

TMC

CHALLENGE	TMC_15 K		
POI	Aldeia Velha	Gouveia	Amarante
Kms	0	6,9	15,2
Partial distance	0	6,9	8,3
Refuelling	Departure	AB 11	End
Altitude	770	197	82
Partial gradient	0	-573	-115
Uphill	0	42	334
Downhill	0	615	449
D +	0	42	376
D -	0	615	1064
First runner	9:30	10:05	10:50
Last runner	9:40	10:50	12:30
Time barriers	9:40	11:30	14:30
GPS coordinates	41.16013	41.2253	41.26714
	-8.03699	-8.07209	-8.08028