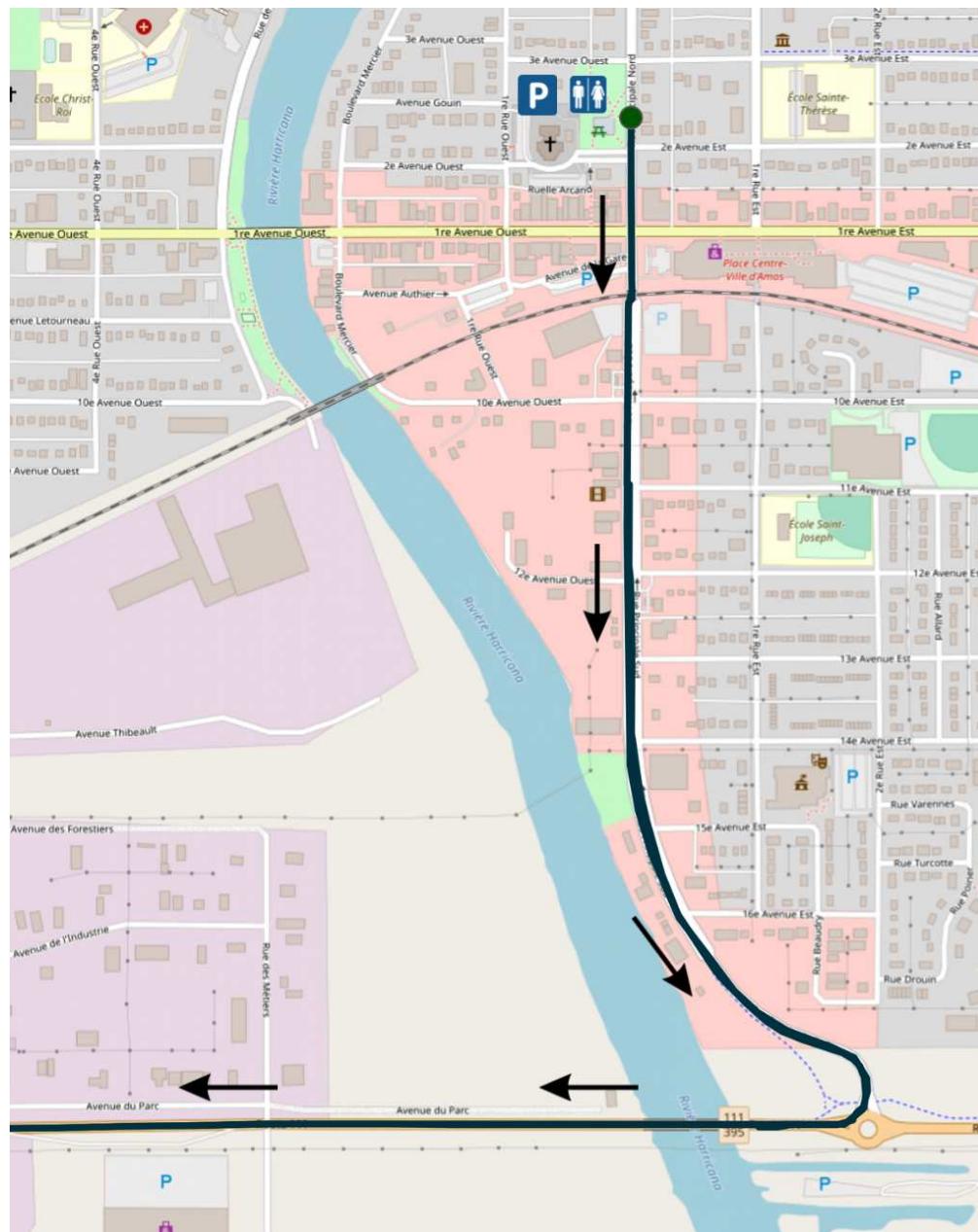
Centre  
de services scolaire  
Harricana  
Québec 

