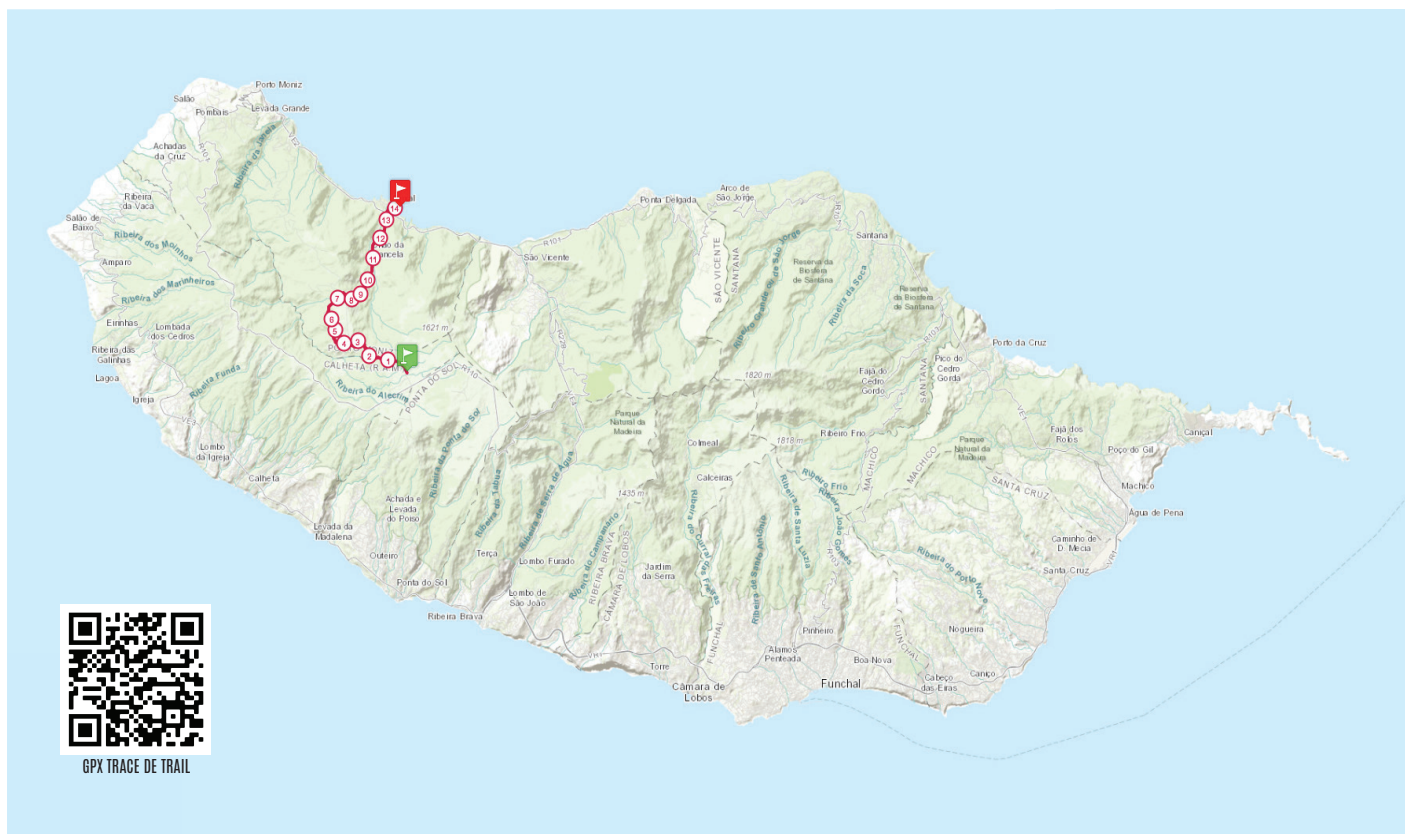
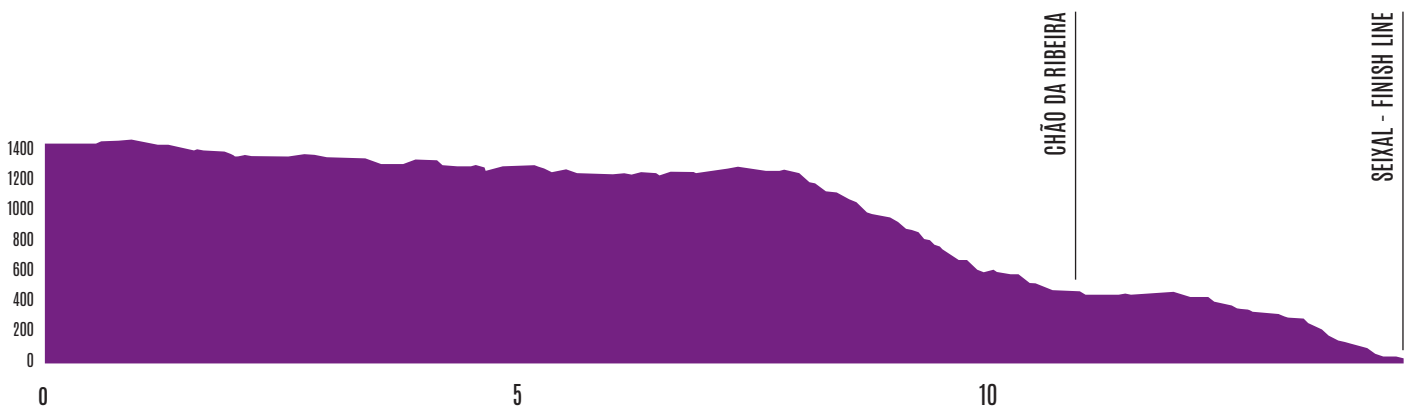


MAP



PROFILE



CHECK POINTS AND AID STATIONS

STATION	Distance	Dst. Next	D+	D- Cum.	D-	D- Cum.	Faster	Slower	Time Limit	Station Type
CHÃO DA RIBEIRA	11	3,4	138	183	1158	1158	45min	3h		S/L +
FINISH LINE -SEIXAL	14.4	0	17	200	452	1610	55min	3h59	16:00H / 07-12-19 - 4 Hrs	S/L + MED

 S/L - Solids/Liquids (Food & Beverage) |
  First Aid Kit |
  MED - Medical Assistance |
 Personal Assistance it's not allowed in this race

 S/L - Abastecimento Sólidos/Líquidos |
  Kit primeiros Socorros |
  MED - Assistência Médica |
 Não é permitida Assistência Pessoal nesta corrida