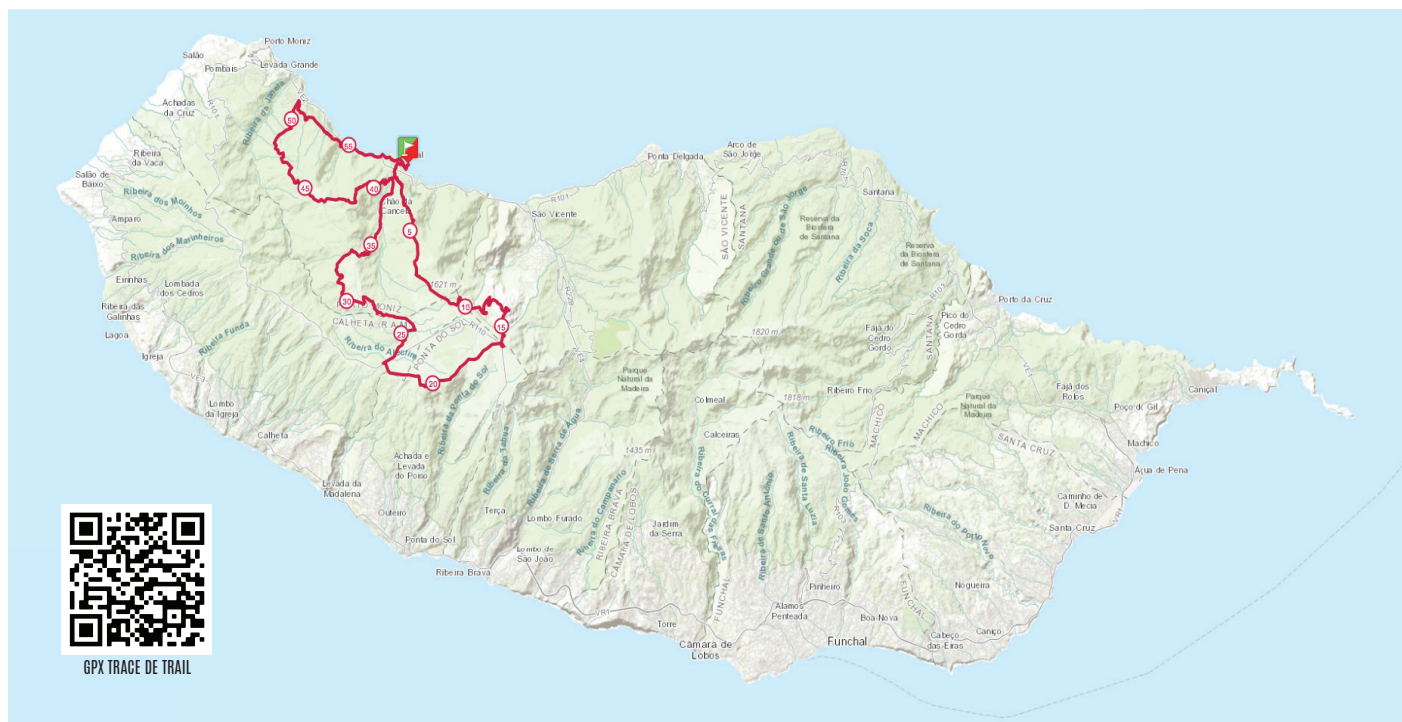
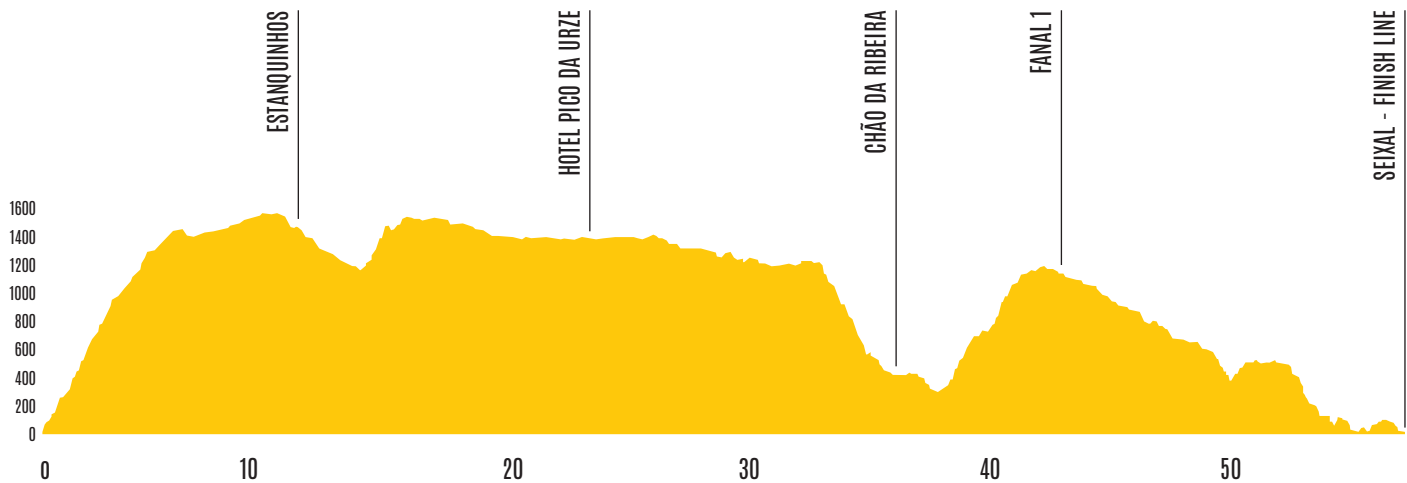


MAP



PROFILE



CHECK POINTS AND AID STATIONS

STATION	Distance	Dst. Next	D+	D+ Cum.	D-	D- Cum.	Faster	Slower	Time Limit	Station Type
ESTANQUINHOS	10,2	12,7	1622	1622	47	47	1h30	3h00		S/L AP +
HOTEL PICO DA URZE	22,9	13,9	446	2068	634	681	2h50	5h00		S/L AP +
CHÃO DA RIBEIRA	36,7	7,1	225	2293	1175	1856	4h50	7h59	14:00H / 07-12-19 - 8 Hrs	S/L AP + MR
FANAL 1	43,8	14,7	925	3218	217	2073	6h30	13h00		S/L AP +
FINISH LINE -SEIXAL	58,5	0	352	3570	1497	3570	7h40	15h59	22:00H / 07-12-19 - 16 Hrs	S/L + MED

🇬🇧 S/L - Solids/Liquids (Food & Beverage) | PA - Personal Assistance | + First Aid Kit | MED - Medical Assistance | CC - Change of Cloth

🇵🇹 S/L - Abastecimento Sólidos/Líquidos | PA - Assistência Pessoal | + Kit primeiros Socorros | MED - Assistência Médica | CC - Muda de Roupa