



Tim in KY TdF Stage 19 is 128 kilometers through the high alps from Gap north to a summit finish on l'Alpe d'Huez.

07-23-2026
01:13:58 pm



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1784827169-stage-19-route.jpg>

07-23-2026
01:14:30 pm



Tim in KY The first 35 kilometers, right from Km0, are the climbs of a Cat 2 and a Cat 3. And the final 35 kilometers are the climbs of a Cat 2 and an HC. In between is all valley road. The finish climb is 13.8 km averaging 8.1%. There are several sections of double-digit incline.

07-23-2026
01:15:12 pm



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1784827227-stage-19-profile.jpg>

07-23-2026
01:15:28 pm



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1784827243-stage-19-alpe-huez.jpg>

07-23-2026
01:15:44 pm



Tim in KY Kilometer zero is scheduled for 14:15 CEST. Finish is imagined either side of 17:30. Forecast is for sunshine in the upper-20s.

07-23-2026
01:19:12 pm



Tim in KY Brandon McNulty (UAE) was the only DNF.

07-23-2026
01:22:44 pm



Tim in KY Tim Wellens (UAE) avoided the time cut on stage 18 by just two minutes. I'm wondering if they're getting their produce from Taylor Farms.

07-23-2026
01:52:41 pm



Tim in KY There were no penalties or fines on stage 18. No word of any DNS today but it's an hour to start time.

07-24-2026
07:01:53 am



KimC Hello from the finish line!

07-24-2026
07:11:26 am



KimC I saw Didi today as I rode up the Alp D'Huez!!

