

2026

RALLYE DAS CAMÉLIAS

bilstein group®



SWAG



CASCAIS - MAFRA - SINTRA - TORRES VEDRAS

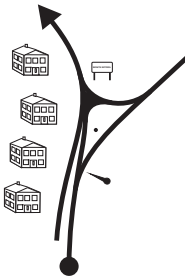
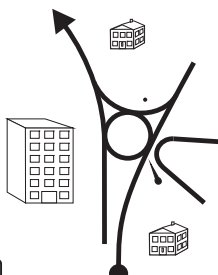
6 | 7 FEVEREIRO

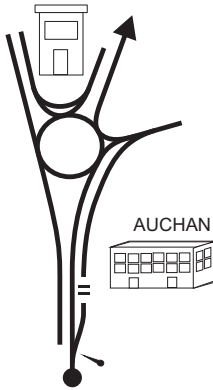
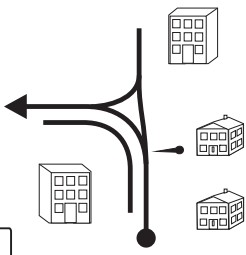
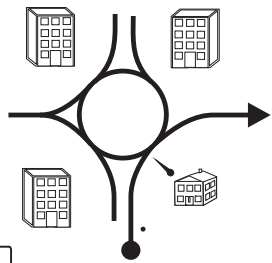


CASCAIS
Câmara Municipal

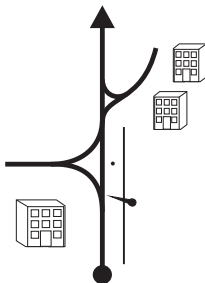
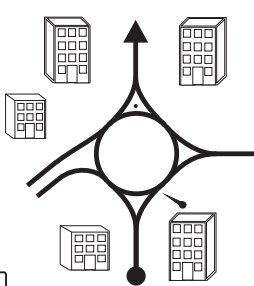
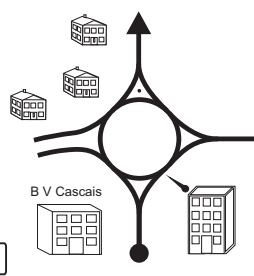
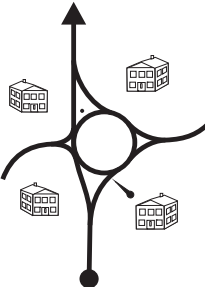


Secção 1

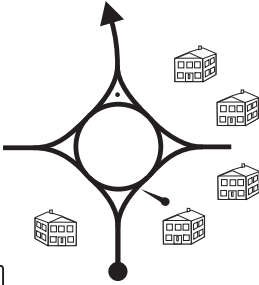
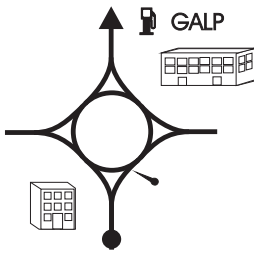
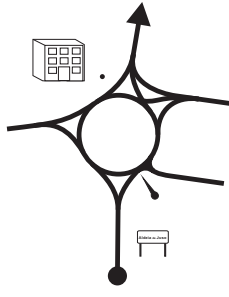
CH 0A		→ CH 1		Distância 17,44 Km	
Partida		PEC - 1		Tempo 0 h 30'	
"Estoril - Jardins do Casino"		"Sintra / Cascais 1"		Média 34,9 Km/h	
Distanc.		Direcção	Informação	Distanc. Regress.	
Total	Par.				
0,00		 1	Parque de Partida  0A N 38° 42,230' W 9° 23,910' Avenida Marginal	17,44	
0,36	0,36	 2	Avenida Marginal  Amoreira Monte Estoril	17,08	
0,66	0,30	 3	Cascais Monte Estoril	16,78	
0,41		- 1 -			

CH 0A		→	CH 1		Distância 17,44 Km	
Partida			PEC - 1		Tempo 0 h 30'	
"Estoril - Jardins do Casino"			"Sintra / Cascais 1"		Média 34,9 Km/h	
Distanc.		Direcção		Informação		Distanc. Regress.
Total	Par.					
1,07	0,41	Cascais 4		Avenida Marginal		16,37
1,66	0,59	 5		Avenida Marginal A5 Lisboa A16 Sintra Sintra Alcabideche Hospital EL		15,78
2,10	0,44	 6		EL		15,34
2,57	0,47	 7		EL Lisboa A5 Malveira da Serra tribunal parque do tribunal polícia municipal águas de Cascais N9-1		14,87
0,21						

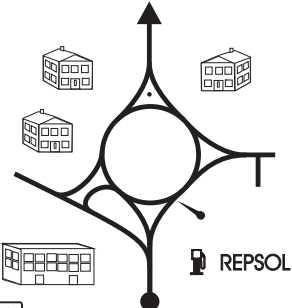
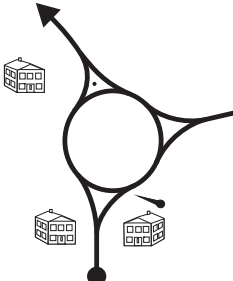
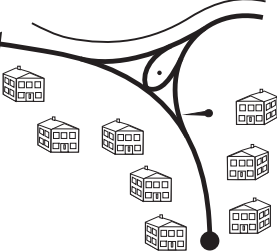
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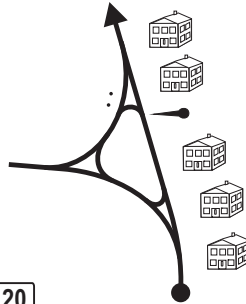
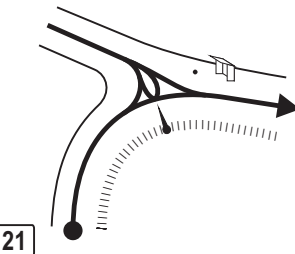
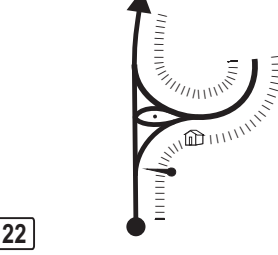
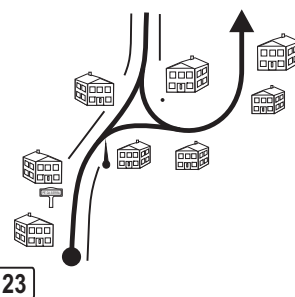
CH 0A		→	CH 1		Distância 17,44 Km	
Partida			PEC - 1		Tempo 0 h 30'	
"Estoril - Jardins do Casino"			"Sintra / Cascais 1"		Média 34,9 Km/h	
Distanc.		Direcção		Informação		Distanc. Regress.
Total	Par.					
2,78	0,21	8 		N9-1		14,66
				Lisboa A5 Sintra A16 		
				Malveira da Serra 		
				polícia municipal 		
hospital 						
3,23	0,45	9 		Lisboa A5 		14,21
				Malveira da Serra 		
				hospital 		
3,53	0,30	10 		A 5 Lisboa 		13,91
3,65	0,12	11 		A 5 Lisboa 		13,79
				A 16 Sintra 		
				A 9 NORTE 		
				Birre 		
Malveira da Serra 						
hospital 						
1,09						

- 3 -

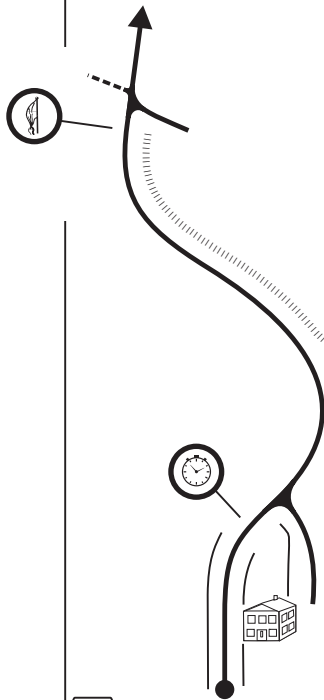
CH 0A		→	CH 1		Distância 17,44 Km	
Partida			PEC - 1		Tempo 0 h 30'	
"Estoril - Jardins do Casino"			"Sintra / Cascais 1"		Média 34,9 Km/h	
Distanc.		Direcção		Informação		Distanc. Regress.
Total	Par.					
4,74	1,09			N9-1 A 5 Lisboa → A 16 Sintra → A 9 NORTE → Malveira → Aldeia de Juso →		12,70
5,08	0,34					12,36
5,34	0,26			Lisboa 12 Estoril A 5 portagem A 16 Sintra A 9 NORTE		12,10
5,71	0,37			Aldeia de Juso Aldeia de Juso → Malveira da Serra → Cabo da Roca → Praia do Guincho →		11,73
0,15						

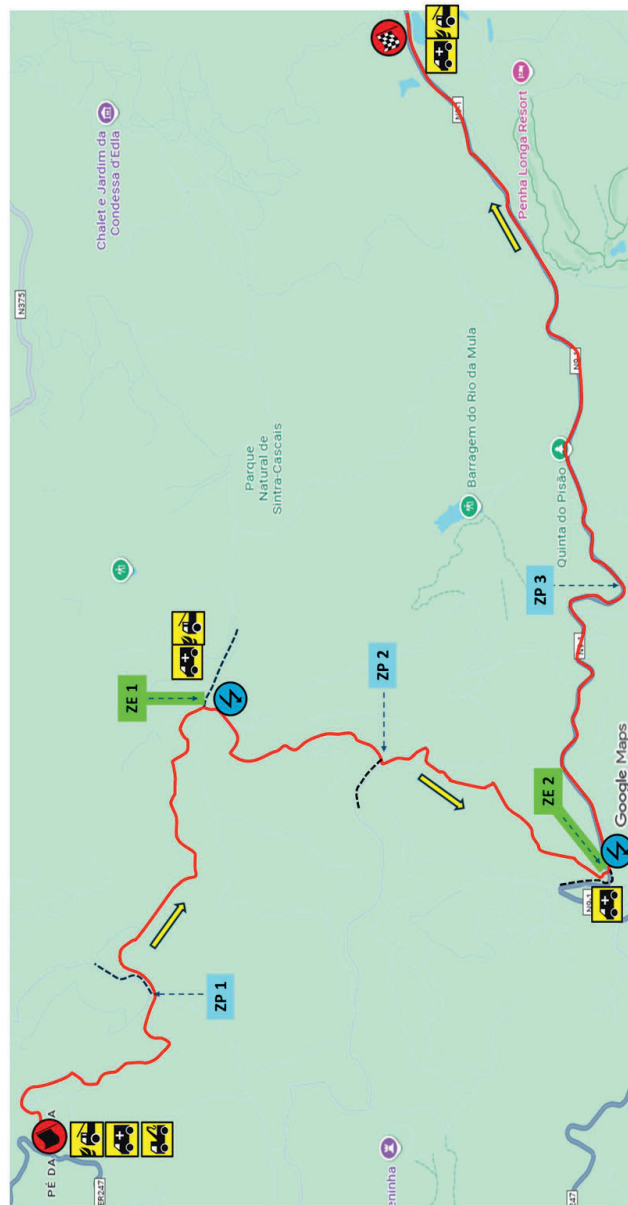
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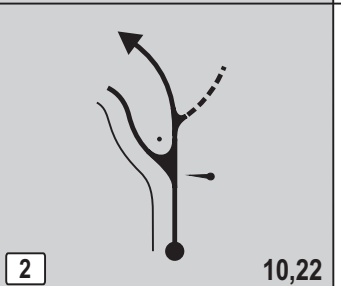
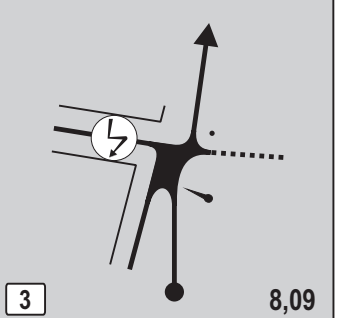
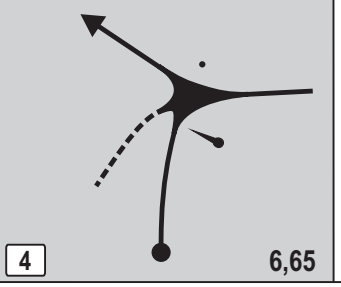
CH 0A		→	CH 1		Distância 17,44 Km	
Partida		PEC - 1		Tempo 0 h 30'		
"Estoril - Jardins do Casino"		"Sintra / Cascais 1"		Média 34,9 Km/h		
Distanc.		Direcção	Informação	Distanc. Regress.		
Total	Par.					
5,86	0,15	 16	N9-1 Malveira da Serra → Aldeia de Juso → Cabo da Roca  → Guincho  →	11,58		
6,52	0,66	 17	Malveira da Serra → Cabo da Roca  → Guincho  →	10,92		
8,97	2,45	MALVEIRA DA SERRA 18		8,47		
9,16	0,19	 19	N9-1  → convento dos Capuchos  →  → Lagoa/Azul  → Penha Longa  → golfe  → Alcabideche → N247-5	8,28		
0,22	- 5 -					

CH 0A		→	CH 1		Distância 17,44 Km	
Partida			PEC - 1		Tempo 0 h 30'	
"Estoril - Jardins do Casino"			"Sintra / Cascais 1"		Média 34,9 Km/h	
Distanc.		Direcção		Informação		Distanc. Regress.
Total	Par.					
9,38	0,22			N247-5 ←  Guincho ←  campo de futebol ←  parque de campismo Sintra → Colares → Cabo da Roca  →		8,06
		20		92,4 N247		
14,31	4,93			N247 ← Azóia ←   ← Cabo da Roca  ← Turismo 		3,13
		21				
14,38	0,07			 convento da Peninha >		3,06
		22				
17,26	2,88			84,6 N247 PÉ DA SERRA  convento dos Capuchos >		0,18
		23		0,0 N247-3		
0,18						

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CH 0A		→	CH 1		Distância 17,44 Km	
Partida		PEC - 1		Tempo 0h 30'		
"Estoril - Jardins do Casino"		"Sintra / Cascais 1"		Média 34,9 Km/h		
Distanc.		Direcção	Informação	Distanc. Regress.		
Total	Par.					
17,44	0,18		0,1 N247-3  N 38° 47,379' W 9° 27,555'	0,00		
	0,20					

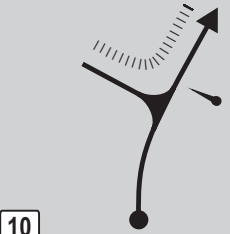
**PEC 1/2 – SINTRA / CASCAIS (11,66 km)**

PEC 1		→ CH 1A		Distância 18,85 Km	
Prova de Classificação 1		11,66 km		Tempo 0h 35'	
Sintra / Cascais 1				Média 32,3 Km/h	
Distanc.		Direcção	Informação	Distanc. Regress.	
Total	Par.				
0,00			0,4 N247-3  PEC 1 N 38° 47,443' W 9° 27,480' 	18,85	
1,44	1,44			17,41	
3,57	2,13		3,9 N247-3 N 38° 46,803' W 9° 26,059'  Cascais Azoia santuário da Peninha EF	15,28	
5,01	1,44		EF Cascais	13,84	
1,79					

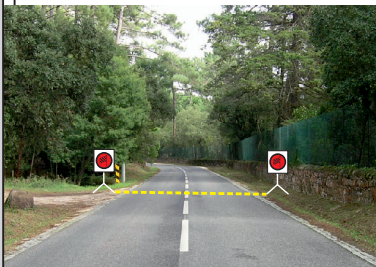
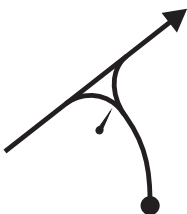
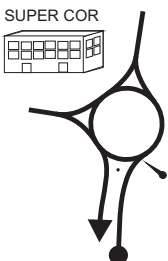
PEC 1 Sintra / Cascais 1

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PEC 1 Sintra / Cascais 1

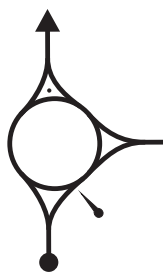
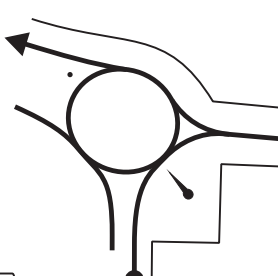
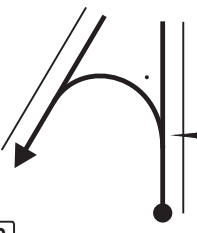
PEC 1		→	CH 1A		Distância 18,85 Km		
Prova de Classificação 1				11,66 km		Tempo 0h 35'	
Sintra / Cascais 1						Média 32,3 Km/h	
Distanc.		Direcção		Informação		Distanc. Regress.	
Total	Par.						
6,80	1,79	 5 4,86		EF N 38° 45,394' W 9° 26,643'  Linhó Quinta do Pisão campo base Pedra Amarela Cascais Malveira da Serra 6,4 N9-1		12,05	
8,39	1,59	 6 3,27		N9-1 !!		10,46	
8,49	0,10	 7 3,17		!!		10,36	
8,85	0,36	 8 2,81				10,00	
9,59	0,74	 9 2,07		!!		9,26	
9,71	0,12	 10 1,95		!! 		9,14	
1,95							

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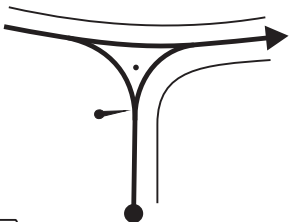
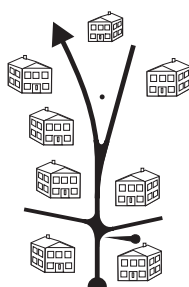
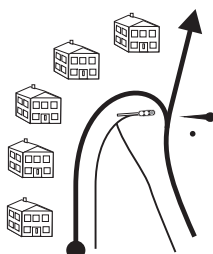
PEC 1		→	CH 1A		Distância 18,85 Km	
Prova de Classificação 1			11,66 km		Tempo 0h 35'	
Sintra / Cascais 1					Média 32,3 Km/h	
Distanc.		Direcção	Informação	Distanc. Regress.		
Total	Par.					
11,66	1,95	 N 38° 45,880' W 9° 24,033' 11 0,00	N9-1 	7,19		
12,11	0,45	 N 38° 46,035' W 9° 23,802' 12 STOP	 	6,74		
13,20	1,09	 13	0,0 N9-1 N9	5,65		
13,50	0,30	SUPER COR  14	N9 IC 19 Lisboa Sintra	5,35		
1,42						

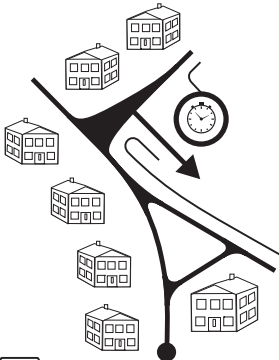
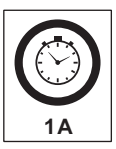
PEC 1 Sintra / Cascais 1

- 11 -

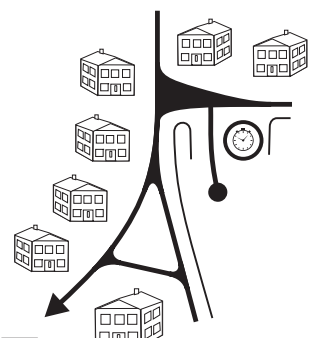
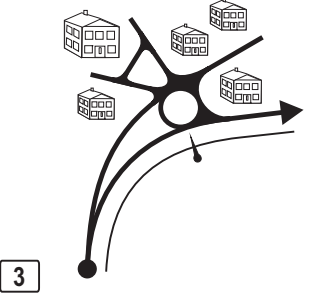
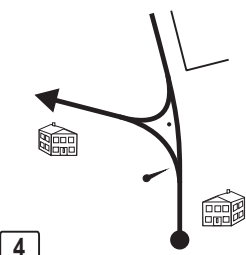
PEC 1		→	CH 1A		Distância	18,85 Km	
PEC - 1		Reagrupamento 1 IN			Tempo	0h 35'	
"Sintra / Cascais 1"		"Palácio Nacional Sintra"			Média	32,3 Km/h	
Distanc.		Direcção		Informação		Distanc. Regress.	
Total	Par.						
14,92	1,42	15 		N9 IC 19 Lisboa >  Sintra >		3,93	
15,96	1,04	16 		IC 19 Lisboa >  A16 Lisboa >  A9 NORTE >  Sintra >		2,89	
16,64	0,68	17 		N9 Sintra  > Sintra  > Monserrate  > centro cultural Olga Cadaval > N249		2,21	
16,89	0,25	18 		N249  S. Pedro  Monserrate  convento dos Capuchos centro cultural Olga Cadaval >		1,96	
0,09							

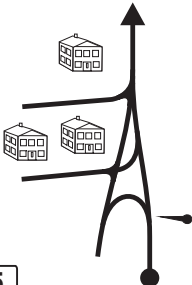
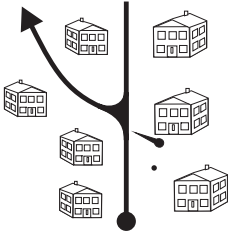
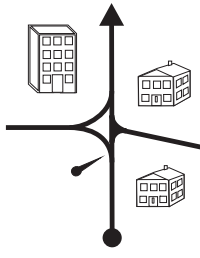
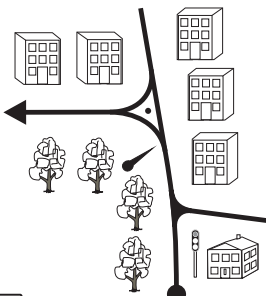
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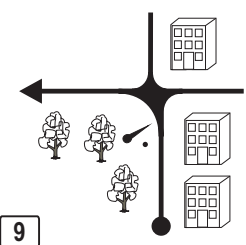
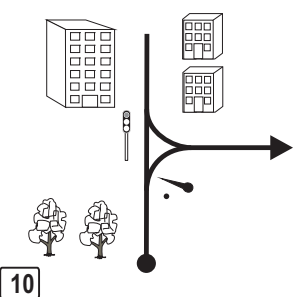
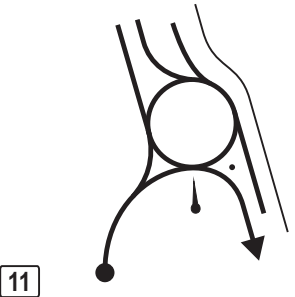
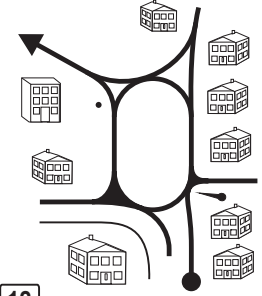
PEC 1		→	CH 1A		Distância 18,85 Km	
PEC - 1		Reagrupamento 1 IN		Tempo 0h 35'		
“Sintra / Cascais 1”		“Palácio Nacional Sintra”		Média 32,3 Km/h		
Distanc.		Direcção	Informação	Distanc. Regress.		
Total	Par.					
16,98	0,09	 19	N249 ← Lisboa ← Cascais S. Pedro → Monserrate  →	1,87		
	17,68	0,70	 20	←  centro histórico	1,17	
18,38	0,70	 21	N249 ↑  Monserrate ↑  convento dos Capuchos centro histórico  → ↑  Quinta da Regaleira EL	0,47		
18,73	0,35	 22	EL  Lisboa → Mafra → Ericeira → câmara municipal → centro cultural Olga Cadaval → G.N.R.  → Portela    →	0,12		
0,12		- 13 -				

