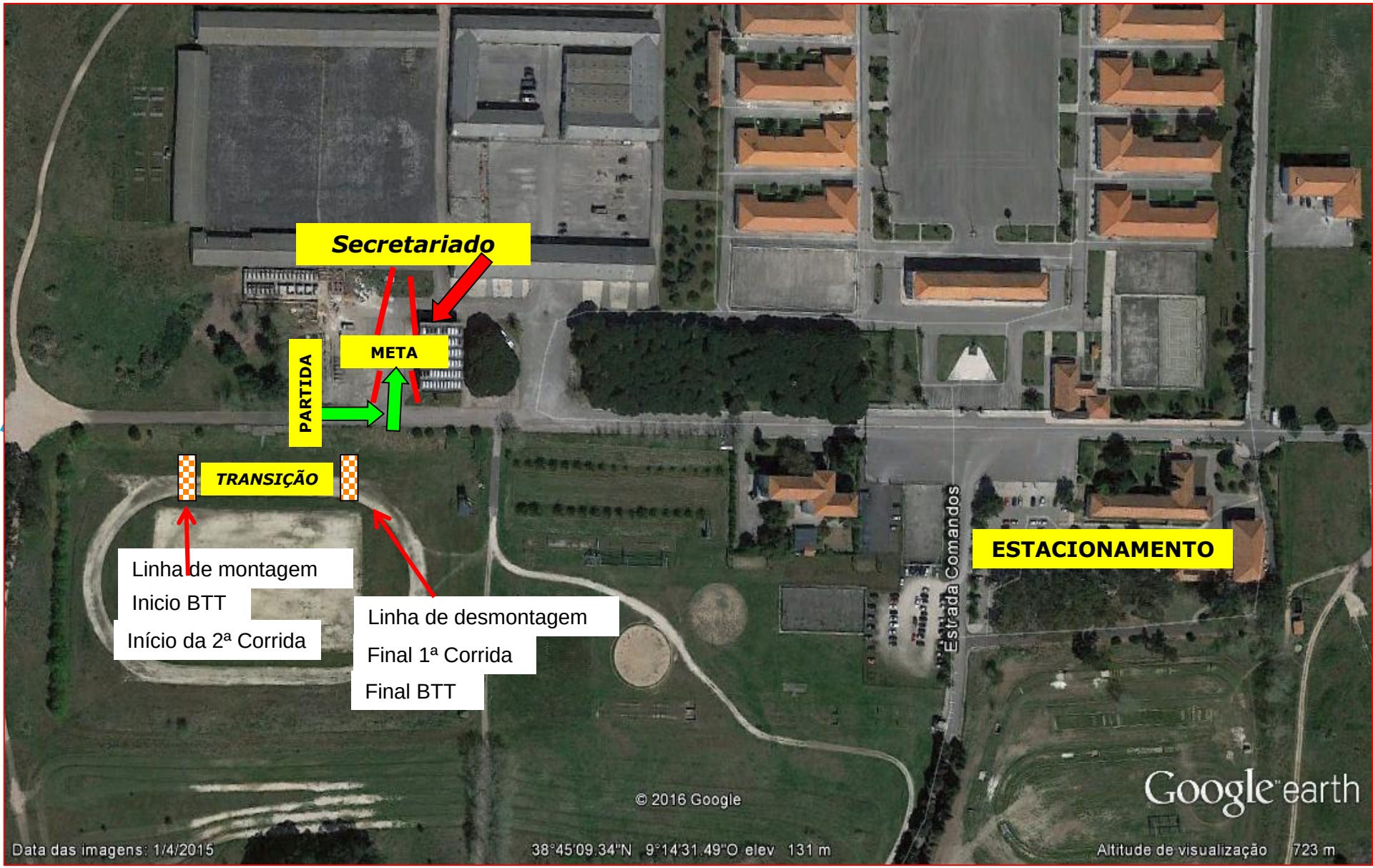