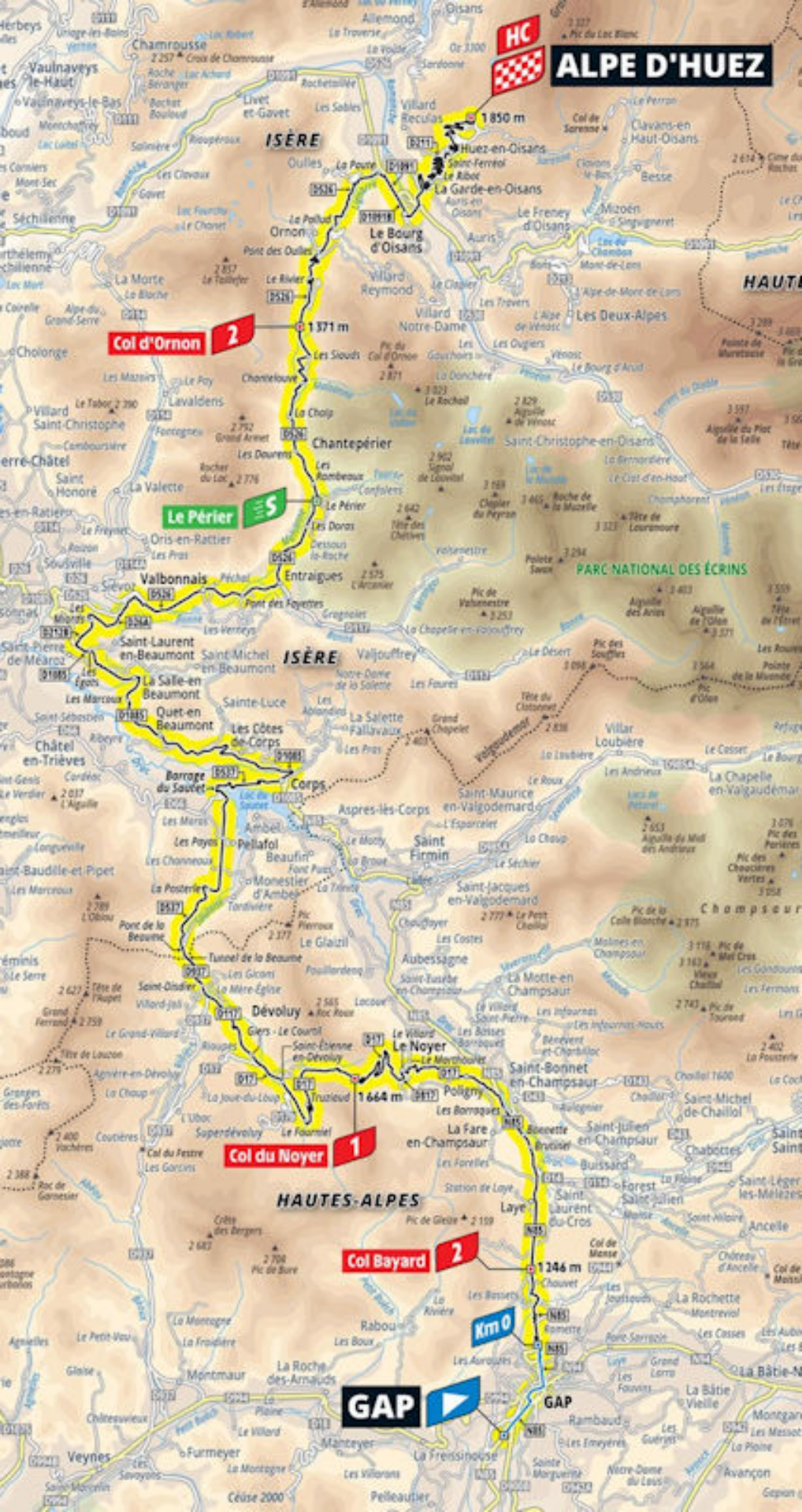
07-24-2026
07:11:56 am



KimC I'll try for photos from the finish line but there's no cell service up here once off the hotel wifi

07-24-2026
07:13:16 am

ALPE D'HUEZ



GAP

907 m

**ALPE D'HUEZ**

(13.8 km à 8.1%) 1 850 m

**HC****1**1 664 m
Col du Noyer
(7.2 km à 8.5%)**2**1 246 m
Col Bayard
(4.7 km à 7.2%)

973 m LA FARE-EN-CHAMPSAUR-Les Barraques

1 059 m POLIGNY

1 102 m LE NOYER-Le Marthouret

1 285 m Saint-Étienne-en-Dévoluy

1 034 m Saint-Disdier

919 m Pont de la Beaume

970 m La Posterle

927 m Les Payas

786 m Barrage du Sautet

927 m CORPS

918 m QUET-EN-BEAUMONT

805 m LA SALLE-EN-BEAUMONT

852 m Les Miards

782 m VALBONNAIS

897 m
LE PÉRIER

1 116 m Chantelouwe

1 033 m Pont des Oulles

718 m LE BOURG D'OISANS

906 m LA GARDE-EN-OISANS

1 426 m HUEZ-Village

4.8

12.2

15.1

18.5

25.2

32.4

39.5

42.4

46.1

49.1

52.1

55.4

64.2

67.5

73.2

79.7

89.4

95.3

99.2

104.3

111.6

116.7

122.2

HAUTES-ALPES

ISÈRE

0

127.9 km

726 m La Ferrière - **km 114.1**

906 m LA GARDE-EN-OISANS - **km 116.7**

1 091 m Ribot d'en Bas - **km 118.2**

1 154 m Le Ribot - **km 118.9**

1 386 m Saint-Férréol - **km 121.6**

1 426 m HUEZ-Village - **km 122.2**

1 687 m ALPE D'HUEZ (entrée)

km 125.2

ALPE D'HUEZ
1 850 m - **km 127.9**
(13.8 km à 8.1%)



Pourcentage moyen par kilomètre

10.4 10 8.5 9 8 7.5 9.5 8 6.5 11.5 9 5 5 5.5
1 2 3 4 5 6 7 8 9 10 11 12 13

1 900 m
1 800 m
1 700 m
1 600 m
1 500 m
1 400 m
1 300 m
1 200 m
1 100 m
1 000 m
900 m
800 m
700 m



BusterSci My goodness. What a thrill!

