



Tim in KY TdF Stage 7 is 176 kilometers from the suburbs of Nancy south into the Vosges mountains for a summit finish at La Planche des Belles Filles.

07-07-2022
02:42:13 pm



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1657219641-stage-7-route.jpg>

07-07-2022
02:42:22 pm



Tim in KY The stage starts with 75 kilometers of false flat followed by 25 km of gradual climbing to the intermediate sprint and then the first of two Cat 3 climbs. From that summit to the start of the second Cat 3 is 27 km of descent and valley road. From that summit to the start of the final climb is 30 km of descent and valley road.

07-07-2022
02:43:00 pm



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1657219688-stage-7-profile.jpg>

07-07-2022
02:43:09 pm



Tim in KY The finish climb is a Cat 1, 7 kilometers averaging a deceptive 8.4%. Except for the last 100 meters, the final kilometer is unpaved.

07-07-2022
02:43:44 pm



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1657219733-stage-7-planche-des-belles-filles.jpg>

07-07-2022
02:43:54 pm



Tim in KY Kilometer zero is scheduled for 13:15 CEST. Finish is imagined either side of 17:30. Forecast is for sunshine in the low-20s.

07-07-2022
02:44:43 pm



BIKERABE at Giro Donne Kristen Faulkner in solo breakaway She just did a great save descending back wheel was off the road.

07-08-2022
07:09:47 am



Tim in KY In neutral.

07-08-2022
07:11:50 am



John I have to chuckle at Pog having issues with his tricked out new bike. Just ride the old one and stop all the yellow decorations

07-08-2022
07:13:13 am



Tim in KY Three UAEs are having bike problems.

