

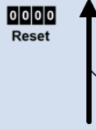
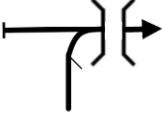


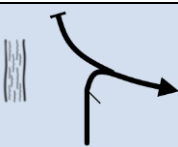


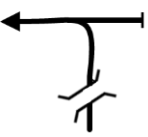
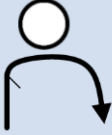
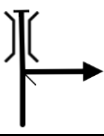






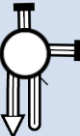
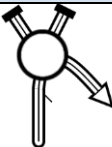
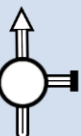
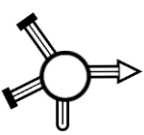
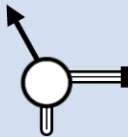


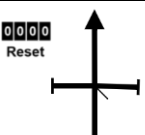
ROADBOOK





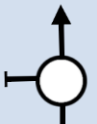


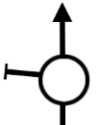
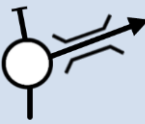


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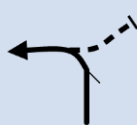



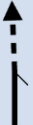

AVEIRO, MAIO 2015



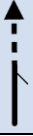

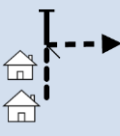



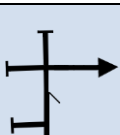
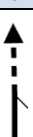

VER 1.2




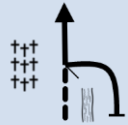

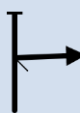





	Km Totais	m Parciais	Símbolo	Notas	Observações
1	0.0	0		11h45 Em direcção a SW	
2	0.4	400			
3	0.8	400			
4	0.9	50			
5	1.1	100			
6	1.4	300			
7	4.1	2.600		Antes da rotunda	
8	4.2	100			
9	5.4	1.100		1ª saída, pela marginal	
10	6.0	500		Antes da ponte	
11	6.7	700			

	Km Totais	m Parciais	Simbolo	Notas	Observações
12	7.0	200			
13	7.1	100			
14	7.2	100			
15	7.5	200			
16	8.1	500			
17	9.4	1.300			
18	10.1	700			
19	10.8	700			
20	11.3	400		AB = Numero perto do farolim	
21	11.8	400			
22	13.3 0.0	1.500			

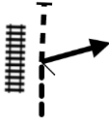
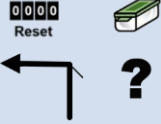



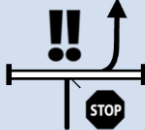





	Km Totais	m Parciais	Simbolo	Notas	Observações
23	0.1	50			
24	0.1	50			
25	11.6	11.500			
26	12.7	1.100			
27	14.0	1.200			
28	14.8	800			
29	15.7	800			
30	15.8	50			
31	16.2	400			
32	16.7	500		No final da ponte	
33	17.0	200			





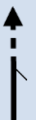






	Km Totais	m Parciais	Símbolo	Notas	Observações
34	17.4	400			
35	19.2	1.800			
36	20.4	1.200			
37	21.7	1.300			
38	22.9	1.100			
39	23.4	500			
40	23.8	300			
41	24.4	500			
42	24.7	300			
43	24.9	200			
44	25.8	800			

	Km Totais	m Parciais	Símbolo	Notas	Observações
45	27.0	1.100			
46	27.2	300			
47	27.4	100			
48	27.5	100			
49	28.1	600			
50	28.6	500			
51	30.1	1.400			
52	30.2	50			
53	30.7	500			
54	30.8	50			
55	31.6	700			


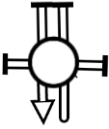







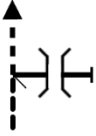
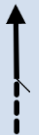
	Km Totais	m Parciais	Símbolo	Notas	Observações
56	31.9	200			
57	32.0	100			
58	32.7	600			
59	33.0	200			
60	33.1	100			
61	33.2	50			
62	33.6	400			
63	34.0	400			
64	34.0	50			
65	34.1	50			
66	34.2	100			

	Km Totais	m Parciais	Simbolo	Notas	Observações
67	34.4	200			
68	35.4	900			
69	36.1	700			
70	36.4	300			
71	37.1	600			
72	38.0	900			
73	38.1	50			
74	38.3	100			
75	38.5	200			
76	39.3	700			
77	39.7	400			












