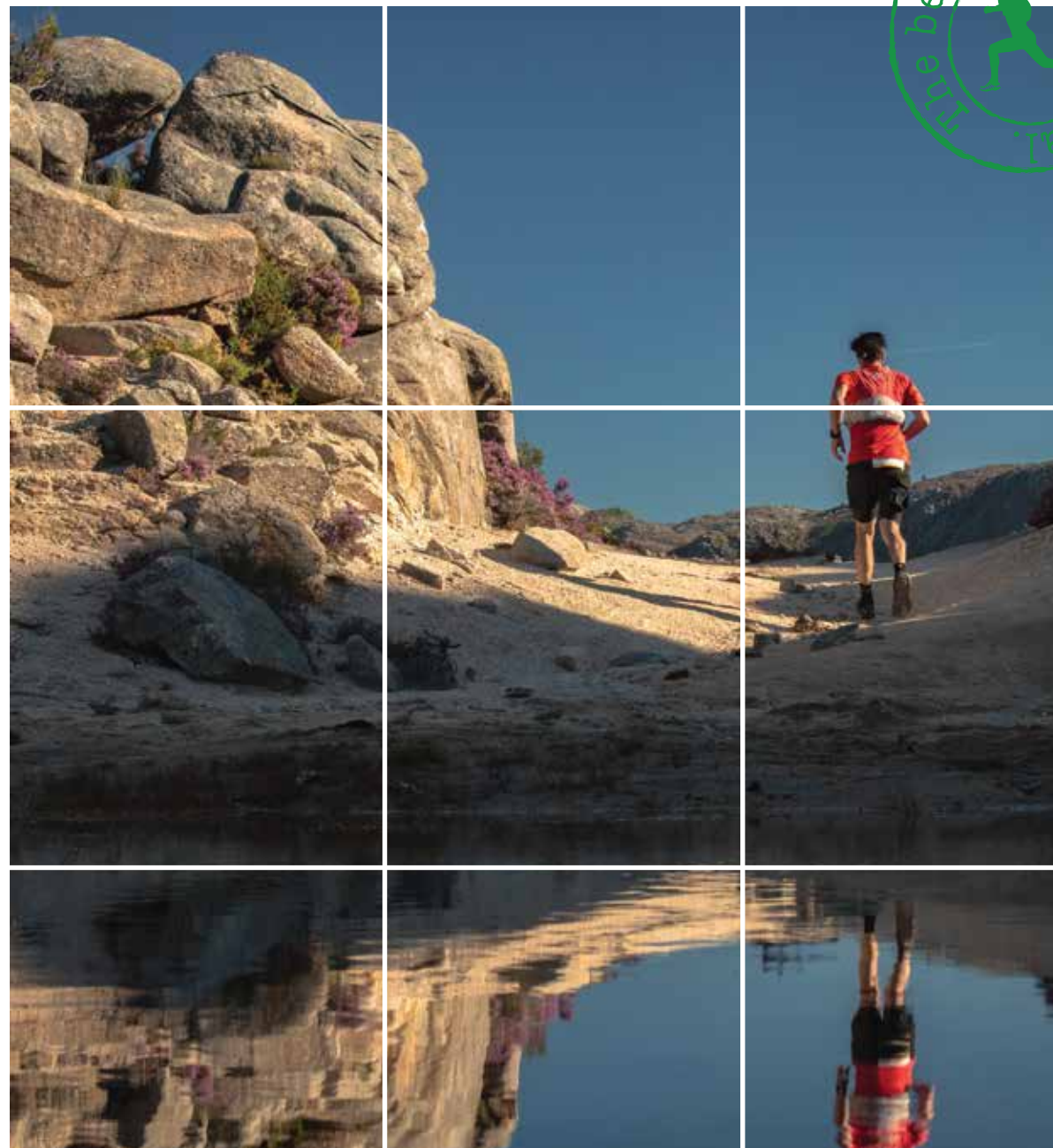






TPG 60KM

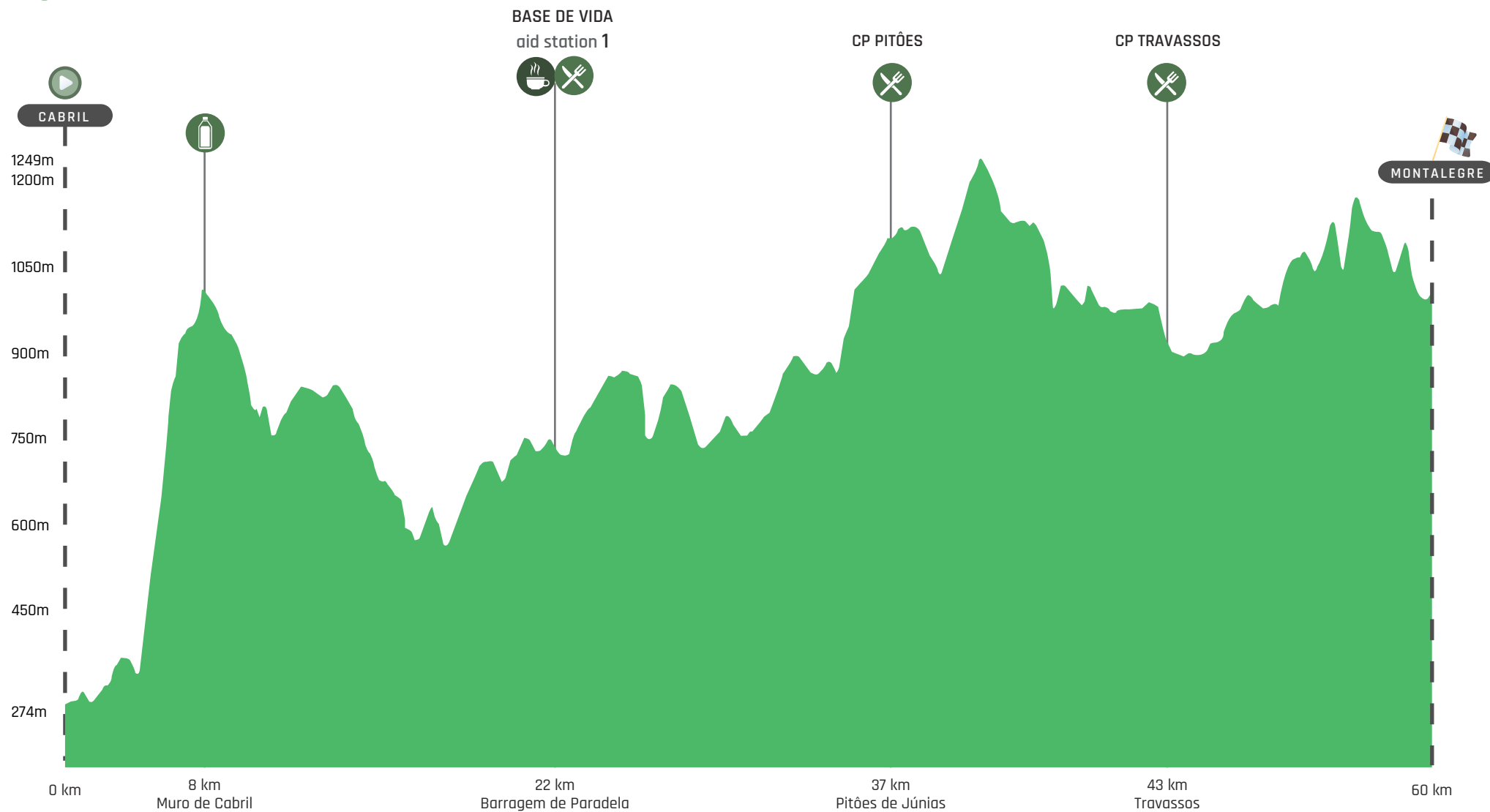
▶ 28 MAIO 2022

▶ 28TH MAY 2022



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

 60 KM
[3206M D+ / 2470M D-]



PROGRAMA / PROGRAM

60KM



28 DE MAIO
SÁBADO
28TH MAY
SATURDAY



CABRIL
▼
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



05:30AM* ----- 06:30AM* ----- 08:00AM ----- 14:20PM

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

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

Início da Prova
Start of the Race

Chegada prevista do
primeiro atleta do TPG60km
Estimated finish time
for the 1st athlete TPG60km

*em casos excecionais no dia 28 de Maio na linha de Partida das 07h ás 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)