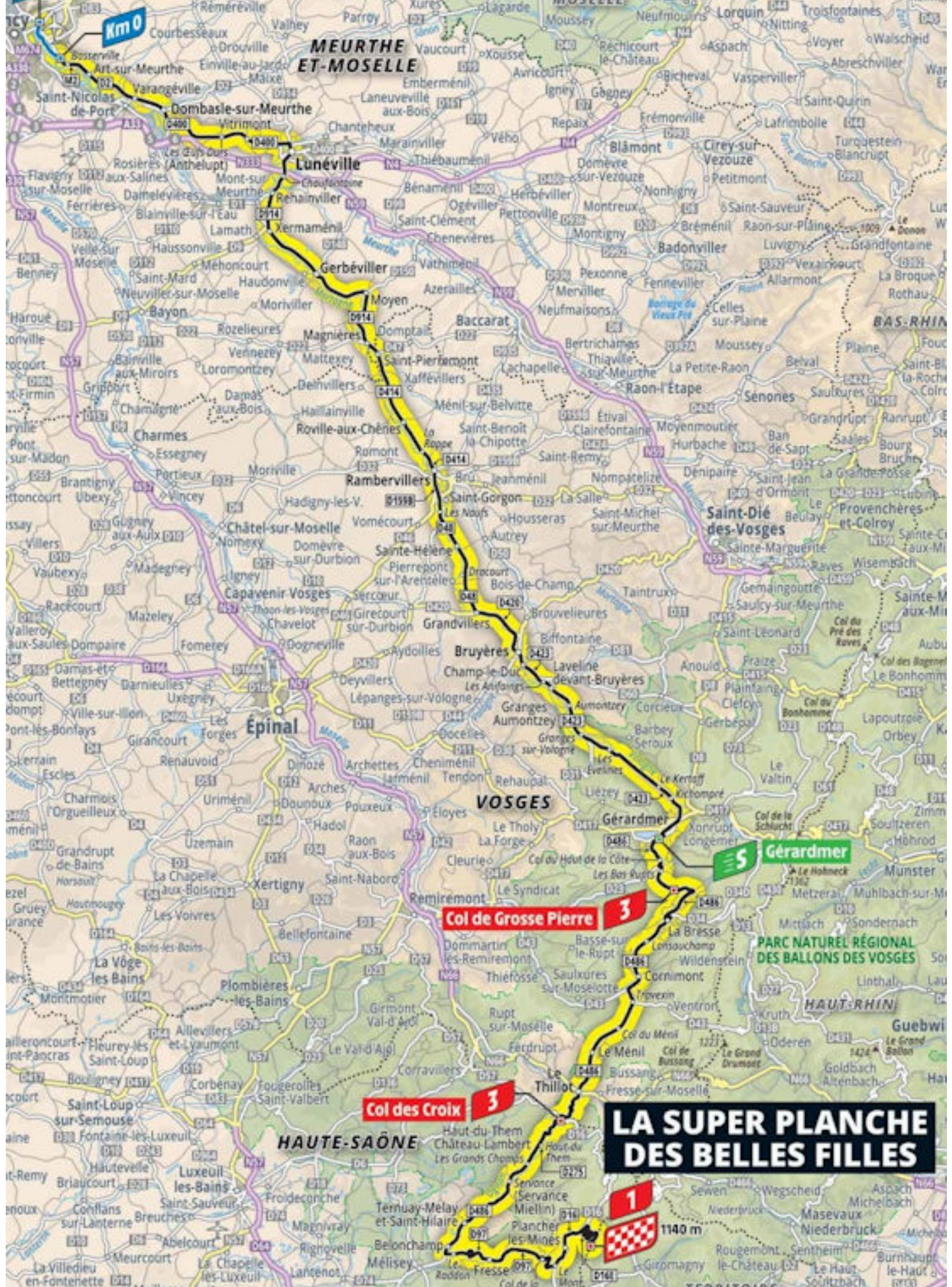
07-08-2022
07:21:37 am



John Horses! Whereâ€™s Jo?