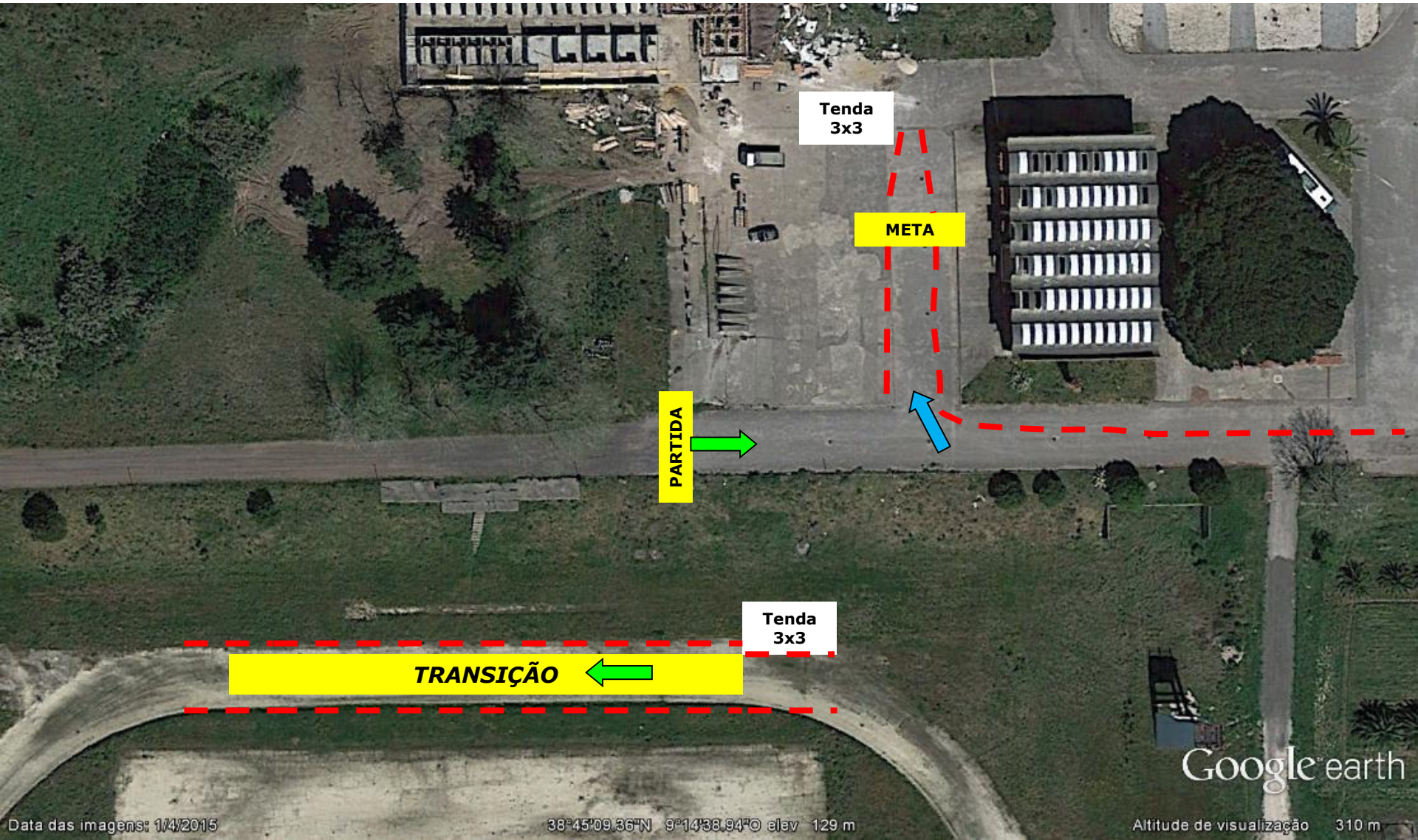
V Duatlo da Amadora

