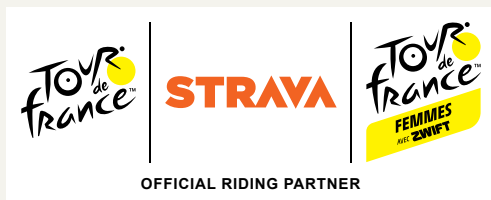




# TOUR SEGMENTS

**STRAVA**



**02** Preface by Thierry Gouvenou

**05** About Strava

**06** About Segments

**09** Tour de France

**129** Tour de France Femmes  
avec Zwift

**172** Notes

# PREFACE

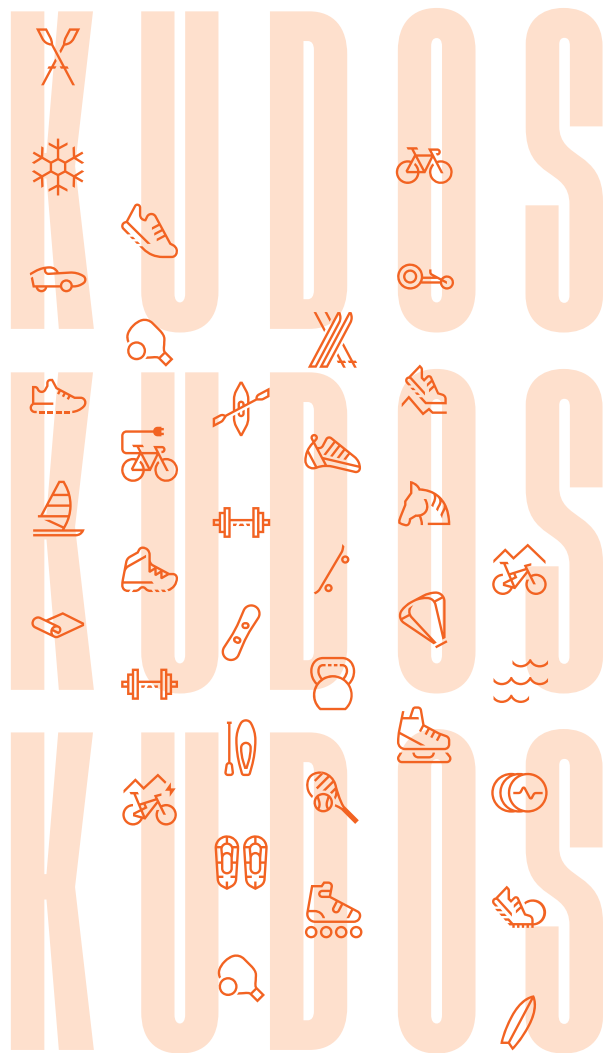
by Thierry Gouvenou, *Race Director of the Tour de France*

The arrival of Strava has enriched the volume of information that is essential when designing the Tour de France route. This tool, so characteristic of our age and so aligned with the modern way of cycling, allows me to visualise the routes taken by all kinds of cyclists. Strava highlights the routes favoured by professional cyclists when training, so I can design stages that – beyond the needs of the race – stick as closely as possible to cycling's values of effort and discovery.

It is thanks to all this information that Strava is now offering this guide which will become an essential tool for all Tour de France fans and, greater yet, for all cycling enthusiasts.

From Jaizkibel to the Ballon d'Alsace, via the Tourmalet and the Champs Élysées, each stage of this year's Tour takes on at least one iconic segment. On these segments, both pro and amateur riders record their times, creating reference points for all other cyclists.

By connecting the millions of fans of the Grande Boucle to its male and female riders, Strava has become as integral to the Tour de France and the Tour de France Femmes avec Zwift as TV coverage or the finish-line stopwatch. And with Strava segments, the myths of tomorrow's Tours are being written today.



# ABOUT STRAVA

Strava is the leading subscription platform at the center of connected fitness, with more than 100 million community members in over 190 countries. The platform offers a holistic view of your active lifestyle, no matter where you live, which sport you love or what device you use. Everyone belongs on Strava when they are pursuing an active life. Join the community, find motivation and discover new experiences with a Strava subscription.





00.  
24M



## ABOUT SEGMENTS

When a person uploads an activity to Strava, certain sections of the road or trail they have cycled, hiked or run along are highlighted and designated as 'segments'.

These segments might be a little local hill or a mountain pass, a long stretch of road or a lap of a track. Each time a Strava user completes a whole segment, their time is automatically recorded.

With a Strava subscription, these can be compared to their previous times, to those of their friends on Strava and to everyone else in the Strava community. Those who hold the fastest time for a particular segment are given the title of KOM (which stands for 'King of the Mountain'), QOM ('Queen of the Mountain'), or CR ('Course Record') depending on the person and their sport. As for the 'Local Legend', this designates the person who has ridden or run the segment the most times in the past 90 days.

Eighty-five percent of the men and women in the Tour de France share their stage activities on Strava and are also active on the platform all year round. Every Strava user can follow their favourite athletes, and even challenge themselves and compare performances on the same routes or segments. This makes Strava a unique tool, and a conversation point for commentators, journalists and Tour fans alike.

# TOUR DE FRANCE

• 21 STAGES •

*The leaderboard information used in this guide was current as of 4 May 2023. Leaderboards may have changed after this date.*

*Some names of amateur QOM/KOM holders have been omitted to respect athlete privacy.*



# 3,404 KM



Over the course of the 21 stages between Bilbao and Paris, the Tour de France will ride 58 iconic segments. Some of these KOMs were gained during previous Tours, while others belong to local pros or talented amateur riders. Across all these segments, fans of the Tour and Strava will be wondering: which rider will take home the most crowns?