PEC 1		→	CH 1A		Distância 18,85 Km	
PEC - 1		Reagrupamento 1 IN			Tempo 0 h 35'	
"Sintra / Cascais 1"		"Palácio Nacional Sintra"			Média 32,3 Km/h	
Distanc.		Direcção		Informação	Distanc. Regress.	
Total	Par.					
18,85	0,12			EL  N 38° 47,832' W 9° 23,432' Largo Rainha D. Amélia	0,00	

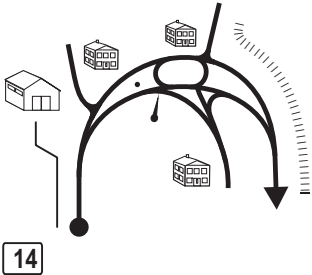
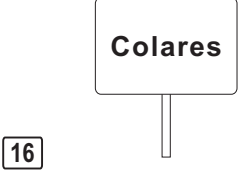
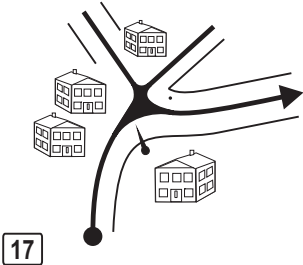
Secção 2

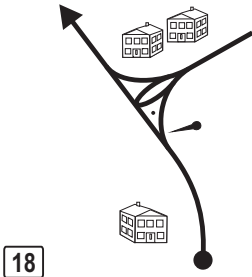
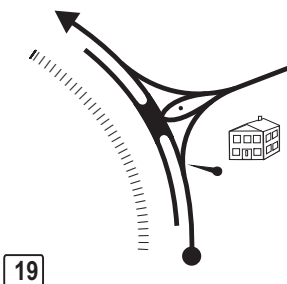
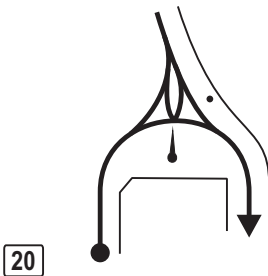
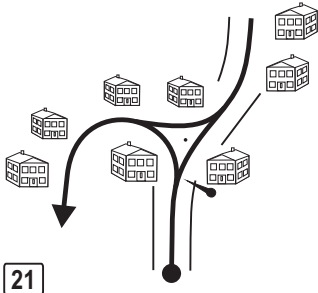
CH 1B		→	CH 2		Distância 14,64 Km	
Reagrupamento 1 OUT "Palácio Nacional Sintra"			PEC - 2 "Sintra / Cascais 2"		Tempo 0 h 25'	
					Média 35,1 Km/h	
Distanc.		Direcção		Informação		Distanc. Regress.
Total	Par.					
0,00				Largo Rainha D. Amélia		14,64
		1		1B N 38° 47,836' W 9° 23,438'		EL
0,10	0,10			EL		14,54
		2				
0,74	0,64					13,90
		3				
0,84	0,10			← Lisboa Cascais ← MUSA - Museu das Artes de Sintra ←  turismo ← autocarros de turismo turist buses ←  biblioteca municipal G.M.F.  →		13,80
		4				
0,34		- 15 -				

CH 1B		→	CH 2		Distância 14,64 Km	
Reagrupamento 1 OUT "Palácio Nacional Sintra"			PEC - 2 "Sintra / Cascais 2"		Tempo 0 h 25'	
					Média 35,1 Km/h	
Distanc.		Direcção		Informação		Distanc. Regress.
Total	Par.					
1,18	0,34	 5		EL		13,46
1,39	0,21	 6		↑ Lisboa Cascais ← Mem Martins ← C C Olga Cadaval Museu das Artes de Sintra ← P P P Portela ← Lourel Colares ← Mafra Ericeira		13,25
1,61	0,22	 7				13,03
1,80	0,19	 8		 Mem Martins P ↑ ← C C Olga Cadaval Museu das Artes de Sintra ← P Mafra - Ericeira Portela ← P Lourel - Colares Portela - interface ← tribunal ← praças		12,84
0,08		- 16 -				

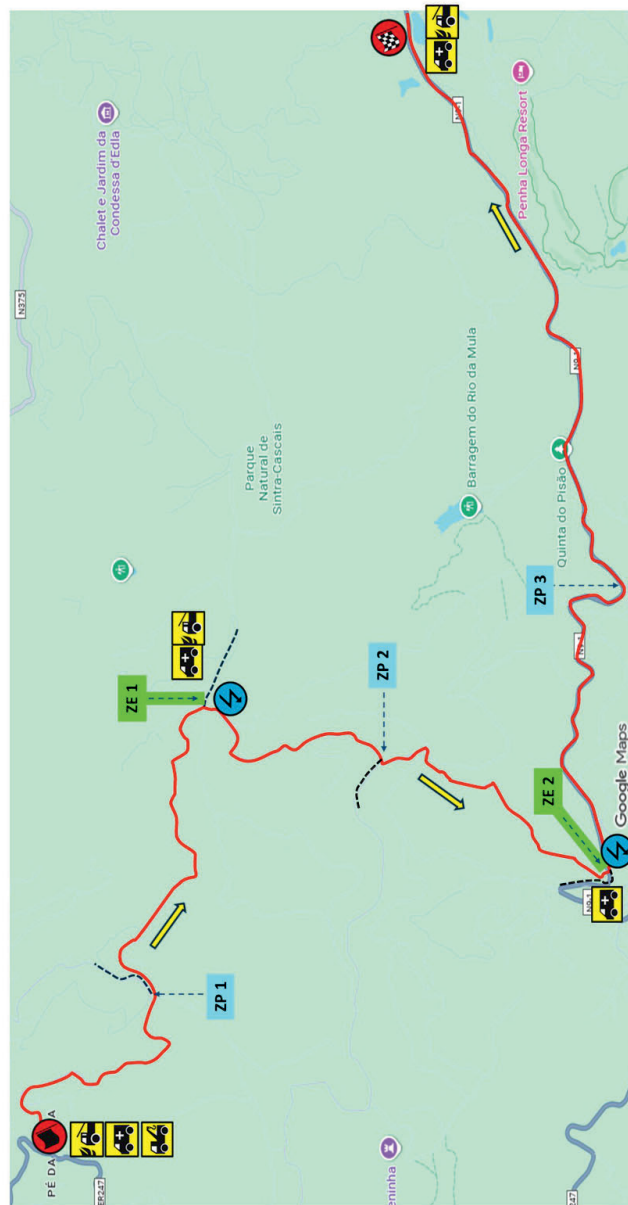
CH 1B		→	CH 2		Distância 14,64 Km	
Reagrupamento 1 OUT			PEC - 2		Tempo 0 h 25'	
"Palácio Nacional Sintra"			"Sintra / Cascais 2"		Média 35,1 Km/h	
Distanc.		Direcção		Informação		Distanc. Regress.
Total	Par.					
1,88	0,08			EL ← P P Portela		12,76
1,94	0,06			↑ P Portela tribunal → Lourel - Colares Interface P → c. c. Olga Cadaval c. de Ciência Viva → praias → Mafra Ericelra →		12,70
2,17	0,23			← tribunal Colares - Lourel Varzea → Estefânia Norte → praias → MU.SA Museu das Artes de Sintra → c. c. Olga Cadaval c. de Ciência Viva →		12,47
2,60	0,43			EL ← Centro Cultural Olga Cadaval Museu Água e Resíduos → Várzea → Colares → praias → segurança social Hockey Club de Sintra → N247		12,04
0,57						

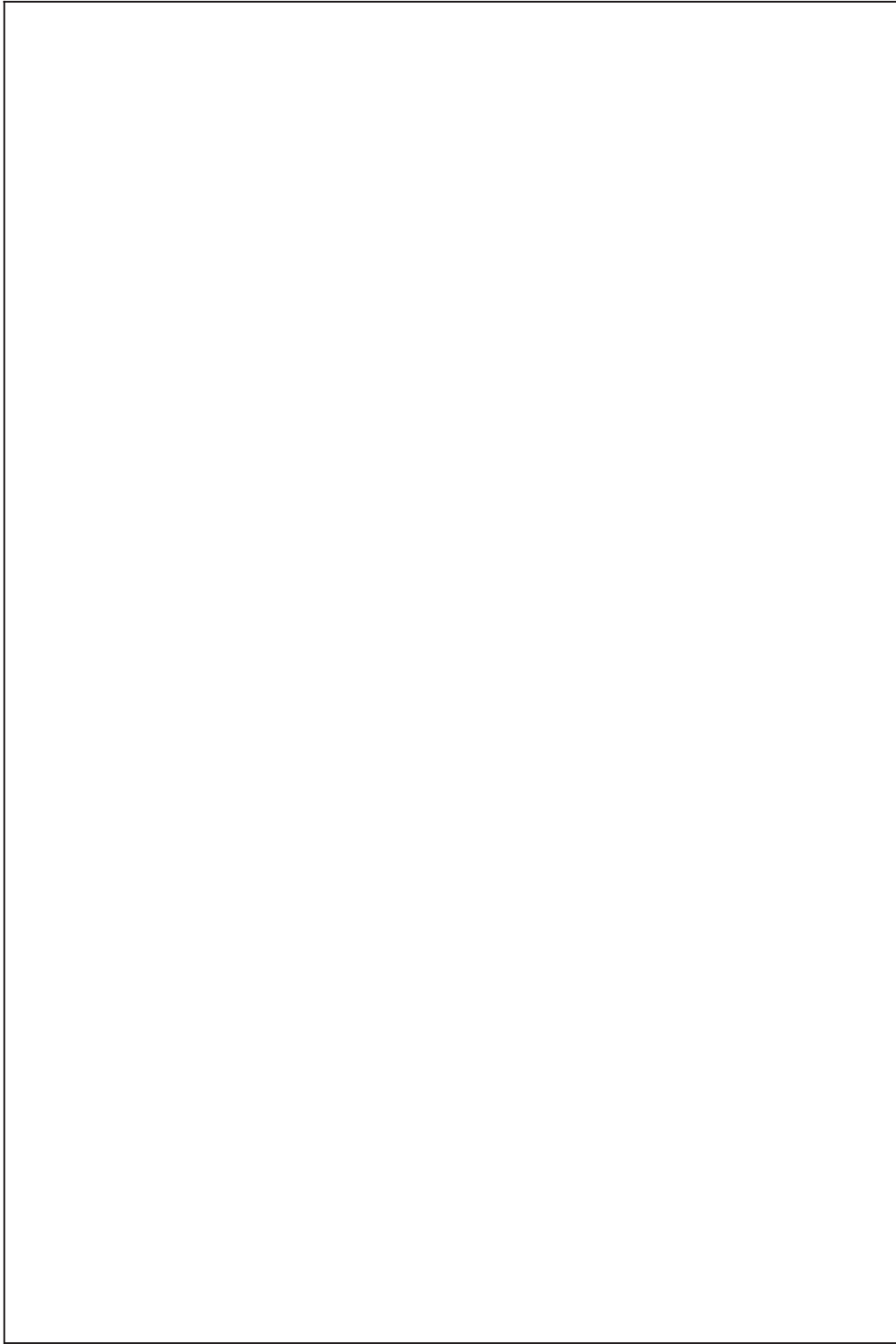
- 17 -

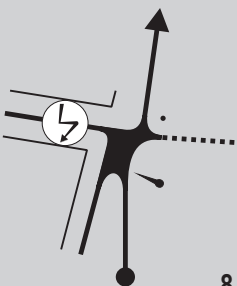
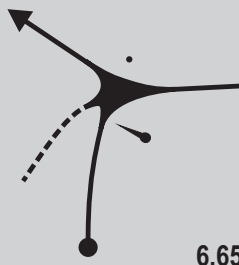
CH 1B		→ CH 2		Distância	14,64 Km
Reagrupamento 1 OUT		PEC - 2		Tempo	0h 25'
"Palácio Nacional Sintra"		"Sintra / Cascais 2"		Média	35,1 Km/h
Distanc.		Direcção	Informação	Distanc. Regress.	
Total	Par.				
3,17	0,57		N247	11,47	
4,91	1,74		praias Cabo da Roca Colares Várzea de Sintra Ribeira de Sintra	9,73	
6,37	1,46			8,27	
9,88	3,51			4,76	
10,01	0,13		← Eugénia Peredo ← Parque de Monserrate ← Igreja Matriz	4,63	
0,64					

CH 1B		→	CH 2		Distância 14,64 Km	
Reagrupamento 1 OUT			PEC - 2		Tempo 0 h 25'	
"Palácio Nacional Sintra"			"Sintra / Cascais 2"		Média 35,1 Km/h	
Distanc.		Direcção		Informação		Distanc. Regress.
Total	Par.					
10,65	0,64			N247		3,99
				Mucifal → centro de saúde ➕ → praias → Azenhas do Mar →		
12,92	2,27			praias das Maças →		1,72
				praia Grande →		
14,22	1,30			Q.ta do Alto		0,42
						
14,45	0,23			Convento dos Capuchos		0,19
0,19		- 19 -				

CH 1B		→	CH 2		Distância	14,64 Km	
Reagrupamento 1 OUT			PEC - 2		Tempo	0h 25'	
"Palácio Nacional Sintra"			"Sintra / Cascais 2"		Média	35,1 Km/h	
Distanc.		Direcção		Informação		Distanc. Regress.	
Total	Par.						
14,64	0,19			0,1 N247-3 N 38° 47,379' W 9° 27,555'		0,00	
	0,20						

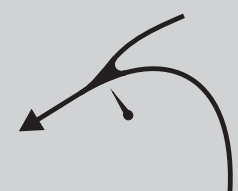
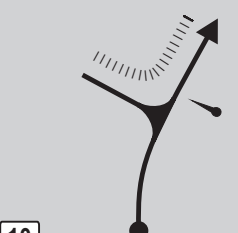
**PEC 1/2 – SINTRA / CASCAIS (11,66 km)**



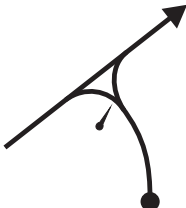
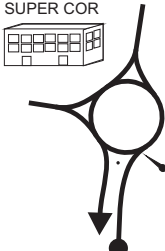
PEC 2		→	CH 3		Distância	36,95 Km	
Prova de Classificação 2			11,66 km			Tempo	0 h 52'
Sintra / Cascais 2						Média	42,6 Km/h
Distanc.		Direcção		Informação			Distanc. Regress.
Total	Par.						
0,00				0,4 N247-3  PEC 2 N 38° 47,443' W 9° 27,480'  			36,95
	1	11,66					
1,44	1,44						35,51
	2	10,22					
3,57	2,13			3,9 N247-3 N 38° 46,803' W 9° 26,059'  Cascais Azoia santuário da Peninha EF			33,38
	3	8,09					
5,01	1,44			EF 			31,94
	4	6,65					
1,79							

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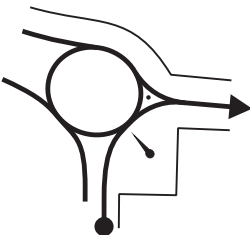
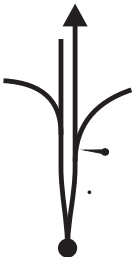
PEC 2 Sintra / Cascais 2

PEC 2		→	CH 3		Distância	36,95 Km	
Prova de Classificação		2	11,66 km		Tempo	0 h 52'	
Sintra / Cascais 2						Média	42,6 Km/h
Distanc.		Direcção		Informação			Distanc. Regress.
Total	Par.						
6,80	1,79	 5 4,86		EF N 38° 45,394' W 9° 26,643'  Linhó Quinta do Pisão campo base Pedra Amarela Cascais Malveira da Serra 6,4 N9-1			30,15
8,39	1,59	 6 3,27		N9-1 !!			28,56
8,49	0,10	 7 3,17		!!			28,46
8,85	0,36	 8 2,81					28,10
9,59	0,74	 9 2,07		!!			27,36
9,71	0,12	 10 1,95		!! 			27,24
1,95							

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PEC 2		→	CH 3		Distância 36,95 Km	
Prova de Classificação 2		11,66 km		Tempo 0h 52'		
Sintra / Cascais 2				Média 42,6 Km/h		
Distanc.		Direcção	Informação	Distanc. Regress.		
Total	Par.					
11,66	1,95	 N 38° 45,880' W 9° 24,033' 11 0,00	N9-1 	25,29		
12,11	0,45	 N 38° 46,035' W 9° 23,802' 12		24,84		
13,20	1,09	 13	0,0 N9-1 N9	23,75		
13,50	0,30	 14	N9 IC 19 Lisboa >>  Sintra >>	23,45		
1,42		- 25 -				

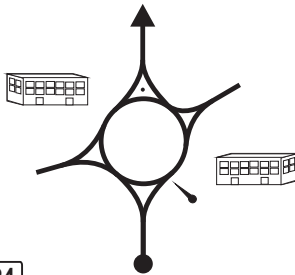
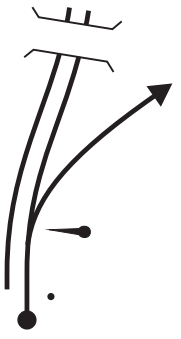
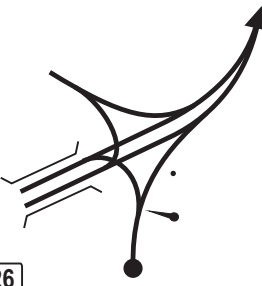
PEC 2 Sintra / Cascais 2

PEC 2		→	CH 3		Distância 36,95 Km	
PEC - 2			PEC - 3		Tempo 0h 52'	
"Sintra / Cascais 2"			"Almargem do Bispo"		Média 42,6 Km/h	
Distanc.		Direcção		Informação		Distanc. Regress.
Total	Par.					
14,92	1,42	15 		N9 IC 19 Lisboa >  Sintra >		22,03
15,96	1,04	16 		IC 19 Lisboa >  A16 Lisboa > A9 NORTE >  Sintra >		20,99
16,64	0,68	17 		N9  Sintra < Lisboa > Lourel > Mafra > Ericeira > N249		20,31
17,04	0,40	18 Ranholas		N249		19,91
17,63	0,59	19 		IC 19 Lisboa Amadora > A16 Cascais Estoril >		19,32
0,21						

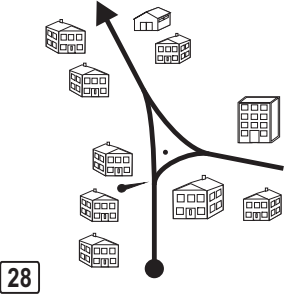
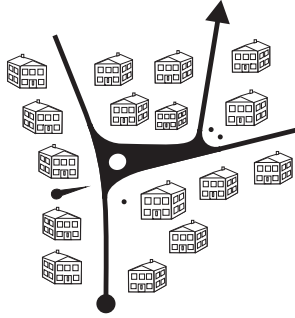
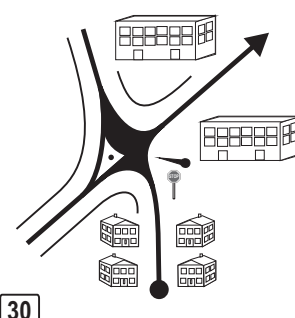
- 26 -

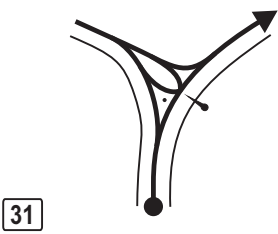
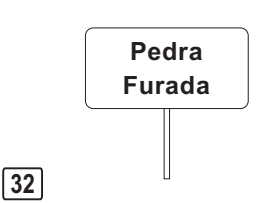
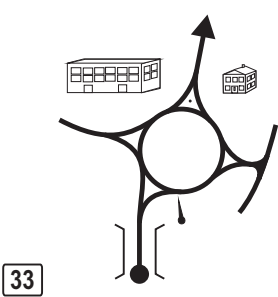
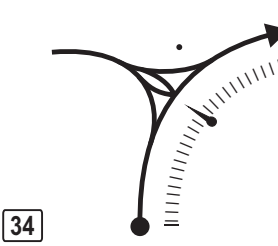
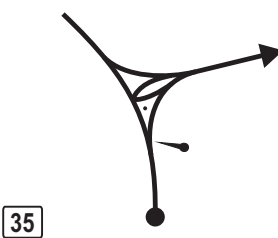
PEC 2		→	CH 3		Distância 36,95 Km	
PEC - 2			PEC - 3		Tempo 0h 52'	
“Sintra / Cascais 2”			“Almargem do Bispo”		Média 42,6 Km/h	
Distanc.		Direcção		Informação		Distanc. Regress.
Total	Par.					
17,84	0,21			N249 IC 19 Lisboa Amadora A 16 14 Lisboa Sintra A9 NORTE		19,11
		20	8,4 A16			
18,14	0,30			A16 Sintra		18,81
		21				
21,22	3,08			11,5 A16 N 9 9 Mafra Pêro Pinheiro Lourel praias		15,73
		22	EL			
22,28	1,06			EL N 9 Mafra Pêro Pinheiro Colares Lourel praias		14,67
		23	N9			
2,23						

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PEC 2		→	CH 3		Distância 36,95 Km	
PEC - 2			PEC - 3		Tempo 0h 52'	
“Sintra / Cascais 2”			“Almargem do Bispo”		Média 42,6 Km/h	
Distanc.		Direcção		Informação		Distanc. Regress.
Total	Par.					
24,51	2,23			N9 Mafra → P. Pinheiro Montelavar →		12,44
	24					
25,32	0,81			Mafra Montelavar P. Pinheiro Norte ↓ P. Pinheiro Sul Lameiras Negrais ↘		
	25					11,63
25,45	0,13			base aérea nº1 → Pero Pinheiro → Negrais → Lameiras ←		11,50
	26					
26,61	1,16					10,34
	27					
1,75						