Quarta-feira, 1 de Maio de 2019, 14:00h



TRANSIÇÃO e META

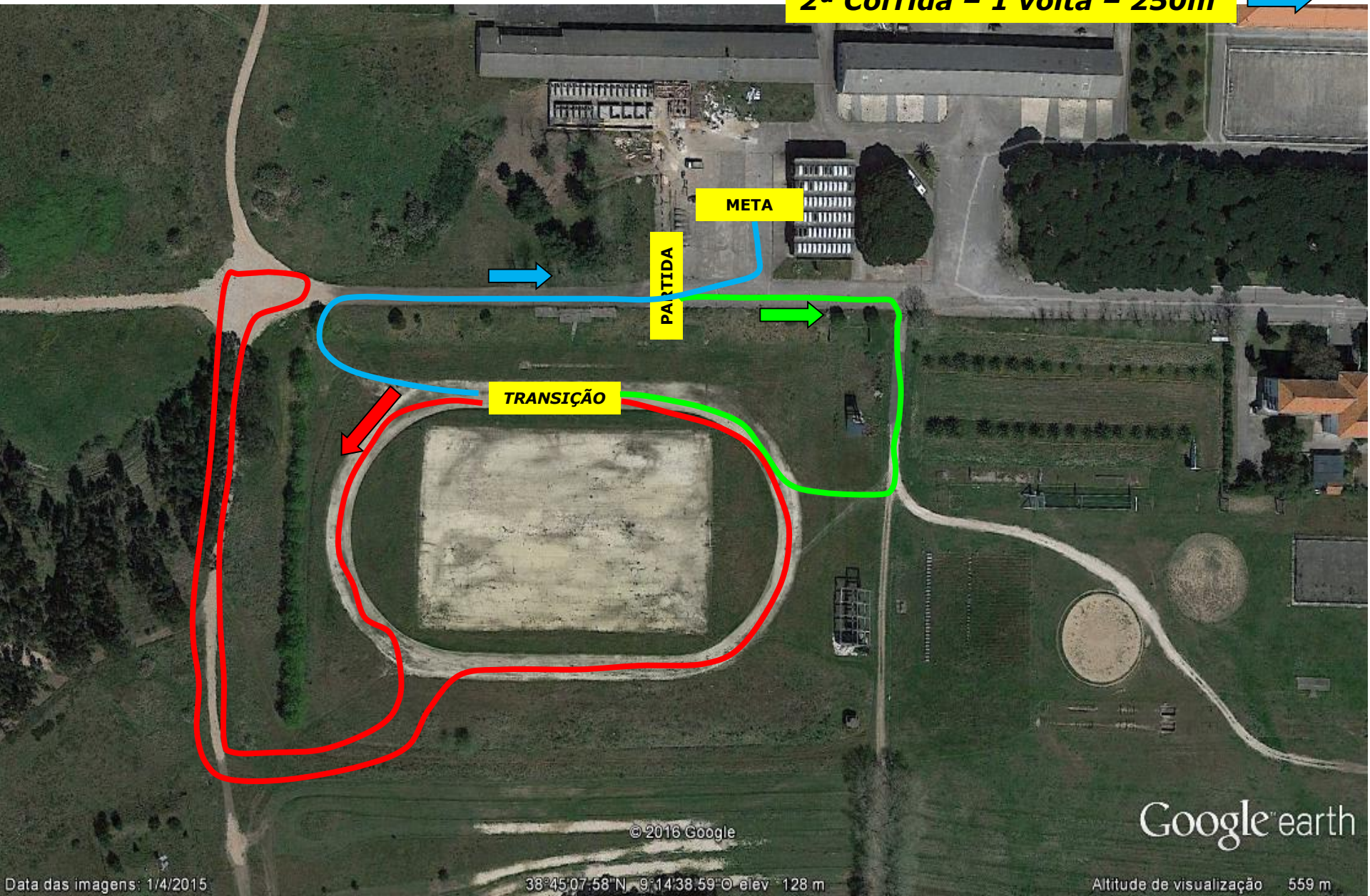


BENJAMINS

1ª Corrida – 1 volta – 250m