1-23 July 2023



3,404 kilometers

Join the Club





## STAGE 1

1 July

117.7 KM FROM FINISH

# Côte de San Juan de Gaztelugatxe

3.48

📍 KM

264

📈 M

7.74

📈 %

🏆 KOM

0:09:14

AVERAGE PRO

0:11:31

AVERAGE AMATEUR

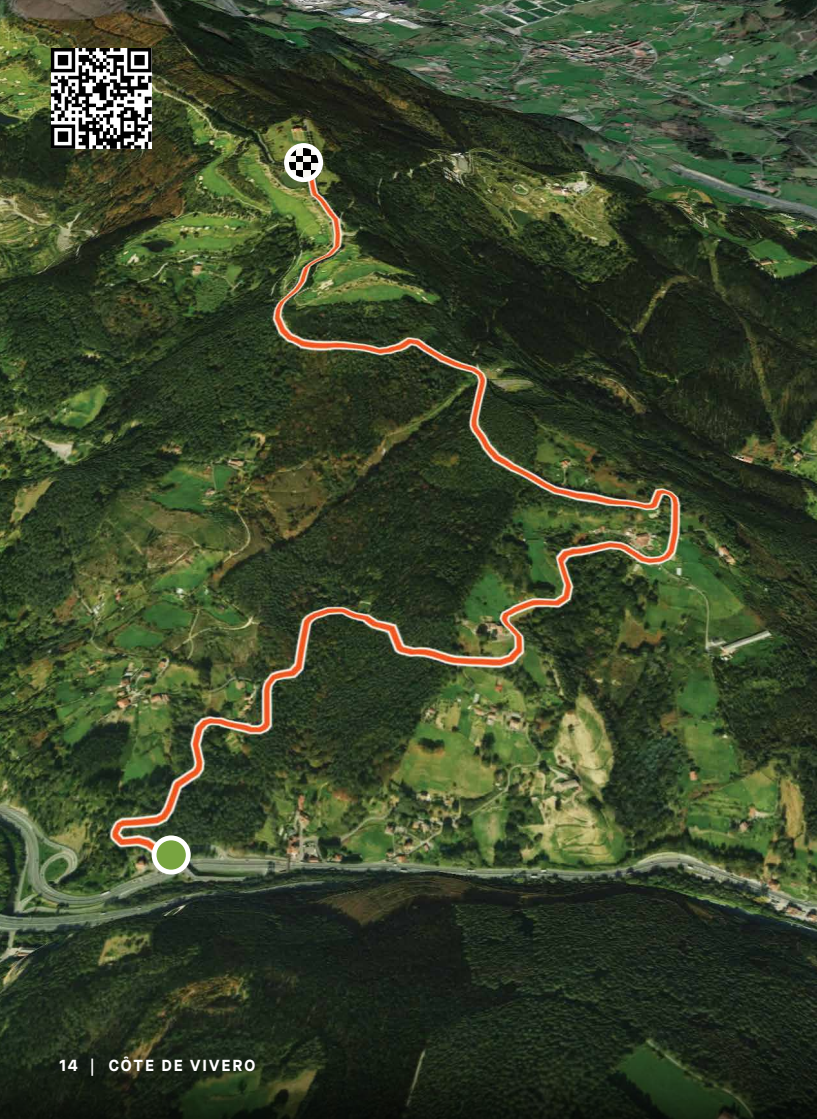
0:17:29

TIME GAP

+0:05:58

## NOTES





## STAGE 1

1 July

31.3 KM FROM FINISH

# Côte de Vivero

4.16



KM

290



M

7.08



%

KOM | EGAN BERNAL

0:09:01

AVERAGE PRO

0:11:48

AVERAGE AMATEUR

0:18:51

TIME GAP

+0:07:03

## STRAVA STORY

In 2018, the holder of this KOM was still unknown to the general public, but the powerful Team Sky had just bought out the contract that bound him to his small team. A year later, he would become the first Colombian to win the Tour. His name: Egan Bernal!



## STAGE 1

1 July

11.5 KM FROM FINISH

# Côte de Pike

1.86



KM

178



M

9.82



%

KOM | SEAN BENNETT

0:05:26

AVERAGE PRO

0:07:09

AVERAGE AMATEUR

0:11:47

TIME GAP

+0:04:38

## STRAVA STORY

This KOM belongs to Sean Bennett, a former pro, who took it during the Circuito de Getxo, a race that counts toward the Copa España championship.





## STAGE 2

2 July

132.4 KM FROM FINISH

# Col d'Udana

4.65



KM

215



M

4.69



%

KOM | ANTONIO MOLINA

0:08:57

AVERAGE PRO

0:11:30

AVERAGE AMATEUR

0:16:05

TIME GAP

+0:04:35

## STRAVA STORY

The former pro rider Antonio Molina has held this KOM for ten years, despite the Tour of the Basque Country peloton passing this way in 2014 and 2017.



## STAGE 2

2 July

124.2 KM FROM FINISH

# Côte d'Aztiria

2.75



KM

159



M

5.99



%



KOM

0:06:06

AVERAGE PRO

0:07:14

AVERAGE AMATEUR

0:11:19

TIME GAP

+0:04:05

## NOTES





## STAGE 2

2 July

72.4 KM FROM FINISH

# Côte d'Alkiza

4.28



KM

262



M

6.01



%

KOM | BEN O'CONNOR

0:09:42

AVERAGE PRO

0:11:25

AVERAGE AMATEUR

0:17:39

TIME GAP

+0:06:14

## STRAVA STORY

This KOM has belonged to AG2R Citroën's Ben O'Connor since 2021 – the same year he won a Tour de France stage solo and just missed the podium in Paris – his best showing to date.



## STAGE 2

2 July

🚩 24.8 KM FROM FINISH

# Jaizkibel

8.07



KM

445



M

5.28



%

👑 KOM | DAVID LÓPEZ

0:17:59

AVERAGE PRO

0:23:53

AVERAGE AMATEUR

0:33:37

TIME GAP

+0:09:44

## STRAVA STORY

David López took this KOM while riding for Team Sky during a particularly wet and cold stage of the Tour of the Basque Country in 2016.





## STAGE 3

3 July

🚩 121 KM FROM FINISH

# Col d'Itziar

4.42



KM

192



M

4.4



%



KOM

0:08:27

AVERAGE PRO

0:11:59

AVERAGE AMATEUR

0:14:54

TIME GAP

+0:02:55

## STRAVA STORY

This KOM dates from the fifth stage of the 2010 Tour of the Basque Country. At that time Strava was only a year old, but three early adopters in the peloton uploaded their ride that day, including Christain Meier, a Canadian, who is now well known for coffee and trail running in Girona, Spain.



## STAGE 3

3 July

89.9 KM FROM FINISH

# Côte d'Orioko Benta

4.51



KM

292



M

6.62



%

KOM | SIMON YATES

0:10:38

AVERAGE PRO

0:15:14

AVERAGE AMATEUR

0:20:48

TIME GAP

+0:05:34

## STRAVA STORY

With an average speed of 25.5 km/h, Simon Yates had what it took to beat George Bennett and Romain Bardet to this KOM during the third stage of the Tour of the Basque Country in 2017. He would go on to win the best young rider classification at the Tour de France that year.





## STAGE 3

3 July

🚩 22.5 KM FROM FINISH

# Côte de Saint-Pée-sur-Nivelle

1.02



KM

63



M

6.31



%



KOM

0:02:02

AVERAGE PRO

0:03:13

AVERAGE AMATEUR

0:04:26

TIME GAP

+0:01:13

## STRAVA STORY

On 28 July 2018, the riders of the Tour de France launched themselves up this climb on the last stage before Paris, an individual time trial. High up on this segment's leaderboard is the mysterious Bala 1 – none other than Alejandro Valverde!



## STAGE 4

4 July

🚩 29.5 KM FROM FINISH

# Côte de Dému

2.01

📍 KM

65

📈 M

3.42

📏 %

👑 KOM

AVERAGE AMATEUR

0:04:23 0:06:38

## NOTES





## STAGE 5

5 July

151.7 KM FROM FINISH

# Côte de Gan

2.14



KM

120



M

5.76



%



KOM

0:04:43

AVERAGE PRO

0:06:53

AVERAGE AMATEUR

0:08:36

TIME GAP

+0:01:43

## STRAVA STORY

The top pro rider on this segment is Matthieu Ladagnous, a local racer who will retire at the end of the 2023 season. After 18 years, he will swap Lycra for a different uniform and become a firefighter.



## STAGE 5

5 July

90.5 KM FROM FINISH

# Col de Soudet

15.03



KM

1078



M

7.08



%

KOM | STEFAN KIRCHMAIR

0:47:04

AVERAGE PRO

0:50:52

AVERAGE AMATEUR

1:28:05

TIME GAP

+0:37:13

## STRAVA STORY

Stefan Kirchmair, the winner of the Étape du Tour in 2022, beat several pro riders to take the KOM here.





## STAGE 5

5 July

42.3 KM FROM FINISH

# Col d'Ichère

4.23



KM

263



M

6.38



%



KOM

0:10:32

AVERAGE PRO

0:13:23

AVERAGE AMATEUR

0:20:11

TIME GAP

+0:06:48

## STRAVA STORY

When the Tour de France rode this segment in 2020, Bob Jungels took the KOM, but Tadej Pogačar won the day, becoming the youngest stage winner of the 21st century. Since then, the crown has changed owners once more – heavy is the head!



## STAGE 5

5 July

🚩 26.3 KM FROM FINISH

# Col de Marie Blanche

7.73

📍 KM

656

📈 M

8.56

📈 %

👑 KOM | TADEJ POGAČAR

0:22:24

AVERAGE PRO

0:31:10

AVERAGE AMATEUR

0:45:38

TIME GAP

+0:14:28

## STRAVA STORY

Tadej Pogačar claimed this KOM when he outsprinted Primož Roglič for the time bonus on this fifth summit of Stage 9 of the 2020 Tour de France. But he almost came off the bike on his way over the col – if he had done so, he would have missed out on his first Tour de France stage victory!