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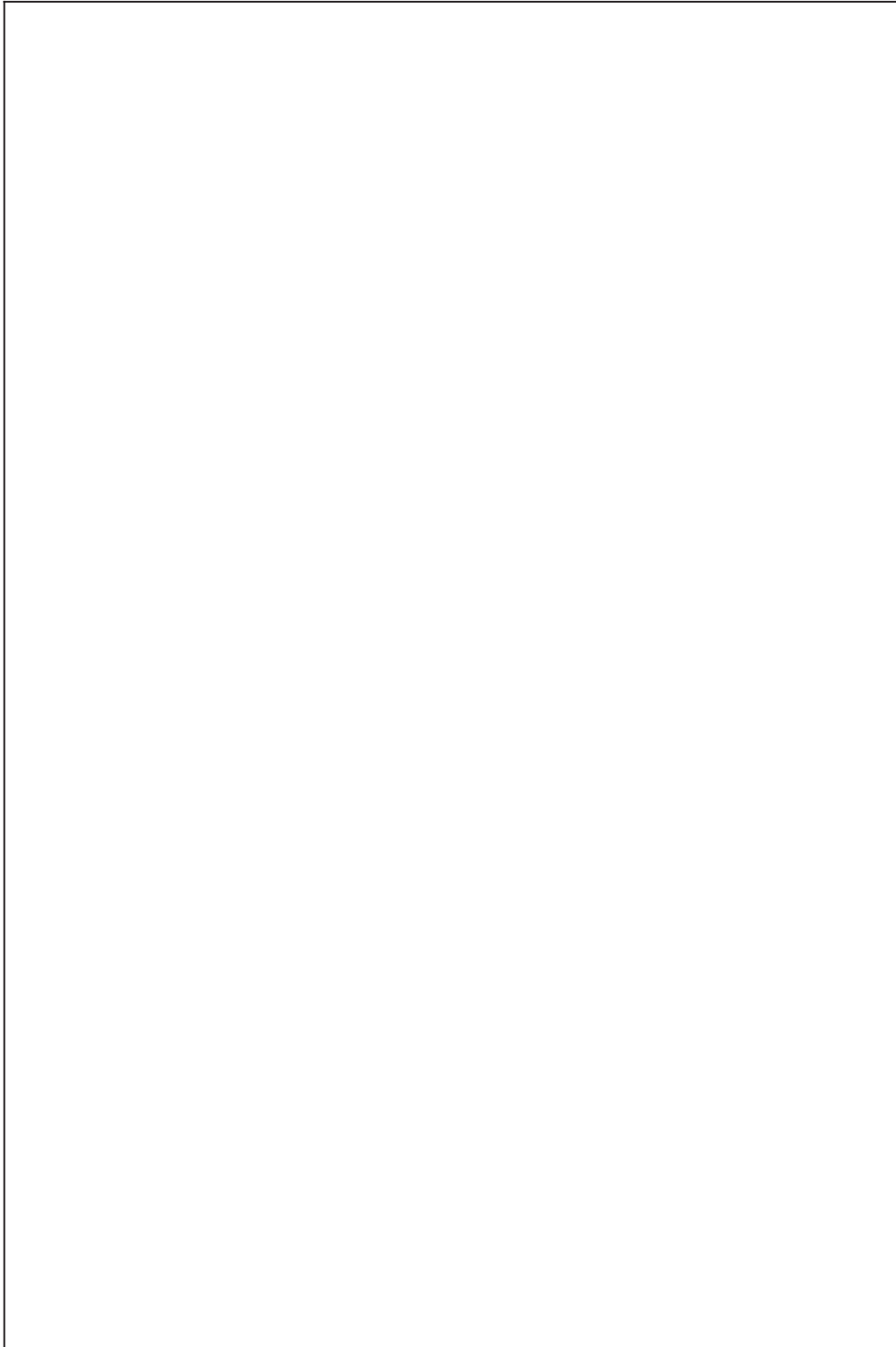
PEC 2		→	CH 3		Distância 36,95 Km	
PEC - 2			PEC - 3		Tempo 0 h 52'	
"Sintra / Cascais 2"			"Almargem do Bispo"		Média 42,6 Km/h	
Distanc.		Direcção		Informação		Distanc. Regress.
Total	Par.					
28,36	1,75			N9 ↑ Mafra Ericelira ↑ centro Lisboa N117 → Morelens → Belas → Vale de Lobos →		8,59
28,60	0,24			21,9 N9 Maceira Negrais → centro de saúde → mercado municipal espaço cidadão → parque desportivo → G.N.R. correios → junta de freguesia espaço jovem → ← Maceira Negrais ← centro de saúde ← G.N.R. Igreja de S. Pedro correios → junta de freguesia espaço jovem → mercado municipal espaço cidadão → EM		8,35
29,01	0,41			EM ← G.N.R. STOP Maceira → Negrais →		7,94
0,40		- 29 -				

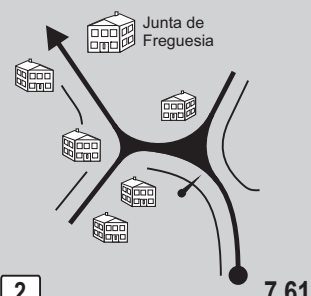
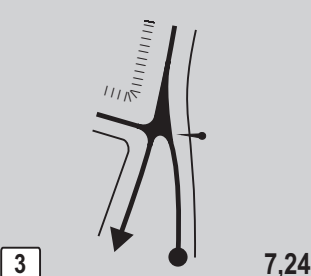
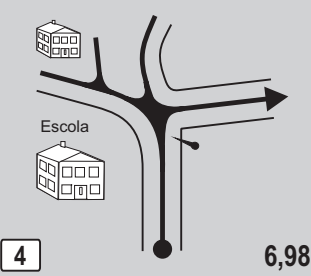
PEC 2		→ CH 3		Distância	36,95 Km
PEC - 2		PEC - 3		Tempo	0h 52'
"Sintra / Cascais 2"		"Almargem do Bispo"		Média	42,6 Km/h
Distanc.		Direcção	Informação	Distanc. Regress.	
Total	Par.				
29,41	0,40		EM ← Maceira	7,54	
31,16	1,75	Pedra Furada 		5,79	
31,41	0,25		Almargem do Bispo → Negrais →	5,54	
32,42	1,01		← Pedra Furada	4,53	
32,82	0,40		Almargem do Bispo > Alfouvar > + centro de saúde >	4,13	
	0,22	- 30 -			

PEC 2		→	CH 3		Distância	36,95 Km	
PEC - 2			PEC - 3		Tempo	0h 52'	
“Sintra / Cascais 2”			“Almargem do Bispo”		Média	42,6 Km/h	
Distanc.		Direcção		Informação		Distanc. Regress.	
Total	Par.						
33,04	0,22	Alfouvar 36		EM		3,91	
36,14	3,10	37		!! Almargem do Bispo → Almornos →		0,81	
36,74	0,60	38		EM junta freguesia ↘ ↙ Escola ↙ Sabugo EL		0,21	
36,95	0,21	39		EL		0,00	
N 38° 50,783' W 9° 16,288'							
0.09		- 31 -					

PEC 2		→	CH 3	Distância 36,95 Km	
PEC - 2			PEC - 3	Tempo 0h 52'	
"Sintra / Cascais 2"			"Almargem do Bispo"	Média 42,6 Km/h	
Distanc.		Direcção	Informação	Distanc. Regress.	
Total	Par.				
0,09	0,09	 40	EL	0,16	
0,19	0,10	 41		0,06	
0,25	0,06	 42		0,00	
0,00					

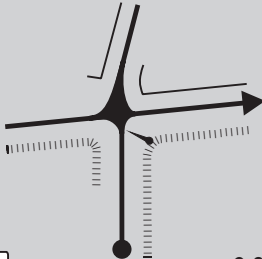
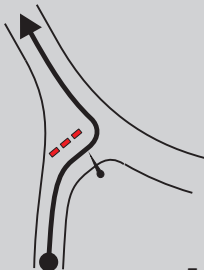
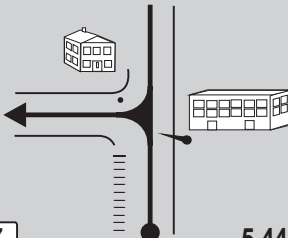
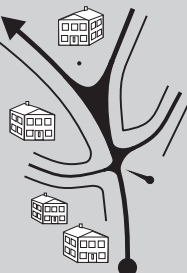
**PEC 3 – ALMARGEM BISPO (7,67 km)**



PEC 3		→	CH 3A		Distância 27,59 Km	
Prova de Classificação 3		7,67 km		Tempo 0 h 40'		
Almargem do Bispo				Média 41,4 Km/h		
Distanc.		Direcção		Informação		Distanc. Regress.
Total	Par.					
0,00				EL  N 30° 50,658' W 9° 16,362' 		27,59
0,06	0,06	1  7,67				27,53
0,43	0,37	3  7,24		EL ! EM		27,16
0,69	0,26	4  6,98		EM !		26,90
0,66						

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PEC 3 Almargem do Bispo

PEC 3		→	CH 3A	Distância	27,59 Km
Prova de Classificação		3	7,67 km	Tempo	0 h 40'
Almargem do Bispo				Média	41,4 Km/h
Distanc.		Direcção	Informação	Distanc. Regress.	
Total	Par.				
1,35	0,66	5  6,32	EM  	26,24	
1,82	0,47	6  5,85	!	25,77	
2,23	0,41	7  5,44	← D.ª Maria Vale de Lobos ← Vale de Almornos Lisboa Pêro Pinheiro (N117) → Sabugo → clubes recreativo Almofense → 	25,36	
2,43	0,20	8  5,24	← Vale de Almornos	25,16	
0,94					

PEC 3 Almargem do Bispo

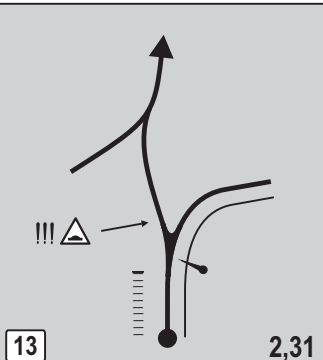
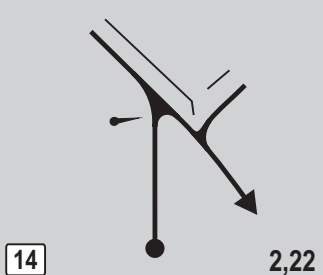
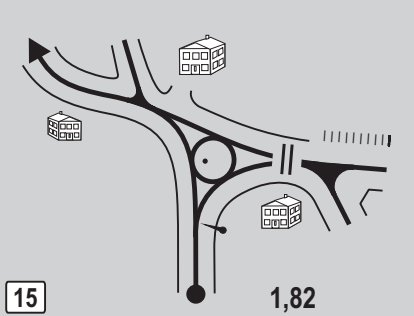
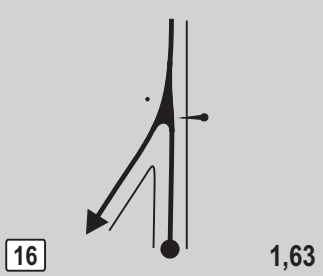
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PEC 3 Almargem do Bispo

PEC 3		→	CH 3A		Distância 27,59 Km	
Prova de Classificação 3		7,67 km		Tempo 0 h 40'		
Almargem do Bispo				Média 41,4 Km/h		
Distanc.		Direcção	Informação	Distanc. Regress.		
Total	Par.					
3,37	0,94		EM N 38° 49,560' W 9° 15,875' Lisboa > Sintra → Vale de Lobos > Pero Pinheiro >	24,22		
4,44	1,07			23,15		
4,93	0,49		!	22,66		
5,11	0,18			22,48		
0,25						

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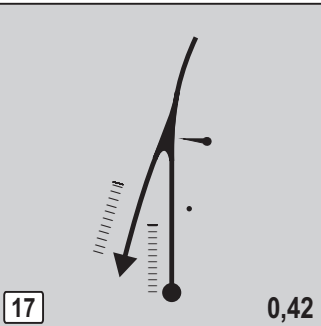
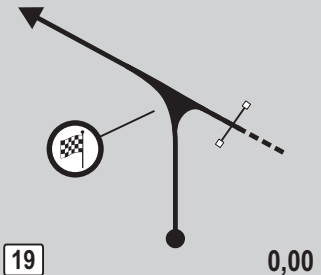
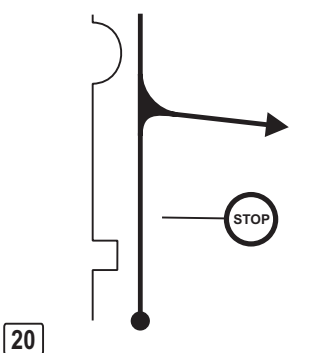
PEC 3 Almargem do Bispo

PEC 3		→	CH 3A		Distância	27,59 Km	
Prova de Classificação		3	7,67 km		Tempo	0 h 40'	
Almargem do Bispo					Média	41,4 Km/h	
Distanc.		Direcção		Informação		Distanc. Regress.	
Total	Par.						
5,36	0,25			EM !!!   		22,23	
5,45	0,09					22,14	
5,85	0,40			Tapada de Vale de Lobos →		21,74	
6,04	0,19			 D. Maria > Camarões > < Pero Pinheiro < Montelavar		21,55	
1,21							

PEC 3 Almargem do Bispo

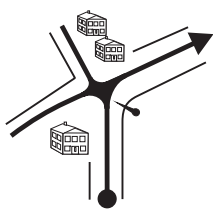
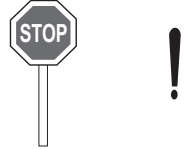
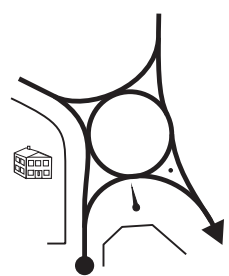
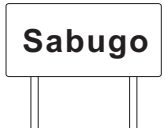
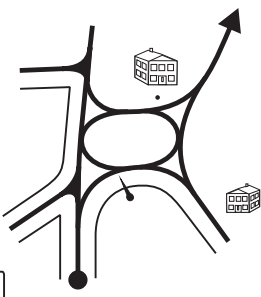
- 38 -

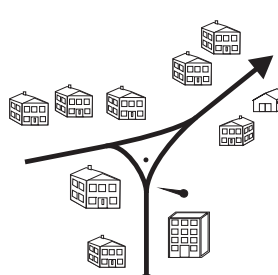
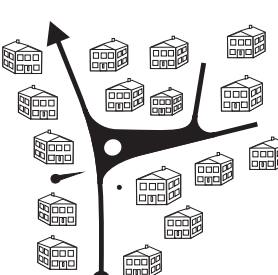
PEC 3 Almargem do Bispo

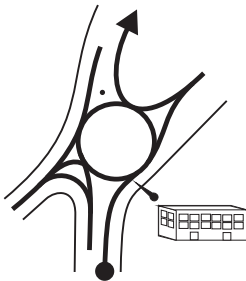
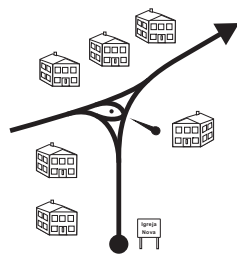
PEC 3		→	CH 3A		Distância	27,59 Km	
Prova de Classificação		3	7,67 km		Tempo	0 h 40'	
Almargem do Bispo						Média	41,4 Km/h
Distanc.		Direcção		Informação		Distanc. Regress.	
Total	Par.						
7,25	1,21			EM  !		20,34	
7,49	0,24	Piedade da Serra 				20,10	
7,67	0,18					19,92	
7,80	0,13			 		19,79	
0,39							

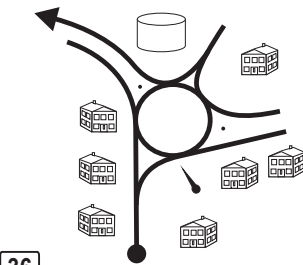
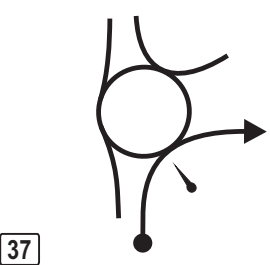
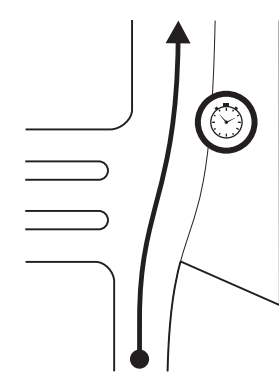
- 39 -

PEC 3 Almargem do Bispo

PEC 3		→ CH 3A		Distância	27,59 Km
PEC - 3		Assistência A IN		Tempo	0h 40'
"Almargem do Bispo"		"Parque Intermodal - Mafra"		Média	41,4 Km/h
Distanc.		Direcção	Informação	Distanc. Regress.	
Total	Par.				
8,19	0,39	 21	EM	19,40	
8,50	0,31	 22		19,09	
9,43	0,93	 23	EM  15,4 N117	18,16	
9,95	0,52	 24	N117	17,64	
11,04	1,09	 25	  	16,55	
1,01		- 40 -			

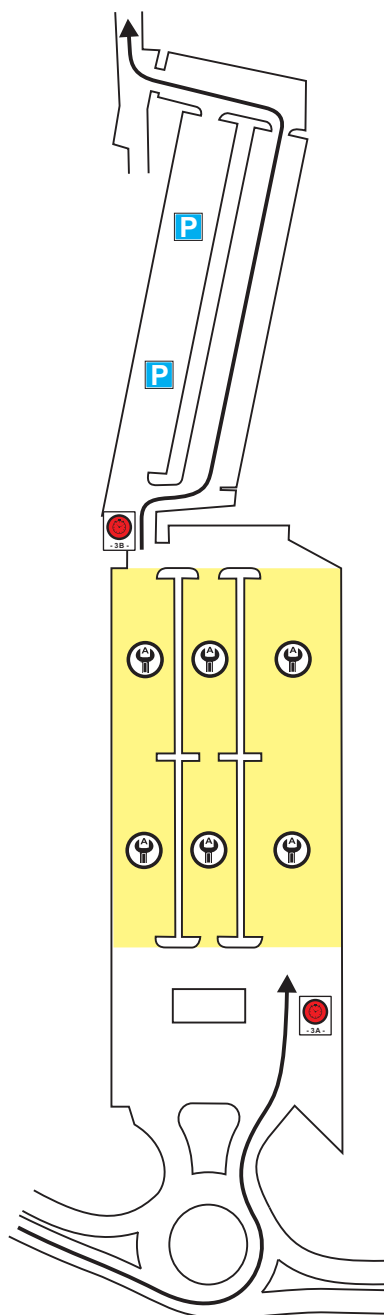
PEC 3		→ CH 3A		Distância	27,59 Km
PEC - 3		Assistência A IN		Tempo	0h 40'
"Almargem do Bispo"		"Parque Intermodal - Mafra"		Média	41,4 Km/h
Distanc.		Direcção	Informação	Distanc. Regress.	
Total	Par.				
12,05	1,01	26 Palmeiros	N117	15,54	
14,64	2,59	27 Pero Pinheiro		12,95	
15,12	0,48	28 	20,7 N117 ← IC16 Lisboa Cascais ← Sintra Mafra → centro → centro de saúde → mercado municipal → 21,8 N9	12,47	
15,39	0,27	29 	N9 Maceira Negrais → centro de saúde → mercado municipal → espaço cidadão → parque desportivo → G.N.R. correios → Junta de freguesia espaço jovem →	12,20	
16,20	0,81	30 Montelavar		11,39	
0,37					

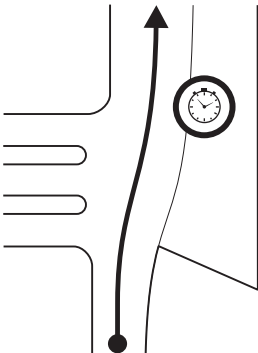
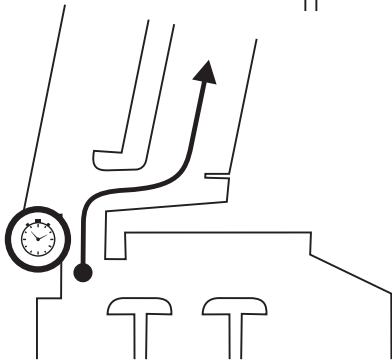
PEC 3		→	CH 3A		Distância 27,59 Km	
PEC - 3		Assistência A IN		Tempo 0 h 40'		
"Almargem do Bispo"		"Parque Intermodal - Mafra"		Média 41,4 Km/h		
Distanc.		Direcção	Informação	Distanc. Regress.		
Total	Par.					
16,57	0,37	 31	N9 Lisboa (Via ex cintura ER10) → Cascais (Via ex cintura ER10) → Mafra N9 → Sintra (Via ex cintura ER10) ↻ →	11,02		
17,05	0,48	 32	< Sintra < Cascais	10,54		
19,21	2,16	Cheleiros 33		8,38		
22,76	3,55	 34	Igreja Nova < Carvalhal < Arroios < Boco < Murtal	4,83		
25,26	2,50	Carapinheira 35		2,33		
0,76		- 42 -				

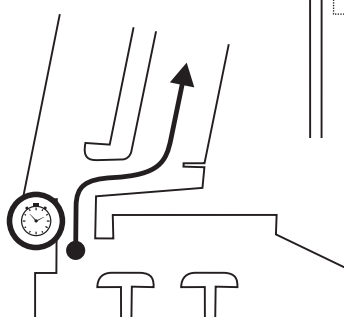
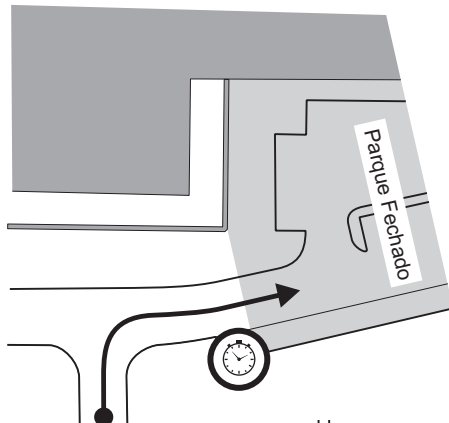
PEC 3		→	CH 3A		Distância	27,59 Km
PEC - 3		Assistência A IN		Tempo	0 h 40'	
“Almargem do Bispo”		“Parque Intermodal - Mafra”		Média	41,4 Km/h	
Distanc.		Direcção	Informação	Distanc. Regress.		
Total	Par.					
26,02	0,76		N9 Alcainça → Malveira → Lisboa → Malveira Lisboa A21 → Mafra → Ericeira →	1,57		
27,52	1,50		N9 Parque Intermodal	0,07		
27,59	0,07		Parque Intermodal  3A N 38° 55,975' W 9° 19,581'	0,00		

