



SR 01 - Figuras	
Distância	Tempo
0,000	00:00
0,115	00:09
0,529	00:40
0,743	00:56
0,845	01:04
1,862	03:07
4,819	06:41
5,523	07:21
6,117	07:55
6,211	08:01
6,890	08:40
6,976	08:47
7,485	09:25
8,048	09:55
9,751	11:24
9,884	11:32
10,700	12:15
10,768	12:19
11,250	12:45
11,688	13:09
12,005	13:35

SR 01 - Figuras	
Distância	Tempo
12,129	14:01
12,384	14:53
12,926	15:43
13,304	16:09
13,403	16:16
14,524	17:24
14,541	17:26
14,637	17:35
14,654	17:37
14,797	17:49
15,282	18:17
16,852	19:45
17,050	19:57
17,322	20:13
18,629	21:26
18,824	21:38
19,051	21:52
20,346	23:37
20,379	23:41
21,580	25:18

SR 02 - Figuras	
Distância	Tempo
0,000	00:00
0,563	00:38
2,145	02:23
2,969	03:18
3,256	03:38
3,286	03:42
4,898	06:29
6,059	08:49
7,531	10:36
7,743	10:52
7,894	11:04
9,124	12:34
10,605	14:04
11,264	14:45
13,607	16:46
15,093	18:03
16,698	19:27
16,811	19:36
17,880	20:41
18,031	20:51
18,153	20:58
19,049	21:45
20,508	23:01
21,602	23:58
21,674	24:05
21,990	24:31
22,275	24:55
24,955	27:37
25,259	27:56
25,344	28:02

SR 02 - Figuras	
Distância	Tempo
25,379	28:06
25,464	28:13
26,069	28:45
26,501	29:08
27,176	29:44
28,586	30:58
28,642	31:02
28,690	31:05
29,355	31:40
29,729	32:00
31,248	33:19
31,412	33:28
31,506	33:34
32,136	34:07
34,535	36:11
35,134	36:45
37,406	38:52
37,834	39:17
38,640	40:03
38,707	40:08
38,745	40:11
38,874	40:19
40,420	41:46
41,450	42:44
42,559	44:58
43,374	45:58
44,427	46:57
44,765	47:17
45,675	48:08
47,012	49:23

SR 03 - Figuras	
do Km	ao Km
0,000	00:00
0,213	00:22
0,658	00:46
2,623	02:28
3,901	04:11
8,730	08:20
10,419	09:48
13,167	12:10

SR 04 - Figuras	
Distância	Tempo
0,000	00:00
0,764	00:56
0,972	01:14
1,256	01:38
1,360	01:47
1,618	02:09
2,540	02:57
2,763	03:09
3,155	03:30
4,414	04:36
4,614	04:51
5,775	06:36
5,901	06:45
8,366	09:14
8,740	09:37
9,195	10:05
11,732	12:16
11,852	12:23
13,319	13:39
13,793	14:04
14,208	14:26

SR 05 - Figuras	
Distância	Tempo
0,000	00:00
0,397	00:30
0,884	01:06
1,577	01:49
2,280	02:32
2,609	02:53
3,096	03:23
3,940	04:15
4,058	04:23
5,538	05:53
5,993	06:21
6,577	07:09
6,804	07:28
7,897	08:35
8,141	08:51
8,745	09:54
9,174	10:39
9,846	11:49
10,328	12:39
10,435	12:51
11,133	13:34
11,338	13:47
11,704	14:10
11,820	14:19
12,180	14:52
12,682	15:38
12,784	15:48
12,925	15:57
13,318	16:22
14,191	17:15
14,443	17:31
15,820	18:55

SR 05 - Figuras	
Distância	Tempo
16,210	19:16
16,786	19:47
18,367	21:09
18,471	21:15
18,511	21:18
18,866	21:37
20,458	23:00
21,740	24:07
22,131	24:28
23,294	25:29
23,750	25:57
23,904	26:14
24,455	27:12
24,763	27:31
25,640	28:17
26,661	29:11
26,954	29:27
27,847	30:14
31,099	33:02
31,398	33:18
31,773	33:38
32,381	34:10
32,627	34:24

SR 06 - Hectométrica		
do meco	ao meco	ao Km
Tabela disponibilizada no Quadro Oficial - Sportity, às 15:20 do dia 27 de Junho		

SR 07 - Figuras	
Distância	Tempo
0,000	00:00
0,249	00:19
0,901	01:07
1,306	01:37
1,749	02:01
2,263	02:36
2,349	02:43
2,470	02:52
3,519	04:02
3,743	04:15
3,918	04:26
4,620	05:13
4,842	05:37
5,132	05:57
5,645	06:29
6,039	06:54
6,293	07:12

SR 08 - Figuras		SR 08 - Figuras		SR 08 - Figuras	
Distância	Tempo	Distância	Tempo	Distância	Tempo
0,000	00:00	12,363	13:20	25,888	29:18
0,350	00:22	13,199	14:11	26,071	29:29
0,509	00:33	13,458	14:28	27,298	30:47
0,670	00:44	13,577	14:36	27,750	31:34
0,686	00:46	14,482	15:31	27,970	31:58
0,797	00:54	15,221	16:16	28,292	32:32
0,978	01:06	15,277	16:20	28,726	32:59
1,078	01:13	16,102	17:11	28,978	33:15
1,728	01:50	16,852	17:57	29,501	33:47
1,768	01:53	16,912	18:02		
1,854	01:59	17,382	18:45		
2,307	02:25	17,540	19:00		
2,349	02:29	17,830	19:27		
2,686	03:10	18,130	19:46		
2,774	03:18	18,766	20:25		
2,941	03:28	18,948	20:45		
3,000	03:32	19,304	21:23		
3,372	04:03	19,425	21:36		
3,666	04:22	19,450	21:40		
3,968	04:41	19,530	21:49		
4,318	05:03	20,735	22:57		
4,724	05:28	20,979	23:23		
6,222	06:59	21,813	24:39		
6,273	07:03	21,983	24:55		
6,418	07:12	22,284	25:27		
6,555	07:21	22,425	25:43		
6,814	07:45	22,632	26:05		
7,200	08:21	23,581	27:00		
9,482	10:39	23,962	27:24		
10,419	11:36	24,500	27:57		
12,161	13:07	25,379	28:47		
12,262	13:13	25,605	29:01		

**Power Stage -
Figuras**

Distância	Tempo
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Tabelas entregues em mão, no TC 5.1, 15 minutos antes da hora de saída.	
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União das Freguesias