

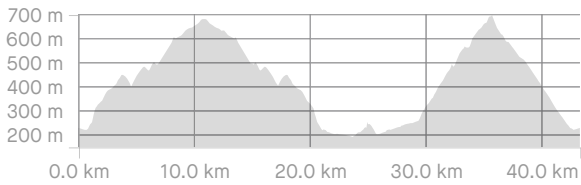


Bearman CAP 2021

<https://www.strava.com/routes/2725712419698116376>

43.27 km **1,268 m** **Road**
 Distance Elevation Gain Run Type

Est. Moving Time: **4:29:06**



Route recommendations may be incomplete and/or inaccurate and may contain sections of private land and/or sections of terrain that could be challenging or hazardous. Always use your best judgement about the safety of road and trail conditions and follow traffic and property laws. Est. Moving Time based on your avg pace of 6:13/km over last 4 weeks

DIRECTION	DISTANCE (kilometers)
Proceed onto Boulevard de la Petite Provence	0.0
Proceed onto Boulevard de la Petite Provence	0.4
Right onto Avenue du Docteur Bouix	0.6
Proceed onto off-road waypoint. No data available	0.6
Continue on Avenue du Docteur Bouix	0.6
Right onto Avenue du Vallespir	0.7
Left onto Rue des Thermes	0.8
Proceed onto Rue des Thermes	0.9
Right onto Place Arago	1.1

Continue on Chemin de Fort-les-Bains	1.1
Continue on Chemin du Fort des Bains	1.3
Proceed onto Chemin du Fort des Bains	1.5
Continue on Route de Montalba	1.6
Proceed onto Route de Montalba	1.7
Proceed onto Route de Montalba	1.9
Proceed onto Route de Montalba	2.1
Proceed onto Route de Montalba	2.5
Proceed onto Route de Montalba	3.6
Continue on D 53	4.4
Right onto D 53b	4.5
Proceed onto D 53b	4.5
Proceed onto D 53b	5.6
Proceed onto D 53b	6.0
Proceed onto D 53b	6.4
Proceed onto D 53b	6.7
Proceed onto D 53b	7.1
Proceed onto D 53b	7.6
Proceed onto D 53b	8.0
Proceed onto D 53b	8.5
Proceed onto D 53b	8.8
Proceed onto D 53b	9.2
Proceed onto D 53b	9.6
Proceed onto D 53b	9.7
Proceed onto D 53b	10.2
Proceed onto D 53b	10.8
Proceed onto D 53b	11.5
Proceed onto D 53b	11.9
Proceed onto D 53b	12.1
Proceed onto off-road waypoint. No data available	12.2
Proceed onto off-road waypoint. No data available	12.3

Right onto D 53b	12.5	Continue on Place Arago	20.5
Proceed onto D 53b	13.1	Proceed onto Place Maréchal Joffre	20.5
Proceed onto D 53b	13.5	Continue on Rue des Thermes	20.5
Proceed onto D 53b	13.7	Right onto Avenue du Vallespir	20.9
Proceed onto D 53b	13.9	Proceed onto Avenue du Vallespir	20.9
Proceed onto D 53b	14.6	Left onto Avenue du Docteur Bouix	20.9
Proceed onto D 53b	14.8	Proceed onto off-road waypoint. No data available	21.0
Proceed onto D 53b	15.1	Continue on Avenue du Docteur Bouix	21.1
Proceed onto D 53b	15.3	Proceed onto Avenue du Vieux Pont	21.1
Proceed onto D 53b	15.5	Proceed onto Avenue du Vieux Pont	21.5
Proceed onto D 53b	15.6	Proceed onto off-road waypoint. No data available	21.7
Proceed onto D 53b	15.8	Continue on Avenue du Vieux Pont	21.8
Proceed onto D 53b	16.1	Proceed onto Avenue du Vieux Pont	21.9
Proceed onto D 53b	16.3	Proceed onto Avenue du Vieux Pont	22.2
Proceed onto D 53b	16.5	Continue on Quai du Tech	22.2
Proceed onto D 53b	16.7	Proceed onto Quai du Tech	22.6
Proceed onto D 53b	16.8	Proceed onto Quai du Tech	23.1
Left onto D 53	17.2	Proceed onto Quai du Tech	23.5
Continue on Route de Montalba	17.2	Proceed onto Quai du Tech	23.7
Proceed onto Route de Montalba	17.3	Left onto Route de Can Malcion	23.7
Proceed onto Route de Montalba	17.7	Proceed onto Route de Can Malcion	23.9
Proceed onto Route de Montalba	18.0	Proceed onto Route de Can Malcion	24.2
Proceed onto Route de Montalba	18.4	Proceed onto Route de Can Malcion	24.6
Proceed onto Route de Montalba	19.0	Proceed onto Carrer de la Placette	24.7
Proceed onto Route de Montalba	19.4	Proceed onto Carrer del Bac	24.8
Proceed onto Route de Montalba	19.6	Continue on Carrer de l'Aire	24.9
Proceed onto Route de Montalba	19.8	Proceed onto Carrer de l'Aire	24.9
Proceed onto Chemin du Fort des Bains	20.0	Right onto Rue du Général de Gaulle	24.9
Proceed onto Chemin de la Source Publique	20.3	Proceed onto Rue du Général de Gaulle	24.9
Right onto Chemin du Fort des Bains	20.3	Proceed onto Rue du Général de Gaulle	25.0
Continue on Chemin de Fort-les-Bains	20.3	Proceed onto Avenue du Vieux Pont	25.1