Área para

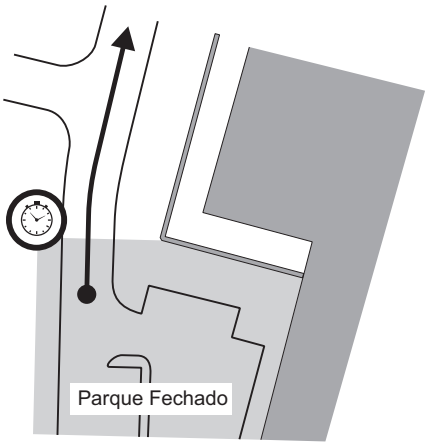
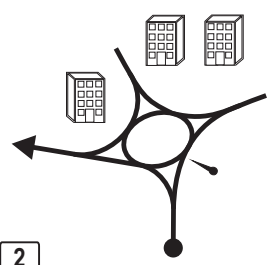
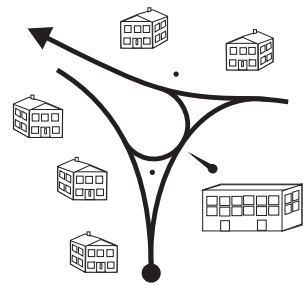
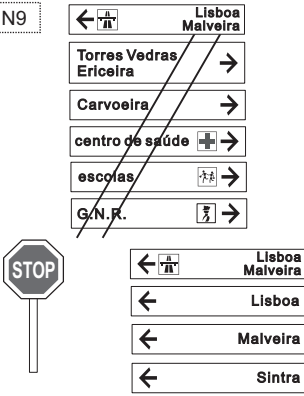
Assistência A / Reabastecimento



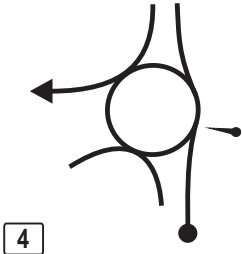
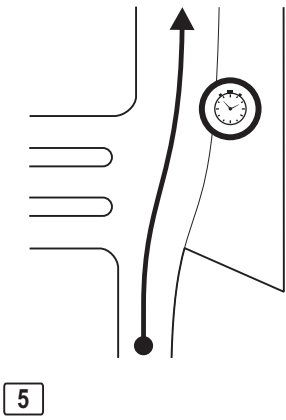
CH 3A		→	CH 3B		Distância		
Assistência A IN "Parque Intermodal - Mafra"			Assistência A OUT "Parque Intermodal - Mafra"			Tempo	0h 45'
						Média	
Distanc.		Direction / Direcção		Information / Informação		Distanc. Regress.	
Total	Par.						
				Parque Intermodal  N 38° 55,975' W 9° 19,581' Parque de Assistência			
		1 		Parque Intermodal  N 38° 56,053' W 9° 19,612' EL			

CH 3B		→	CH 3C		Distância 0,20 Km	
Assistência A OUT "Parque Intermodal - Mafra"		Parque Fechado IN "Palácio Nacional de Mafra"		Tempo 0h 03'		
				Média 4,0 Km/h		
Distanc.		Direcção	Informação	Distanc. Regress.		
Total	Par.					
0,00		 1	Parque Intermodal  N 38° 56,053' W 9° 19,612' EL	0,20		
0,15	0,15	 2	EL	0,05		
0,20	0,05	 3	EL  N 38° 56,143' W 9° 19,603' Parque Fechado Parque Fechado	0,00		

Secção 3

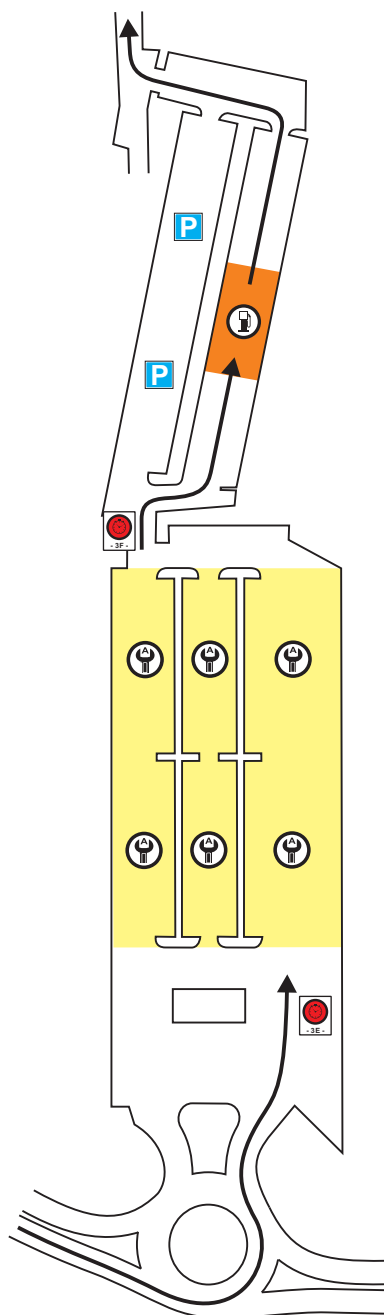
CH 3D		→	CH 3E		Distância 0,60 Km	
Parque Fechado OUT "Palácio Nacional de Mafra"		Assistência ENTRADA "Parque Intermodal - Mafra"		Tempo 0h 03'		
				Média 12,0 Km/h		
Distanc.		Direcção	Informação	Distanc. Regress.		
Total	Par.					
0,00		 Parque Fechado 3D N 38° 56,143' W 9° 19,603'	Parque Fechado	0,60		
0,04	0,04	 1	EL	0,56		
0,41	0,37	 3	N9  Lisboa Malveira Torres Vedras Ericelira → Carvoeira → centro de saúde → escolas → G.N.R. → STOP Lisboa Malveira Lisboa Malveira Sintra	0,19		
0,09						

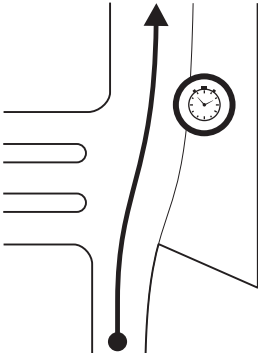
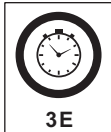
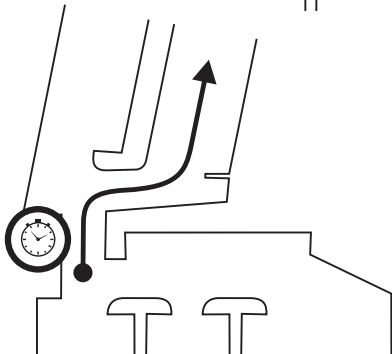
- 47 -

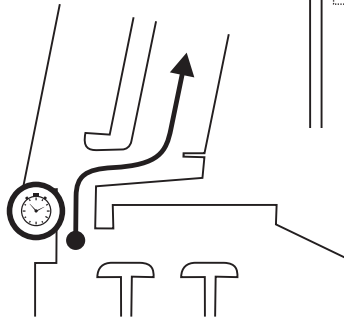
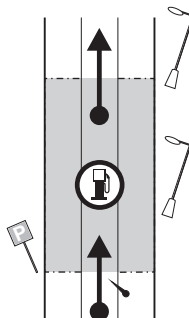
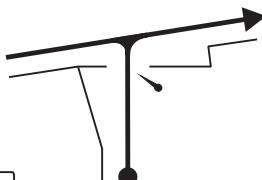
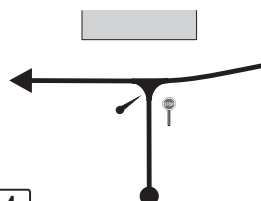
CH 3D		→ CH 3E		Distância	0,60 Km
Parque Fechado OUT "Palácio Nacional de Mafra"		Assistência ENTRADA "Parque Intermodal - Mafra"		Tempo	0h 03'
				Média	12,0 Km/h
Distanc.		Direcção	Informação	Distanc. Regress.	
Total	Par.				
0,50	0,09		N9 Parque Intermodal	0,10	
0,60	0,10		Parque Intermodal  N 38° 55,975' W 9° 19,581'	0,00	

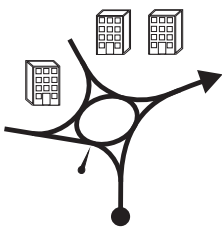
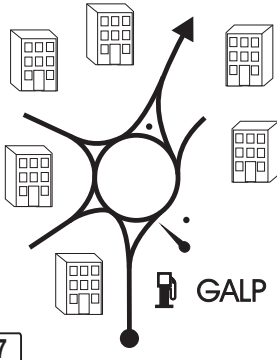
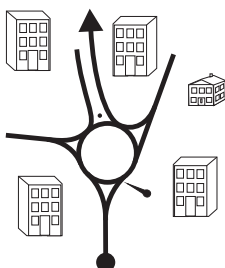
Área para

Assistência B / Reabastecimento

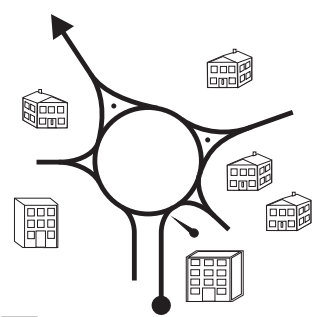
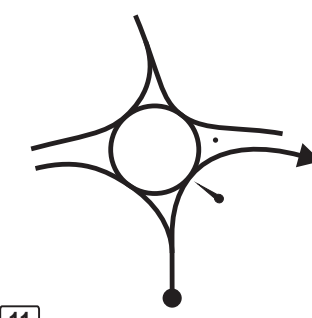
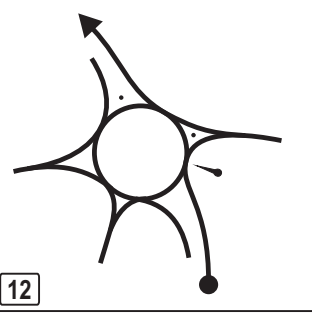


CH 3E		→	CH 3F		Distância	
Assistência B IN			Assistência B OUT		Tempo	
"Parque Intermodal - Mafra"			"Parque Intermodal - Mafra"		0h 15'	
					Média	
Distanc.		Direction / Direcção		Information / Informação		Distanc. Regress.
Total	Par.			Parque Intermodal		
				 N 38° 55,975' W 9° 19,581'		
		1		Parque de Assistência		
				Parque Intermodal		
		2		 N 38° 56,053' W 9° 19,612'		EL

CH 3F		→	CH 4		Distância 23,88 Km	
Assistência B OUT			PEC - 4		Tempo 0 h 45'	
"Parque Intermodal - Mafra"			"Casal Barbas 1"		Média 31,8 Km/h	
Distanc.		Direcção	Informação	Distanc. Regress.		
Total	Par.					
0,00			Parque Intermodal  N 38° 56,053' W 9° 19,612'	23,88		
		1	EL			
0,04	0,04		EL  N 38° 56,076' W 9° 19,594'	23,84		
		2				
0,15	0,11			23,73		
		3				
0,19	0,04			23,69		
		4				
0,04		- 51 -				

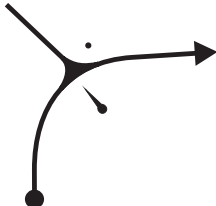
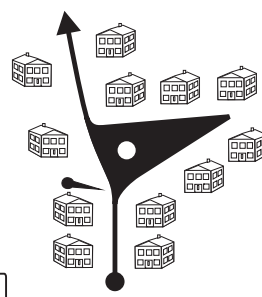
CH 3F		→	CH 4		Distância 23,88 Km	
Assistência B OUT			PEC - 4		Tempo 0h 45'	
"Parque Intermodal - Mafra"			"Casal Barbas 1"		Média 31,8 Km/h	
Distanc.		Direcção		Informação		Distanc. Regress.
Total	Par.					
0,23	0,04	5 		EL N9		23,65
0,49	0,26	6 		N9 ↖ Ericeira Torres Vedras ↖ Tapada Nacional ↖ câmara municipal ↖ auditório Beatriz Costa ↖ tribunal registos ↖ notariado →		23,39
1,01	0,52	7 		Torres Vedras Ericeira SMAS de Mafra Tapada Nacional ← Carroeira ← câmara municipal Junta de freguesia ← parque desportivo municipal ← parque intermodal escolas ← NEM / núcleo empresarial de Mafra		22,87
1,20	0,19	8 		T.ªs Vedras Ericeira		22,68
0,73						

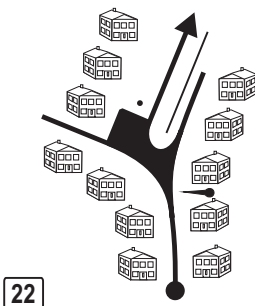
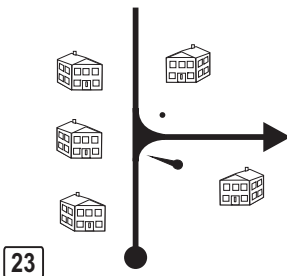
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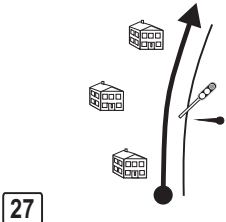
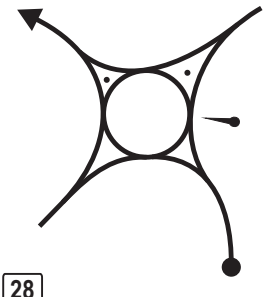
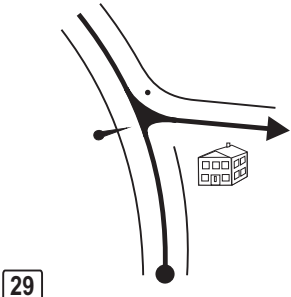
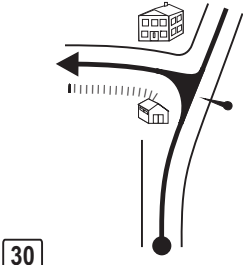
CH 3F		→	CH 4		Distância 23,88 Km	
Assistência B OUT			PEC - 4		Tempo 0h 45'	
"Parque Intermodal - Mafra"			"Casal Barbas 1"		Média 31,8 Km/h	
Distanc.		Direcção	Informação			Distanc. Regress.
Total	Par.					
1,93	0,73		N9	T.ª Vedras → Encarnação → Gradil → Tapada → área de serviço → Ericeira → ← A21/ Malveira ← A 8 Lisboa Leiria	21,95	
2,20	0,27		N116		21,68	
3,71	1,51		N116	T.ª Vedras > Encarnação > S. Abelheira > Vale da Bica >	20,17	
6,58	2,87		N9	Barreiralva > T.ª Vedras > Encarnação > S. Abelheira >	17,30	
0,69						

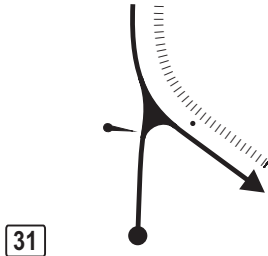
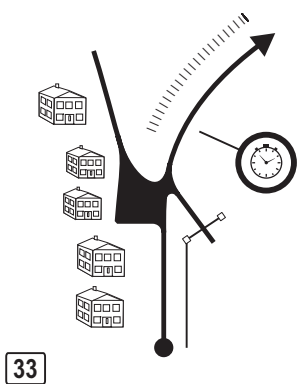
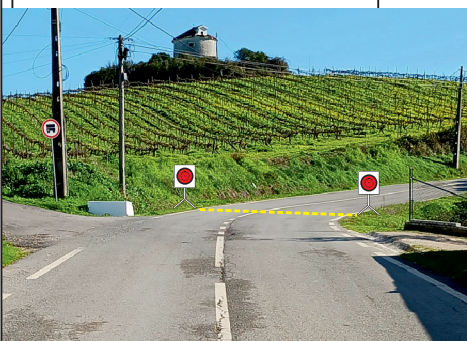
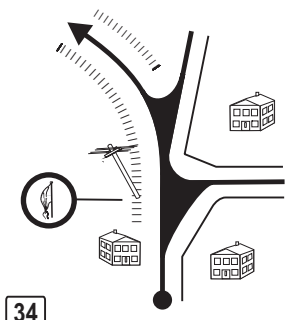
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CH 3F		→	CH 4		Distância 23,88 Km	
Assistência B OUT			PEC - 4		Tempo 0 h 45'	
"Parque Intermodal - Mafra"			"Casal Barbas 1"		Média 31,8 Km/h	
Distanc.		Direcção		Informação		Distanc. Regress.
Total	Par.					
7,27	0,69	<				

CH 3F		→	CH 4		Distância 23,88 Km	
Assistência B OUT			PEC - 4		Tempo 0h 45'	
"Parque Intermodal - Mafra"			"Casal Barbas 1"		Média 31,8 Km/h	
Distanc.		Direcção		Informação		Distanc. Regress.
Total	Par.					
12,19	0,34			EM C.ª da Nogueira C.ª das Marreiras C.ª de S.ª Maria C.ª das Lombas		11,69
12,44	0,25			CASAL DO MOSQUEIRO → QUINTQ DA ABELHEIRA → SOBRAL DA ABELHEIRA → Quinta Vale do Anjo →		11,44
14,67	2,23			T.ªs Vedras Freiria		9,21
15,42	0,75					8,46
0,21		- 55 -				

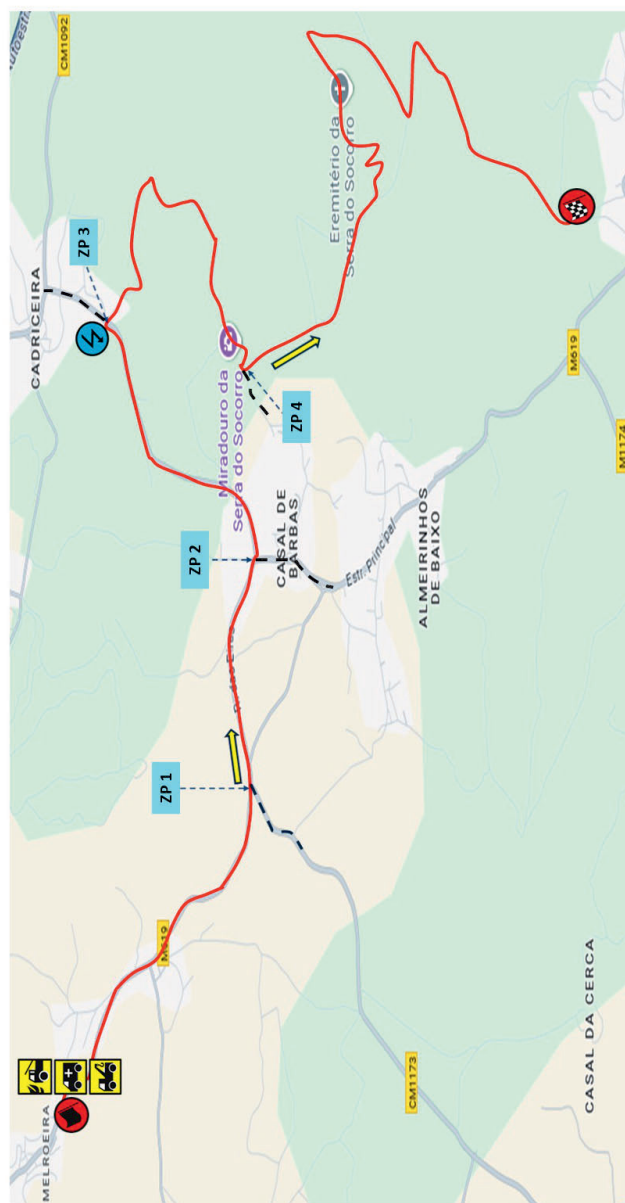
CH 3F		→	CH 4		Distância 23,88 Km	
Assistência B OUT			PEC - 4		Tempo 0 h 45'	
"Parque Intermodal - Mafra"			"Casal Barbas 1"		Média 31,8 Km/h	
Distanc.		Direcção	Informação	Distanc. Regress.		
Total	Par.					
15,63	0,21		EM Chãos > Sendeira > Colaria > T.ªs Vedras >	8,25		
16,30	0,67		Colaria > Torres Vedras >	7,58		
16,36	0,06	Poços 24		7,52		
17,65	1,29	Casal das Fontainhas 25		6,23		
18,88	1,23	Colaria 26		5,00		
0,42		- 56 -				

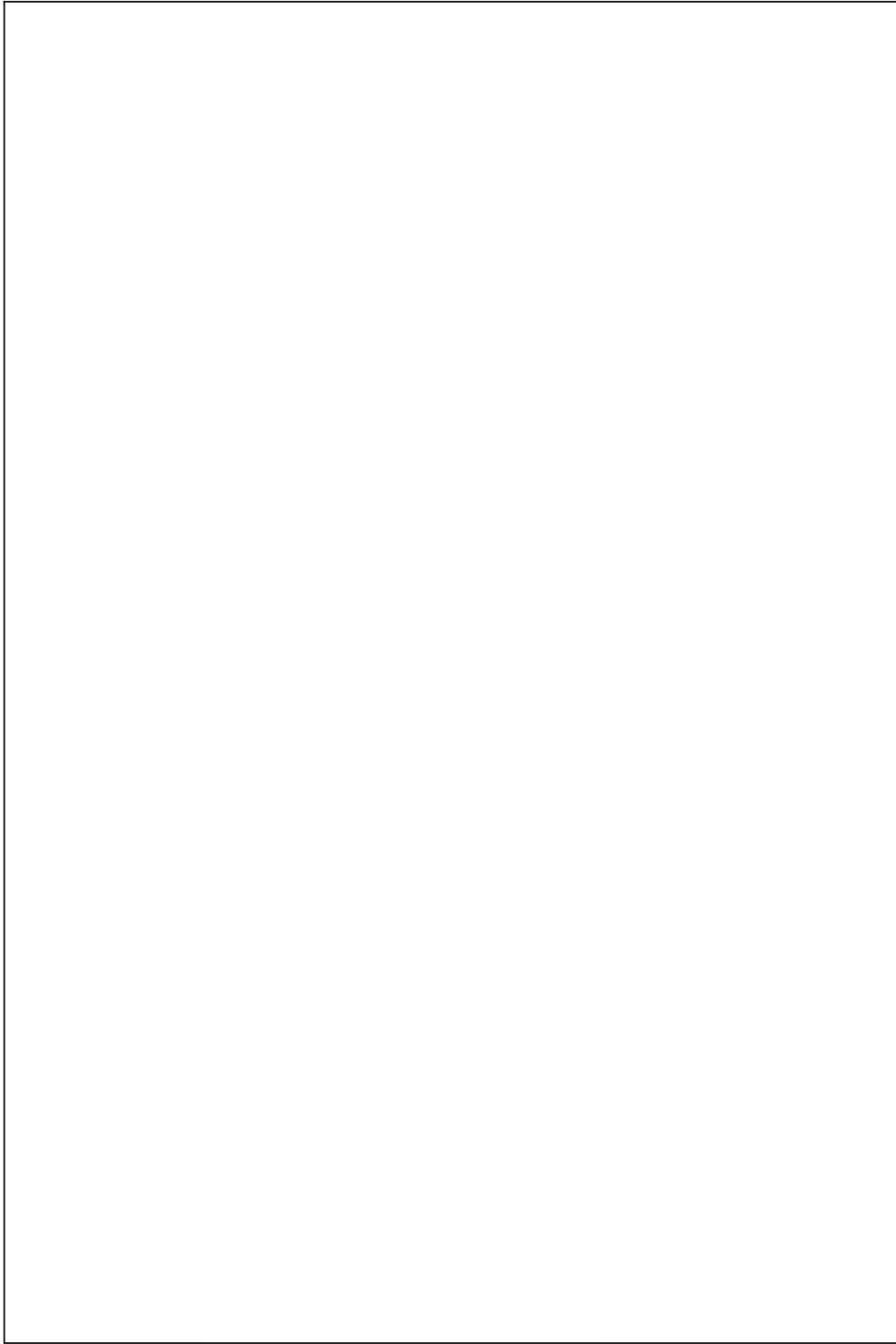
CH 3F		→	CH 4	Distância 23,88 Km	
Assistência B OUT			PEC - 4	Tempo 0h 45'	
"Parque Intermodal - Mafra"			"Casal Barbas 1"	Média 31,8 Km/h	
Distanc.		Direcção	Informação	Distanc. Regress.	
Total	Par.				
19,30	0,42		EM  	4,58	
20,92	1,62		Lisboa > Loures > Malveira > Turcifal >	2,96	
21,65	0,73		Serra do Socorro  > Aldeia da Serra > Casal de Barbas > Melroeira > complexo desportivo  >	2,23	
21,70	0,05			2,18	
0,75					

