



PRE-RACE ANALYSIS · 1-9 AUGUST 2026

LE TOUR FEMMES 2026

The 2026 Prediction — route, contenders and the PSI suitability scores for every jersey.

9 STAGES · 1,174.5 KM · SWITZERLAND → FRANCE



THE RACE

The Race at a Glance

Launched by ASO in 2022, the modern Tour de France Femmes avec Zwift has become the flagship event of women's road cycling — and 2026 is its longest, highest and most selective edition yet.

9

STAGES

3 flat · 3 hilly · 1 ITT · 2 mountain

1,174.5

KILOMETRES

longest route in race history

18,795

METRES CLIMBED

a record amount of vertical

2

COUNTRIES

Swiss Grand Départ into France

CHAMPIONS OF THE MODERN ERA

2022 Annemiek van Vleuten

2023 Demi Vollering

2024 K. Niewiadoma-Phinney

2025 Pauline Ferrand-Prévot

THE 2026 ROUTE

Nine Stages, Two Nations

1	Lausanne → Lausanne	138 km	HILLY
2	Aigle → Genève	147.9 km	SPRINT
3	Genève → Poligny	156.5 km	HILLY
4	Gevrey-Chambertin → Dijon	21 km	ITT
5	Mâcon → Belleville-en-Beaujolais	140 km	HILLY
6	Montbrison → Tournon-sur-Rhône	153.4 km	HILLY
7	La Voulte → Mont Ventoux	146.8 km	QUEEN
8	Sisteron → Nice	171.9 km	FLAT
9	Nice → Nice	99.2 km	MOUNTAIN



STAGE 7 — MONT VENTOUX

The Queen stage and the race's decisive summit finish.

RIDER PROFILE

What the Route Demands

2026 is the most complete-rider Tour route yet. The ideal winner has to be strong everywhere — and recover for nine straight days.

World-class climbing

Ventoux and the Nice finalé reward the purest climbers.

Strong time-trial legs

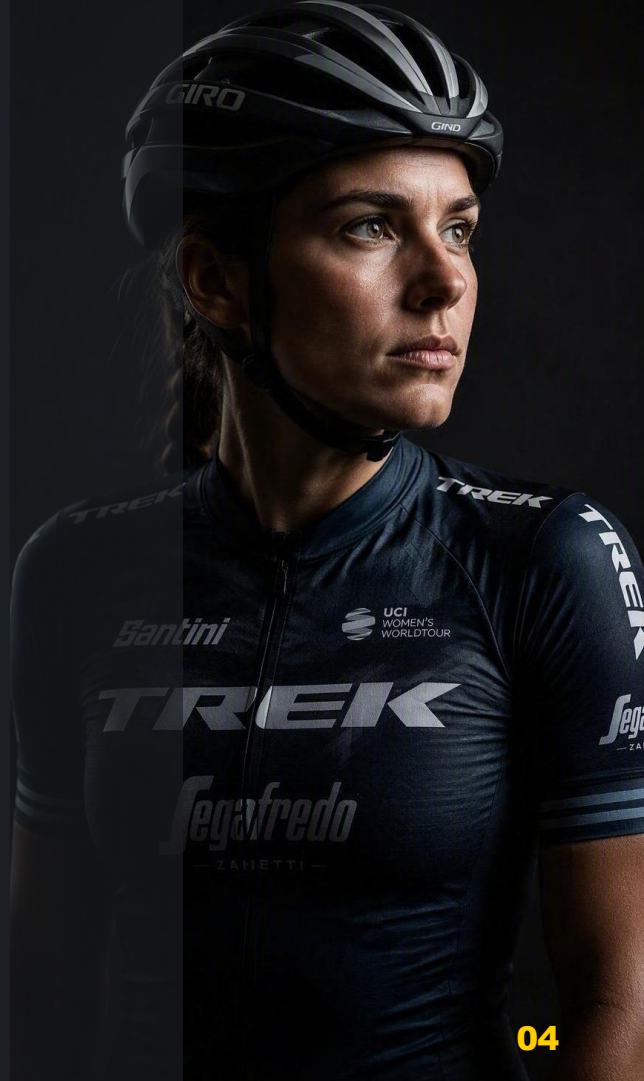
The 21 km Dijon ITT is a major GC sorting stage.

Punch on hilly days

Three hilly stages and an uphill opener favour puncheurs.

Team support & recovery

Depth of squad and durability over nine days is decisive.



YELLOW JERSEY · GENERAL CLASSIFICATION

The Yellow Jersey Favourites

PSI — Performance Suitability Index (0–100). How well each rider profiles for the overall win.

1	Demi Vollering		97	1	Anna van der Breggen		86
2	Pauline Ferrand-Prévot		92	2	Elisa Longo Borghini		85
3	Marlen Reusser		89	3	Paula Blasi		84
4	K. Niewiadoma-Phinney		88	4	Antonia Niedermaier		83

Vollering enters with elite climbing, a strong TT and clear leadership — the route suits her almost perfectly.

GREEN JERSEY · POINTS

The Sprint & Points Battle

1	Lorena Wiebes		95
2	Elisa Balsamo		87
3	Charlotte Kool		86
4	Lotte Kopecky		85
5	Marianne Vos		84
6	Pfeiffer Georgi		76



The hilly parcours complicates a pure sprinter's green — durability and intermediate points matter.

Kings of the Mountains

1	Demi Vollering		94
2	Pauline Ferrand-Prévot		92
3	Gaia Realini		86
4	K. Niewiadoma-Phinney		85
5	Niamh Fisher-Black		82
6	Puck Pieterse		80



18,795 m of climbing and two summit finishes turn the mountains classification into a race within the race.