BTT - 1 volta – 900m

2ª Corrida – 1 volta – 250m

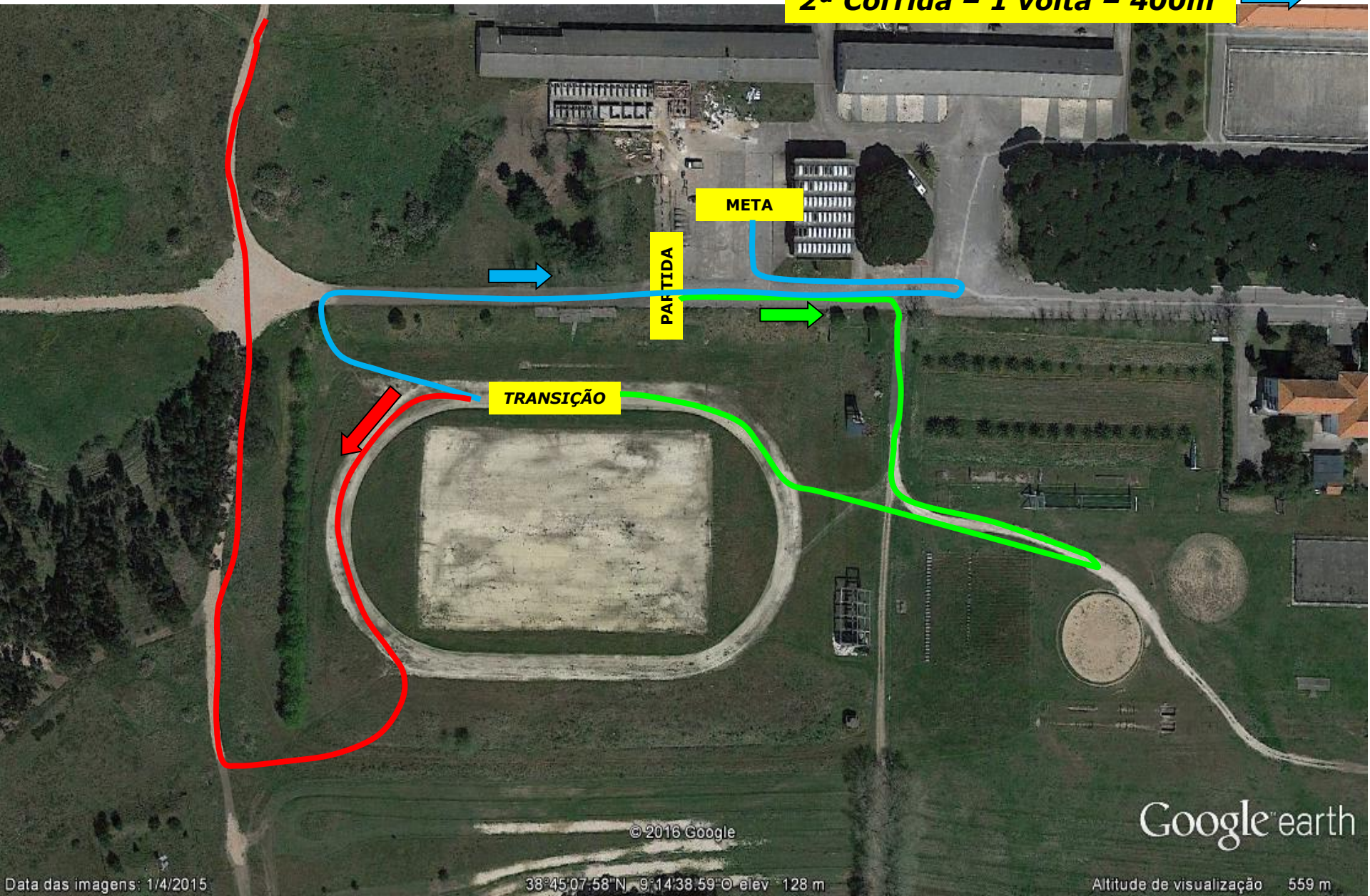


INFANTIS

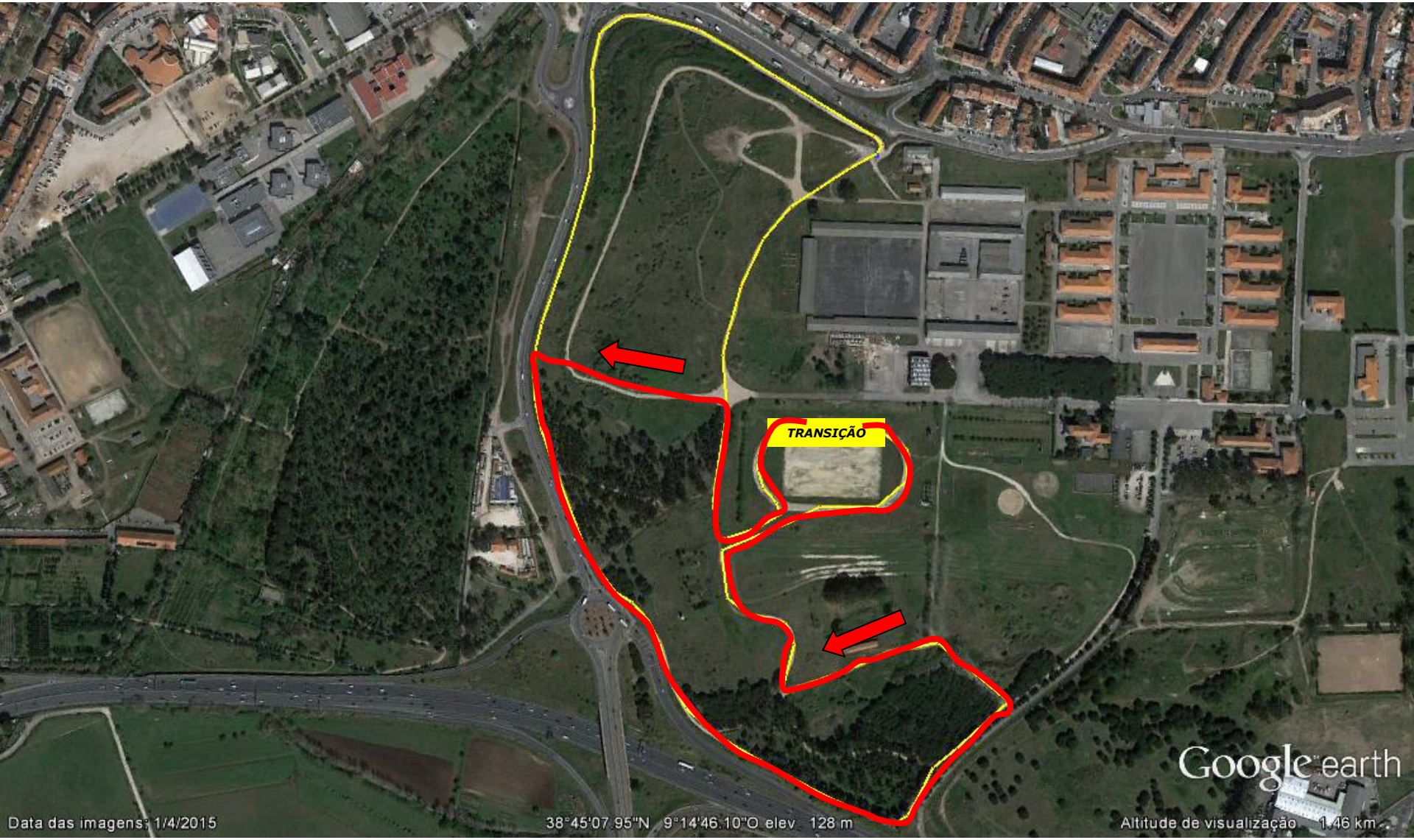
