

MTM

CHALLENGE	TM_40 K				
POI	Teixeira	Mafómedes	Travanca do Monte	Gouveia	Amarante
Kms	0	7,1	21,2	30	40,3
Partial distance	0	7,1	14,1	8,8	10,3
Refuelling	Departure	AB 7	AB 8	AB 9	End
Altitude	430	795	701	351	83
Partial gradient	0	365	-94	-350	-268
Uphill	0	728	970	266	358
Downhill	0	363	1064	616	626
D +	0	728	1698	1964	2322
D -	0	363	1427	2043	2669
First runner	10:00	10:50	12:05	13:00	13:45
Last runner	10:10	12:00	14:20	16:00	17:50
Time barriers	10:10	12:30	15:30	18:00	20:00
GPS coordinates	41.19064	41.2167	41.21708	41.22001	41.26714
	-7.92294	-7.90866	-8.00397	-8.06428	-8.08028