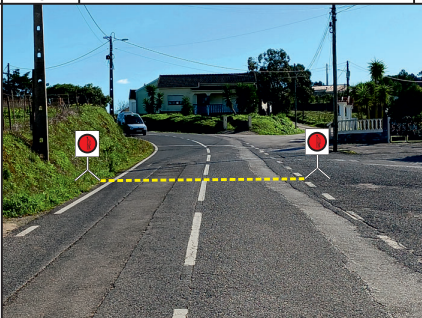
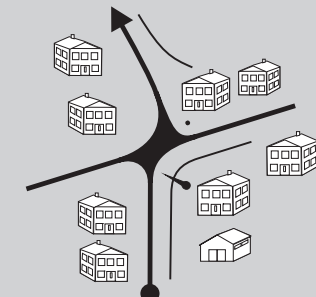
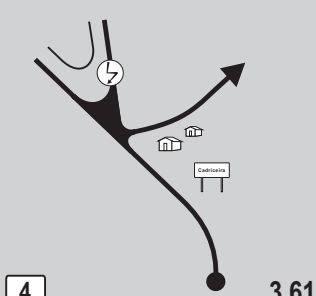
CH 3F		→	CH 4		Distância 23,88 Km	
Assistência B OUT			PEC - 4		Tempo 0 h 45'	
"Parque Intermodal - Mafra"			"Casal Barbas 1"		Média 31,8 Km/h	
Distanc.		Direcção		Informação		Distanc. Regress.
Total	Par.					
22,45	0,75			EM Turcifal Casal de Barbas >		1,43
23,04	0,59					0,84
23,88	0,84					0,00
0,51	0,51					0,00
0,00						



PEC 4/6 – CASAL BARBAS (5,88 km)





PEC 4		→ CH 5		Distância 25,40 Km		
Prova de Classificação 4		5,88 km		Tempo 0 h 42'		
Casal Barbas 1				Média 36,3 Km/h		
Distanc.		Direcção		Informação		
Total	Par.			Distanc. Regress.		
0,00				EM  PEC 4 N 39° 01,522' W 9° 15,011' 		25,40
	1	5,88				
0,65	0,65					
	2	5,23				
1,28	0,63			 Cadriceira  ALDEIA DA SERRA →  Serra do Socorro →		24,12
	3	4,60				
2,27	0,99			N 39° 01,620' W 9° 13,909'  !  Cadriceira		23,13
	4	3,61				
1,22						

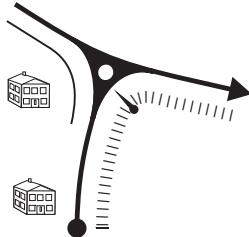
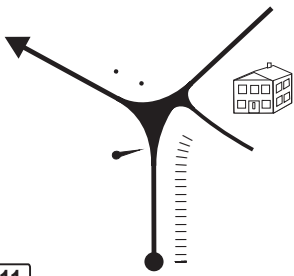
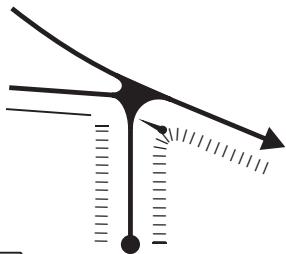
PEC 4 Casal Barbas 1

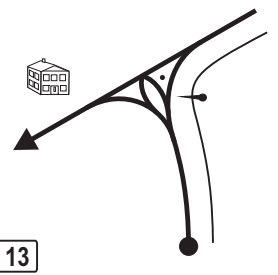
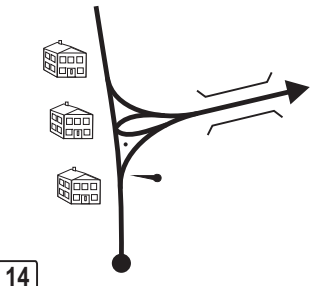
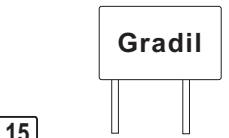
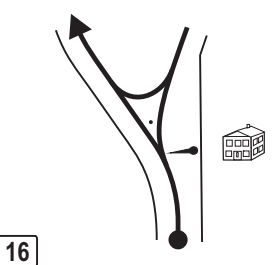
- 61 -

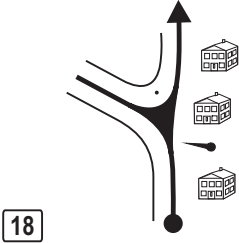
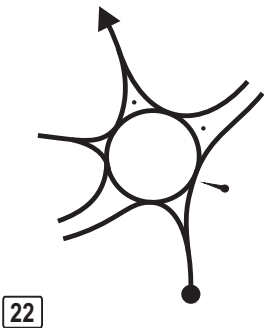
PEC 4 Casal Barbas 1

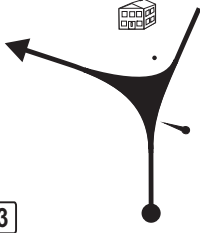
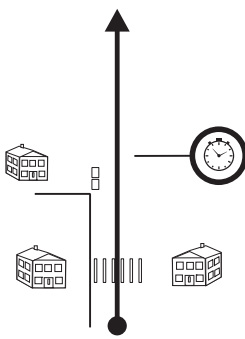
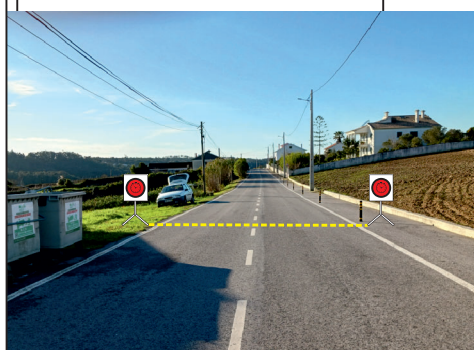
PEC 4		→	CH 5		Distância 25,40 Km	
Prova de Classificação 4		5,88 km		Tempo 0h 42'		
Casal Barbas 1				Média 36,3 Km/h		
Distanc.		Direcção	Informação	Distanc. Regress.		
Total	Par.					
3,49	1,22		EM ← Serra do Socorro	21,91		
4,70	1,21			20,70		
5,88	1,18			19,52		
6,42	0,54			18,98		
0,29						

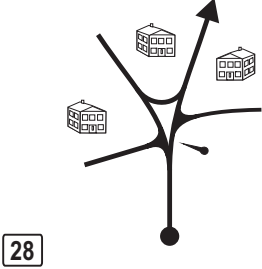
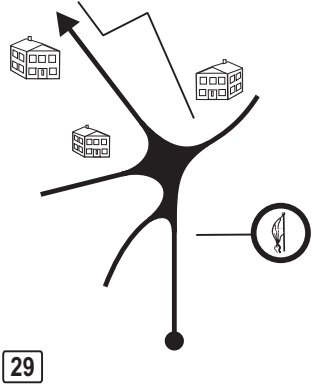
- 62 -

PEC 4		→	CH 5		Distância 25,40 Km	
PEC - 4			PEC - 5		Tempo 0 h 42'	
"Casal Barbas 1"			"Casais Monte Bom"		Média 36,3 Km/h	
Distanc.		Direcção		Informação		Distanc. Regress.
Total	Par.					
6,71	0,29	 9		EM		18,69
6,78	0,07	 10				18,62
7,07	0,29	 11		← Tourinha ← Enx. Bispo ← Mafra Casal de Barbas → Turcifal → T. Vedras → Adeja da Serra →		18,33
9,53	2,46	 12		EM  10,0 N9-2		15,87
2,31		- 63 -				

PEC 4		→ CH 5		Distância	25,40 Km
PEC - 4		PEC - 5		Tempo	0h 42'
"Casal Barbas 1"		"Casais Monte Bom"		Média	36,3 Km/h
Distanc.		Direcção	Informação	Distanc. Regress.	
Total	Par.				
11,84	2,31	 13	7,8 N9-2     30,6 N8	13,56	
12,02	0,18	 14	30,5 N8     7,7 N9-2	13,38	
12,34	0,32	 15	N9-2	13,06	
16,17	3,83	 16	 	9,23	
19,33	3,16	 17		6,07	
	0,26				

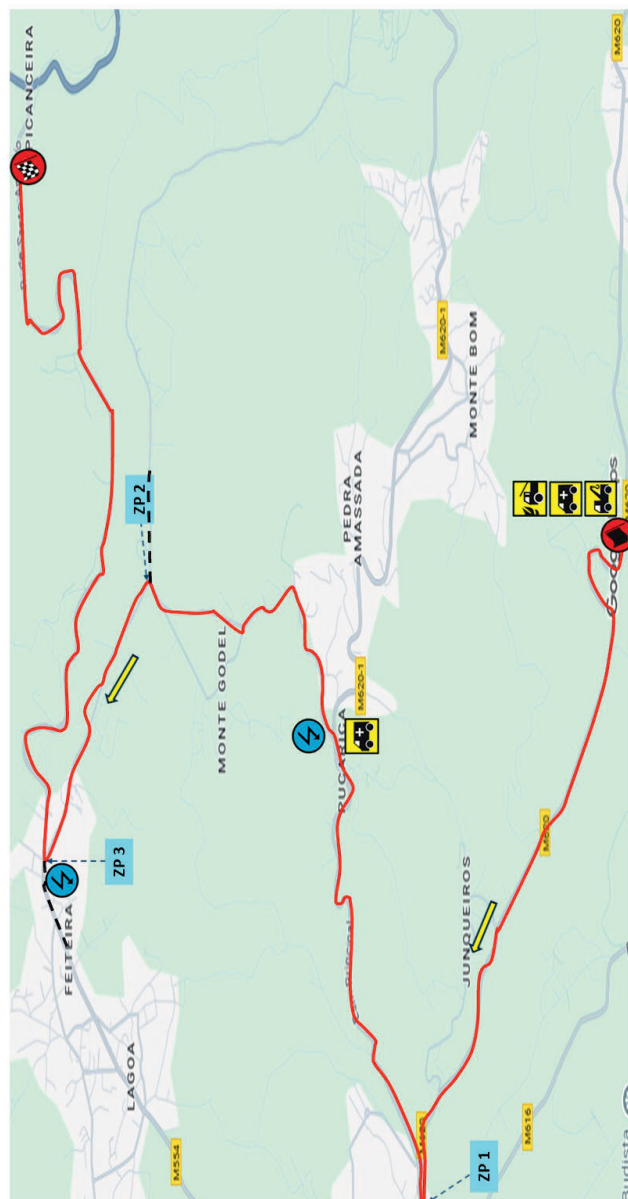
PEC 4		→	CH 5	Distância 25,40 Km	
PEC - 4			PEC - 5	Tempo 0h 42'	
"Casal Barbas 1"			"Casais Monte Bom"	Média 36,3 Km/h	
Distanc.		Direcção	Informação	Distanc. Regress.	
Total	Par.				
19,59	0,26		0,2 N9-2 igreja  → EL	5,81	
19,73	0,14		EL  39,3 N9	5,67	
20,19	0,46	Poço da Serra 20	N9	5,21	
20,97	0,78	Barreiralva 21		4,43	
22,89	1,92		42,4 N9 T. ^{ra} Vedras > Encarnação > S. Abelheira > S. ^{to} Isidoro Casais do M. ^{to} Bom > Póvoa do Baixo Póvoa do Cima > EM	2,51	
0,47					

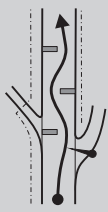
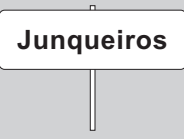
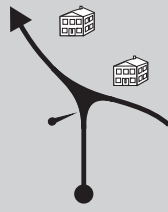
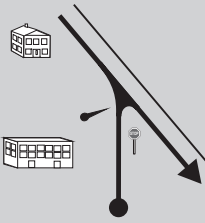
PEC 4		→ CH 5		Distância	25,40 Km
PEC - 4		PEC - 5		Tempo	0h 42'
"Casal Barbas 1"		"Casais Monte Bom"		Média	36,3 Km/h
Distanc.		Direcção	Informação	Distanc. Regress.	
Total	Par.				
23,36	0,47	 23	EM Casal do Calado → Casal da Torre →	2,04	
24,57	1,21	 24	← Póvoa de Baixo	0,83	
24,76	0,19	Campos 25		0,64	
25,24	0,48	Casais de Monte Bom 26		0,16	
25,40	0,16	 27		0,00	
	0,28				

PEC 4		→ CH 5		Distância 25,40 Km	
PEC - 4		PEC - 5		Tempo 0h 42'	
"Casal Barbas 1"		"Casais Monte Bom"		Média 36,3 Km/h	
Distanc.		Direcção	Informação	Distanc. Regress.	
Total	Par.				
0,28	0,28		EM	0,14	
0,42	0,14			0,00	



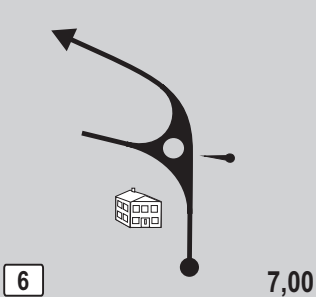
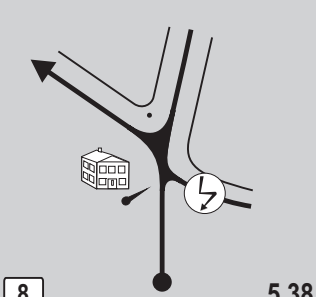
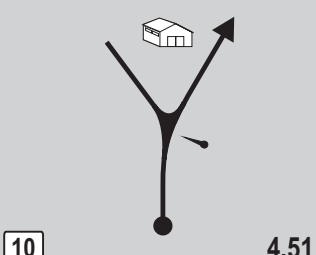
PEC 5 – CASAIS MONTE BOM (10,26 km)



PEC 5		→	CH 6		Distância 23,39 Km	
Prova de Classificação 5		10,26 km		Tempo 0 h 39'		
Casais Monte Bom				Média 36,0 Km/h		
Distanc.		Direcção		Informação		Distanc. Regress.
Total	Par.					
0,00				EM  PEC 5 N 38° 58,812' W 9° 22,009'  		23,39
	1	10,26				
1,43	1,43					21,96
	2	8,83				
1,82	0,39					21,57
	3	8,44				
2,15	0,33					21,24
	4	8,11				
3,15	1,00					20,24
	5	7,11				
0,11						

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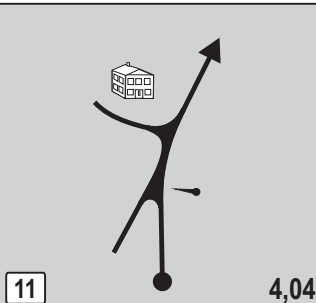
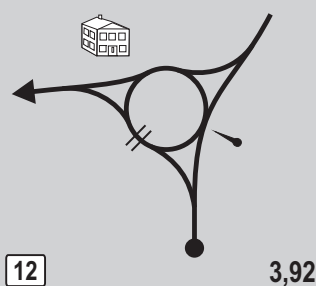
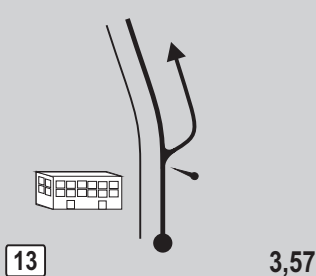
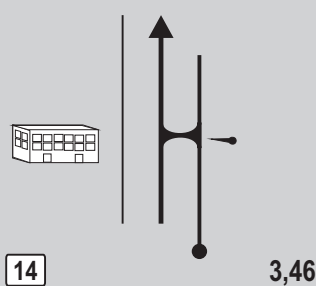
PEC 5 Casais Monte Bom

PEC 5		→	CH 6		Distância	23,39 Km	
Prova de Classificação		5	10,26 km		Tempo	0 h 39'	
Casais Monte Bom						Média	36,0 Km/h
Distanc.		Direcção		Informação		Distanc. Regress.	
Total	Par.						
3,26	0,11			EM		20,13	
4,25	0,99					19,14	
4,88	0,63			N 38° 59,717' W 9° 22,716' ← Bracial ← MONTE GODEL 		18,51	
5,41	0,53					17,98	
5,75	0,34					17,64	
0,47							

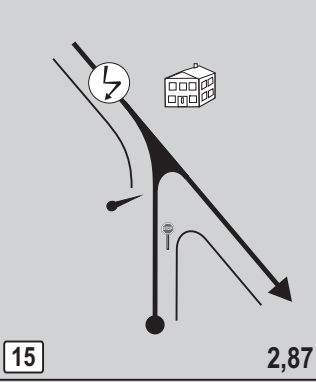
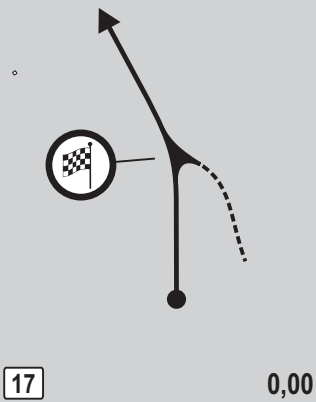
PEC 5 Casais Monte Bom

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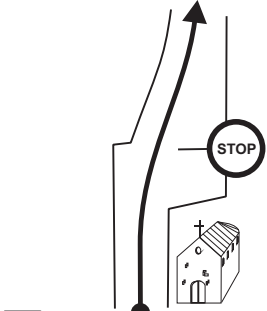
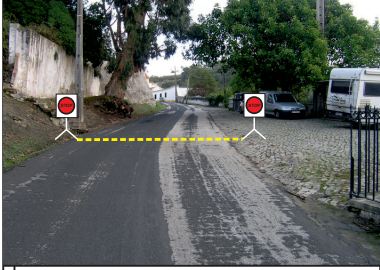
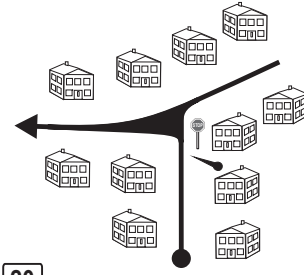
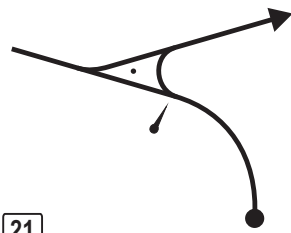
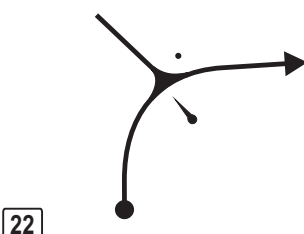
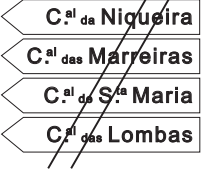
PEC 5 Casais Monte Bom

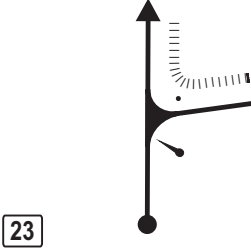
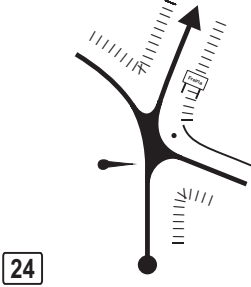
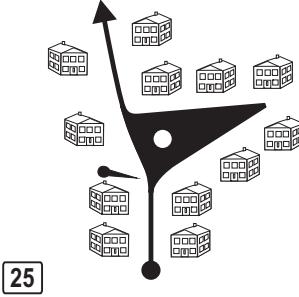
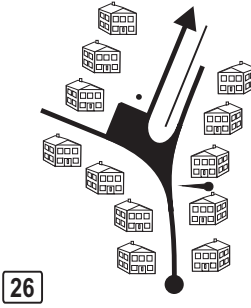
PEC 5		→	CH 6		Distância 23,39 Km	
Prova de Classificação 5			10,26 km		Tempo 0 h 39'	
Casais Monte Bom					Média 36,0 Km/h	
Distanc.		Direcção		Informação		Distanc. Regress.
Total	Par.					
6,22	0,47			EM		17,17
6,34	0,12			!		17,05
6,69	0,35			!!		16,70
6,80	0,11			!!		16,59
0,59		- 71 -				

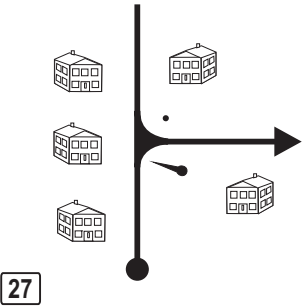
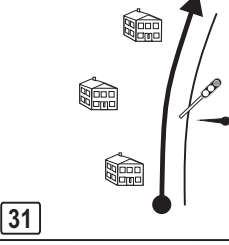
PEC 5 Casais Monte Bom