1ª Corrida – 1 volta – 400m

Início BTT

2ª Corrida – 1 volta – 400m



BTT
INFANTIS - 1 volta - 2220m

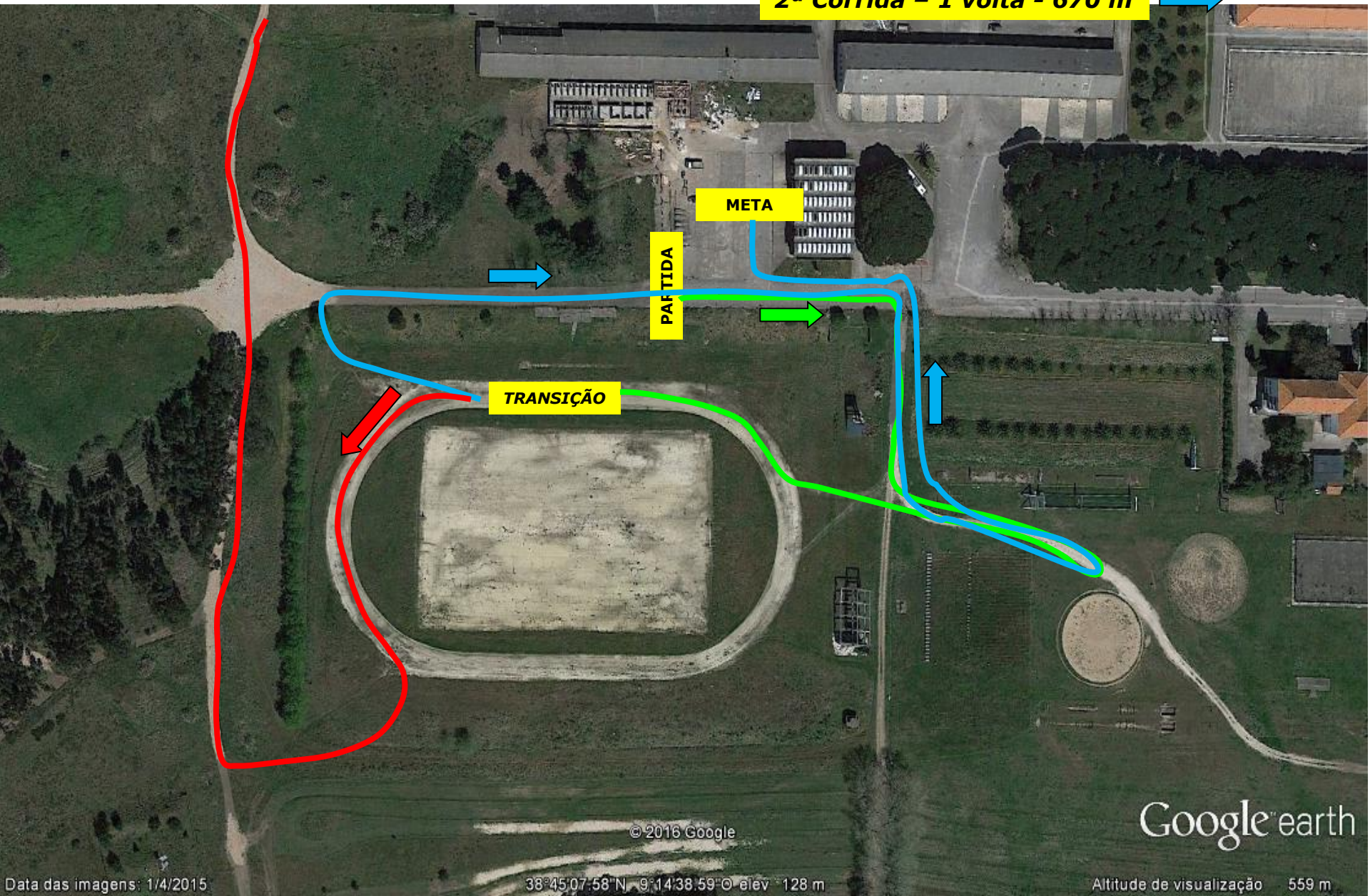