Time	
Start	16:30
Finish	19:12

### Course

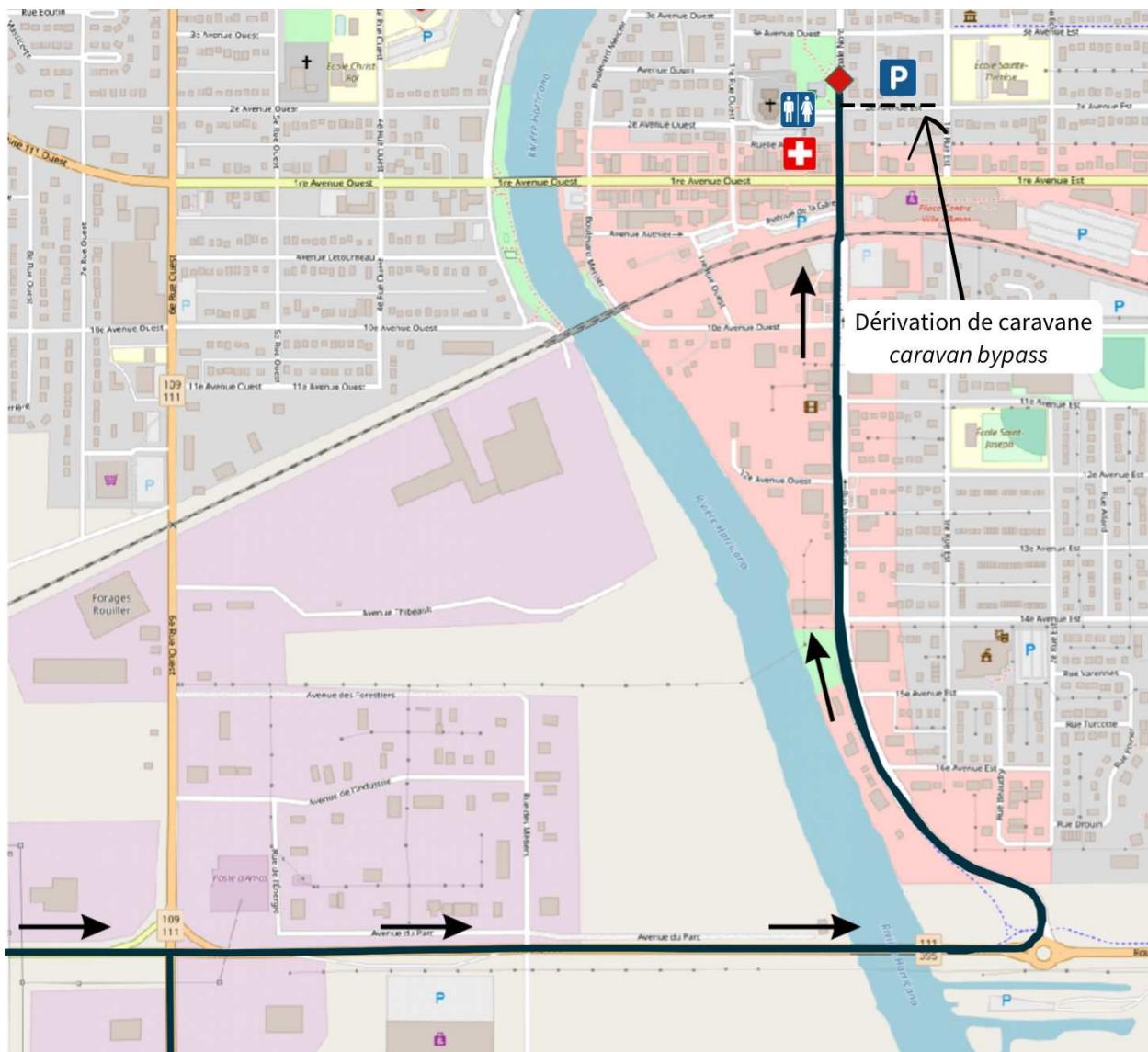


**Start details**



📎 Neutralized start on 3 km

## Finish details

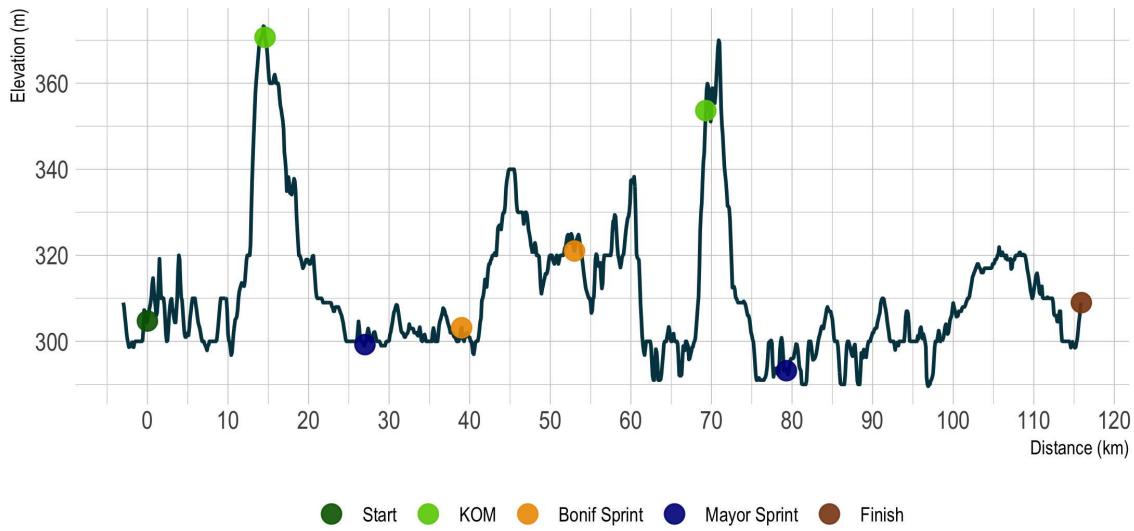


Finish without circuit

## Elevation

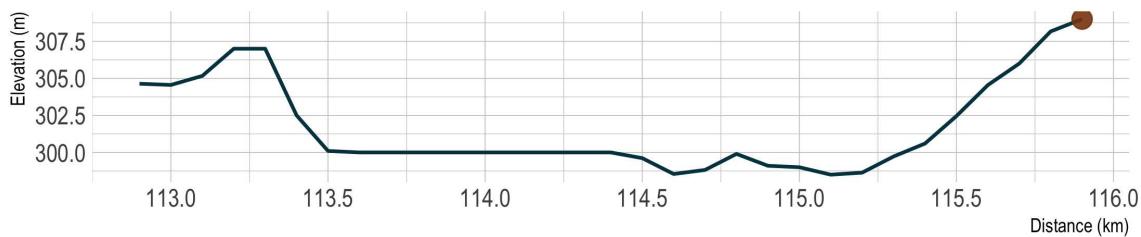
### Stage 6 - Topographic profile

Amos -Preissac - RH - Amos (115.9 km)



### Stage 6 - 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	16:30	16:30	16:30
117.3	<b>-1.4</b>	→	Round about 1st exit right on Rte 111 E	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>	\$	Mayor's sprint \$250 Gas Station Preissac	18:17	18:22	18:27
36.4	<b>79.5</b>	♻	Trash zone	18:17	18:22	18:27
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	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
<b>0.0</b>	<b>115.9</b>	🚩	<b>Finish Time and points bonus</b>	<b>19:05</b>	<b>19:12</b>	<b>19:19</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 7 : La Sarre - Amos