07-08-2022
07:35:08 am

TOMBLAINE



Km 0

MEURTHE ET-MOSELLE

MOSELLE

VOSGES

HAUTE-SAÔNE

LA SUPER PLANCHE DES BELLES FILLES

Col de Grosse Pierre 3

Col des Croix 3

1 1140 m

Gérardmer

PARC NATUREL RÉGIONAL DES BALLONS DES VOSGES

HAUT-RHIN

TERRITOIRE

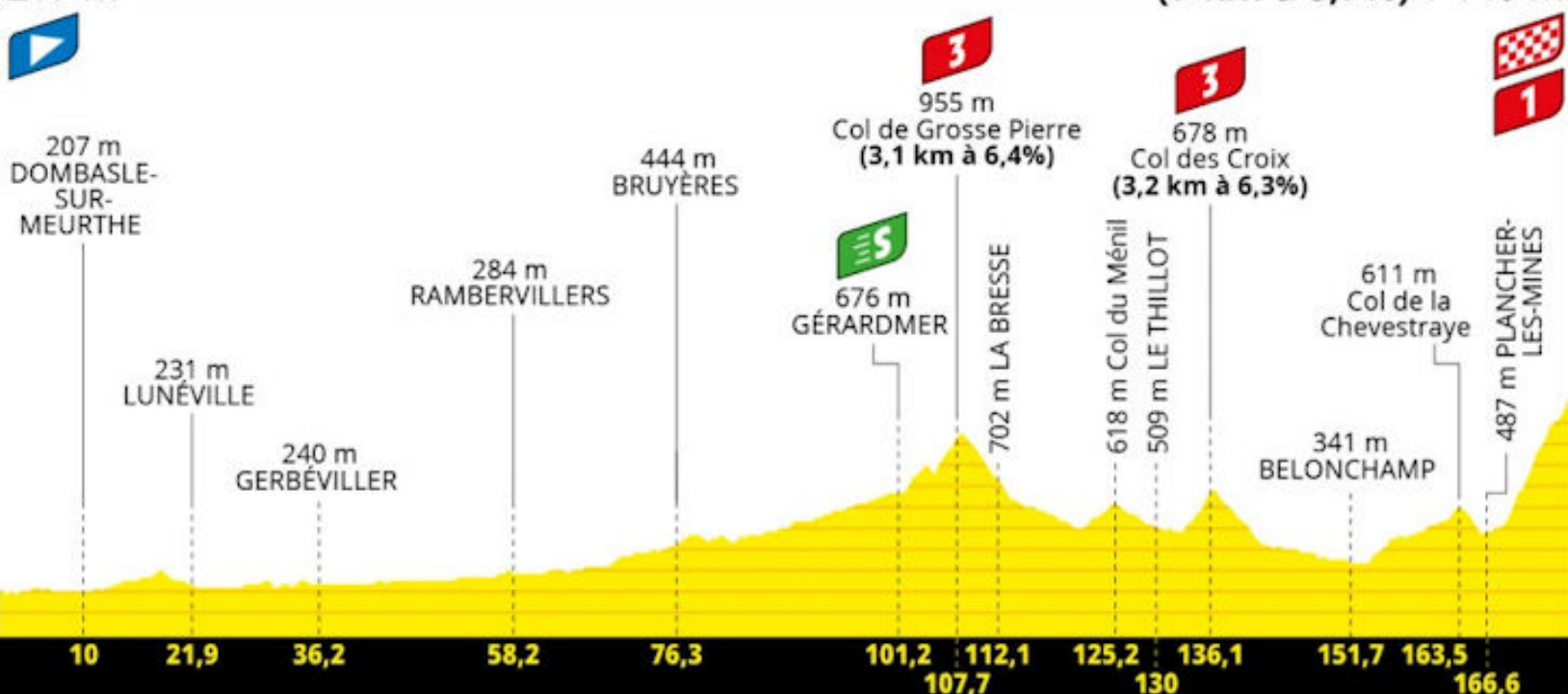
TOMBLAINE

217 m



LA SUPER PLANCHE DES BELLES FILLES

(7 km à 8,7%) 1 140 m



MEURTHE-ET-MOSELLE

VOSGES

HAUTE-SAÔNE

0

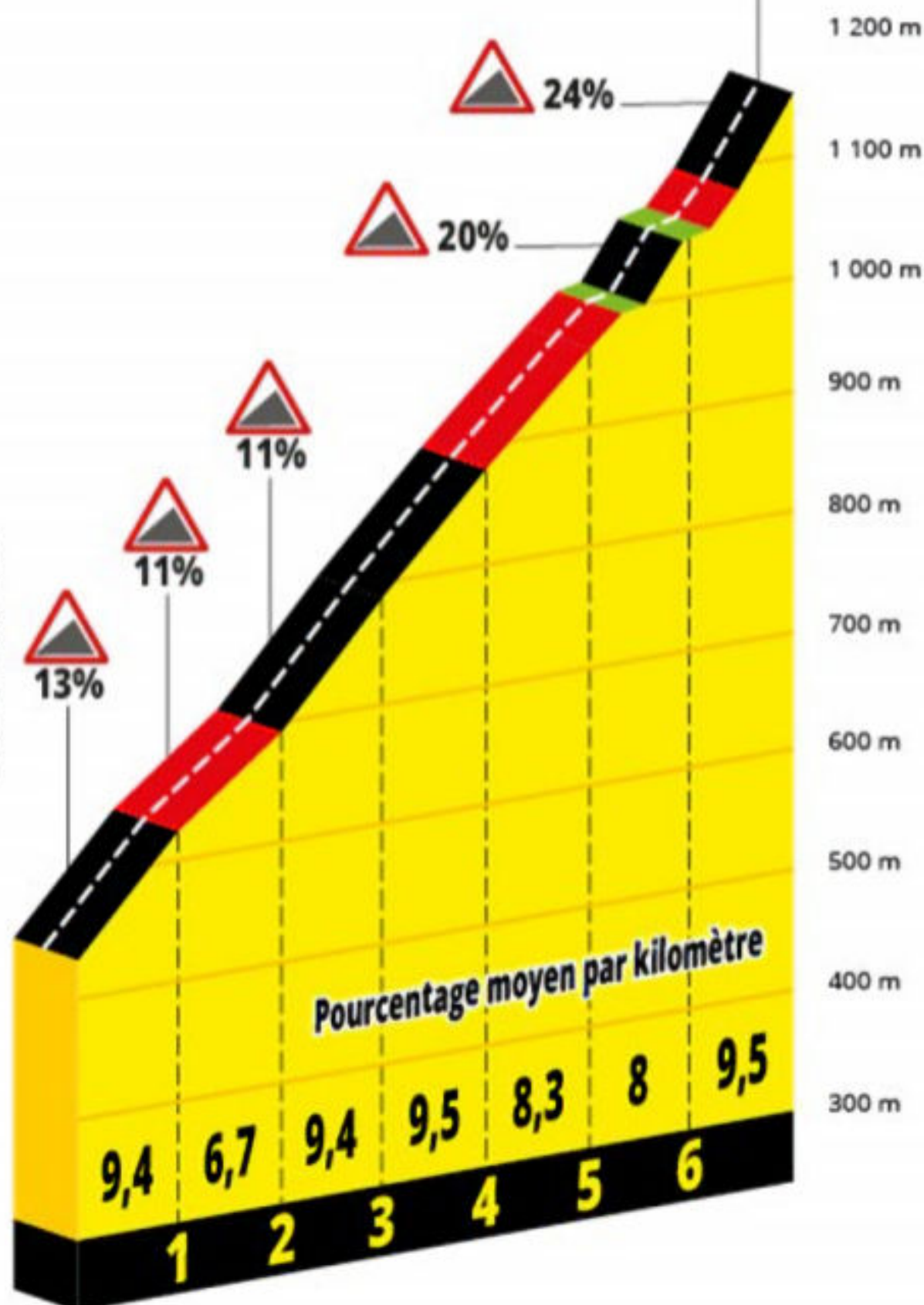
176,3 km

LA SUPER PLANCHE DES BELLES FILLES

1 140 m - km 176
(7 km à 8,7%)



532 m PLANCHER-LES-MINES - km 169
Pied de col





Tim in KY With her horses.

07-08-2022
07:36:19 am



Tim in KY Still no break.

07-08-2022
07:37:49 am



BusterSci I'm quite keen on the classic yellow jersey with the old black shorts and a normal bike. Â But sponsors want to spons, so these things happen. Â A new bike and new kit gives them a chance to be talked about.

07-08-2022
07:38:58 am



Tim in KY Sagan trying to make a break.

07-08-2022
07:48:56 am



Tim in KY Nope.

07-08-2022
07:49:30 am



BusterSci How frustrating might it be to be Peter Sagan? Â Once at the pinnacle, now unable to make a difference, and there was no slow decline--he mattered, and then he didn't much.

07-08-2022
07:57:14 am



BusterSci Of course, maybe he just decided he was happy getting a check? 07-08-2022
07:58:26 am



Tim in KY I think he's still dealing with Covid.

07-08-2022
07:59:12 am



BusterSci Could be, but he hasn't mattered for a few years. 07-08-2022
08:01:54 am



Tim in KY O'Ganna TTing to break away.

07-08-2022
08:03:21 am