## STAGE 6

6 July

88.7 KM FROM FINISH

# Col d'Aspin

11.97



KM

774



M

6.5



%

KOM | THIBAUT PINOT

0:29:19

AVERAGE PRO

0:39:24

AVERAGE AMATEUR

1:00:06

TIME GAP

+0:20:42

## STRAVA STORY

Thibaut Pinot snagged this KOM in a breakaway during Stage 17 of the 2022 Tour de France. The Col d'Aspin was the first of four big climbs during a short and punchy stage that was won by Tadej Pogačar.



## STAGE 6

6 July

63.9 KM FROM FINISH

# Col du Tourmalet

16.74



KM

1236



M

7.39



%

KOM | DAVID GAUDU

0:47:35

AVERAGE PRO

1:00:44

AVERAGE AMATEUR

1:37:03

TIME GAP

+0:36:19

## STRAVA STORY

Although fellow Frenchman Pierre Latour took the Souvenir Jacques-Goddet prize for summiting the famous Col du Tourmalet at the head of the race in the 2021 Tour de France, David Gaudu's strong effort still gained him this prestigious KOM.





## STAGE 6

6 July

5.2 KM FROM FINISH

# Cauterets-Cambasque

3.52



KM

316



M

9.12



%

KOM | MATHIAS LE TURNIER

0:11:29

AVERAGE PRO

0:15:41

AVERAGE AMATEUR

0:22:06

TIME GAP

+0:06:25

## STRAVA STORY

This KOM belongs to Mathias Le Turnier, who took it during his time riding professionally for Team Cofidis.



## STAGE 7

7 July

40.2 KM FROM FINISH

# Côte de Béguey

1.16

📍 KM

50

📈 M

4.45

📈 %

🏆 KOM | CHRISTOPHE LAPORTE

AVERAGE PRO

0:02:47

AVERAGE AMATEUR

0:03:46

TIME GAP

+0:00:59

## STRAVA STORY

Christophe Laporte has been the KOM here since Stage 19 of the 2021 Tour de France. That day he was part of a chase group that tried – and failed – to stop Matej Mohorič from winning the stage from the break.





## STAGE 8

8 July

17.3 KM FROM FINISH

# Côte de Masmont

1.32



KM

71



M

5.6



%

KOM | THÉO VIMPÈRE

0:02:24

AVERAGE PRO

0:03:39

AVERAGE AMATEUR

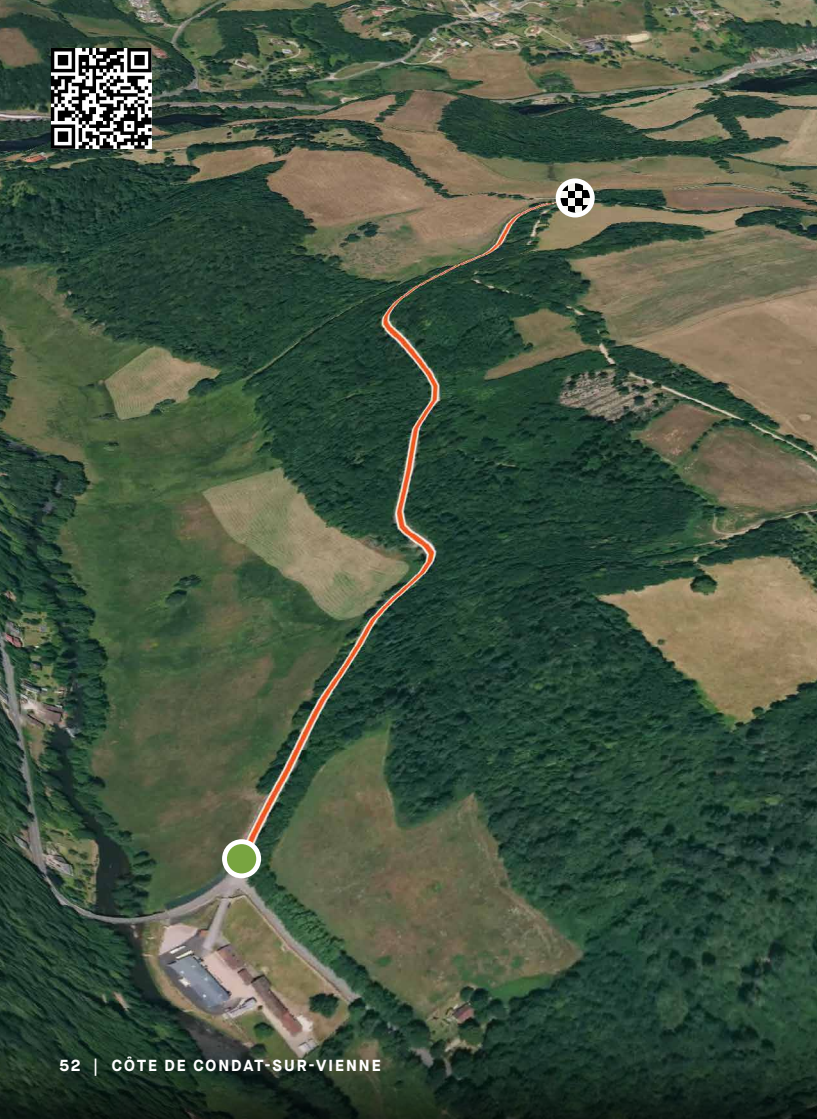
0:04:50

TIME GAP

+0:01:11

## STRAVA STORY

Even retired riders can still put on a dazzling show of speed. For example, Théo Vimpère raced for several years in the pro ranks, but it was only after his career that he took this KOM, with a time far ahead of WorldTour rider Lilian Calmejane.



**STAGE 8**

8 July

🚩 10.7 KM FROM FINISH

## Côte de Condat-sur-Vienne

1.24

📍 KM

65

📈 M

5.42

📈 %

🏆 KOM | NICOLAS HAMON

AVERAGE PRO

0:03:43

AVERAGE AMATEUR

0:04:38

TIME GAP

+0:00:55

## STRAVA STORY

The KOM here, Nicolas Hamon, is not a pro road cyclist, but a track rider who was French national champion in the scratch race in 2022.





## STAGE 9

9 July

158.8 KM FROM FINISH

# Montée du Lac de Vassivière

6.7



KM

263



M

3.81



%

KOM | LEVI LEIPHEIMER

AVERAGE AMATEUR

0:11:29 0:24:41

## STRAVA STORY

This KOM, taken during the third stage of the 2012 Paris-Nice, belongs to Levi Leipheimer, one of the first pros to sign up to Strava.



## STAGE 9

9 July

98.5 KM FROM FINISH

# Côte de Pontcharraud

1.87

📍 KM

82

📈 M

4.44

📏 %

👑 KOM

AVERAGE AMATEUR

0:04:01 0:06:34

## NOTES



## STAGE 9

9 July

59.6 KM FROM FINISH

# Côte de Pontaumur

3.35



KM

174



M

5.29



%

KOM | BORIS ORLHAC

AVERAGE AMATEUR

0:08:26 0:14:43

## STRAVA STORY

Although Boris Orlhac, the KOM holder here, is not a pro rider, he is a training partner of another rider from the Auvergne region – a certain Mr Romain Bardet.





STAGE 10

11 July

147.7 KM FROM FINISH

# Col de Guéry

7.69



KM

374



M

4.93



%

KOM | VALENTIN MADOUAS

0:16:58

AVERAGE PRO

0:19:47

AVERAGE AMATEUR

0:31:09

TIME GAP

+0:11:22

## STRAVA STORY

Valentin Madouas banked this KOM as a consolation prize for finishing fourth during Stage 13 of the 2020 Tour de France.