INICIADOS

1ª Corrida – 1 volta - 400 m

Início BTT

2ª Corrida – 1 volta - 670 m



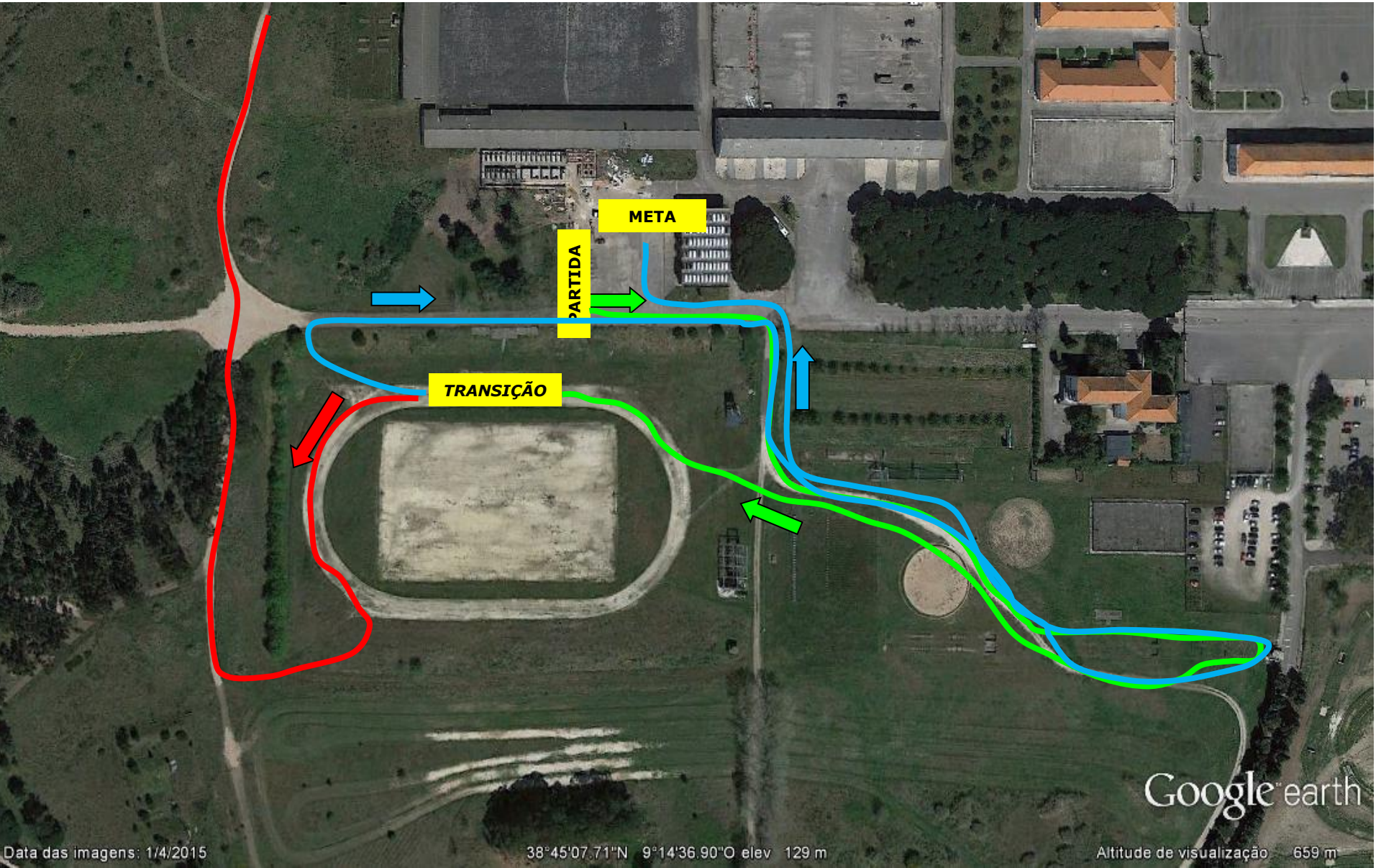
BTT
INICIADOS - 1 volta - 3100m