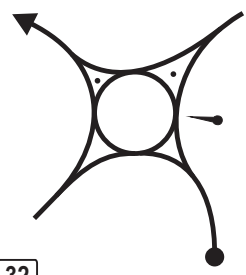
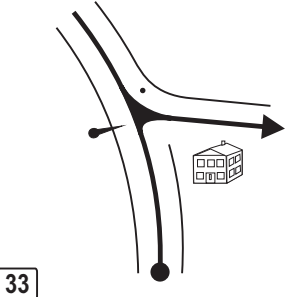
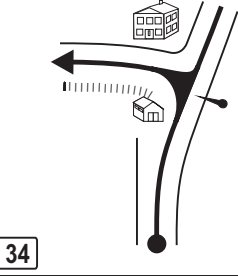
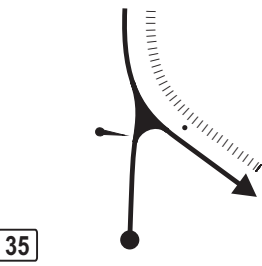
PEC 5		→	CH 6		Distância 23,39 Km	
Prova de Classificação 5		10,26 km		Tempo 0 h 39'		
Casais Monte Bom				Média 36,0 Km/h		
Distanc.		Direcção		Informação		Distanc. Regress.
Total	Par.					
7,39	0,59			EM N 38° 59,717' W 9° 22,716' 		16,00
8,36	0,97	Penegache  1,90				15,03
10,26	1,90					13,13
10,34	0,08	Picanceira 				13,05
	0,20					

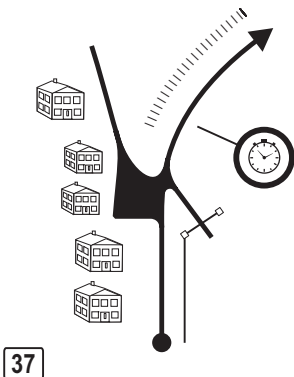
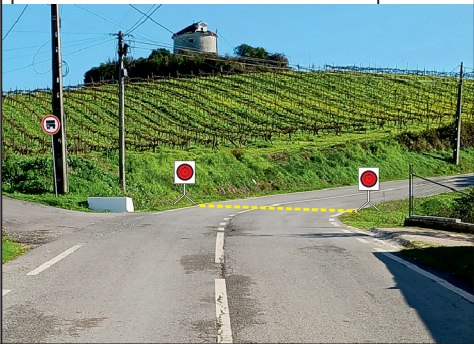
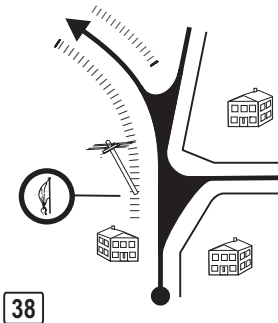
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PEC 5		→ CH 6		Distância	23,39 Km
PEC - 5		PEC - 6		Tempo	0h 39'
"Casais Monte Bom"		"Casal Barbas 2"		Média	36,0 Km/h
Distanc.		Direcção	Informação	Distanc. Regress.	
Total	Par.				
10,54	0,20	 19	EM  	12,85	
10,69	0,15	 20	EM  47,0 N9	12,70	
11,36	0,67	 21	47,6 N9  ! 	12,03	
11,70	0,34	 22	EM 	11,69	
0,25					

PEC 5 PEC - 5 "Casais Monte Bom"		→ CH 6 PEC - 6 "Casal Barbas 2"		Distância	23,39 Km
				Tempo	0h 39'
				Média	36,0 Km/h
Distanc.		Direcção	Informação	Distanc. Regress.	
Total	Par.				
11,95	0,25		EM CASAL DO MOSQUEIRO → QUINTQ DA ABELHEIRA → SOBRAL DA ABELHEIRA → Quinta Vale do Anjo →	11,44	
14,18	2,23		← T.ªs Vedras Freiria	9,21	
14,93	0,75			8,46	
15,14	0,21		Chãos > Sendeira > Colaria > T.ªs Vedras >	8,25	
	0,67				

PEC 5		→	CH 6	Distância 23,39 Km	
PEC - 5			PEC - 6	Tempo 0h 39'	
"Casais Monte Bom"			"Casal Barbas 2"	Média 36,0 Km/h	
Distanc.		Direcção	Informação	Distanc. Regress.	
Total	Par.				
15,81	0,67		EM Colaria ➤ Torres Vedras ➤	7,58	
15,87	0,06	Poços 		7,52	
17,16	1,29	Casal das Fontainhas 		6,23	
18,39	1,23	Colaria 		5,00	
18,81	0,42		 	4,58	
	1,62				

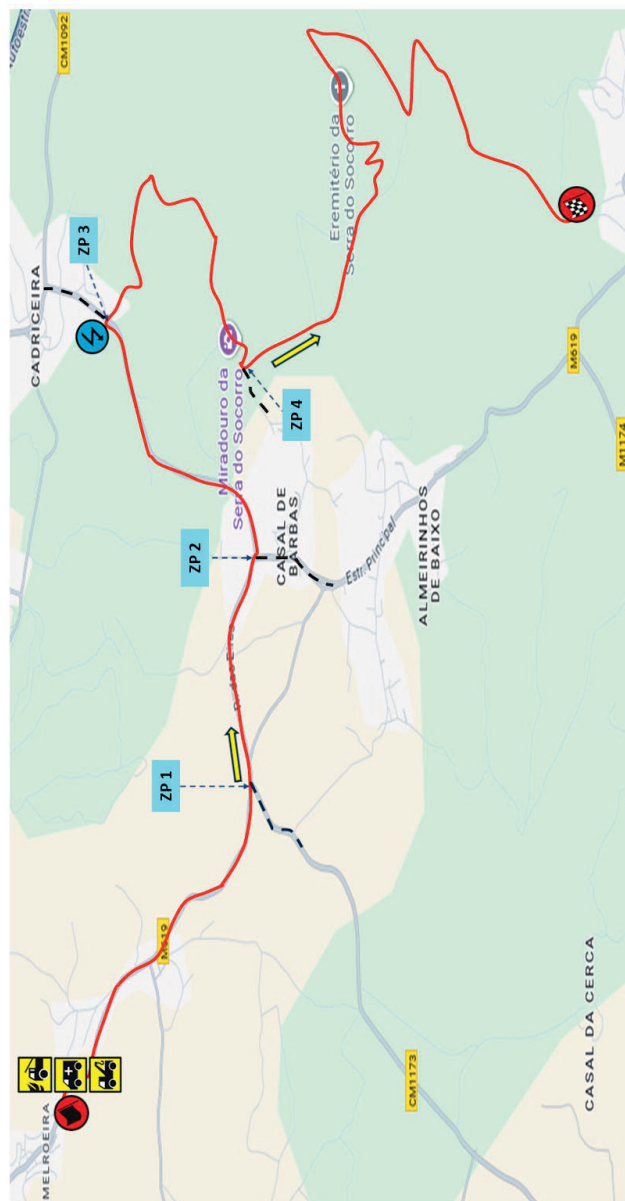
PEC 5		→ CH 6		Distância	23,39 Km
PEC - 5		PEC - 6		Tempo	0h 39'
"Casais Monte Bom"		"Casal Barbas 2"		Média	36,0 Km/h
Distanc.		Direcção	Informação	Distanc. Regress.	
Total	Par.				
20,43	1,62	 32	EM Lisboa > Loures > Malveira > Turcifal >	2,96	
21,16	0,73	 33	! Serra do Socorro > Aldela da Serra > Casal de Barbas > Melroeira > complexo desportivo >	2,23	
21,21	0,05	 34		2,18	
21,96	0,75	 35	Turcifal > Casal de Barbas >	1,43	
0,59					

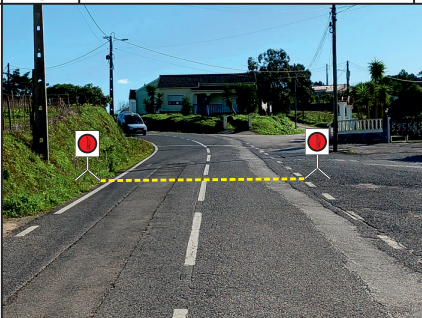
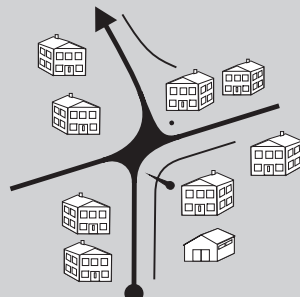
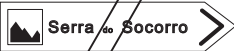
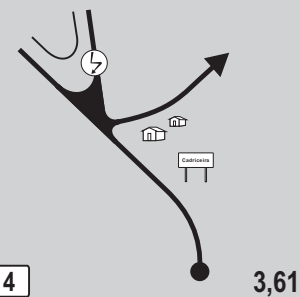
PEC 5		→	CH 6		Distância	23,39 Km	
PEC - 5			PEC - 6		Tempo	0h 39'	
"Casais Monte Bom"			"Casal Barbas 2"		Média	36,0 Km/h	
Distanc.		Direcção		Informação		Distanc. Regress.	
Total	Par.						
22,55	0,59			EM		0,84	
23,39	0,84					0,00	
0,51	0,51					0,00	
0,00							

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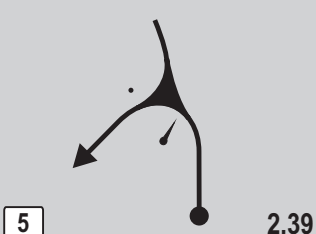
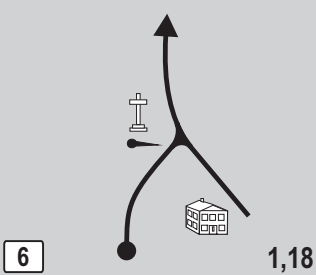
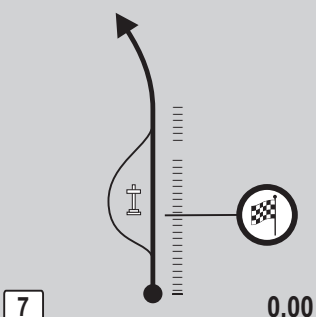
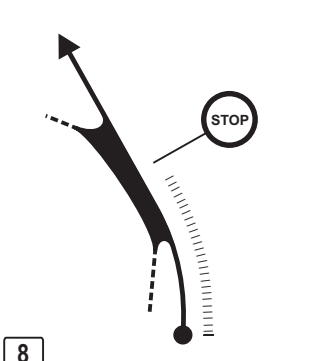


PEC 4/6 – CASAL BARBAS (5,88 km)



PEC 6		→	CH 6A		Distância 23,88 Km	
Prova de Classificação 6		5,88 km		Tempo 0 h 36'		
Casal Barbas 2				Média 40,9 Km/h		
Distanc.		Direcção		Informação		Distanc. Regress.
Total	Par.					
0,00				EM  PEC 6 N 39° 01,522' W 9° 15,011'  		23,88
	1	5,88				
0,65	0,65	 Casal de Barbas 2 5,23				23,23
1,28	0,63	 3 4,60		 Cadriceira  ALDEIA DA SERRA →  Serra Socorro →		22,60
2,27	0,99	 4 3,61		N 39° 01,620' W 9° 13,909'   Cadriceira		21,61
1,22						

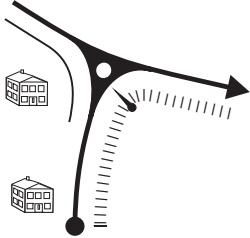
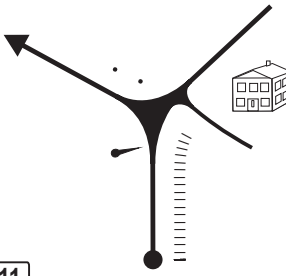
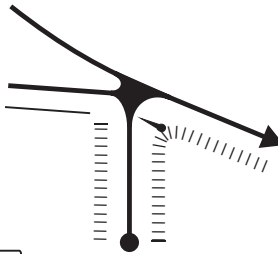
PEC 6 Casal Barbas 2

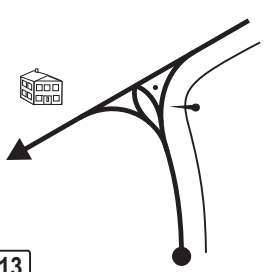
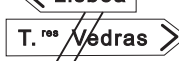
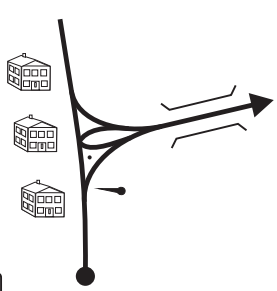
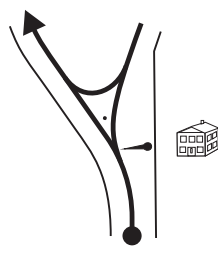
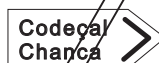
PEC 6		→	CH 6A		Distância	23,88 Km	
Prova de Classificação		6		5,88 km	Tempo	0 h 36'	
Casal Barbas 2					Média	40,9 Km/h	
Distanc.		Direcção		Informação		Distanc. Regress.	
Total	Par.						
3,49	1,22			EM 		20,39	
4,70	1,21					19,18	
5,88	1,18					18,00	
6,42	0,54			 		17,46	
0,29							

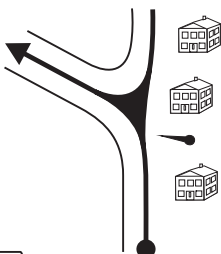
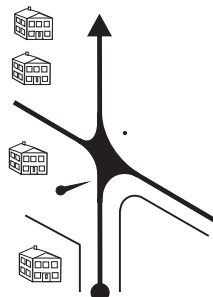
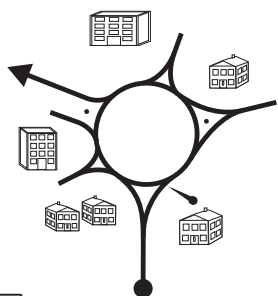
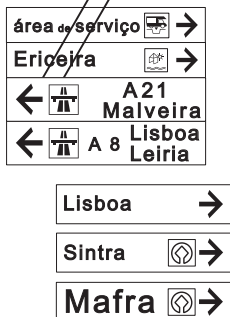
PEC 6 Casal Barbas 2

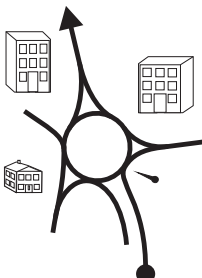
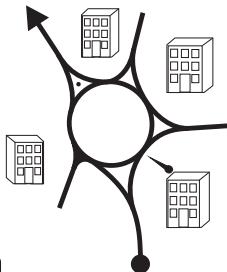
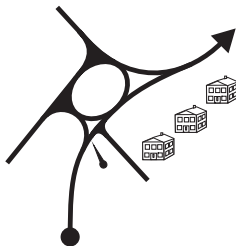
- 80 -

PEC 6 Casal Barbas 2

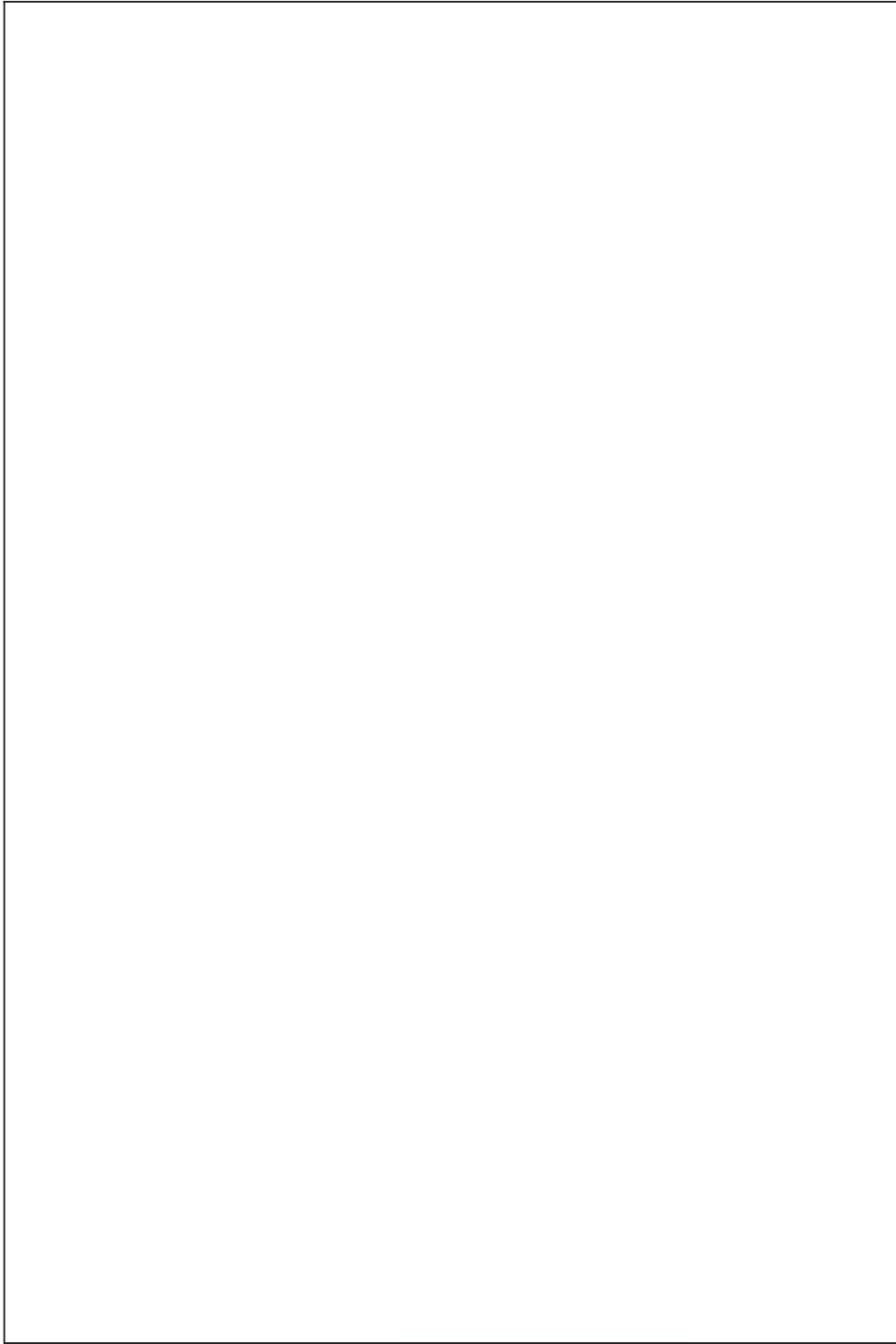
PEC 6		→ CH 6A		Distância	23,88 Km
PEC - 6		Reagrupamento 2 IN		Tempo	0h 36'
"Casal Barbas 2"		"Palácio Nacional de Mafra"		Média	40,9 Km/h
Distanc.		Direcção	Informação	Distanc. Regress.	
Total	Par.				
6,71	0,29	 9	EM	17,17	
6,78	0,07	 10	STOP	17,10	
7,07	0,29	 11	← Tourinha ← Enx. Bispo ← Mafra Casal de Barbas → Turcifal → T. Vedras → Adega da Serra →	16,81	
9,53	2,46	 12	EM STOP 10,0 N9-2	14,35	
2,31					

PEC 6		→	CH 6A		Distância 23,88 Km	
PEC - 6		Reagrupamento 2 IN			Tempo 0 h 36'	
"Casal Barbas 2"		"Palácio Nacional de Mafra"			Média 40,9 Km/h	
Distanc.		Direcção	Informação	Distanc. Regress.		
Total	Par.					
11,84	2,31	 13	7,8 N9-2     30,6 N8	12,04		
12,02	0,18	 14	30,5 N8     7,7 N9-2	11,86		
12,34	0,32	Gradil 15	N9-2	11,54		
16,17	3,83	 16	 	7,71		
19,33	3,16	Murgeira 17		4,55		
0,26						

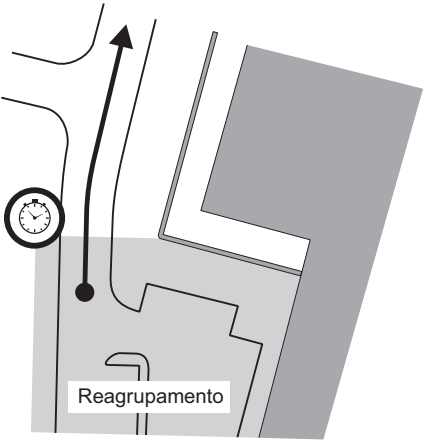
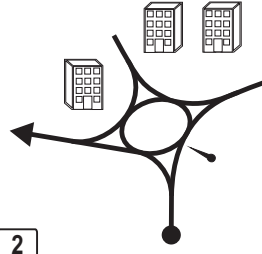
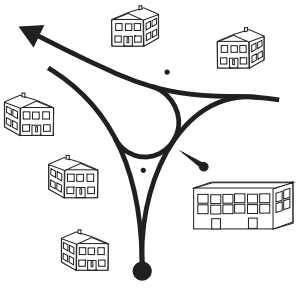
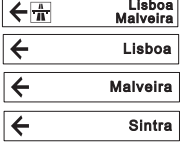
PEC 6		→	CH 6A		Distância	23,88 Km
PEC - 6		Reagrupamento 2 IN		Tempo	0 h 36'	
"Casal Barbas 2"		"Palácio Nacional de Mafra"		Média	40,9 Km/h	
Distanc.		Direcção	Informação	Distanc. Regress.		
Total	Par.					
19,59	0,26	 18	N9-2	4,29		
19,76	0,17	 19	0,0 N9-2   39,1 N9	4,12		
21,59	1,83	 20	N9	2,29		
22,10	0,51	 21		1,78		
0,32		- 83 -				

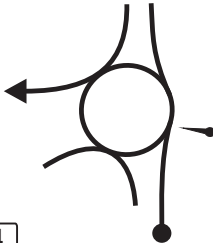
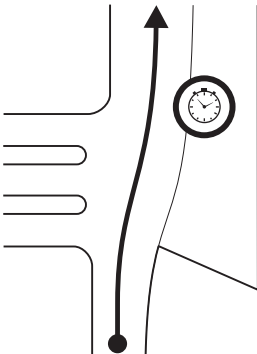
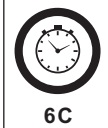
PEC 6		→	CH 6A		Distância 23,88 Km	
PEC - 6		Reagrupamento 2 IN			Tempo 0 h 36'	
"Casal Barbas 2"		"Palácio Nacional de Mafra"			Média 40,9 Km/h	
Distanc.		Direcção	Informação	Distanc. Regress.		
Total	Par.					
22,42	0,32	22 	N9 Carvoeira escolas centro saúde parque desportivo	1,46		
22,83	0,41	23 		1,05		
23,03	0,20	24 	Lisboa Malveira centro palácio nacional turismo tribunal - registos notariado	0,85		
23,52	0,49	25 		0,36		
0,27						