106.3 KM FROM FINISH

## Col de la Croix Saint Robert

5.72



KM

350



M

6.16



%



KOM

MATHIEU BURGAUDEAU &  
RÉMI CAVAGNA

AVERAGE PRO

0:20:03

AVERAGE AMATEUR

0:27:26

TIME GAP

+0:07:23

## STRAVA STORY

Practice sometimes does make perfect: Mathieu Burgaudeau of the TotalEnergies team equalled the KOM here of local pro rider Rémi Cavagna during a training ride.





## STAGE 10

11 July

35.1 KM FROM FINISH

# Côte de la Chapelle-Marcousse

6.38

📍 KM

358

⚡ M

5.7

⬆ %

🏆 KOM

AVERAGE AMATEUR

0:18:51

0:28:59

## NOTES



## STAGE 10

11 July

16.1 KM FROM FINISH

# Côte de Ronzières

1.12



KM

58



M

5.29



%



KOM

AVERAGE PRO

0:03:51

AVERAGE AMATEUR

0:04:13

TIME GAP

+0:00:22

## NOTES



## STAGE 11

12 July

149.8 KM FROM FINISH

# Côte de Chaptuzat

1.92

📍 KM

86

📈 M

4.71

📏 %

👑 KOM

0:04:06

AVERAGE PRO

0:05:31

AVERAGE AMATEUR

0:07:12

TIME GAP

+0:01:41

## NOTES



**STAGE 11**

12 July

 133.2 KM FROM FINISH

# Côte du Mercurool

2.89



KM

125



M

4.46



%



KOM

# 0:05:50

AVERAGE PRO

0:08:17

AVERAGE AMATEUR

0:10:08

TIME GAP

+0:01:51

## STRAVA STORY

This KOM has stood since the 2013 Tour d'Auvergne, an amateur race among whose riders included Paul Ourselin, now riding for UCI ProTeam TotalEnergies.



STAGE 12

13 July

49.4 KM FROM FINISH

# Col de la Croix Montmain

5.47



KM

334



M

6.14



%

KOM | DAVID MONCOUTIÉ

0:13:48

AVERAGE PRO

0:18:20

AVERAGE AMATEUR

0:24:16

TIME GAP

+0:05:56

## STRAVA STORY

This KOM belongs to the French former pro rider David Moncoutié, a two-time Tour de France stage winner.





## STAGE 12

13 July

33.6 KM FROM FINISH

# Col de la Croix Rosier

5.1

📍 KM

379

📈 M

7.57

📏 %

🏆 KOM | DAVID MONCOUTIÉ

AVERAGE AMATEUR

0:14:07 0:26:34

## STRAVA STORY

David Moncoutié must enjoy the rolling roads of Burgundy: he also has this KOM, which dates from just after the first lockdown of 2020, a July without a Tour de France.





STAGE 12

13 July

15.5 KM FROM FINISH

# Montée de la Poyebade

1.7

📍 KM

87

⚡ M

5.34

⬆️ %

🏆 KOM | CYRILLE THIÈRY

AVERAGE PRO

0:04:17

AVERAGE AMATEUR

0:06:33

TIME GAP

+0:02:16

## STRAVA STORY

Cyrille Thiéry, a former Olympic track rider for Switzerland, has been holding onto this KOM since 2015.



## STAGE 13

14 July

17.4 KM FROM FINISH

# Grand Colombier

1716



KM

1210



M

7.06



%

KOM | TADEJ POGAČAR

0:45:37

AVERAGE PRO

1:03:31

AVERAGE AMATEUR

1:34:20

TIME GAP

+0:30:49

## STRAVA STORY

Fittingly, the king of this particularly 'grand' mountain is Tadej Pogačar, who took the crown on Stage 15 of the 2020 Tour de France – five days before he shook up the GC standings by dramatically winning the penultimate stage TT and arriving in Paris in yellow.





## STAGE 14

15 July

137.3 KM FROM FINISH

# Col de Saxel

4.17



KM

189



M

4.6



%

KOM | AURÉLIEN PARET-PEINTRE

0:08:34

AVERAGE PRO

0:13:23

AVERAGE AMATEUR

0:16:26

TIME GAP

+0:03:03

## STRAVA STORY

The Frenchman Aurélien Paret-Peintre earned this KOM in 2017, while he was still riding in the Under-23s.





## STAGE 14

15 July

123.5 KM FROM FINISH

# Col de Cou

6.95



KM

520



M

7.52



%



KOM

0:21:16

AVERAGE PRO

0:30:16

AVERAGE AMATEUR

0:36:00

TIME GAP

+0:05:44

## NOTES



## STAGE 14

15 July

105 KM FROM FINISH

# Col du Feu

5.75



KM

444



M

7.83



%



KOM

0:16:56

AVERAGE PRO

0:23:04

AVERAGE AMATEUR

0:30:26

TIME GAP

+0:07:22

## NOTES





## STAGE 14

15 July

64.2 KM FROM FINISH

# Col de la Ramaz

14.01

📍 KM

976

📈 M

6.92

📈 %

👑 KOM | ALBERTO LOSADA

0:39:08

AVERAGE PRO

0:52:55

AVERAGE AMATEUR

1:13:01

TIME GAP

+0:20:06

## STRAVA STORY

Alberto Losada notched up this KOM riding for Team Katusha during Stage 20 of the 2016 Tour de France. Romain Bardet was second, the same position as he would finish on that year's podium in Paris.





