

Feuille1

		7,5Km/h	8Km/h	8,5Km/h	9km/h							
Lieu	Km(Aller)	00:08:00	00:07:30	00:07:05	00:06:40							
Foncouverte	0,0	22:00:00	22:00:00	22:00:00	22:00:00							
Saintes	5,0	22:40:00	22:37:30	22:35:25	22:33:20							
St Georges de ctx	15,0	00:00:00	23:52:30	23:46:15	23:40:00							
Nieul les saintes	17,0	00:16:00	00:07:30	00:00:25	23:53:20							
Corme-Royale	26,0	01:28:00	01:15:00	01:04:10	00:53:20							
St Sulpice d'Arnoult (Ravito)	35,0	02:40:00	02:22:30	02:07:55	01:53:20							
Pont l'abbé	40,0	03:20:00	03:00:00	02:43:20	02:26:40							
Champagne	44,0	03:52:00	03:30:00	03:11:40	02:53:20							
St Agnant	53,0	05:04:00	04:37:30	04:15:25	03:53:20							
Brouages (Ravito)	63,0	06:24:00	05:52:30	05:26:15	05:00:00							
Hiers	67,0	06:56:00	06:22:30	05:54:35	05:26:40							
Marennes plage	79,0	08:32:00	07:52:30	07:19:35	06:46:40							
Pont de la seudre	81,0	08:48:00	08:07:30	07:33:45	07:00:00							
Ronce les bains (Gros Ravito)	84,0	09:12:00	08:30:00	07:55:00	07:20:00							
Rond point quads (les Mathes)	100,0	11:20:00	10:30:00	09:48:20	09:06:40							
Parking Flandres (Ravito)	109,0	12:32:00	11:37:30	10:52:05	10:06:40							
Petit Poucet	111,0	12:48:00	11:52:30	11:06:15	10:20:00							
Ecole de voile Royan	126,0	14:48:00	13:45:00	12:52:30	12:00:00							