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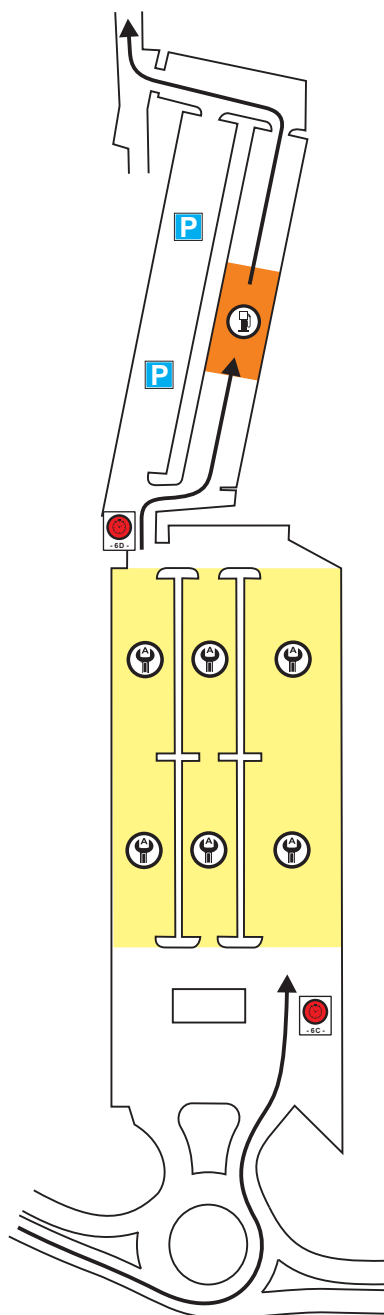
Secção 4

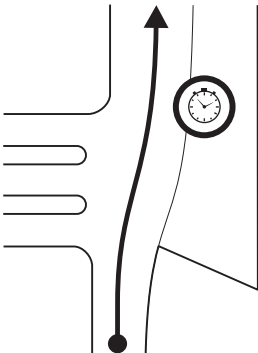
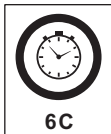
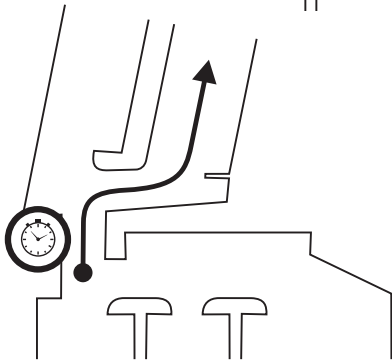
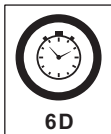
CH 6B → CH 6C		Distância 0,60 Km	
Reagrupamento 2 OUT "Palácio Nacional de Mafra"		Tempo 0h 03'	
		Média 12,0 Km/h	
Distanc.		Direcção	Informação
Total	Par.		
0,00			Parque Fechado  N 38° 56,143' W 9° 19,603'
		1	EL
0,04	0,04		EL N9
		2	
0,41	0,37		N9   
		3	0,19
0,09			

CH 6B		→	CH 6C		Distância 0,60 Km	
Reagrupamento 2 OUT "Palácio Nacional de Mafra"		Assistência ENTRADA "Parque Intermodal - Mafra"		Tempo 0 h 03'		
				Média 12,0 Km/h		
Distanc.		Direcção	Informação	Distanc. Regress.		
Total	Par.					
0,50	0,09	 4	N9 Parque Intermodal	0,10		
0,60	0,10	 5	Parque Intermodal  6C N 38° 55,975' W 9° 19,581'	0,00		

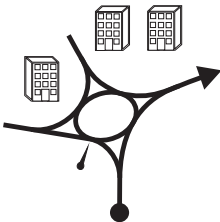
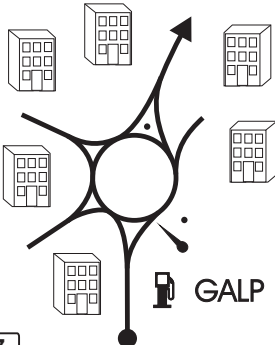
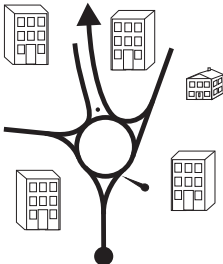
Área para

Assistência C / Reabastecimento

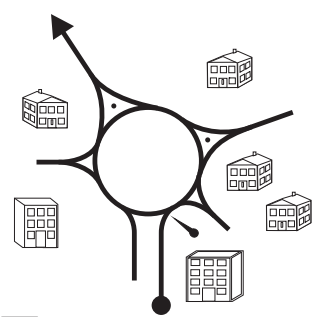
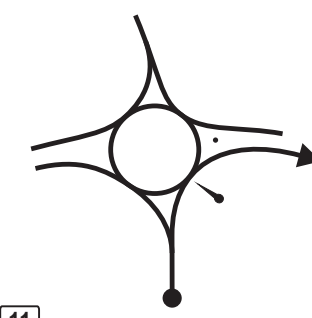
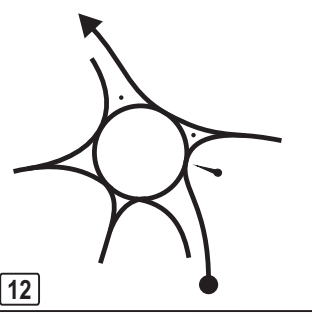


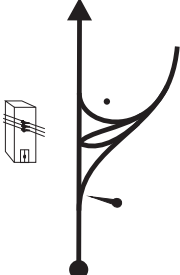
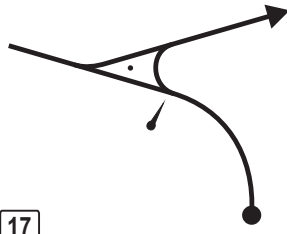
CH 6C		→	CH 6D		Distância	
Assistência C IN "Parque Intermodal - Mafra"			Assistência C OUT "Parque Intermodal - Mafra"		Tempo	0h 30'
					Média	
Distanc.		Direction / Direcção	Information / Informação	Distanc. Regress.		
Total	Par.					
		 1	Parque Intermodal  N 38° 55,975' W 9° 19,581' Parque de Assistência			
		 2	Parque Intermodal  N 38° 56,053' W 9° 19,612' EL			

CH 6D		→	CH 7		Distância 13,14 Km	
Assistência C OUT			PEC - 7		Tempo 0 h 35'	
"Parque Intermodal - Mafra"			"Quinta Abelheira 1"		Média 22,5 Km/h	
Distanc.		Direcção	Informação		Distanc. Regress.	
Total	Par.					
0,00		1	Parque Intermodal N 38° 56,053' W 9° 19,612' EL	13,14		
0,04	0,04	2	EL N 38° 56,076' W 9° 19,594'	13,10		
0,15	0,11	3		12,99		
0,19	0,04	4		12,95		
0,04		- 91 -				

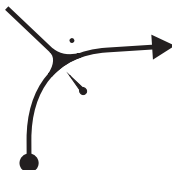
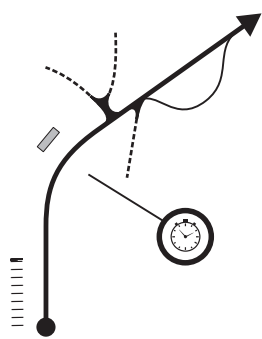
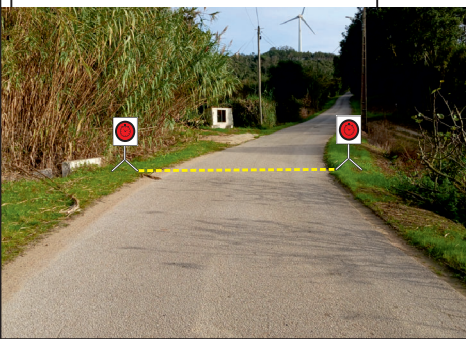
CH 6D		→	CH 7		Distância 13,14 Km	
Assistência C OUT			PEC - 7		Tempo 0h 35'	
"Parque Intermodal - Mafra"			"Quinta Abelheira 1"		Média 22,5 Km/h	
Distanc.		Direcção		Informação		Distanc. Regress.
Total	Par.					
0,23	0,04	5 		EL		12,91
0,49	0,26	6 		N9 ↖ Ericeira Torres Vedras ↖ Tapada Nacional ↖ câmara municipal ↖ auditório Beatriz Costa ↖ tribunal registos notariado →		12,65
1,01	0,52	7 		Torres Vedras Ericeira ↑ SMAS de Mafra ↑ Tapada Nacional ↑ ↖ Carroeira ↖ câmara municipal Junta de freguesia ↖ parque desportivo municipal ↖ parque intermodal escolas ↖ NEM / núcleo empresarial de Mafra		12,13
1,20	0,19	8 		T.ªs Vedras → Ericeira →		11,94
0,73						

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CH 6D		→	CH 7		Distância	13,14 Km
Assistência C OUT			PEC - 7		Tempo	0 h 35'
"Parque Intermodal - Mafra"			"Quinta Abelheira 1"		Média	22,5 Km/h
Distanc.		Direcção		Informação		Distanc. Regress.
Total	Par.					
1,93	0,73			N9 T.ªs Vedras → Encarnação → Gradil → Tapada → área de serviço → Ericeira → A21/ Malveira A 8 Lisboa Leiria N116		11,21
2,20	0,27	Salgados 10		N116		10,94
3,71	1,51			N116 T.ªs Vedras > Encarnação > S. Abelheira > Vale da Bica > N9		9,43
6,58	2,87			N9 Barreiralva > T.ªs Vedras > Encarnação > S. Abelheira >		6,56
0,69		- 93 -				

CH 6D		→	CH 7		Distância 13,14 Km	
Assistência C OUT			PEC - 7		Tempo 0 h 35'	
"Parque Intermodal - Mafra"			"Quinta Abelheira 1"		Média 22,5 Km/h	
Distanc.		Direcção		Informação		Distanc. Regress.
Total	Par.					
7,27	0,69			N9 Sobral de Abelheira > Livramento >		5,87
8,54	1,27					4,60
8,93	0,39	Picanceira de Cima				4,21
10,74	1,81	Picanceira				2,40
11,85	1,11			47,6 N9 ! S. Abelheira > Freiria >  centro hípico > EM		1,29
0,34						

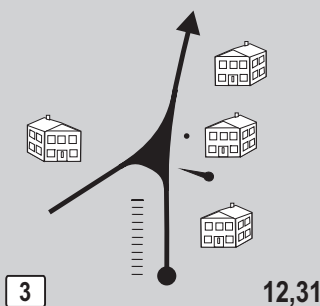
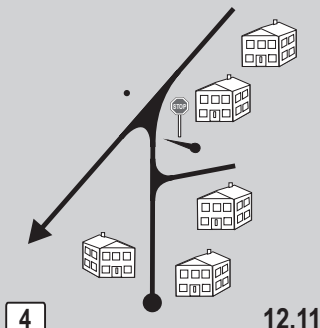
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CH 6D		→	CH 7		Distância 13,14 Km	
Assistência C OUT		PEC - 7		Tempo 0 h 35'		
"Parque Intermodal - Mafra"		"Quinta Abelheira 1"		Média 22,5 Km/h		
Distanc.		Direcção	Informação	Distanc. Regress.		
Total	Par.					
12,19	0,34	 18	EM C.ª da Nogueira C.ª das Marreiras C.ª de S.ª Maria C.ª das Lombas	0,95		
12,44	0,25	 19	CASAL DO MOSQUEIRO → QUINTQ DAABELHEIRA → SOBRAL DAABELHEIRA → Quinta Vale do Anjo →	0,70		
12,80	0,36	 20		0,34		
13,14	0,34	 21		0,00		
0,26	0,26	 22		0,00		
0,00						



PEC 7/9 – QUINTA ABELHEIRA (14,39 km)

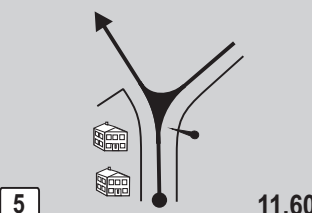
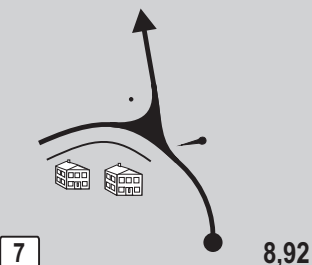
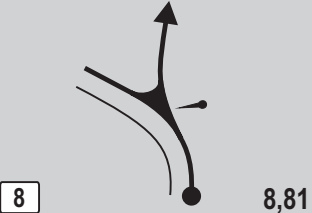
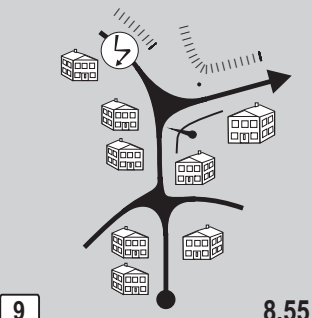


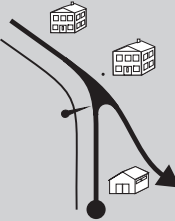
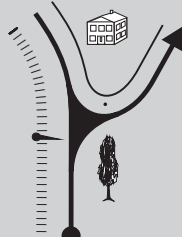
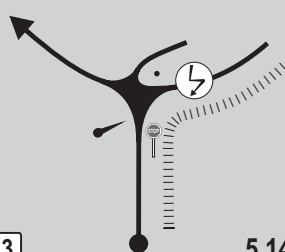
PEC 7		→	CH 8		Distância 40,34 Km	
Prova de Classificação 7			14,39 km		Tempo 1 h 00'	
Quinta Abelheira 1					Média 40,3 Km/h	
Distanc.		Direcção		Informação		Distanc. Regress.
Total	Par.					
0,00				EM  N 39° 00,716' W 9° 20,563' 		40,34
	1	14,39				
1,84	1,84					38,50
	2	12,55				
2,08	0,24					38,26
	3	12,31				
2,28	0,20			!!    		38,06
	4	12,11				
0,51						

PEC 7 Quinta Abelheira 1

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PEC 7 Quinta Abelheira 1

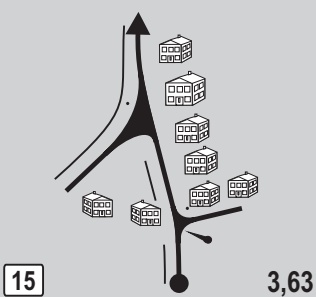
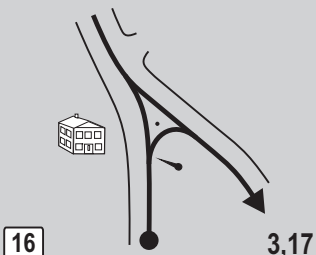
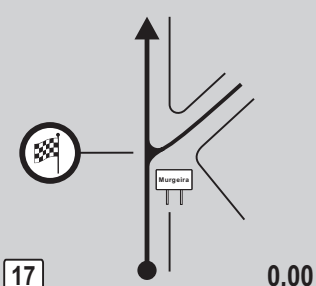
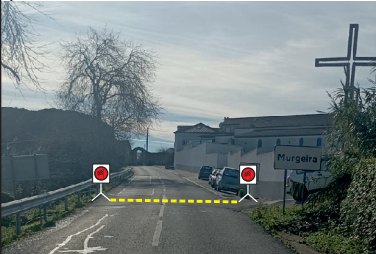
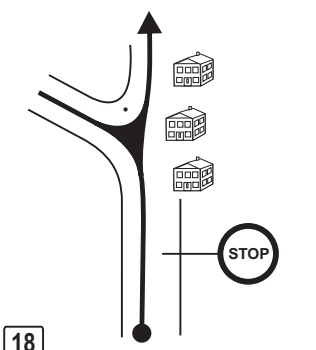
PEC 7		→	CH 8		Distância 40,34 Km	
Prova de Classificação 7		14,39 km		Tempo 1 h 00'		
Quinta Abelheira 1				Média 40,3 Km/h		
Distanc.		Direcção		Informação		Distanc. Regress.
Total	Par.					
2,79	0,51			EM		37,55
5,29	2,50					35,05
5,47	0,18			LIVRAMENTO ← Malveira T. VEDRAS LISBOA MONTE GORDO → CHANCA → CODEÇAL →		34,87
5,58	0,11					34,76
5,84	0,26			N 38° 59,557' W 9° 18,105' CHANCA → CODEÇAL → ← Capela 		34,50
1,97						

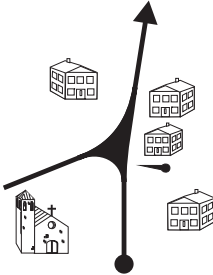
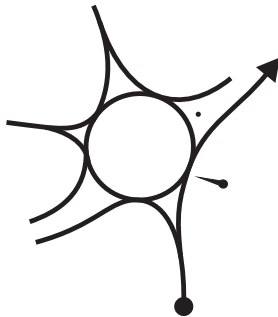
PEC 7		→	CH 8		Distância 40,34 Km	
Prova de Classificação 7		14,39 km		Tempo 1 h 00'		
Quinta Abelheira 1				Média 40,3 Km/h		
Distanc.		Direcção		Informação		Distanc. Regress.
Total	Par.					
7,81	1,97	10 CHANCA 6,58		EM		32,53
8,21	0,40	11  6,18		! Sobral de Abelheira →		32,13
8,36	0,15	12  6,03		Sobral de Abelheira →		31,98
9,25	0,89	13  5,14		N 38° 58,579' W 9° 19,060'  Codeçal Sobral de Abelheira		31,09
10,63	1,38	14  3,76				29,71
	0,13					

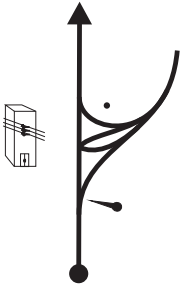
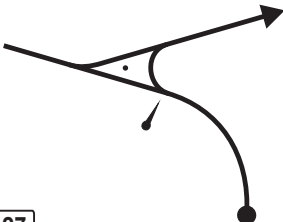
PEC 7 Quinta Abelheira 1

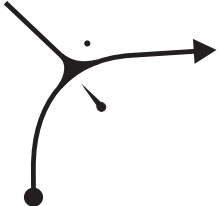
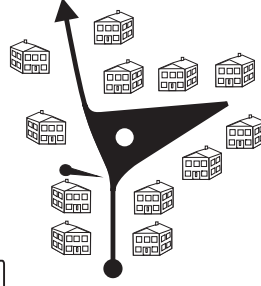
- 99 -

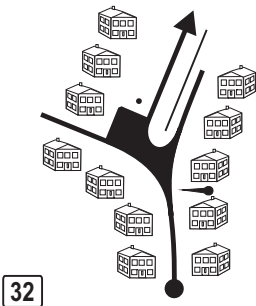
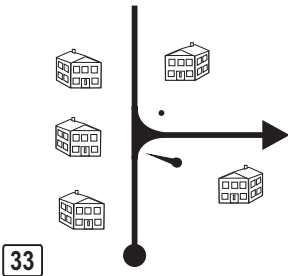
PEC 7 Quinta Abelheira 1

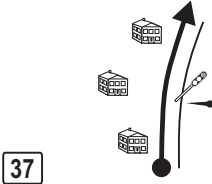
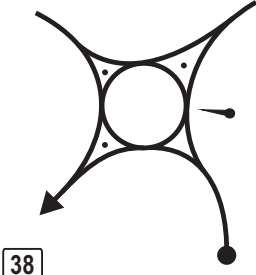
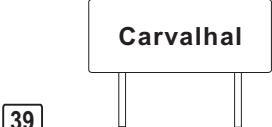
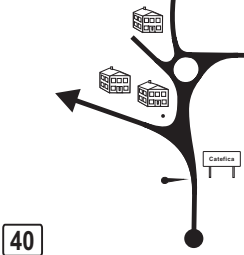
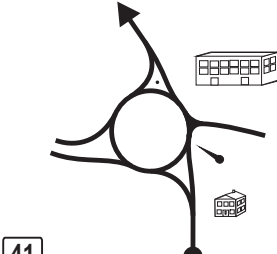
PEC 7		→	CH 8		Distância 40,34 Km	
Prova de Classificação 7		14,39 km		Tempo 1 h 00'		
Quinta Abelheira 1				Média 40,3 Km/h		
Distanc.		Direcção		Informação		Distanc. Regress.
Total	Par.					
10,76	0,13			EM Capela  → ← CHANCA ← MONTE GORDO GRADIL → MAFRA →		29,58
11,22	0,46			EM  MAFRA → ← GRADIL ← MALVEIRA ← TORRES VEDRAS 3,5 N9-2		29,12
14,39	3,17			0,4 N9-2 		25,95
14,59	0,20			0,2 N9-2 igreja  →  		25,75
0,20		- 100 -				

PEC 7 PEC - 7 "Quinta Abelheira 1"		→ CH 8 PEC - 8 "Torres Vedras"		Distância	40,34 Km
				Tempo	1 h 00'
				Média	40,3 Km/h
Distanc.		Direcção	Informação	Distanc. Regress.	
Total	Par.				
14,79	0,20	 19	EL  39,3 N9	25,55	
15,25	0,46	 20	N9	15,09	
16,03	0,78	 21		24,31	
17,95	1,92	 22	  	22,39	
0,63					

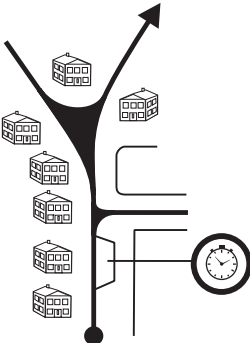
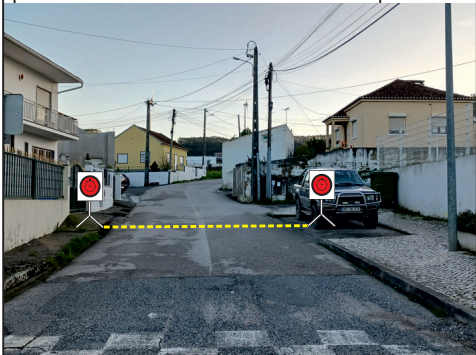
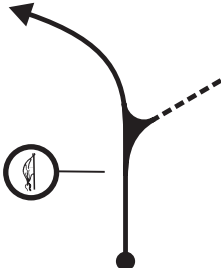
CH 3F		→	CH 4		Distância 23,88 Km	
Assistência B OUT			PEC - 4		Tempo 0h 45'	
"Parque Intermodal - Mafra"			"Casal Barbas 1"		Média 31,8 Km/h	
Distanc.		Direcção		Informação		Distanc. Regress.
Total	Par.					
18,58	0,63	23 		N9 Sobral de Abelheira > Livramento >		21,76
19,85	1,27	24 				20,49
20,24	0,39	25 Picanceira de Cima				20,10
22,05	1,81	26 Picanceira				18,29
23,16	1,11	27 		47,6 N9 S. Abelheira > Freiria >  centro hípico > ! EM		17,18
0,34		- 102 -				