## STAGE 14

15 July

🚩 23.6 KM FROM FINISH

# Col de Joux Plane

11.52

📍 KM

971

📈 M

8.46

📈 %

🏆 KOM | JACK HAIG

AVERAGE PRO

0:48:55

AVERAGE AMATEUR

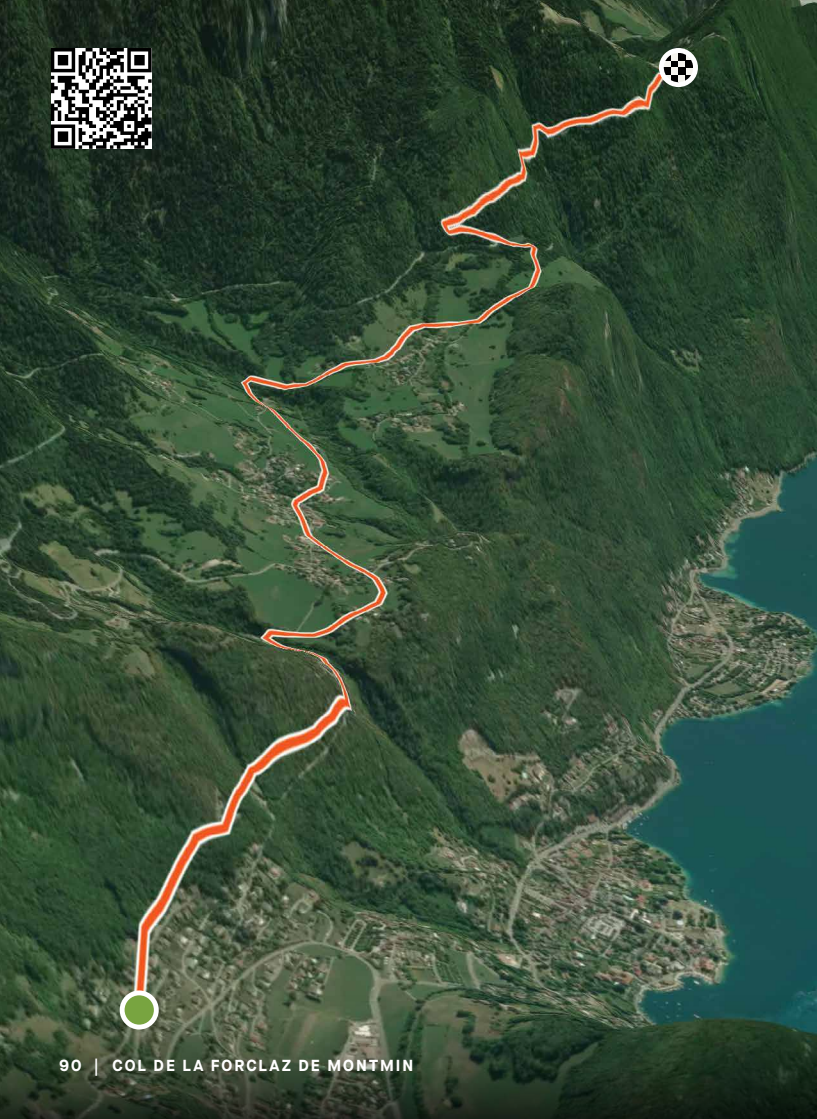
1:11:31

TIME GAP

+0:22:36

## STRAVA STORY

This KOM has belonged to the Australian rider Jack Haig since the last stage of the 2021 Critérium du Dauphiné. Just a few months later, he would find himself on the podium of the Vuelta a España.



## STAGE 15

16 July

103.4 KM FROM FINISH

# Col de la Forclaz de Montmin

7.24



KM

519



M

7.25



%

KOM | ALBERTO LOSADA

0:20:57

AVERAGE PRO

0:29:39

AVERAGE AMATEUR

0:38:11

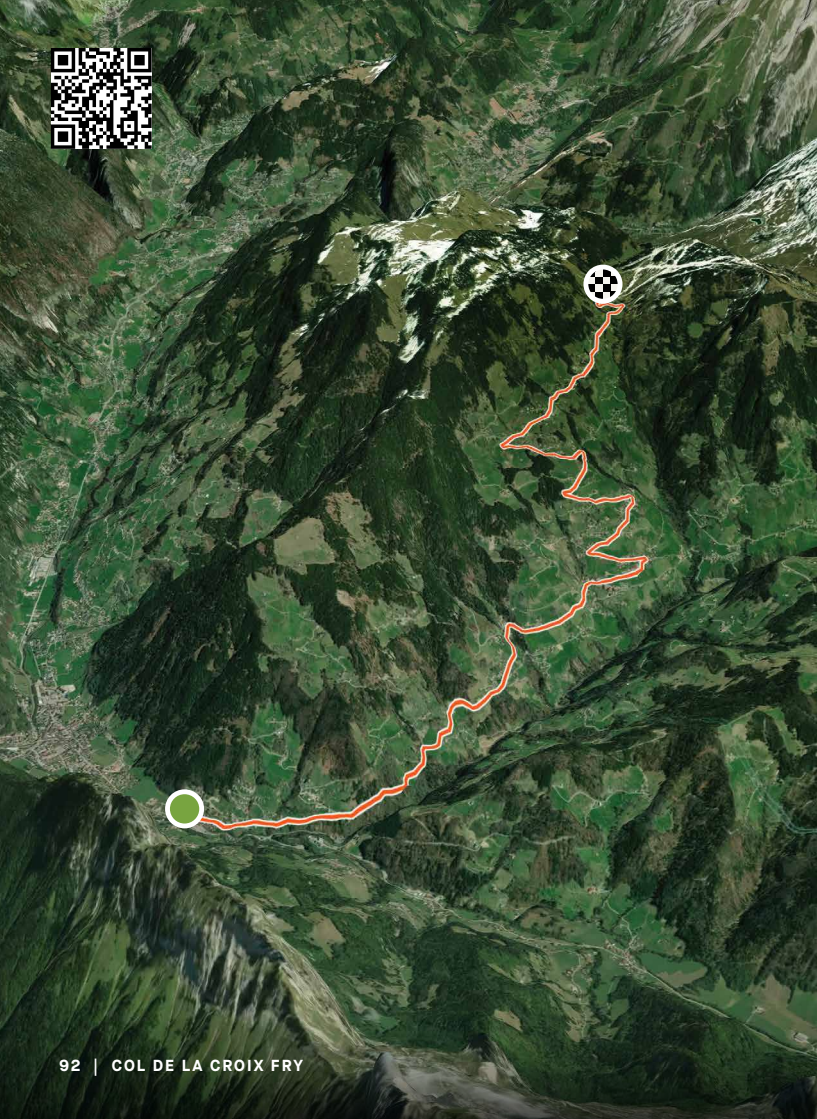
TIME GAP

+0:08:32

## STRAVA STORY

This is Alberto Losada's second KOM from Stage 20 of the 2016 Tour de France. However, he was almost beaten by Sean Quinn (then only a *stagiaire* at Deceuninck-Quick Step) while out on a training ride.





## STAGE 15

16 July

65.8 KM FROM FINISH

# Col de la Croix Fry

11.25

📍 KM

795

📈 M

7.1

📈 %

👑 KOM | ROMAIN BARDET

0:31:02

AVERAGE PRO

0:43:41

AVERAGE AMATEUR

0:58:09

TIME GAP

+0:14:28

## STRAVA STORY

During the 2015 Critérium du Dauphiné, Romain Bardet won a stage on Thursday, crashed on Friday and then took this KOM on Col de la Croix Fry on Saturday.





## STAGE 15

16 July

11.2 KM FROM FINISH

# Côte des Amerands

2.7



KM

263



M

9.95



%

KOM | ROMAIN BARDET

0:08:39

AVERAGE PRO

0:12:10

AVERAGE AMATEUR

0:17:10

TIME GAP

+0:05:00

## STRAVA STORY

Another for Romain Bardet – he earned this crown during Stage 19 of the 2016 Tour de France and then proceeded to take the stage victory. His activity is titled “I’ve no words” – clearly his legs did all the talking.

**STAGE 15**

16 July

7.2 KM FROM FINISH

# Saint-Gervais Le Bettex

6.96



KM

521



M

7.58



%

KOM | EMANUEL BUCHMANN

**0:19:02**

AVERAGE PRO

0:25:38

AVERAGE AMATEUR

0:37:14

TIME GAP

+0:11:36

## STRAVA STORY

Frequently placing high but not often winning, Bora-Argon rider Emanuel Buchmann nevertheless took this KOM in 2018 from, you guessed it, Romain Bardet, who had won it during the 2016 Tour de France.





## STAGE 16

18 July

19.8 KM FROM FINISH

# Côte des Soudans

1.51



KM

134



M

9.34



%



KOM

0:04:03

AVERAGE PRO

0:07:04

AVERAGE AMATEUR

0:08:42

TIME GAP

+0:01:38

## STRAVA STORY

On this segment's leaderboard is the former pro rider Clément Chevrier, who rode here for the Chambéry CF U23 team during the 2013 Tour des Pays de Savoie, finishing second.





## STAGE 16

18 July

6 KM FROM FINISH

# Côte de Domancy

2.41



211



9.01



KOM | SEPP KUSS

0:06:24

AVERAGE PRO

0:07:49

AVERAGE AMATEUR

0:13:11

TIME GAP

+0:05:22

## STRAVA STORY

Stage 5 of the 2020 Critérium du Dauphiné: Sepp Kuss pocketed this KOM at the start of a long day of climbing. After seven more classified climbs, he won the stage in Megève.



## STAGE 17

19 July

150.7 KM FROM FINISH

# Col des Saisies

13.28

📍 KM

725

📈 M

5.14

📈 %

🏆 KOM | DAVID LÓPEZ

AVERAGE PRO

0:39:07

AVERAGE AMATEUR

0:58:24

TIME GAP

+0:19:17

## STRAVA STORY

During the eighth stage of the 2014 Critérium du Dauphiné, David López was Chris Froome's man in the break. The tactic did not pay off with a stage win, but López took this KOM, which stands to this day.