Sunday, July 16th, 2023

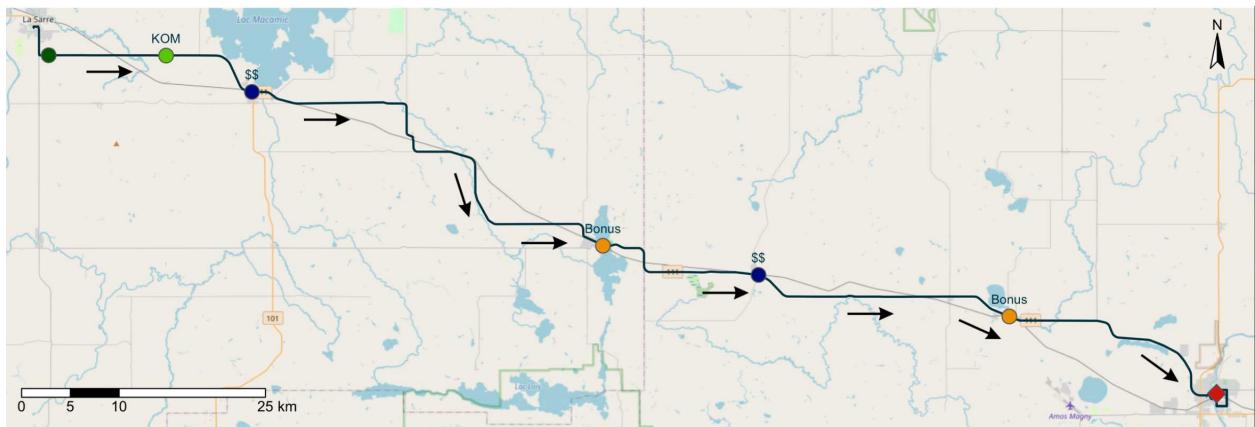
123.5 km



### Time

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

## Course



Start details



⌚ Neutralized start on 3 km

Finish details

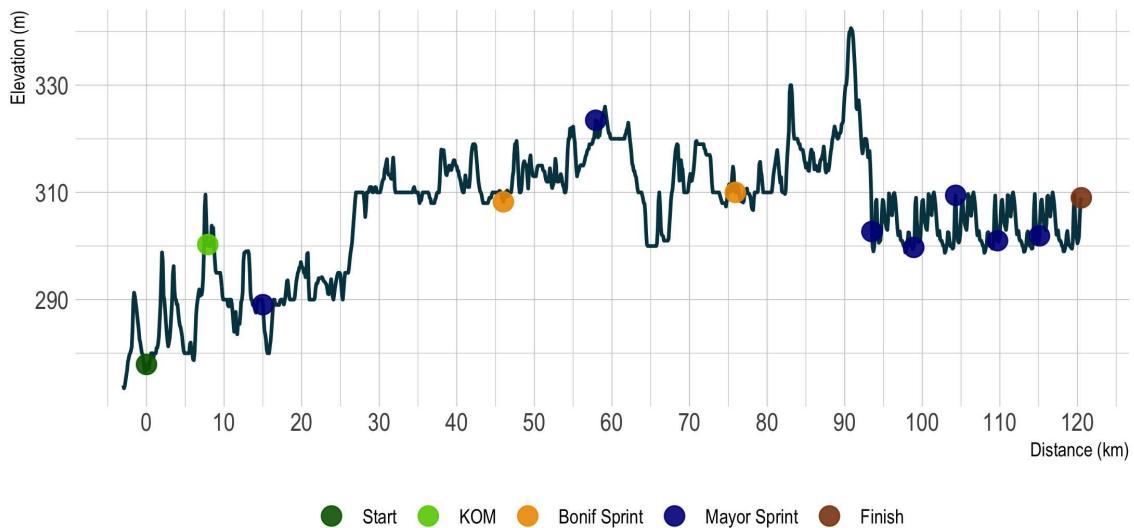


- ⌚ 5 full clockwise laps of the 5.4 km finish circuit
- ⌚ The entrance to the circuit is located at the intersection of 4e Rue Est and 14e Avenue Est

## 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 Est	14:00	14:00	14:00
123.1	<b>-2.6</b>	→	Route 111 Est	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
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	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>	i	Municipality of 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>	i	Municipality of Taschereau	15:01	15:04	15:07
74.5	<b>46.0</b>	▶	Bonification sprint - times and points (Rte 111/390 intersections)	15:03	15:06	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>	i	Municipality of 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>	i	Municipality of 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
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 Ouest	16:04	16:09	16:16
27.9	<b>92.6</b>	←	1re Rue Ouest	16:04	16:10	16:16
27.5	<b>93.0</b>	→	5e Avenue Ouest	16:05	16:10	16:17
27.4	<b>93.1</b>	→	Rue Principale Nord	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 Est	16:06	16:11	16:18
26.7	<b>93.8</b>	←	1re Rue Est	16:06	16:12	16:18
26.3	<b>94.2</b>	→	4e Avenue Est	16:06	16:12	16:18
25.8	<b>94.7</b>	→	4e Rue Est	16:07	16:13	16:19
24.7	<b>95.8</b>	→	14e Avenue Est	16:08	16:14	16:21
24.0	<b>96.5</b>	→	Rue Principale Sud	16:09	16:15	16:22
23.5	<b>97.0</b>	←	10e Avenue Est	16:10	16:16	16:22
22.8	<b>97.7</b>	→	2e Avenue Ouest	16:11	16:17	16:23
22.6	<b>97.9</b>	←	1re Rue Ouest	16:11	16:17	16:24
22.2	<b>98.3</b>	→	5e Avenue Ouest	16:12	16:18	16:24
22.0	<b>98.5</b>	→	Rue Principale Nord	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>	▶	<b>Finish</b> 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