► **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 - 08H00AM

CABRIL

* em casos excecionais no dia
28 de Maio na linha de partida das 7h às 8h

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



► **TRANSFERES**
TRANSFERES

MONTALEGRE -----> CABRIL

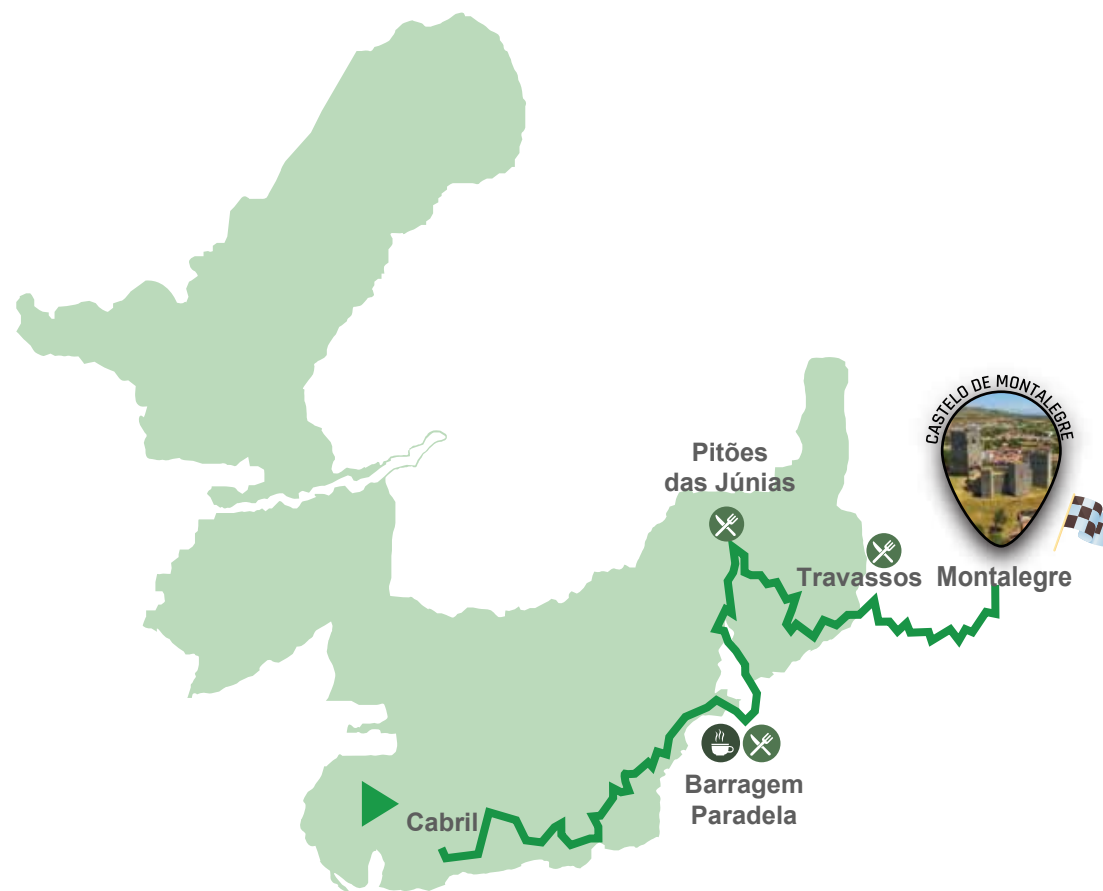
28 DE MAIO / 06:30

28TH MAY / 06:30 AM



► **OPÇÕES DE ALOJAMENTOS**
SLEEP OPTIONS

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



ABASTECIMENTOS	KM's	BARREIRAS HORÁRIAS TIME BARRIERS	DUCHE SHOWER	CP'S
Muro de Cabril	8	_____	_____	Muro de Cabril
Paradela	22	_____	_____	Paradela
Pitões das Júnias	37	_____	_____	Pitões das Júnias
Travassos	44	_____	_____	Travassos
Meta	60	14h	✓	FINISH



▶ **MAIS INFORMAÇÕES**
MORE INFO

PT

[HTTPS://WWW.CARLOSSANATUREEVENTS.COM/PDFS/TPG2021_REGULAMENTO_PT.PDF](https://www.carlossanatureevents.com/pdfs/tpg2021_regulamento_pt.pdf)

EN

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