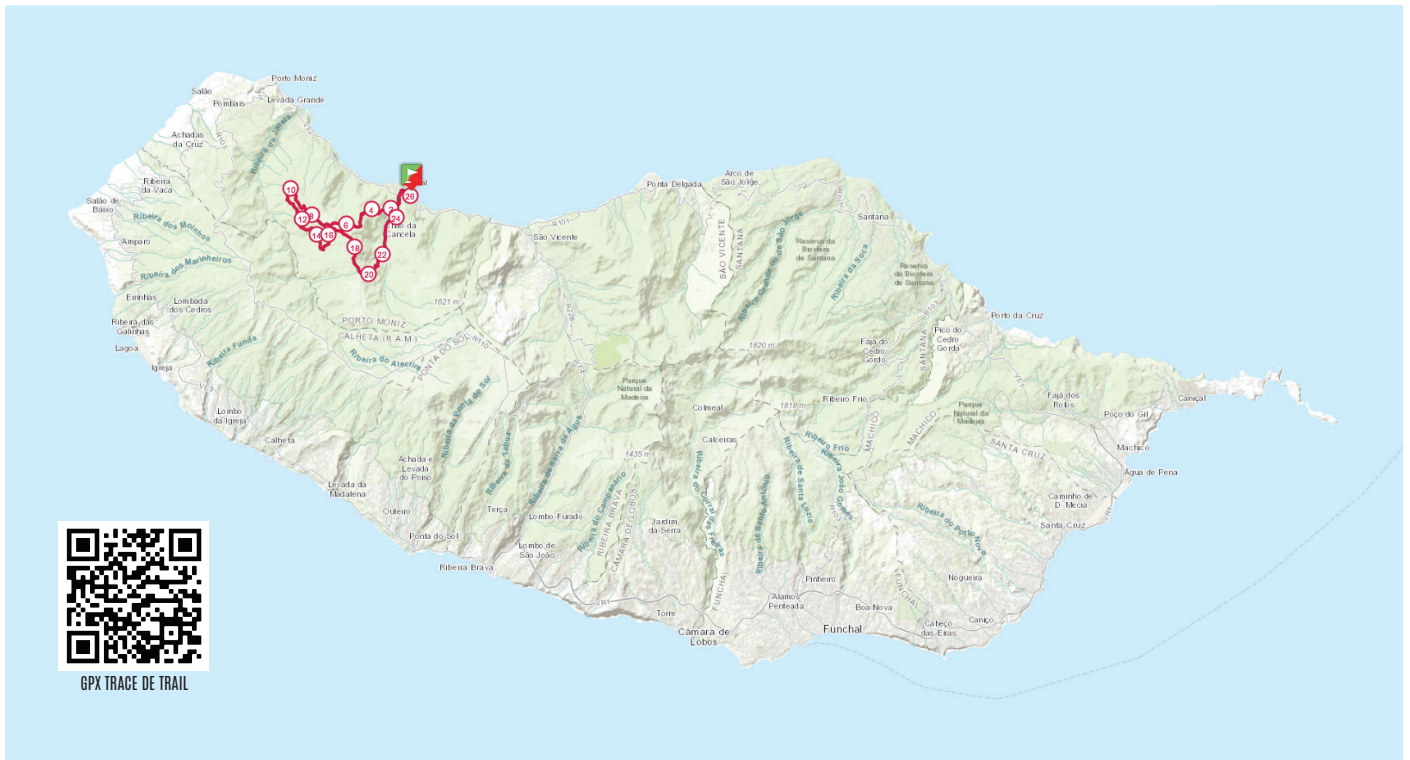
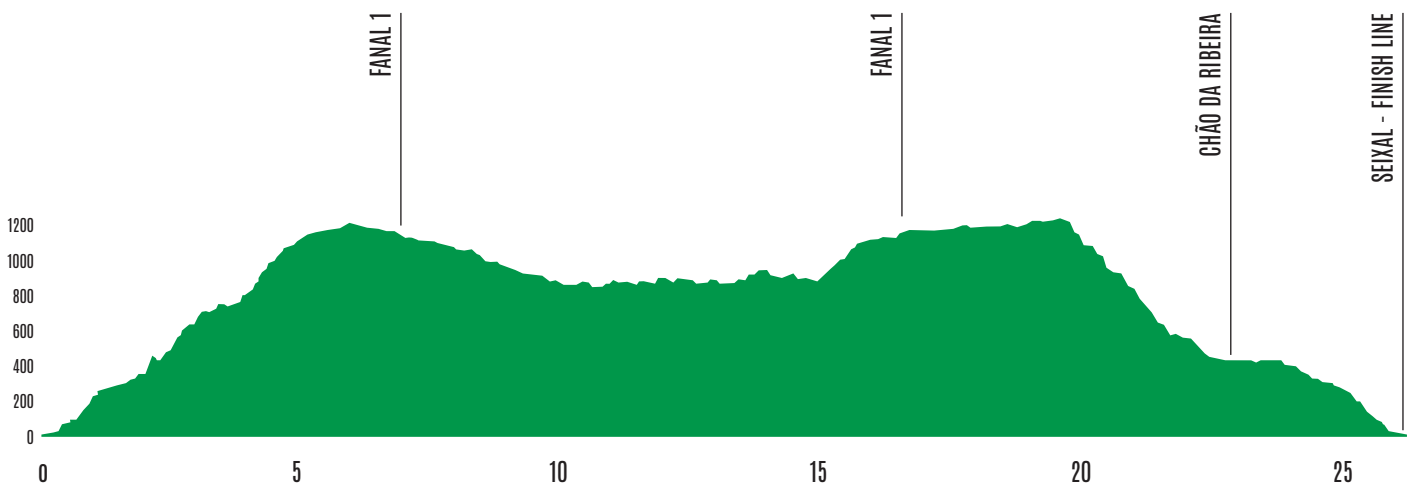


MAP



PROFILE



CHECK POINTS AND AID STATIONS

STATION	Distance	Dst. Next	D+	D+ Cum.	D-	D- Cum.	Faster	Slower	Time Limit	Station Type
FANAL 1	6,9	9,6	1235	1235	90	90	1h10	3h00		S/L +
FANAL 2	16.5	6,3	512	1747	525	615	2h20	5h00		S/L +
CHÃO DA RIBEIRA	22,8	3,4	140	1887	835	1450	3h00	7h00		S/L +
FINISH LINE -SEIXAL	26,2	0	13	1900	450	1900	3h10	7h59	18:00H / 07-12-19 - 8 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