

MTM

CHALLENGE	MTM _25 K			
POI	Baião	Sra. da Guia	Gouveia	Amarante
Kms	0	8,3	17,8	25,9
Partial distance	0	8,3	9,5	8,1
Refuelling	Departure	AB 10	AB 11	End
Altitude	559	947	197	83
Partial gradient	0	388	-750	-114
Uphill	0	492	57	335
Downhill	0	104	807	449
D +	0	492	549	884
D -	0	104	911	1360
First runner	8:30	9:10	10:00	10:40
Last runner	8:40	10:00	11:30	13:00
Time barriers	8:40	10:30	12:30	14:30
GPS coordinates	41.16013	41.19365	41.2253	41.26714
	-8.03699	-8.02712	-8.07209	-8.08028