

Tour de France Fast Facts

brought to you by

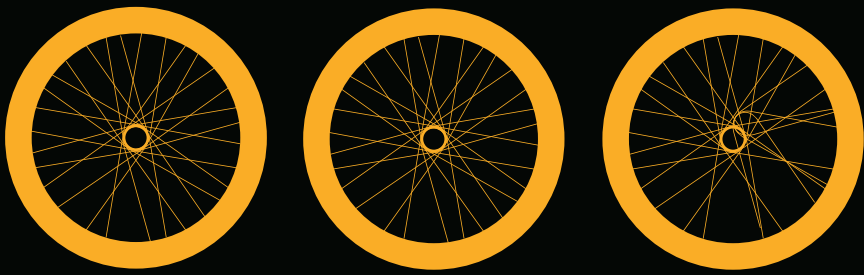


22 teams
will ride in 2014

198 riders will start the 2014 race



a total distance of **3,656 kilometers**

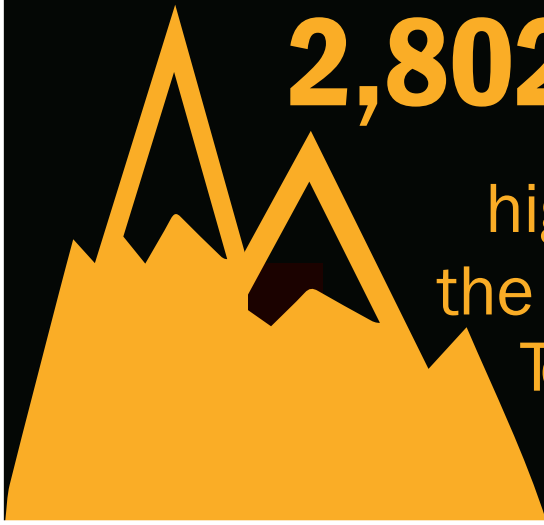


23 total days



2,802 meters

highest point in the history of the Tour de France



8 seconds closest winning margin (1989)

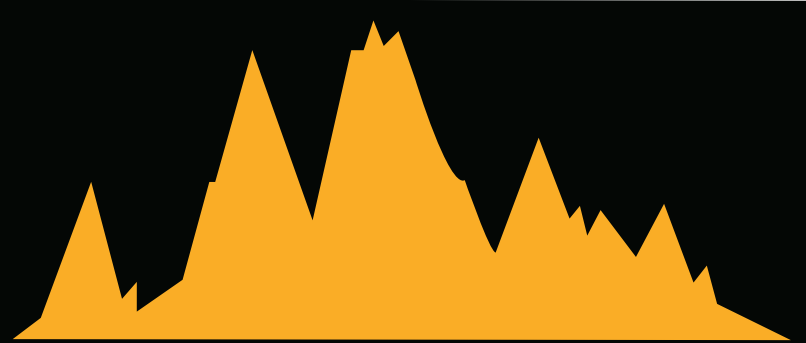


169

riders finished the race in 2013



40.5 km/h
overall speed of the 2013 winner



21 stages

9 flat, 5 hilly, 6 mountain and 1 individual time-trial

Amateur Cyclist



10 mph

200-450
per 3hr ride



170-220

VS.

Tour de France Rider



21-25 mph

4,000-5,000
per single stage



405-450

average speed on mountainous terrain

calories consumed

estimated average watts at threshold