BusterSci Ok. Â Ripley hasn't had a walk in a few days and she's getting pushy about it. Â It's been too hot and too humid (not for me--for her. She hates the heat but doesn't know it's hot until we're going.). Be back in a bit.

07-08-2022
08:06:28 am



Tim in KY WvA on bottle duty today.

07-08-2022
08:07:12 am



Tim in KY O'Ganna sits up.

07-08-2022
08:08:08 am



Mikey Good morning

07-08-2022
08:10:05 am



John Morning :)

07-08-2022
08:13:51 am



Tim in KY Sunflower field.

07-08-2022
08:15:22 am



Alison Quarles Yay, yay,yay! I get to LUG today!

07-08-2022
08:17:05 am



Tim in KY Shack Man in the break is close to being the virtual yellow. Gap is 2:00 and he's at 2:07.

07-08-2022
08:27:51 am



BIKERABE don't expect break will get much of a lead

07-08-2022
08:31:21 am



Tim in KY Not going to be very exciting until the last 7 km, AliQ.

07-08-2022
08:32:01 am



Mikey Buster is dogger walking and it's raining in Iowa. Norman is a wet dog and smells like moldy carpet after his walk

07-08-2022
08:39:45 am



Tim in KY Just over 2:00 seems to be the leash. Whole UAE team at the front of the peloton.

07-08-2022
08:45:23 am



Tim in KY Break: Max Schachmann and Lennard Kämna (Bora-Hansgrohe), Kasper Asgreen (Quick Step), Imanol Erviti (Movistar), Simon Geschke (Cofidis), Luke Durbridge (BikeExchange), Giulio Ciccone and Mads Pedersen (Trek), Dylan Teuns (Bahrain) and Cyril Barthe (B&B).

07-08-2022
08:51:11 am



Tim in KY Currently 13:00 faster than the fastest.

07-08-2022
08:58:03 am



Tim in KY Kamna, Shack Man and Durbridge attack the break.

07-08-2022
09:24:36 am



Tim in KY On the first Cat 3 now. Still faster than the fastest... but only just.

07-08-2022
09:26:29 am



BusterSci I think my friend Bill (Team Mad Fly Disease) has Shack and Kamna.

07-08-2022
09:26:31 am



Tim in KY He has Kamna but not Shack.

07-08-2022
09:29:47 am



BIKERABE 2 KU

07-08-2022
09:33:40 am



Mikey Bora has cards to play

07-08-2022
09:43:43 am



Charlie in Tenn Hi from cloudy Oak Ridge TN.

07-08-2022
09:47:36 am



Tim in KY Welcome home, Charlie.

07-08-2022
09:48:29 am



Charlie in Tenn We drove about 11 hours yesterday (Grand Rapids MI to home) and got home. My covid is slight, the wife has no taste, chest congestion, and very tired. We have no plans for the next week so recovery it is.

07-08-2022
09:50:22 am



Charlie in Tenn Thanks Tim. Any wisdom about recovery?

07-08-2022
09:51:21 am



Tim in KY Rest, Charlie.

07-08-2022
09:52:26 am



Tim in KY On the lumpy part of this stage the gap keeps going up.

07-08-2022
09:53:59 am



Mikey over3 minutes now

07-08-2022
09:55:34 am



Alison Quarles Feel better

07-08-2022
09:55:43 am



Alison Quarles Charlie and family!!

07-08-2022
09:55:51 am



Charlie in Tenn AliQ, Hi I have not noticed you here. Thanks.

07-08-2022
09:56:28 am



Tim in KY 11:00 faster than the fastest right now.

07-08-2022
09:56:53 am



Tim in KY Starting the second Cat 3.

07-08-2022
10:00:14 am



Tim in KY Under 3:00 on this climb now.

07-08-2022
10:07:08 am



Tim in KY Break crests. 33 km to the start of the final climb.

07-08-2022
10:08:40 am



BusterSci Definitely a steamy walk. Fortunately, it was cloudy, keeping the temps reasonable even with the 100% humidity.

07-08-2022
10:10:32 am



Tim in KY Peloton crests down 2:40.

07-08-2022
10:10:36 am



Tim in KY No DNS today and no abandons so far.

07-08-2022
10:13:53 am



David Stanley Good morning from the Mitten.

07-08-2022
10:15:40 am



Tim in KY Welcome, DStan.

07-08-2022
10:21:31 am



David Stanley Thanks!

07-08-2022
10:21:39 am



David Stanley I'm taking Fridays off this summer and I'm just back from the market. Good timing, eh?

07-08-2022
10:21:58 am



David Stanley Who's going for a ride after the stage is over? Who's already ridden the bike today?

07-08-2022
10:22:56 am



Charlie in Tenn Dstan, I got close to you but decided not to share COVID with you.

07-08-2022
10:24:15 am



John Today was swim day. Tomorrow is cycling followed by a long run.

07-08-2022
10:24:55 am



David Stanley Much appreciate that, Charlie. Wife is immunocompromised, elderly mom is 87. Next year, eh?

07-08-2022
10:25:50 am



Charlie in Tenn And I was close to Tim as well. I guess I am that guy that drives close to other LUGNUTS but never stops by.

07-08-2022
10:25:54 am



David Stanley These are different times, eh, Charlie?

07-08-2022
10:26:25 am



David Stanley John, what time did you hit the pool?

07-08-2022
10:26:50 am



Charlie in Tenn Yes, very different.

07-08-2022
10:27:04 am



SFinAus Howdy all. Late today but not too late

07-08-2022
10:27:08 am



Charlie in Tenn ust in time.

07-08-2022
10:27:24 am



John Early, but I'm in Dubai so plenty of time to chill before the stage

07-08-2022
10:27:35 am



John Tomorrow is a 5am wheels down. It's too hot to start much later.

07-08-2022
10:28:10 am



David Stanley Dubai is damned hot. My buddy Tauseef Chaudhry is currently stationed in Dubai with a US agency. He goes out for his run around the same time

07-08-2022
10:30:47 am



SFinAus I'm not a morning person so I never ride before a stage. Makes for some hot rides in Tx.

07-08-2022
10:30:50 am



David Stanley I hear from Fred Falcone in ATX that he's been hitting the roads at 5:30-6:00 am.

07-08-2022
10:31:18 am



SFinAus Not like Dubai of course!

07-08-2022
10:31:18 am



BusterSci Thought after shoulder surgery over the winter I might be able to try the bike again by end of summer. But two weeks ago the shoulder went to hell, so I have to get in to the doc and see if it's a true setback or related to my other musculoskeletal issues.

07-08-2022
10:31:42 am



David Stanley I just checked the Dubai weather. cooled off to 100F at 6:30. 07-08-2022
10:32:39 am



David Stanley Buster - a shock stem or fork? 07-08-2022
10:32:59 am



John Yup, summer is here with a vengeance 07-08-2022
10:33:11 am



Tim in KY Gap down to 2:00. 07-08-2022
10:33:44 am



John Thankfully it's been dry this week. Last week was 80-90% humidity 07-08-2022
10:34:00 am



David Stanley 2:00 minutes gap, maybe Kamna or Schachman can get away solo, but that group is not going to be intact at the top. 07-08-2022
10:35:02 am



BusterSci No. It's positioning. Can't kayak either. When the arms are out in front of me 1) they go numb from the elbows down and 2) the acromion does damage. 07-08-2022
10:35:10 am



David Stanley Damn, dude. That's a double whammy. 07-08-2022
10:35:40 am



SFinAus Sorry to read that Buster. I had shoulder (rotator cuff) surgery a few years and the recovery sucked even though it was successful. I'd hate to have more problems after. 07-08-2022
10:36:35 am



BusterSci I'm not certain it's more problems. Things were going great until a couple weeks ago. I may have done something (too much casting?) but I also have recurring inflammatory issues of undetermined cause and I think that's been particularly bad recently--so may just be that and within a few weeks it'll all settle down. 07-08-2022
10:38:35 am



Tim in KY 15 km banner. 07-08-2022
10:42:07 am



David Stanley Yates, Pidcock, Sir G. Will they, can they, light the blue touch paper? 07-08-2022
10:47:01 am



SFinAus Kamna is in my VG team for days like this. I hope he hangs on for a finish of note. My lack of success at VG makes doubtful. 07-08-2022
10:47:03 am



John Dstan, only if they unpack their suitcase of courage

07-08-2022
10:47:31 am



Mikey Perhaps spinning pedals in anger

07-08-2022
10:48:47 am



David Stanley I think Schachman sets the tempo for Kamna's attack.

07-08-2022
10:49:09 am



BusterSci Is there touchpaper in the house?

07-08-2022
10:49:13 am



David Stanley Once the Bora groups attacks, the break falls apart.

07-08-2022
10:50:15 am



BusterSci Is the cat amongst the pigeons?

07-08-2022
10:50:25 am



John Kamna attacks

07-08-2022
10:50:30 am



Tim in KY They need to get rid of all those cars.

07-08-2022
10:51:26 am



BusterSci At least there aren't any steep parts.

07-08-2022
10:51:40 am



David Stanley Not often you see the grupetto form with 7 km to go in a stage.

07-08-2022
10:53:00 am



BusterSci Kamba drops Loony Teuns

07-08-2022
10:55:48 am



John Kamna now in front two

07-08-2022
10:56:03 am



David Stanley LENNY!

07-08-2022
10:57:08 am



Charlie in Tenn Wait, I have Kamna. Go Kamna!

07-08-2022
10:58:54 am



BusterSci Squiggy!

07-08-2022
10:59:17 am



David Stanley Thank-you, Buster.

07-08-2022
10:59:27 am



Tim in KY Pinot noir.

07-08-2022
10:59:42 am



John So much for Oâ€™Connor

07-08-2022
10:59:56 am



David Stanley His bottle is empty,

07-08-2022
10:59:58 am



BusterSci Time to tend the goats.

07-08-2022
11:00:14 am



SFinAus So much for Noir's hyped Strava record

07-08-2022
11:00:14 am



David Stanley It was a lovely vintage, showed well.

07-08-2022
11:00:16 am



Tim in KY 4 km still for Kamna.

07-08-2022
11:00:41 am



David Stanley Riding a big moto at 10 mph is no easy feat.

07-08-2022
11:00:52 am



David Stanley or feat.