JUVENIS

1ª Corrida – 1 volta - 790 m

Início BTT

2ª Corrida – 1 volta - 990 m



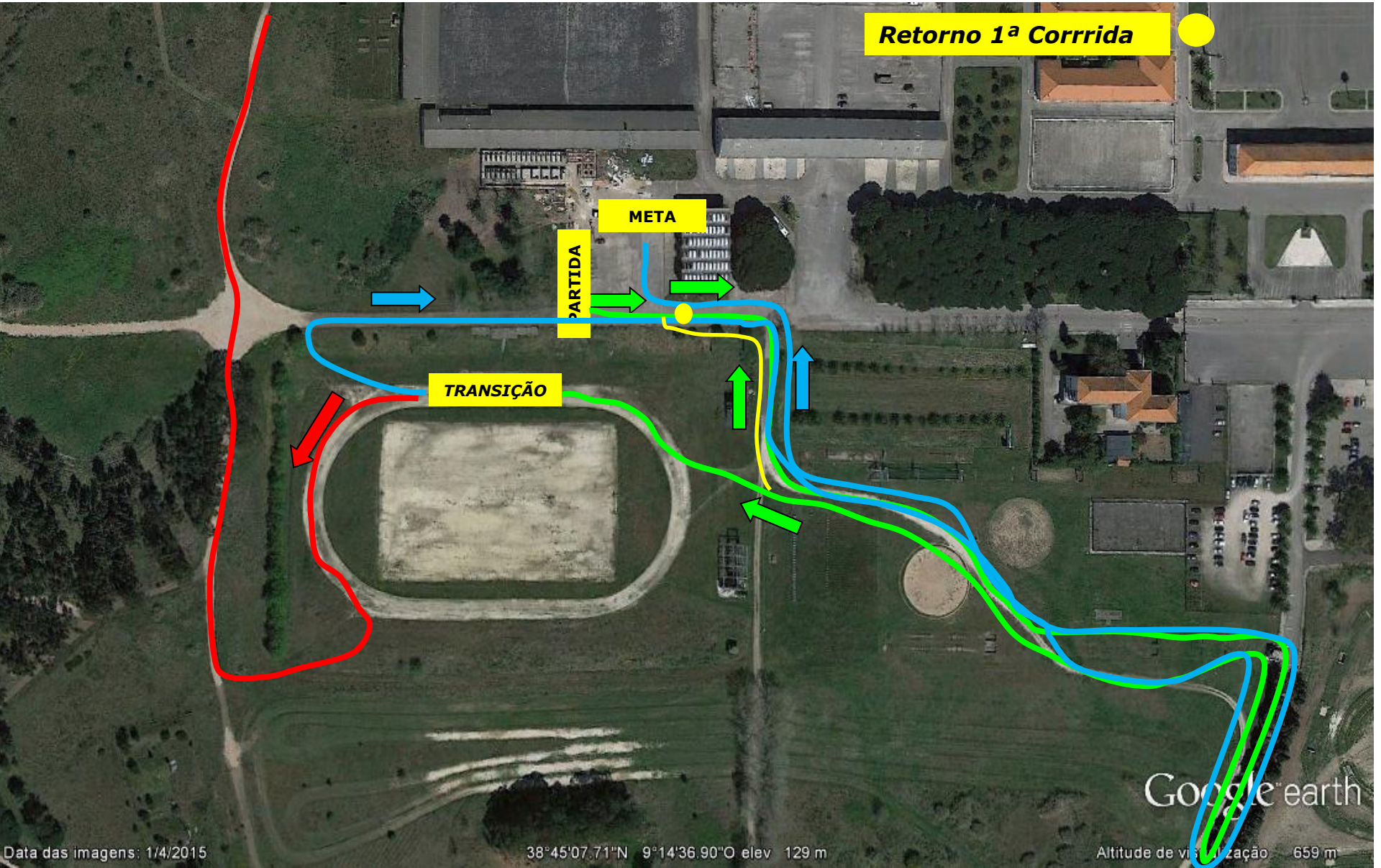
BTT
JUVENIS - 2 voltas - 5650m

CADETES e 18+

1ª Corrida – 2 voltas - 2000 m

Início BTT

2ª Corrida – 1 volta - 1000 m



BTT
CADETES e 18+ - 3 voltas - 8200m