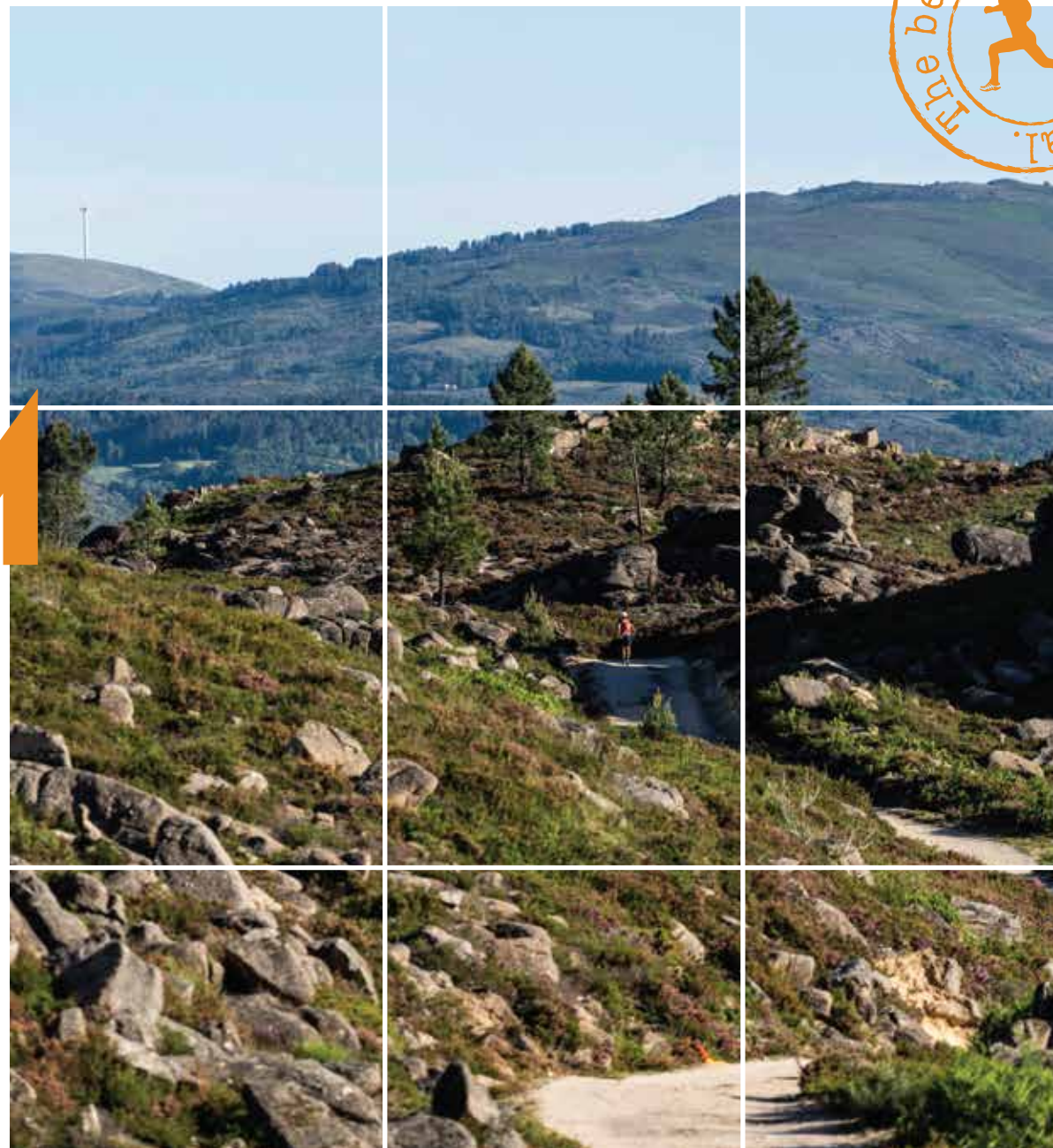








TPG 42KM

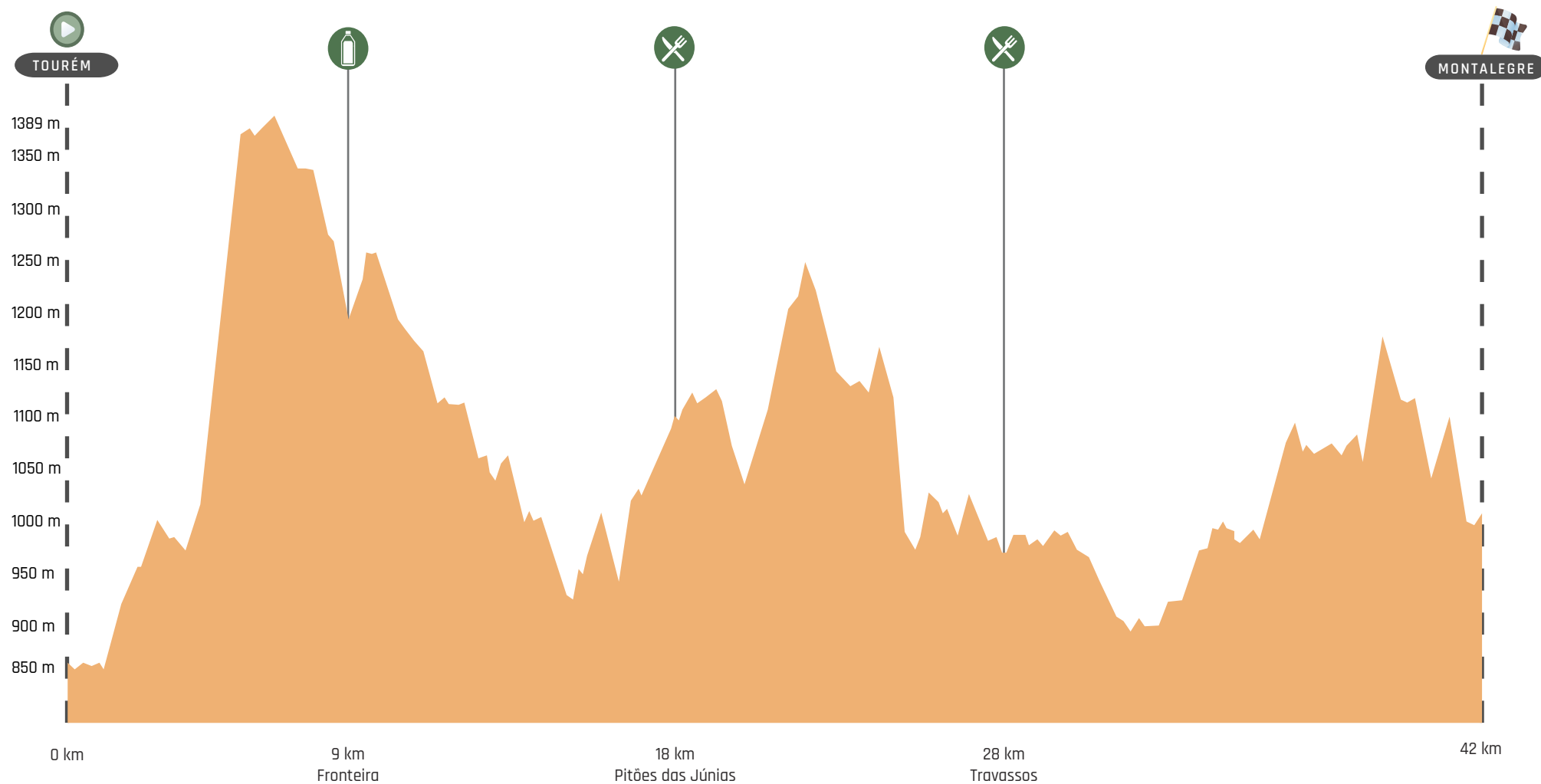
▶ 28 MAIO 2022
▶ 28TH MAY 2022



-  BEBIDAS QUENTES / HOT DRINKS
-  ABASTECIMENTO / AID STATION
-  DESCANSAR / REST
-  LIQUIDOS / LIQUID STATION



42 KM
[2000M D+ / 1900M D-]



PROGRAMA / PROGRAM

42KM



28 DE MAIO
SÁBADO
28TH MAY
SATURDAY



TOURÉM
▼
MONTALEGRE

27 MAIO / 27TH MAY



19:00PM ----- 22:00PM

Abertura do Secretariado
(no Pavilhão Multiusos de Montalegre)
Opening of the secretariat
(in Montalegre's Multiusos Pavillion)

Encerramento do Secretariado
(no Pavilhão Multiusos de Montalegre)
Closing of the secretariat
(in Montalegre's Multiusos Pavillion)

28 MAIO / 28TH MAY



07:00AM* ----- 09:00AM* ----- 09:00AM ----- 10:30PM

Abertura do Secretariado
(no Pavilhão Multiusos de Montalegre)
Opening of the secretariat
(in Montalegre's Multiusos Pavillion)

Encerramento do Secretariado
(no Pavilhão Multiusos de Montalegre)
Closing of the secretariat
(in Montalegre's Multiusos Pavillion)

Transporte de autocarro do
Centro de Montalegre para Tourém
Transport by bus from
Center of Montalegre to Tourém

Start of the Race

Start of the Race

*em casos excecionais no dia 28 de Maio na linha de Partida das 07h às 08h00

*in exceptional cases on the 28th of May on the Departure line from 7am to 8am

29 MAIO / 29TH MAY



16:00PM

Cerimónia de Entrega de Prémios
(Castelo de Montalegre)
Prize giving ceremony
(Montalegre's Castle)