07-08-2022
11:01:19 am



Tim in KY Pinks are all gone.

07-08-2022
11:01:26 am



John Vlasov done

07-08-2022
11:01:34 am



SFinAus Dudes burning off like a heat shield in re-entry.

07-08-2022
11:01:52 am



BusterSci Nelly still there. Struggling at the back

07-08-2022
11:02:06 am



Tim in KY That's because Vlasov is on my VG team.

07-08-2022
11:02:15 am



David Stanley Nice SFinAus

07-08-2022
11:03:37 am



SFinAus Bunny not so funny

07-08-2022
11:05:43 am



David Stanley Does HotToddy care about winning the stage? Seems like he could take 48 sec on this terrain in 2 .5 km.

07-08-2022
11:06:07 am



John 2km for Kamna

07-08-2022
11:06:12 am



David Stanley And here comes the gravel.

07-08-2022
11:06:50 am



Tim in KY Here comes the gravel.

07-08-2022
11:07:24 am



SFinAus Still waiting for gravel here.

07-08-2022
11:07:56 am



David Stanley Most of us need carabiners and a rope for ascents like this.

07-08-2022
11:08:11 am



BusterSci Mike Gravel?

07-08-2022
11:08:17 am



John red kite

07-08-2022
11:08:35 am



David Stanley My name is Mike Gravel, I'm a private eye. Danger is my business.

07-08-2022
11:09:02 am



David Stanley Off goes Taddy.

07-08-2022
11:09:38 am



BusterSci I thought running ridiculous presidential campaigns was his business

07-08-2022
11:10:05 am



David Stanley GO LENNY GO GO GO!

07-08-2022
11:11:27 am



John Poor Lenny

07-08-2022
11:11:36 am



David Stanley Oh, no....

07-08-2022
11:11:44 am



Tim in KY Poor Lenny.

07-08-2022
11:11:56 am



BusterSci fuuuhhhh

07-08-2022
11:12:21 am



David Stanley Son of a gun. What a finish. Damn.

07-08-2022
11:12:26 am



John Okay, who is that running across the line carrying his bike? Pro riders - they're just like us

07-08-2022
11:13:02 am



David Stanley Broken derailleur for guy running over the line? Looked like.

07-08-2022
11:13:19 am



Alison Quarles Wow

07-08-2022
11:13:21 am



BusterSci Mentjies.

07-08-2022
11:13:47 am



David Stanley Lots of guys with 32 tooth rears on this climb.

07-08-2022
11:14:03 am



John I'd be on a 34 at least

07-08-2022
11:14:25 am



David Stanley Right? 24% at the end of a stage? ASSASSINS!

07-08-2022
11:14:49 am



SFinAus I don't think they make a big enough cog for me to do this climb these days.

07-08-2022
11:15:20 am



Alaska Dave Glad to hear the alaska reference; Mike Gravel-

07-08-2022
11:15:24 am



SFinAus Pog is an assassin.

07-08-2022
11:16:25 am



David Stanley And a 1 km ride back down to the team buses.

07-08-2022
11:16:33 am



David Stanley how in the name of all things slovenian did Ruglick get 3rd on the stage?

07-08-2022
11:17:03 am



Charlie in Tenn Well, this POG kid is just awesome.

07-08-2022
11:17:16 am



BusterSci I wonder if Pog makes UAE keep a hair stylist on staff to pull his hair up through the helmet vents.

07-08-2022
11:17:32 am



Alaska Dave Ride steep downhill on gravel. Quite the finish.

07-08-2022
11:17:57 am



David Stanley I'm gonna ride my bike. See y'all. Enjoy the day. Damn, my HR is still up over 100.

07-08-2022
11:19:27 am



SFinAus That was great finale (however Bobke pronounces it)

07-08-2022
11:19:29 am



John Enjoy your ride

07-08-2022
11:19:58 am



Alaska Dave Iâ€™m going to wait for the temperature to reach 60 and the roads dry out. Wait that might be a few weeks.

07-08-2022
11:20:35 am



Alaska Dave Enjoy the ride. Enjoy the day.

07-08-2022
11:20:56 am



Charlie in Tenn I had 4 in the top ten today. I think I will rest on my laurels. See ya tomorrow.

07-08-2022
11:22:01 am