07-24-2026
07:15:11 am



BusterSci I was up around 1am today. Couldn't get back to sleep so got up to do a bit of this and that--whatever wouldn't awaken Ivanka. Got about a 30m nap in around 5ish. We'll see how the rest of the morning goes as once Ivanka is up we load a car and I drive 4 hours. Kinda not looking forward to doing that tired.

07-24-2026
07:23:46 am



Tim in KY Drive safe Buster.

07-24-2026
07:42:08 am



BusterSci Thanks Tim. I'm never hesitant to pull over for a 10m nap.

07-24-2026
07:47:44 am



BusterSci Rolling along

07-24-2026
08:05:11 am



Tim in KY A lot of very long neutral rides this year.

07-24-2026
08:09:41 am



Rocket City Gal Kim -- so cool! I know you will have a fantastic time!

07-24-2026
08:15:09 am



Tim in KY Km0.

07-24-2026
08:16:00 am



Rocket City Gal I finally got some sleep. I'm low-level itchy all over, probably from the high-dose antiviral med I'm on. Finally got some sleep after taking benedryl for the itching.

07-24-2026
08:18:30 am



Rocket City Gal Yates, McNulty, Wellens... UAE definitely has come into contact with the cooties.

07-24-2026
08:19:25 am



bikerabe Phillipson otb already conceding Green jersey?

07-24-2026
08:21:12 am



Tim in KY Phillipson doesn't really have a realistic chance at green unless Mads abandons.

07-24-2026
08:23:15 am



Tim in KY VPP finally the actual KOM.

07-24-2026
08:28:09 am



bikerabe lot of KOM points today and tomorrow

07-24-2026
08:34:19 am



Tim in KY Phil keeps saying how fast they're riding when they're actually slower than the slowest right now.

07-24-2026
08:41:52 am



Tim in KY Somehow this doesn't look like a Cat 1 climb.

07-24-2026
08:46:43 am



bikerabe peloton gap 2 min.

07-24-2026
08:52:40 am



Katie S Good morning.

07-24-2026
08:54:15 am



Tim in KY Wellens really ought to abandon. He looks awful.

07-24-2026
08:54:58 am



Tim in KY Hi, Katie.

07-24-2026
08:55:03 am



Rocket City Gal I don't think Wellens is gonna make it today. I'm surprised Yates recovered

07-24-2026
08:59:58 am



Katie S I cannot imagine even pedaling a block in that condition, let alone a full stage in a race.

07-24-2026
09:02:04 am



Tim in KY Now this looks like a Cat 1.

07-24-2026
09:03:14 am



Tim in KY On the pre-race show Bob said this descent was treacherous.

07-24-2026
09:05:55 am



Katie S Tim do you have the time estimate for the arrival at the base of d'Huez? I have to make a BART run.

07-24-2026
09:08:43 am



bikerabe VPP beat Carapaz to Cat 1 points

07-24-2026
09:09:34 am



Tim in KY Katie, 16:53 CEST is the earliest imaginable arrival at the bottom of l'Alpe d'Huez.

07-24-2026
09:11:18 am

Katie S Thanks

07-24-2026
09:11:28 am



Tim in KY 17:15 looks more likely right now.

07-24-2026
09:13:49 am



Katie S Even better for my needs

07-24-2026
09:16:23 am



Katie S It occurs to me that with her sick kitten experience, RCG could be a gut counselor for UAE this week.

07-24-2026
09:20:19 am



Tim in KY They are still slower than the slowest and Phil is still going on about how fast they're going.

07-24-2026
09:27:40 am



Rocket City Gal Katie, I miss the kittens. I do not miss the 🦌. Or the ear mites.

07-24-2026
09:30:47 am



Charlie in Tenn Hi all. Envious of Kim. Take lots of photos. OK, I am out of here with a very sleepy son. He played Werewolf until about 1:45 am so I was up at the same time Buster was. haha

07-24-2026
09:32:23 am



Rocket City Gal The multiple meds did not help the kittens. I think what helped things calm down was doing a bland diet (puréed chicken/rice) with added pumpkin and kaolin and probiotics. Oh, and I make my own kefir, so I added kefir curds to the puree also. Maybe UAE should give that a try. :-)

07-24-2026
09:33:42 am



Rocket City Gal Crash

07-24-2026
09:33:47 am



Rocket City Gal Tudor's Haller with a high-speed crash into a barrier. Back up and riding

07-24-2026
09:35:20 am



Katie S At least it had a bit of padding

07-24-2026
09:35:43 am



Trish in MA Good morning, all. I've been taking care of Poncho this morning, who insists that he has a serious case of "never been petted in his life". Hard to get anything done. He has now joined me in my office.

07-24-2026
09:45:24 am



Tim in KY Speaking of Kim, Seems odd that the huge resort complex at the top of Huez doesn't have cell service.

07-24-2026
09:46:40 am



Rocket City Gal Who gets most combative this Tour? Veistroffer? Carapaz?

07-24-2026
09:51:09 am



Tim in KY I think Quinn Simmons should get it.

07-24-2026
09:52:27 am



Tim in KY The sprint is still 30 km away.

07-24-2026
09:53:04 am



Rocket City Gal 42 guys with 3:44 on peloton.

07-24-2026
09:53:58 am



Rocket City Gal Pedersen's up there. Lots of climbers too including Lenny Martinez

07-24-2026
09:54:35 am



Alaska Dave Good morning, 53 and a small craft advisory this morning. I'm going to batten down the hatches. This seems like an unruly breakaway ahead of a weakened team controlling GC group. What could go wrong? I'd love Sean Kelly's take on this.

07-24-2026
09:56:15 am



Rocket City Gal Mads will win the intermediate sprint. Climbers will duke it out on the final climb. UAE will keep things a lot closer today, with Pog poggging off the front on the Aloe d'Huez and winning if he doesn't have the cooties.

07-24-2026
09:56:44 am



Tim in KY Front group is now on the imagined time. Going fast on the flats.

07-24-2026
09:58:29 am



Rocket City Gal If the strong climbers work together, they might be able to hold off Pog. It would be nice to see Sepp win. Or Matteo.

07-24-2026
09:59:14 am



Tim in KY Affini has abandoned.

07-24-2026
09:59:48 am



Trish in MA I am firmly in the anyone but Pog camp

07-24-2026
10:06:30 am



Tim in KY I can't imagine Pog not planning to win this stage.

07-24-2026
10:11:42 am



Trish in MA Wow! I just checked the ticker. A "break" of 41!

07-24-2026
10:11:50 am



Tim in KY That's why I called it the "front group".

07-24-2026
10:13:26 am



Tim in KY Mads wins the sprint. Big surprise.

07-24-2026
10:21:12 am



Trish in MA And Mads gets the pints and green jersey is his

07-24-2026
10:21:41 am



Trish in MA Points

07-24-2026
10:21:55 am



Trish in MA VPP otb the first group

07-24-2026
10:24:27 am



Toulouse He looks like he has a knife stuck in his back with that wrapper.

07-24-2026
10:24:45 am



Alaska Dave Trash put out. No bears in the neighborhood.

07-24-2026
10:26:03 am



KimC Chatting with Kent (EF coach working in their Adventure branch now) and he said EF puts a menthol coating in their kits to help keep the riders cool!

07-24-2026
10:27:56 am



Katie S Back from the BART run.

07-24-2026
10:28:27 am



Alaska Dave Cool.

07-24-2026
10:30:12 am



Alaska Dave Visma setting up Kuss in the breakaway?

07-24-2026
10:31:22 am



Katie S I'd love to see Sepp get a win

07-24-2026
10:32:39 am



Rocket City Gal I think VPP leads Carapaz by 10 points in KOM. Max 5 and 20 points on the final climbs today.

07-24-2026
10:33:38 am



Rocket City Gal There will be lots of KOM points on offer tomorrow. I think there are 3 HC climbs and a car 1

07-24-2026
10:34:46 am

Rocket City Gal Cat 1

07-24-2026
10:35:05 am



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1784904117-stage-20-profile.jpg>

07-24-2026
10:36:59 am



Tim in KY Crapass gets the 5 KOM points.

07-24-2026
10:40:27 am



bikerabe Pog is 3.33 back

07-24-2026
10:53:04 am



Katie S Nice observation

07-24-2026
10:53:36 am



Tim in KY On l'Alpe.

07-24-2026
10:55:18 am



Alaska Dave Visma and Net Ineos tilting at windmills on the front of the breakaway.

07-24-2026
10:56:52 am



Katie S Who was that in pink, suffering

07-24-2026
10:57:57 am



Alaska Dave Pog will have polka dots tonight, but VPP or Carapaz will collect the first three climbs tomorrow to get a high enough lead to withstand the final climb onslaught.

07-24-2026
10:58:17 am



bikerabe Sepp looks so good 3rd wheel

07-24-2026
10:59:47 am



Tim in KY Katie, Quinn simmons.

07-24-2026
10:59:53 am



Alaska Dave Mads drops anchor.

07-24-2026
10:59:53 am



Tim in KY Pog takes off.

07-24-2026
11:00:42 am



Trish in MA And Pog goes.

07-24-2026
11:01:21 am

Alaska Dave Can't get sick if no one is around you.

07-24-2026

LE BOURG D'OISANS

713 m



2 067 m
Col de la Croix de Fer
(24 km à 5.2%)

1 245 m Le Rivier-d'Allevard

1 910 m Col du Glandon
(près)

1 632 m SAINT-SORLIN-D'ARVES

1 286 m Entraigues

1 299 m Grand Tunnel

1 035 m La Combe Bérard

864 m Pierre-Pin Dessous

637 m SAINT-JEAN-DE-MAURIENNE



584 m

SAINT-JULIEN-MONT-DENIS



1 566 m
Col du Télégraphe
(11.9 km à 7.1%)

717 m SAINT-MICHEL-DE-MAURIENNE

1 417 m VALLOIRE

1 962 m Plan Lachat



2 642 m
Col du Galibier
(17.7 km à 6.9%)
Souvenir Henri Desgrange

2 058 m Col du Lautaret

1 674 m VILLAR-D'ARÈNE

1 489 m LA GRAVE-LA MEIJE



1 999 m
Col de Sarenne
(12.8 km à 7.3%)

1 136 m MIZOËN

1 394 m Clavans-le-Haut



1 826 m ALPES D'HUEZ

1 599 m Carrefour D211 F-D211

2.7 8.4 15.1 31.1 39 46.2 53.7 61.6 75.6 87.6 102.1 110.5 119 129.4 144.4 156.5 167.1
33.7 49.9 58.6 66.5 91.1 125.9 149.4 164