	Km Totais	m Parciais	Simbolo	Notas	Observações
78	40.7	900			
79	40.8 0.0	100		CD=Numero no topo da torre	
80	0.2	100			
81	0.5	200			
82	0.7	100			
83	0.7	50			
84	0.9	100			
85	0.9	50			
86	1.1	200			
87	1.2	50			
88	1.3	100			



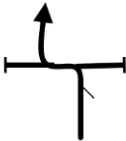








	Km Totais	m Parciais	Símbolo	Notas	Observações
89	2.2	800			
90	2.3	100			
91	2.5	100			
92	2.7	200			
93	2.8	100			
94	3.1	200			
95	3.2	100			
96	3.4	100			
97	3.4	50			
98	3.5	50			
99	3.7	200			

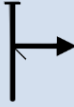


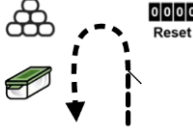




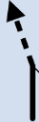


	Km Totais	m Parciais	Simbolo	Notas	Observações
100	3.8	100			
101	4.2	300			
102	4.8	600			
103	5.3	400			
104	6.0	700			
105	6.9	800			
106	7.8	800			
107	8.5	700			
108	9.0	500			
109	9.5	500			
110	10.3	800			








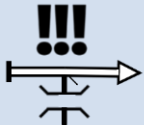

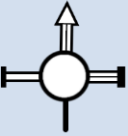

	Km Totais	m Parciais	Simbolo	Notas	Observações
111	10.6	200			
112	11.0	400			
113	11.7	600			
114	11.9	200			
115	12.8	800			
116	12.9	100			
117	13.2	300			
118	13.3 0.0	50		E=Numero de Colunas do Coreto	
119	0.0	50			
120	0.4	300			
121	0.6	200			







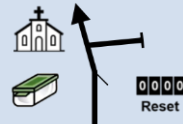




	Km Totais	m Parciais	Símbolo	Notas	Observações
122	0.7	100			
123	1.2	500			
124	1.3	50			
125	1.9	500			
126	2.1	100			
127	2.1	50			
128	2.4	200			
129	2.9	500			
130	3.1	100		F=Numero de Ferraduras nas Portas	
131	3.2	100			
132	3.6	300			

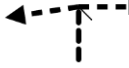
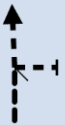




	Km Totais	m Parciais	Símbolo	Notas	Observações
133	3.7	100			
134	3.7	50			
135	4.7	900			
136	4.9	200			
137	5.0	100			
138	5.1	50			
139	6.5	1.300			
140	6.6	100			
141	6.9	200			
142	7.0	100			
143	7.1	100			

	Km Totais	m Parciais	Símbolo	Notas	Observações
144	7.3	200			
145	7.4	50			
146	7.8	400			
147	7.9	50			
148	7.9	50			
149	8.1	100			
150	8.1	50			
151	8.3	100			
152	8.4	50			
153	8.6	200			
154	8.7	50			

	Km Totais	m Parciais	Símbolo	Notas	Observações
155	9.0	300			
156	9.2	200			
157	13.3	4.100			
158	13.4 0.0	100			
159	0.1	100			
160	0.4	300			
161	1.0	500			
162	2.0	900			
163	2.8	800			
164	3.0	100			
165	3.6 0.0	600			

	Km Totais	m Parciais	Simbolo	Notas	Observações
166	0.0	50		Sair do largo pela saída mais a sul	
167	0.2	100		E continuar pela direita	
168	0.4	200			
169	0.6	100			
170	2.0	1.400		GH=Colunas no Corrimão da Ponte	
171	2.0	50			
172	9.2	7.100			
173	9.3	100			
174	11.6	2.200			
175	12.6	900			
176	13.1	500			

	Km Totais	m Parciais	Símbolo	Notas	Observações
177	15.6	2.400			
178	15.6	50			
179	15.8	100			
180	16.4	600			
181	17.7	1.300			
182	17.9	200			
183	18.0 0.0	50			
184	0.2	200			
185	3.7	3.400			
186	3.8	50			
187	4.9	1.100			

	Km Totais	m Parciais	Simbolo	Notas	Observações
188	5.6	600			
189	5.9	300			
190	6.1	200			
191	6.3	400			
192	6.7	400		Subida acentuada	
193	7.5	800		Parabéns!!!	

Agora faz as contas e procura o logbook que está perto!

N40 G(D-H).(B-A)(G-H)E W8 CC.(C+D)(F+F)(A-F)

A=

B=

C=

D=

E=

F=

G=

H=

Notas: