


Stage 7 July 8

L'Isle-Jourdain 152m

 Refreshment

 Sprint

 Hill climb

Lac de Payolle 1,127m

Col d'Aspin 1,490m

Sarrancolin 631m

Côte de Capvern 594m

Tournay 275m



km

105.5

117

137

162.5

155.5

Source: Le Tour

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