WHITE JERSEY · BEST YOUNG RIDER

The Next Generation

The under-25 classification is loaded — several white-jersey names are genuine GC threats in their own right.

Antonia Niedermaier

GERMANY

Climbing + TT — the strongest white-jersey GC profile.

Paula Blasi

SPAIN

Breakout star of 2026; Vuelta Femenina overall winner.

Puck Pieterse

NETHERLANDS

Explosive, fearless — the race's designated chaos agent.

Neve Bradbury

AUSTRALIA

Pure climbing upside, especially on Ventoux.

Monica Trinca Colonel

ITALY

Emerging stage-race talent to watch.

Zoe Bäckstedt

GREAT BRITAIN

Versatile multi-discipline prodigy.



RIDER SPOTLIGHT

Paula Blasi

The Catalan breakout — a home-region favourite making her Tour debut.

TEAM 2026

UAE Team ADQ

BORN

19 Feb 2003 · Esplugues de Llobregat

2026 FORM

La Vuelta Femenina overall + KOM

ALSO WON

Amstel Gold Race · Volta a Catalunya

GC PSI 84 · one of the most route-suited young GC threats

METHODOLOGY

How the PSI Is Scored

The Performance Suitability Index is a scoring model, not a prediction table. Each rider is rated 0–100 on how well they profile for a given classification — built from eleven weighted factors.

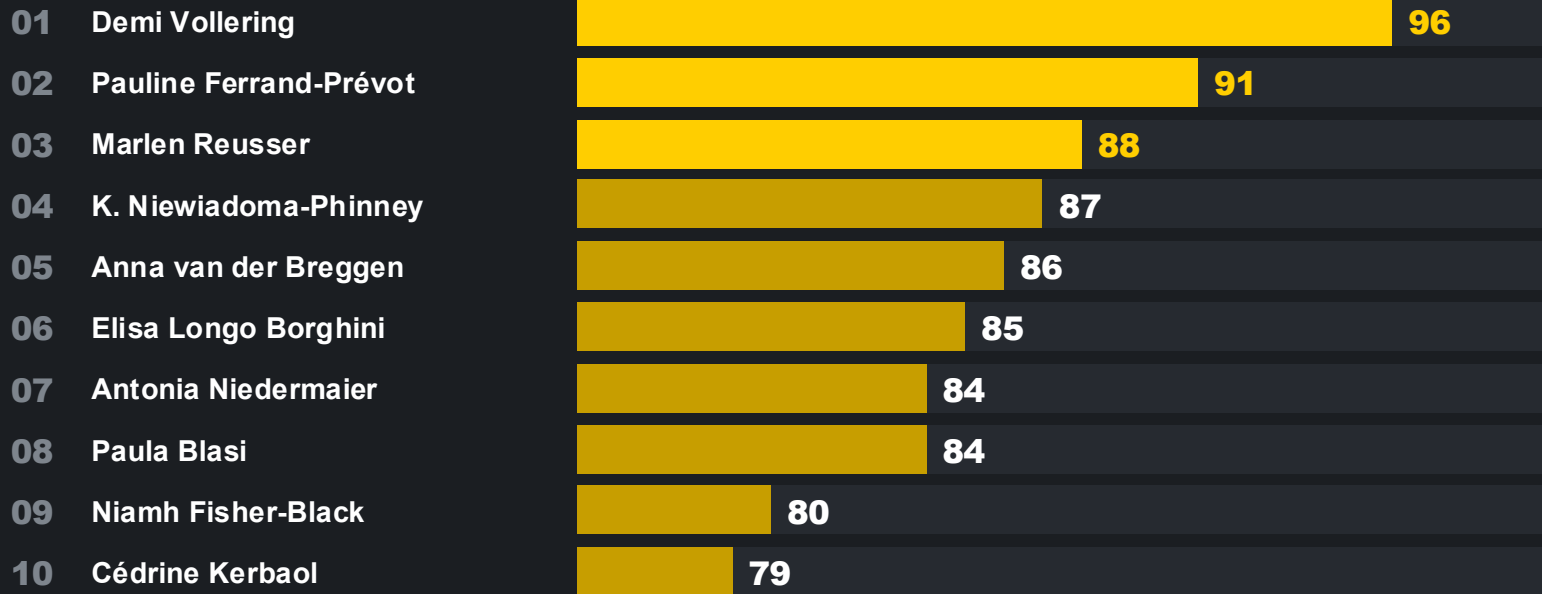
Route fit	Terrain suitability	Recent form	Momentum
Recent results	Injury / health	Team role	Temperament
Surprise upside	Track record	Weather & heat	

KEY ASSUMPTION Heat layer favours durable, heat-tolerant riders — hot Swiss opening stages and severe heat around Mont Ventoux. Form inputs current as of 31 July 2026.

OVERALL TOUR PERFORMANCE

The Overall PSI Ranking

Combined suitability across all classifications — the ten riders best built for this Tour.



THE MODEL'S LEAN

The Verdict

YELLOW

Demi Vollering

PSI 97

GREEN

Lorena Wiebes

PSI 95

POLKA DOT

Vollering / Realini

climbers' duel

WHITE

Antonia Niedermaier

PSI 83

The deepest, most selective Tour de France Femmes yet — and on this parcours, the most complete rider wins. Everything points to Vollering in yellow, but Ventoux and Nice leave the door ajar.

A scoring model, not a certainty — form as of 31 July 2026.