28 DE MAIO
SÁBADO
28TH MAY
SATURDAY



TOURÉM
▼
MONTALEGRE



► **SECRETARIADOS / EVENT'S SECRETARIAT**

27 MAIO 2022 / 27TH MAY 2022

19H00PM - 22H00PM

**PAVILHÃO MULTIUSOS DE MONTALEGRE
MONTALEGRE'S MULTIUSOS PAVILLION**

* **28 MAIO 2022 / 28TH MAY 2022**

07H00AM - 09H00AM

**PAVILHÃO MULTIUSOS DE MONTALEGRE
MONTALEGRE'S MULTIUSOS PAVILLION**

* in exceptional cases on the
28th of May from 7am to 9am



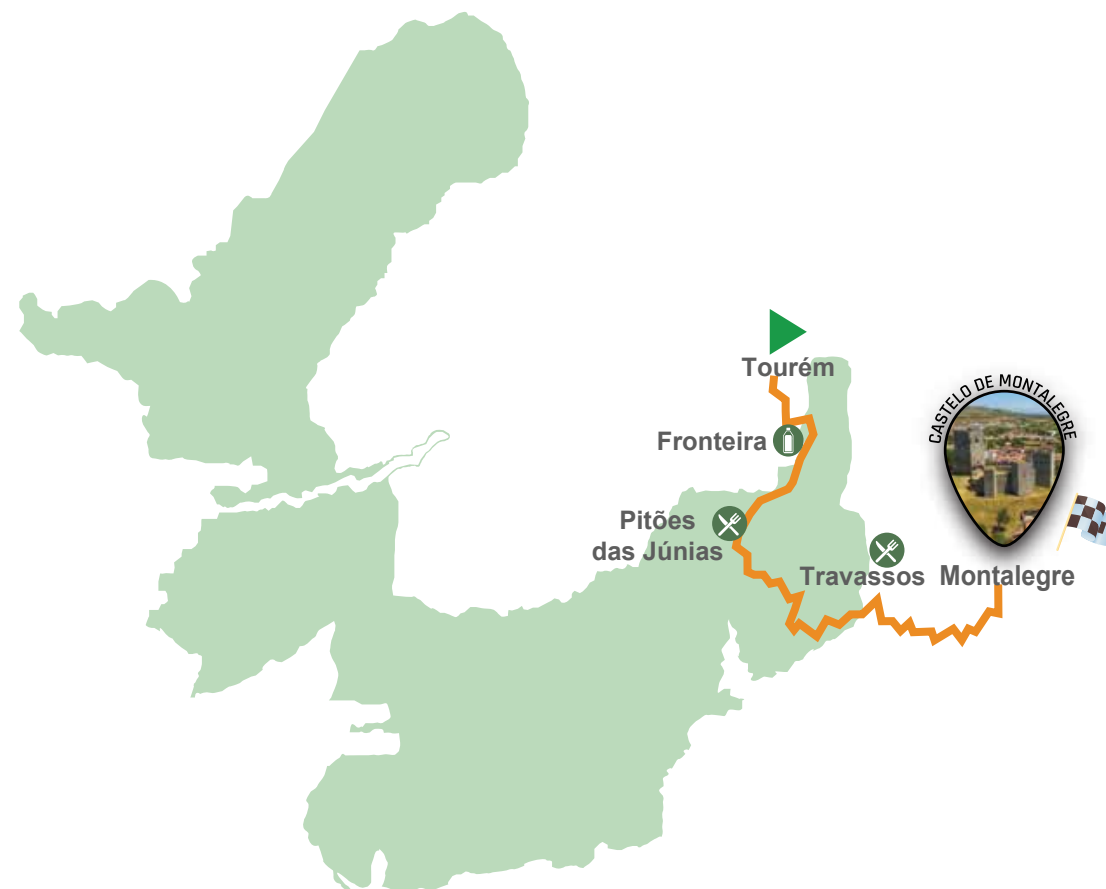
► **TRANSFERES
TRANSFERS**

MONTALEGRE -----> TOURÉM
28 DE MAIO / 09:00
28TH MAY / 09:00 AM



► **OPÇÕES DE ALOJAMENTOS
SLEEP OPTIONS**

• <https://www.cm-montalegre.pt/pages/388>



CP's	KM's	BARREIRAS HORÁRIAS TIME BARREIRS	DUCHE SHOWER	CP's
Fronteira	9	_____	_____	Border
Abastecimento Pitões	18	_____	_____	Supply Pitões
Travassos	28	_____	_____	Travassos
Meta	42	12h	✓	FINISH



▶ MAIS INFORMAÇÕES

MORE INFO

PT

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EN

[HTTPS://WWW.CARLOSSANATUREEVENTS.COM/PDFS/TPG2021_REGULAMENTO_EN.PDF](https://www.carlossanatureevents.com/pdfs/tpg2021_regulamento_en.pdf)