ISÈRE

SAVOIE

HAUTES-ALPES

ISÈRE

170.9 km



11:01:28 am

**bikerabe** true07-24-2026
11:01:56 am**Rocket City Gal** And... Poggi pogs07-24-2026
11:02:01 am**Katie S** Tiberi, on my team, just got swept in the dust by Pog.07-24-2026
11:02:09 am**Rocket City Gal** He's gonna let Yates pull him now07-24-2026
11:03:00 am**Alaska Dave** Minute shaved off gap in less than a km07-24-2026
11:03:36 am**Rocket City Gal** Still over 10 km to go07-24-2026
11:03:43 am**Alaska Dave** Oops the time gap is greater, but the inevitable catch will happen with 10 k to go07-24-2026
11:04:34 am**Rocket City Gal** Carapaz trying to shake n bake on a climb07-24-2026
11:05:05 am**Alaska Dave** Crapass, Martinez and Kuss holding gap steady for now07-24-2026
11:05:25 am**Tim in KY** Sepp at the fastest imaginable.07-24-2026
11:07:20 am**Katie S** Sepp either barely hanging in or biding his time...07-24-2026
11:07:39 am**Rocket City Gal** Piganzoli hanging with Yates and Pog07-24-2026
11:07:42 am**Katie S** No more Yates07-24-2026
11:08:01 am**Rocket City Gal** Sepp's mostly seated and looks comfortable07-24-2026
11:08:11 am**Rocket City Gal** 9 km to go07-24-2026
11:09:04 am



Rocket City Gal Carapaz trying to shake the other 2

07-24-2026
11:09:35 am



Tim in KY Kuss cooked.

07-24-2026
11:09:44 am



Rocket City Gal Sepp dropped

07-24-2026
11:09:50 am



Rocket City Gal Clawed his way back

07-24-2026
11:10:33 am



bikerabe octo kilo Pog 2 min.

07-24-2026
11:10:51 am



Rocket City Gal Pog is shaving time off the gap quite steadily

07-24-2026
11:11:25 am



Katie S Quinn Simmons just watches Pog pass on by

07-24-2026
11:12:14 am



Rocket City Gal Passes Simmons and a movi, making it look easy while they look up and mentally say “%*}^”

07-24-2026
11:13:02 am



Tim in KY This is not a well policed place.

07-24-2026
11:14:09 am



Katie S Eejits!

07-24-2026
11:14:13 am



Rocket City Gal 7 km and <1:30 to Pog

07-24-2026
11:14:18 am



Rocket City Gal Kuss dropped from the lead trio again

07-24-2026
11:15:08 am



Tim in KY Kuss the yo-yo.

07-24-2026
11:15:25 am



KimC Those eejits have been drinking since 8 am at least!

07-24-2026
11:15:34 am

Katie S Since 8 am yesterday

07-24-2026
11:15:54 am



Rocket City Gal Sepp back again. High eedjit quotient here

07-24-2026
11:16:05 am



KimC Accurate

07-24-2026
11:16:06 am



KimC <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1784906488-1784906188447.jpeg>

07-24-2026
11:16:33 am



Toulouse How cool to be there!

07-24-2026
11:16:55 am



KimC This is my view at about 300 meters to the finish line- facing away from the finish line towards where they'll be coming from.

07-24-2026
11:17:24 am



Tim in KY Barriers at 5 km. Good.

07-24-2026
11:17:48 am



Katie S Great vantage point. Are there Jumbotrons?

07-24-2026
11:17:52 am



Tim in KY And then no barriers.

07-24-2026
11:18:19 am



bikerabe 5.5 km Pog uno minuto

07-24-2026
11:18:57 am



Rocket City Gal Eggplant graffiti :-(poor taste

07-24-2026
11:19:16 am



Rocket City Gal Another dig by Richard

07-24-2026
11:19:38 am



Katie S Oh geez. Eejit concentration

07-24-2026
11:21:11 am



KimC Yes to jumbo trims but we can't see them but we're trying to stream peacock

07-24-2026
11:21:16 am



Tim in KY I don't think they're going to hold off Pog.