**STAGE 17**

19 July

117.2 KM FROM FINISH

# Cormet de Roselend

19.73



KM

1239



M

6.05



%

KOM | AURÉLIEN PARET-PEINTRE

## 0:54:27

AVERAGE PRO

1:16:22

AVERAGE AMATEUR

1:47:24

TIME GAP

+0:31:02

## STRAVA STORY

Aurélien Paret-Peintre landed this KOM in 2017 during the Tour de l'Avenir, a U23 stage race, showing that youth and valour are not mutually exclusive.





## STAGE 17

19 July

65.9 KM FROM FINISH

# Côte de Longefoy

5.83



KM

429



M

7.46



%

KOM | GEORGE BENNETT

AVERAGE PRO

0:23:40

AVERAGE AMATEUR

0:33:29

TIME GAP

+0:09:49

## STRAVA STORY

When George Bennett snagged this KOM during a recon ride for the 2019 Tour de France, he proved that training really does pay off!



## STAGE 17

19 July

13.7 KM FROM FINISH

# Col de la Loze

7.02



KM

637



9.16



KOM | TADEJ POGAČAR

0:23:18

AVERAGE PRO

0:31:08

AVERAGE AMATEUR

0:46:36

TIME GAP

+0:15:28

## STRAVA STORY

Not content with taking this KOM during the Col de la Loze's first Tour de France appearance in 2020, Tadej Pogačar's ride also earned him the polka dot jersey. Just a few days later, he would exchange it for yellow and wear it all the way to victory in Paris.





## STAGE 18

20 July

82.2 KM FROM FINISH

# Côte de Boissieu

2.41



KM

108



M

4.7



%



KOM

GUILLAUME MARTIN &  
MARCUS BURGHARDT

AVERAGE PRO

0:04:45

0:04:42

AVERAGE AMATEUR

0:09:14

TIME GAP

+0:04:29

## STRAVA STORY

While still a largely unknown neo pro in 2016, Guillaume Martin showed he was destined for a place in the spotlight when he took this KOM during the Critérium du Dauphiné.



**STAGE 19**

21 July

150.9 KM FROM FINISH

# Côte du Bois de Lionge

1.73



KM

91



M

5.39



%



KOM

## 0:04:05

AVERAGE PRO

0:05:00

AVERAGE AMATEUR

0:07:27

TIME GAP

+0:02:27

## STRAVA STORY

No pros yet feature on this segment's leaderboard, to the delight of sportive cyclists who've vied for the crown during a fondo ride that local company La Forestière sends this way.



## STAGE 19

21 July

30.4 KM FROM FINISH

# Côte d'Ivoire

2.28



KM

131



M

5.89



%



KOM

0:05:28

AVERAGE PRO

0:06:33

AVERAGE AMATEUR

0:10:08

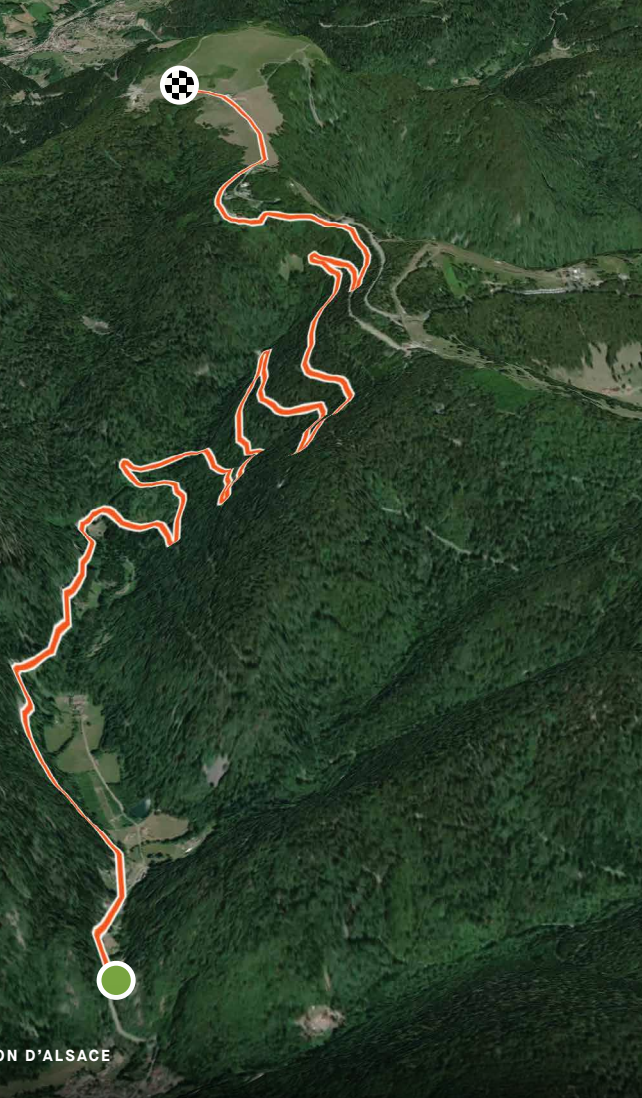
TIME GAP

+0:03:35

## STRAVA STORY

In 2011, a young amateur participated in the Tour de l'Avenir and uploaded his activity to Strava. Twelve years later he is still on the leaderboard, and also has the Swiss national champion title on his palmarès. His name? Sébastien Reichenbach.



**STAGE 20**

22 July

 121 KM FROM FINISH

# Ballon d'Alsace

11.48



KM

594



M

5.19



%



KOM

# 0:26:02

AVERAGE PRO

0:34:57

AVERAGE AMATEUR

0:47:45

TIME GAP

+0:12:48

## STRAVA STORY

The riders of the Critérium du Ballon d'Alsace amateur race should be proud: they have relegated local hero Thibaut Pinot to fourteenth place on this segment's leaderboard.



STAGE 20

22 July

82.3 KM FROM FINISH

# Col de la Croix des Moinats

5.07



KM

360



M

7.25



%

KOM | THIBAUT PINOT

0:14:36

AVERAGE PRO

0:20:14

AVERAGE AMATEUR

0:25:55

TIME GAP

+0:05:41

## STRAVA STORY

The KOM can be way of marking territory – this one belongs to pro Thibaut Pinot, who lives and grew up in the area.



**STAGE 20**

22 July

70.5 KM FROM FINISH

# Col de Grosse Pierre

1.13

KM

120

M

11.75

%

KOM | THIBAUT PINOT

## 0:04:16

AVERAGE PRO

0:05:15

AVERAGE AMATEUR

0:07:26

TIME GAP

+0:02:11

## STRAVA STORY

When Stage 8 of the 2014 Tour de France passed through his backyard, Thibaut Pinot did not let his fellow racers tread on his toes: he took this KOM as a matter of pride.

**STAGE 20**

22 July

 34.7 KM FROM FINISH

# Petit Ballon

9.36



KM

750



M

8.06



%

 KOM | THOMAS DE GENDT

# 0:27:16

AVERAGE PRO

0:39:14

AVERAGE AMATEUR

0:51:58

TIME GAP

+0:12:44

## STRAVA STORY

What does the king of the breakaway do when he is not out front? He trains for the next escape! It was during a training camp for the 2020 Tour that Thomas De Gendt captured this KOM.



**STAGE 20**

22 July

15.2 KM FROM FINISH

# Col du Platzerwasel

6.99



KM

569



M

8.24



%

KOM | JULIEN ANTOMARCHI

## 0:21:51

AVERAGE PRO

0:29:24

AVERAGE AMATEUR

0:41:38

TIME GAP

+0:12:14

## STRAVA STORY

Julien Antomarchi took this KOM during the 2015 Tour d'Alsace, while riding for pro team Roubaix-Lille Métropole. He also won the race's prologue.