Proceed onto Avenue du Vieux Pont	25.5	Proceed onto off-road waypoint. No data available	31.5
Proceed onto Avenue du Vieux Pont	25.6	Proceed onto off-road waypoint. No data available	31.7
Proceed onto Avenue du Vieux Pont	26.0	Proceed onto off-road waypoint. No data available	32.2
Proceed onto off-road waypoint. No data available	26.1	Proceed onto off-road waypoint. No data available	32.5
Continue on Avenue du Vieux Pont	26.2	Proceed onto off-road waypoint. No data available	35.7
Proceed onto Avenue du Vieux Pont	26.2	Proceed onto off-road waypoint. No data available	36.4
Proceed onto Avenue du Vieux Pont	26.7	Continue on Route de Can Kirc	36.5
Continue on Avenue du Docteur Bouix	26.8	Proceed onto Route de Can Kirc	36.8
Proceed onto Avenue du Docteur Bouix	26.8	Right onto Rue de l'Église	36.9
Continue on Boulevard de la Petite Provence	26.8	Proceed onto Rue de l'Église	37.0
Proceed onto Boulevard de la Petite Provence	26.9	Continue on D 53	37.1
Continue on Chemin de la Piscine	27.4	Proceed onto off-road waypoint. No data available	37.4
Proceed onto Chemin de la Piscine	27.4	Proceed onto D 53	37.4
Proceed onto Chemin de la Piscine	27.6	Proceed onto D 53	37.6
Proceed onto off-road waypoint. No data available	27.7	Proceed onto off-road waypoint. No data available	38.2
Continue on Allée de Rive Male	27.8	Proceed onto off-road waypoint. No data available	38.3
Proceed onto Allée de Rive Male	27.8	Right onto D 53	38.4
Proceed onto Allée de Rive Male	28.2	Proceed onto D 53	38.6
Proceed onto Allée de Rive Male	28.4	Proceed onto D 53	38.8
Proceed onto off-road waypoint. No data available	28.5	Proceed onto D 53	38.9
Proceed onto off-road waypoint. No data available	28.7	Proceed onto D 53	39.0
Continue on Rue du Bernadou	28.9	Proceed onto D 53	39.1
Proceed onto Rue du Bernadou	29.0	Proceed onto D 53	39.3
Proceed onto off-road waypoint. No data available	29.2	Proceed onto D 53	39.8
Proceed onto off-road waypoint. No data available	29.2	Proceed onto D 53	40.1
Proceed onto off-road waypoint. No data available	29.4	Proceed onto D 53	40.6
Proceed onto off-road waypoint. No data available	30.2	Proceed onto D 53	41.1
Proceed onto off-road waypoint. No data available	30.5	Proceed onto D 53	41.2
Proceed onto off-road waypoint. No data available	30.8	Proceed onto off-road waypoint. No data available	41.6
Proceed onto off-road waypoint. No data available	31.0	Proceed onto D 53	41.6
Proceed onto off-road waypoint. No data available	31.1	Left onto Route de Montbolo	41.6

30/07/2021

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Proceed onto Route de Montbolo	41.8
Proceed onto Route de Montbolo	42.4
Right onto Avenue du Docteur Bouix	42.4

Proceed onto Avenue du Docteur Bouix	42.5
Continue on Boulevard de la Petite Provence	42.6
Arrive at Finish	43.2