07-24-2026
11:21:33 am



	Rocket City Gal Must be like riding through a herd of rabid cattle	07-24-2026 11:21:39 am
	Katie S Pog closer and closer	07-24-2026 11:22:02 am
	Rocket City Gal 4 km and 30 sec	07-24-2026 11:22:58 am
	Rocket City Gal That rope's not doing much	07-24-2026 11:23:58 am
	Katie S Pog is gonna punch someone in a sec	07-24-2026 11:24:07 am
	Rocket City Gal The catch is imminent	07-24-2026 11:24:16 am
	Katie S Didi!	07-24-2026 11:25:23 am
	Rocket City Gal 0.1 ku to go	07-24-2026 11:25:30 am
	Katie S Heat, moto exhaust, chalk flares. Nice.	07-24-2026 11:26:15 am
	Rocket City Gal Carapaz turning the pedals in anger.	07-24-2026 11:27:09 am
	KimC French tv showing Pog catches ??? Maybe	07-24-2026 11:27:09 am
	Katie S Catches Sepp	07-24-2026 11:27:20 am
	Rocket City Gal Kuss and Lenny caught and passed by Pog	07-24-2026 11:27:30 am
	Katie S Lenny's face was priceless	07-24-2026 11:27:42 am
	Rocket City Gal Lenny says, I'll just sit on your wheel then	07-24-2026 11:27:53 am
Mikey	Good Morning Did I miss anything?	07-24-2026 11:29:25 am



Rocket City Gal Naw. Nothing much happening here

07-24-2026
11:30:13 am



Katie S A few eejits

07-24-2026
11:30:15 am



Toulouse Nothing at all.

07-24-2026
11:30:16 am



Rocket City Gal 3 together - Carapaz , Pog, Martinez

07-24-2026
11:30:46 am



Rocket City Gal 1.4 k to go

07-24-2026
11:30:59 am



Mikey Where is Sexy?

07-24-2026
11:31:32 am



Tim in KY Kite.

07-24-2026
11:31:59 am



Rocket City Gal Chase 2 I think

07-24-2026
11:32:03 am



Rocket City Gal Pog goes zoom

07-24-2026
11:32:15 am



Rocket City Gal Opens up an incredible gap in a few seconds

07-24-2026
11:32:41 am



Katie S Sheesh

07-24-2026
11:32:48 am



Rocket City Gal Pog, then Martinez, then Carapaz

07-24-2026
11:33:29 am



Tim in KY Remco 4th?

07-24-2026
11:34:13 am



Tim in KY No, sepp.

07-24-2026
11:34:28 am



Rocket City Gal Next Kuss

07-24-2026
11:34:34 am

RNK	RIDER	UCI	PNT	TIME
1	 POGAČAR Tadej  UAE Team Emirates - XRG	210	100	3:17:57
2	 MARTINEZ Lenny  Bahrain - Victorious	150	70	0:06
3	 CARAPAZ Richard  EF Education - EasyPost	110	50	0:09
4	 KUSS Sepp  Team Visma Lease a Bike	90	40	1:14
5	 JOHANNESSEN Tobias Halland  Uno-X Mobility	70	32	2:07
6	 EVENEPOEL Remco Red Bull - BORA - hansgrohe	55	26	2:29
7	 DEL TORO Isaac  UAE Team Emirates - XRG	45	22	2:41
8	 SKJELMOSE Mattias Lidl - Trek	40	18	2:45
9	 SEIXAS Paul Decathlon CMA CGM Team	35	14	''
DNF	 AFFINI Edoardo Team Visma Lease a Bike			



Rocket City Gal Then Remco and Del Toro

07-24-2026
11:35:59 am



Katie S He just always looks fresh. How is that????

07-24-2026
11:37:28 am



Rocket City Gal https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1784907757-IMG_2348.jpeg

07-24-2026
11:37:39 am



Tim in KY Things to do.

07-24-2026
11:38:35 am



Rocket City Gal Tejada rounds out the top 10

07-24-2026
11:38:39 am



Katie S Have a good day, all. I've got a full day of sightseeing with a visiting niece, 18, from Phoenix

07-24-2026
11:40:27 am



Toulouse Have fun!

07-24-2026
11:40:46 am



Rocket City Gal Carapaz leads KOM by 1 point. Pog's GC lead now > 7 minutes

07-24-2026
11:42:07 am



Mikey Ba

07-24-2026
11:44:56 am