## STAGE 21

23 July

74.1 KM FROM FINISH

# Côte du Pavé des Gardes

0.7

Ⓜ KM

62

Ⓜ M

9.11

Ⓜ %

🏆 KOM

0:01:36

AVERAGE PRO

0:02:53

AVERAGE AMATEUR


0:03:45

TIME GAP

+0:00:52

## NOTES





# TOUR DE FRANCE FEMMES AVEC ZWIFT

• 8 STAGES •

# 956 KM

A.S.O. / THOMAS MAHEUX



Over the course of its eight stages between Clermont-Ferrand and Pau, the Tour de France Femmes avec Zwift will ride 19 iconic segments. Some of these QOMs were gained on recon rides for the stage, while others belong to a wide range of other women riders. But with the world's best riders flying through at race pace, we can expect many of these crowns to soon have a new owner.



23-30 July 2023



956 kilometers

Join the Club







## STAGE 1

23 July

11 KM FROM FINISH

# Côte de Durtol

1.62



KM

119



M

7.55



%



QOM

0:06:19

AVERAGE PRO

0:06:02

AVERAGE AMATEUR

0:07:40

TIME GAP

+0:01:38

## STRAVA STORY

Georgia Williams, five-time New Zealand national time-trial champion, claimed top pro on this leaderboard while on a recon ride for this stage of the Tour de France Femmes avec Zwift.



## STAGE 2

24 July

109 KM FROM FINISH

# Côte du Mont-Dore

1.23

📍 KM

75

📈 M

6.55

📏 %

👑 QOM

0:04:14

AVERAGE PRO

0:04:31

AVERAGE AMATEUR

0:06:13

TIME GAP

+0:01:42

## STRAVA STORY

Veronica Ewers, eighth in the first Tour de France Femmes avec Zwift and first female pro on this segment, is definitely a rider to watch.





## STAGE 2

24 July

102.5 KM FROM FINISH

# Côte de la Stèle

1.83

📍 KM

89

📈 M

5.02

📈 %

👑 QOM

AVERAGE PRO

0:04:35

AVERAGE AMATEUR

0:07:14

TIME GAP

+0:02:39

## NOTES





## STAGE 2

24 July

4.8 KM FROM FINISH

# Côte de Trébiac

3.43

📍 KM

189

📈 M

5.66

📈 %



QOM

MAGDELEINE VALLIERES &  
GEORGIA WILLIAMS

AVERAGE PRO

0:08:41

AVERAGE AMATEUR

0:13:53

TIME GAP

+0:05:12

## STRAVA STORY

This QOM is jointly held by EF Education-TIBCO-SVB teammates Magdeleine Vallieres and Georgia Williams. Can another rider take the crown for herself?



## STAGE 3

25 July

118.3 KM FROM FINISH

# Côte du Pératel

2.05



KM

102



M

5.10



%

QOM

AVERAGE AMATEUR

0:06:18 0:07:22

## NOTES





## STAGE 3

25 July

91.9 KM FROM FINISH

# Côte de l'Escurotte

2.57



KM

121



M

4.74



%

QOM | MAGDELEINE VALLIERES

AVERAGE PRO

0:07:34

AVERAGE AMATEUR

0:09:15

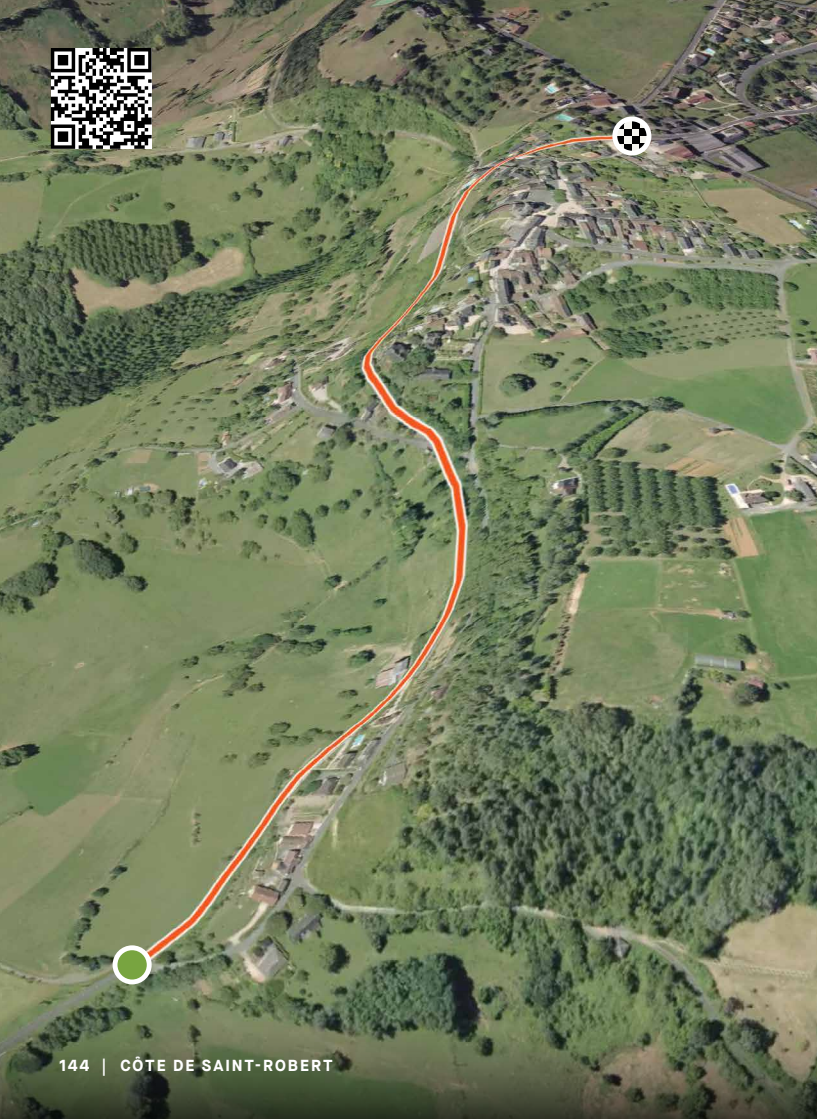
TIME GAP

+0:01:41

## STRAVA STORY

The competition for this Tour de France Femmes avec Zwift climb began during the recon rides: the top three positions on the leaderboard here belong to three EF Education-TIBCO-SVB riders, who stole them from three of their Jumbo-Visma rivals!





## STAGE 3

25 July

56.2 KM FROM FINISH

# Côte de Saint-Robert

1.07

📍 KM

60

📈 M

6.03

📏 %

👑 QOM

0:03:08

AVERAGE PRO

0:03:25

AVERAGE AMATEUR

0:04:28

TIME GAP

+0:01:03

## NOTES



## STAGE 4

26 July

162.9 KM FROM FINISH

# Col de Crayssac

2.28



KM

109



4.82



%



QOM | MARGAUX VIGIÉ

AVERAGE AMATEUR

0:06:11 0:08:49

## STRAVA STORY

Margaux Vigié of the Lifeplus-Wahoo team holds this QOM, but history does not say whether this rider who sprang from the fixie scene climbed this col on a fixed gear.





🚩 20.1 KM FROM FINISH

STAGE 4

26 July

## Côte de Moyrazès

4.74



KM

255



M

5.42



%

👑 QOM | RIEJANNE MARKUS

AVERAGE PRO

0:14:20

AVERAGE AMATEUR

0:18:39

TIME GAP

+0:04:19

## STRAVA STORY

This QOM was taken by the Dutch national champion Riejanne Markus a few weeks before her eighth-place ride at the Strade Bianche Women Elite.



## STAGE 4

26 July

11.2 KM FROM FINISH

# Côte de Lavernhe

2.27

📍 KM

158

📈 M

7.05

📏 %

👑 QOM

0:09:34

AVERAGE PRO

0:08:18

AVERAGE AMATEUR

0:10:19

TIME GAP

+0:02:01

## NOTES





## STAGE 5

27 July

72.1 KM FROM FINISH

# Côte des Combalous

0.87

📍 KM

72

📈 M

8.31

📏 %

👑 QOM

TEUNTJE BEEKHUIS,  
AMBER KRAAK &  
ANNA HENDERSON

AVERAGE AMATEUR

0:05:06

0:05:01

## STRAVA STORY

Teammates Teuntje Beekhuis, Amber Kraak and Anna Henderson from Jumbo-Visma have exactly the same time on this segment.



## STAGE 5

27 July

53.4 KM FROM FINISH

# Côte de Najac

2.12



KM

160



M

7.90



%



QOM

0:09:57

AVERAGE PRO

0:07:59

AVERAGE AMATEUR

0:11:49

TIME GAP

+0:03:50

## NOTES





## STAGE 5

27 July

42.2 KM FROM FINISH

# Côte de Laguérie

1.43

📍 KM

118

📈 M

8.63

📈 %

👑 QOM | RUTH ASTLE

AVERAGE PRO

0:06:49

AVERAGE AMATEUR

0:08:06

TIME GAP

+0:01:17

## STRAVA STORY

Triple congratulations to Ruth Hastle who, aside from holding this impressive QOM, also swims and runs at the highest level on the international triathlon circuit.



STAGE 5

27 July

25.5 KM FROM FINISH

# Côte de Monestiés

1.67

📍 KM

104

📈 M

6.44

📈 %

👑 QOM | MANON SOUYRIS

0:05:34

AVERAGE PRO

0:04:00

AVERAGE AMATEUR

0:07:24

TIME GAP

+0:03:24

## STRAVA STORY

This QOM belongs to Manon Souyris, who notably also has the Coupe de France 2015 on her palmarès.





## STAGE 6

28 July

112.8 KM FROM FINISH

# Côte de Lincarque

1.17

📍 KM

54

📈 M

4.82

📏 %

👑 QOM | MANON SOUYRIS

AVERAGE PRO

0:03:01

AVERAGE AMATEUR

0:04:11

TIME GAP

+0:01:10

## STRAVA STORY

Manon Souyris took this QOM ten years after becoming the French junior national champion.



## STAGE 6

28 July

72.9 KM FROM FINISH

# Côte de Puycelsi

1.82

📍 KM

108

📈 M

6.17

📏 %

👑 QOM | VERONICA EWERS

AVERAGE AMATEUR

0:06:30 0:07:42

## STRAVA STORY

This recent QOM shows that Veronica Ewers put in the kilometres during her recon of the 2023 Tour de France Femmes avec Zwift – and wasn't shy about turning up the pace.





## STAGE 6

28 July

IN 41.7 KM FROM FINISH

# Côte de la Gayre

1.14

📍 KM

63

📈 M

5.79

📏 %

👑 QOM | VERONICA EWERS

AVERAGE AMATEUR

0:03:33

0:04:34

## NOTES



## STAGE 7

29 July

41.5 KM FROM FINISH

# Col d'Aspin

11.97

📍 KM

774

📈 M

6.5

📈 %

👑 QOM | HANNAH RHODES

AVERAGE PRO

0:39:24

AVERAGE AMATEUR

1:00:06

TIME GAP

+0:20:42

## STRAVA STORY

The QOM here is a real mountain goat: Hannah Rhodes used to hold the women's record for Everesting – riding up and down the same road until you've climbed a total of 8,848 metres, equivalent to the height of Mount Everest.





## STAGE 7

29 July

72.7 KM FROM FINISH

# Col du Tourmalet

16.74



KM

1236



M

7.39



%

QOM | EMMA POOLEY

0:59:40

AVERAGE PRO

1:00:40

AVERAGE AMATEUR

1:37:03

TIME GAP

+0:36:23

## STRAVA STORY

This QOM belongs to Emma Pooley, Olympic medallist, former time-trial world champion and four-time stage winner at the Giro Rosa.



## STAGE 8

30 July

12.6 KM FROM FINISH

# Côte de Bosdarros

1.38

📍 KM

91

📈 M

6.74

📈 %

👑 QOM

0:04:21

AVERAGE PRO

0:04:52

AVERAGE AMATEUR

0:06:05

TIME GAP

+0:01:13

## NOTES















# NOTES

**TOUR DE FRANCE** · CÔTE DE SAN JUAN DE GAZTELUGATXE ·  
CÔTE DE VIVERO · CÔTE DE PIKE · COL D'UDANA · CÔTE  
D'AZTIRIA · CÔTE D'ALKIZA · JAIZKIBEL · COL D'ITZIAR ·  
CÔTE D'ORIOKO BENTA · CÔTE DE SAINT PÉE-SUR-NIVELLE ·  
CÔTE DE DÉMU · CÔTE DE GAN · COL DE SOUDET · COL  
D'ICHÈRE · COL DE MARIE BLANQUE · COL D'ASPIN · COL DU  
TOURMALET · CAUTERETS-CAMBASQUE · CÔTE DE BÉGUEY · CÔTE  
DE MASMONT · CÔTE DE CONDAT-SUR-VIENNE · MONTÉE DU LAC  
DE VASSIVIÈRE · CÔTE DE PONTCHARRAUD · CÔTE DE  
PONTAUMUR · CÔTE DE GUÉRY · COL DE LA CROIX SAINT  
ROBERT · CÔTE DE LA CHAPELLE-MARCOUSSE · CÔTE DE  
RONZIÈRES · CÔTE DE CHAPTUZAT · CÔTE DU MERCUROL · COL  
DE LA CROIX MONTMAIN · COL DE LA CROIX ROSIER · MONTÉE  
DE LA POYEBADE · GRAND COLOMBIER · COL DE SAXEL · COL  
DE COU · COL DU FEU · COL DE LA RAMAZ · COL DE JOUX  
PLANE · COL DE LA FORCLAZ DE MONTMIN · COL DE LA CROIX  
FRY · CÔTE DES AMERANDS · SAINT-GERVAIS LE BETTEX ·  
CÔTE DES SOUDANS · CÔTE DE DOMANCY · COL DES SAISIES ·  
CORMET DE ROSELEND · CÔTE DE LONGEFOY · COL DE LA LOZE  
· CÔTE DE BOISSIEU · CÔTE DU BOIS DE LIONGE · CÔTE  
D'IVORY · BALLON D'ALSACE · COL DE LA CROIX DES MOINATS  
· COL DE GROSSE PIERRE · PETIT BALLON · COL DU  
PLATZERWASEL · CÔTE DU PAVÉ DES GARDES

**TOUR DE FRANCE FEMMES AVEC ZWIFT** · CÔTE DE DURTOL ·  
CÔTE DU MONT-DORE · CÔTE DE LA STÈLE · CÔTE DE TRÉBIAC  
· CÔTE DU PÉRATEL · CÔTE DE L'ESCUROTTE · CÔTE DE  
SAINT-ROBERT · COL DE CRAYSSAC · CÔTE DE MOYRAZÈS ·  
CÔTE DE LAVERNHE · CÔTE DES COMBALOUS · CÔTE DE NAJAC ·  
CÔTE DE LAGUÉPIE · CÔTE DE MONESTIÉS · CÔTE DE  
LINCARQUE · CÔTE DE PUYCELSI · CÔTE DE LA GAYRE · COL  
D'ASPIN · COL DU TOURMALET · CÔTE DE BOSDARROS