PEC 7		→ CH 8		Distância	40,34 Km
PEC - 7		PEC - 8		Tempo	1 h 00'
"Quinta Abelheira 1"		"Torres Vedras"		Média	40,3 Km/h
Distanc.		Direcção	Informação	Distanc. Regress.	
Total	Par.				
23,50	0,34	 28	EM C.ª da Nogueira C.ª das Marreiras C.ª de S.ª Maria C.ª das Lombas	16,84	
23,75	0,25	 29	CASAL DO MOSQUEIRO → QUINTA DA ABELHEIRA → SOBRAL DA ABELHEIRA → Quinta Vale do Anjo →	16,59	
25,98	2,23	 30	← T.ªs Vedras Freiria	14,36	
26,73	0,75	 31		13,61	
0,21		- 103 -			

PEC 7 PEC - 7 "Quinta Abelheira 1"		→ CH 8 PEC - 8 "Torres Vedras"		Distância	40,34 Km
				Tempo	1 h 00'
				Média	40,3 Km/h
Distanc.		Direcção	Informação	Distanc. Regress.	
Total	Par.				
26,94	0,21	 32	EM Chãos > Sendeira > Colaria > T.ªs Vedras >	13,40	
27,61	0,67	 33	Colaria > Torres Vedras >	12,73	
27,67	0,06	Poços 34		12,67	
28,96	1,29	Casal das Fontainhas 35		11,38	
30,19	1,23	Colaria 36		10,15	
	0,42				

PEC 7 PEC - 7 "Quinta Abelheira 1"		CH 8 PEC - 8 "Torres Vedras"		Distância	40,34 Km
				Tempo	1 h 00'
				Média	40,3 Km/h
Distanc.		Direcção	Informação	Distanc. Regress.	
Total	Par.				
30,61	0,42		EM 	9,73	
32,23	1,62		EM Lisboa > Loures > Malveira > Turcifal > T. res Vedras > Lisboa > A 8 Leiria > 36,4 N8	8,11	
34,05	1,82	Carvalhal 	N8	6,29	
36,75	2,70		GNR/ BT > Dois Portos > Furadouro > Cs. Barbas > Cedricia > Mugideira > Catefica	3,59	
36,93	0,18		T. res Vedras >	3,41	
1,17					

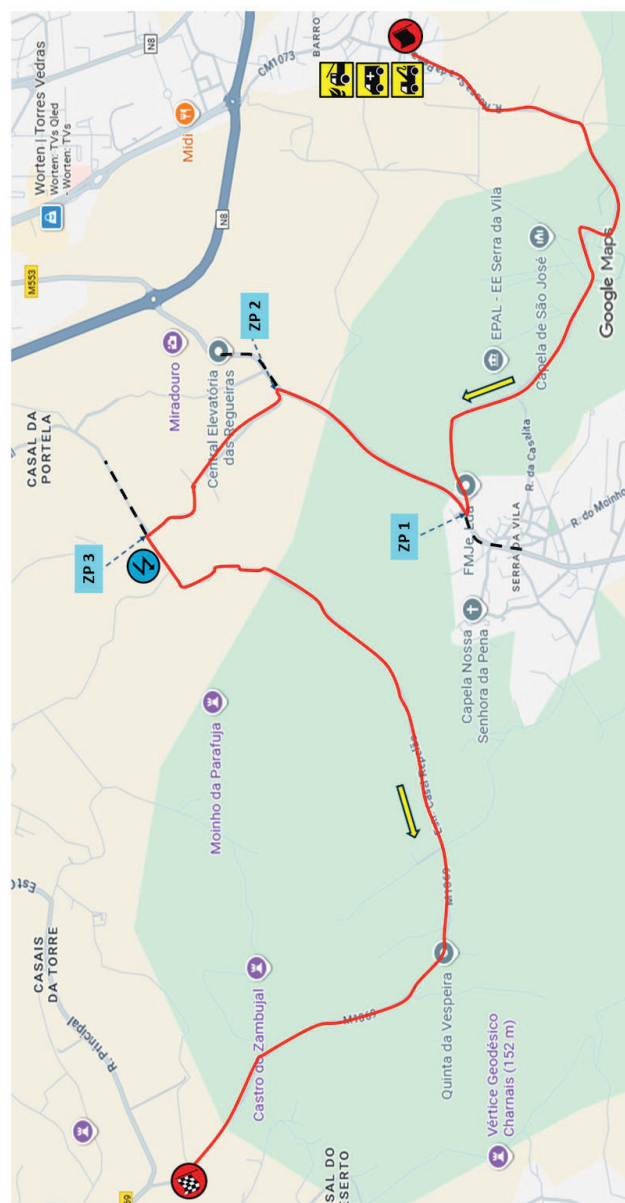
PEC 7 PEC - 7 "Quinta Abelheira 1"		→ CH 8 PEC - 8 "Torres Vedras"		Distância	40,34 Km
				Tempo	1 h 00'
				Média	40,3 Km/h
Distanc.		Direcção	Informação	Distanc. Regress.	
Total	Par.				
38,10	1,17	42	N8	2,24	
38,73	0,63	43	T. res Vedras →	1,61	
39,19	0,46	44	43,1 N8 Lisboa → C. da Rainha Alenquer → S. ta Cruz Ericeira → Barro → EL	1,15	
39,65	0,46	45	EL C. da Rainha Alenquer → S. ta Cruz Ericeira → Expórtorres → Barro → Barro EM	0,69	
0,69					

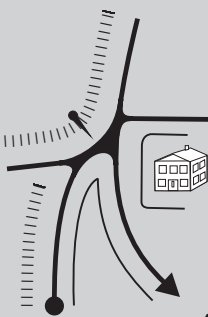
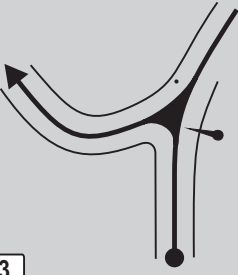
PEC 7 PEC - 7 "Quinta Abelheira 1"			→ CH 8 PEC - 8 "Torres Vedras"			Distância 40,34 Km Tempo 1 h 00' Média 40,3 Km/h	
Distanc.		Direcção	Informação		Distanc. Regress.		
Total	Par.						
40,34	0,69	 46	EM		0,00		
0,31	0,31	 47			0,00		
0,00							

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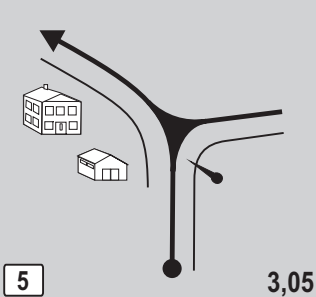
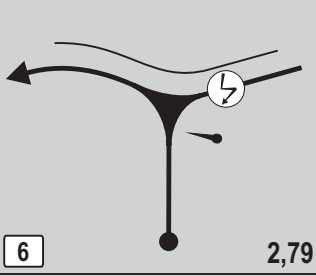
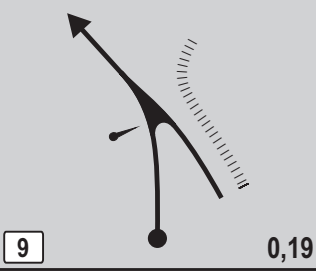
PEC 8 – TORRES VEDRAS (6,03 km)



PEC 8		→ CH 9		Distância 23,57 Km		
Prova de Classificação 8		6,03 km		Tempo 0 h 35'		
Torres Vedras				Média 40,4 Km/h		
Distanc.		Direcção		Informação		
Total	Par.			Distanc. Regress.		
0,00				EM  PEC 8 N 39° 04,088' W 9° 15,359' 		23,57
	1	6,03				
1,87	1,87					21,70
	2	4,16				
2,57	0,70			 		21,00
	3	3,46				
2,67	0,10	 Casal do Repelão				20,90
	4	3,36				
0,31						

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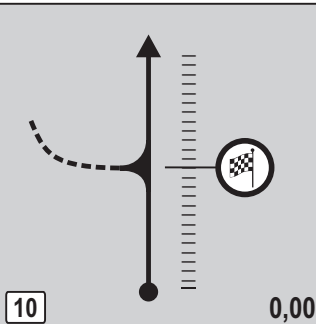
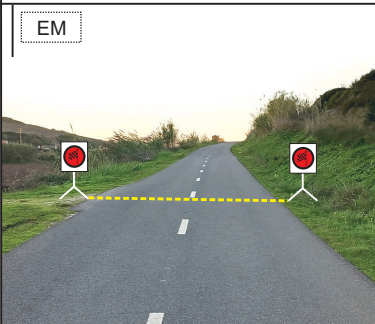
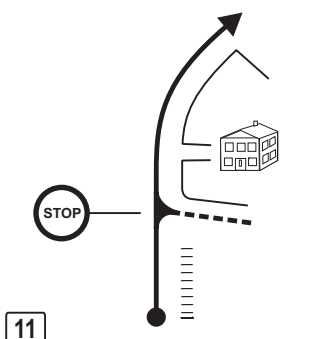
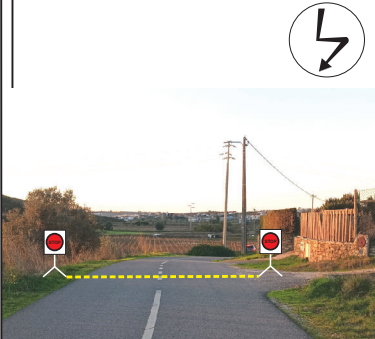
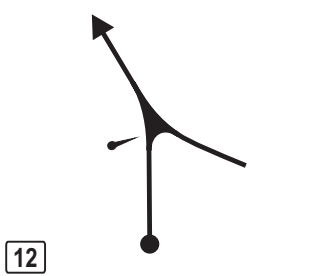
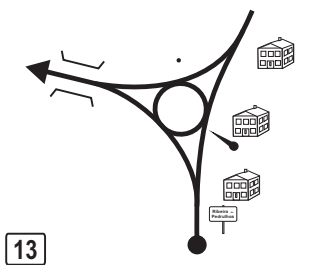
PEC 8 Torres Vedras

PEC 8		→	CH 9		Distância	23,57 Km	
Prova de Classificação		8	6,03 km		Tempo	0 h 35'	
Torres Vedras					Média	40,4 Km/h	
Distanc.		Direcção		Informação		Distanc. Regress.	
Total	Par.						
2,98	0,31			EM		20,59	
3,24	0,26			N 39° 04,681' W 9° 16,251' 		20,33	
3,55	0,31			!!		20,02	
4,64	1,09					18,93	
5,84	1,20					17,73	
0,19							

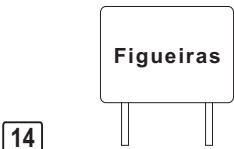
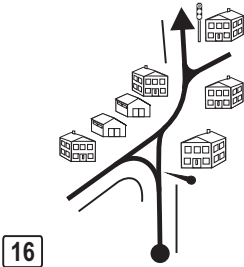
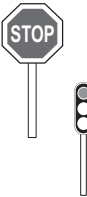
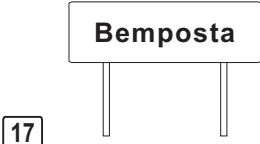
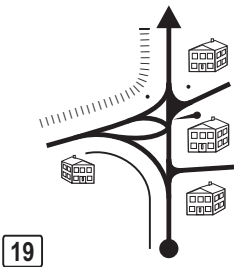
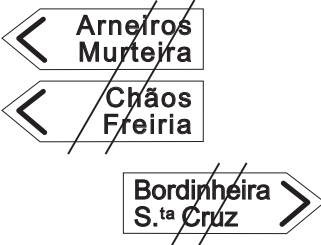
PEC 8 Torres Vedras

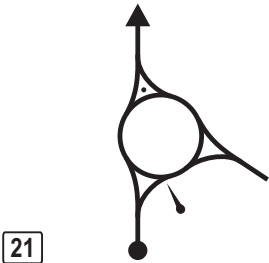
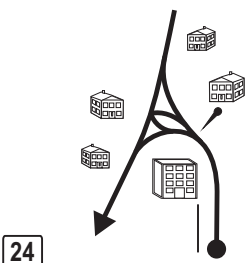
- 110 -

PEC 8 Torres Vedras

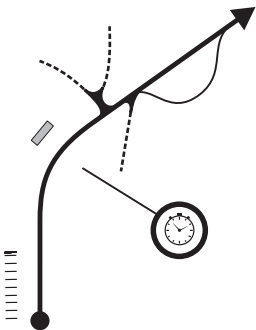
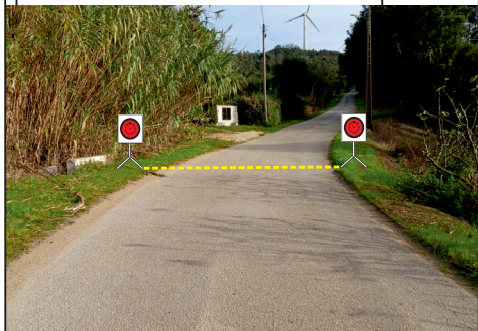
PEC 8		→	CH 9		Distância 23,57 Km	
Prova de Classificação 8		6,03 km		Tempo 0 h 35'		
Torres Vedras				Média 40,4 Km/h		
Distanc.		Direcção	Informação	Distanc. Regress.		
Total	Par.					
6,03	0,19		EM 	17,54		
6,26	0,23			17,31		
6,40	0,14			17,17		
6,62	0,22		Ribeira de Pedrulhos Figueiras Ventosa	16,95		
0,23		- 111 -				

PEC 8 Torres Vedras

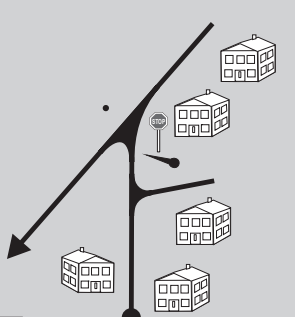
PEC 8		→	CH 9	Distância 23,57 Km	
PEC - 8			PEC - 9	Tempo 0h 35'	
"Torres Vedras"			"Quinta Abelheira 2"	Média 40,4 Km/h	
Distanc.		Direcção	Informação	Distanc. Regress.	
Total	Par.				
6,85	0,23		EM	16,72	
7,53	0,68			16,04	
8,72	1,19			14,85	
9,14	0,42			14,43	
10,14	1,00			13,43	
10,25	0,11			13,32	
0,92					

PEC 8		→ CH 9		Distância	23,57 Km
PEC - 8		PEC - 9		Tempo	0h 35'
"Torres Vedras"		"Quinta Abelheira 2"		Média	40,4 Km/h
Distanc.		Direcção	Informação	Distanc. Regress.	
Total	Par.				
11,17	0,92		EM	12,40	
12,61	1,44		 	10,96	
13,25	0,64			10,32	
14,94	1,69			8,63	
15,25	0,31		EM  N9	8,32	
17,96	2,71		N9	5,61	
1,06					

PEC 8 PEC - 8 "Torres Vedras"		→ CH 9 PEC - 9 "Quinta Abelheira 2"		Distância	23,57 Km
				Tempo	0h 35'
				Média	40,4 Km/h
Distanc.		Direcção	Informação	Distanc. Regress.	
Total	Par.				
19,02	1,06	Encarnação 26	N9	4,55	
20,30	1,28	27	Mafra → Ericeira → Lisboa →	3,27	
22,27	1,97	28	47,7 N9 ! S. Abelheira Freiria centro hípico EM	1,30	
22,62	0,35	29	EM C.ªl da Nogueira C.ªl das Marreiras C.ªl de S.ª Maria C.ªl das Lombas	0,95	
22,87	0,25	30	CASAL DO MOSQUEIRO → QUINTQ DAABELHEIRA → SOBRAL DAABELHEIRA → Quinta Vale do Anjo →	0,70	
	0,36				

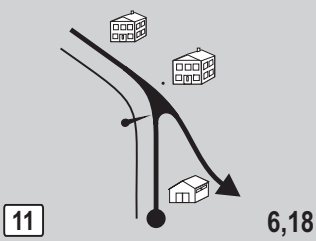
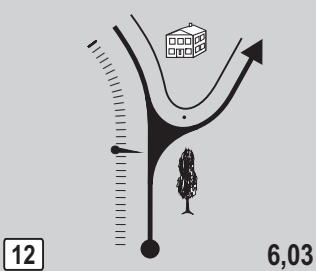
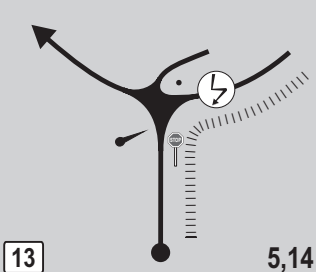
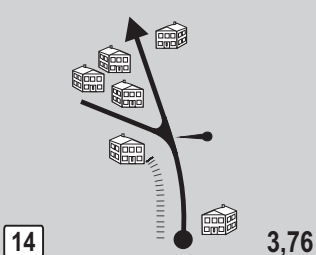
PEC 8		→		CH 9		Distância 23,57 Km	
PEC - 8				PEC - 9		Tempo 0h 35'	
"Torres Vedras"				"Quinta Abelheira 2"		Média 40,4 Km/h	
Distanc.		Direcção		Informação		Distanc. Regress.	
Total	Par.						
23,23	0,36	31 CASAL DO MOSQUEIRO		EM		0,34	
23,57	0,34	32 				0,00	
0,26	0,26	33 				0,00	
0,00		- 115 -					

**PEC 7/9 – QUINTA ABELHEIRA (14,39 km)**

PEC 9		→	CH 9A		Distância 18,93 Km	
Prova de Classificação 9			14,39 km		Tempo 0 h 28'	
Quinta Abelheira 2					Média 40,6 Km/h	
Distanc.		Direcção		Informação		Distanc. Regress.
Total	Par.					
0,00				EM  PEC 9 N 39° 00,716' W 9° 20,563'  		18,93
	1	14,39				
1,84	1,84	2  Sobral da Abelheira 12,55				17,09
2,08	0,24	3  12,31		 Casa Mota Freiria		16,85
2,28	0,20	4  12,11		!! ← MONTE GORDO ← LIVRAMENTO ← MALVEIRA ← TORRES VEDRAS		16,65
0,51						

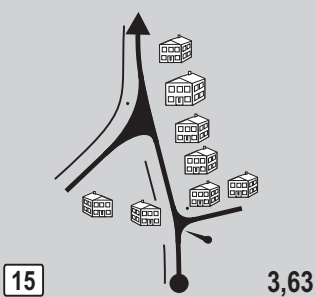
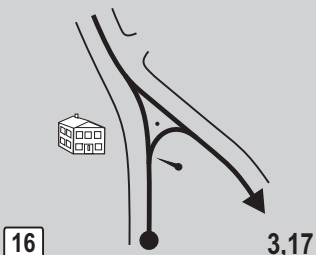
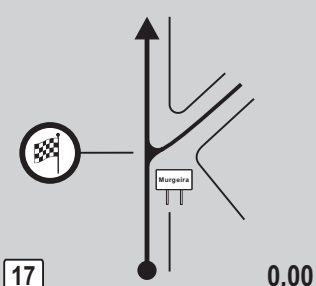
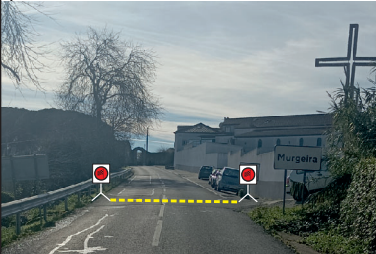
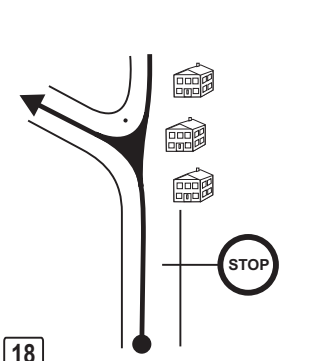
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PEC 8 Quinta Abelheira 2

PEC 9		→	CH 9A		Distância 18,93 Km	
Prova de Classificação 9		14,39 km		Tempo 0 h 28'		
Quinta Abelheira 2				Média 40,6 Km/h		
Distanc.		Direcção		Informação		Distanc. Regress.
Total	Par.					
7,81	1,97			EM		11,12
8,21	0,40			 Sobral de Abelheira →		10,72
8,36	0,15			Sobral de Abelheira →		10,57
9,25	0,89			N 38° 58,579' W 9° 19,060'   Codeçal Sobral de Abelheira		9,68
10,63	1,38					8,30
0,13						

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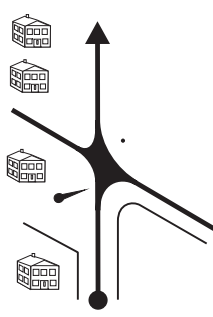
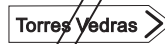
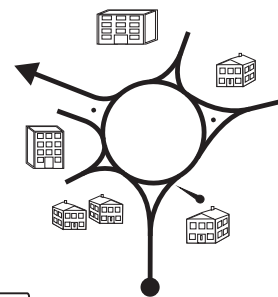
PEC 8 Quinta Abelheira 2

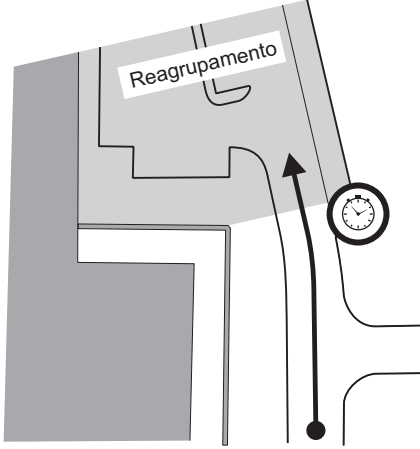
PEC 9		→	CH 9A		Distância	18,93 Km	
Prova de Classificação			9	14,39 km		Tempo	0h 28'
Quinta Abelheira 2					Média	40,6 Km/h	
Distanc.		Direcção		Informação		Distanc. Regress.	
Total	Par.						
10,76	0,13			EM Capela  → ← CHANCA ← MONTE GORDO GRADIL → MAFRA →		8,17	
11,22	0,46			EM MAFRA → STOP ← GRADIL ← MALVEIRA ← TORRES VEDRAS 3,5 N9-2		7,71	
14,39	3,17			0,4 N9-2 		4,54	
14,59	0,20			0,2 N9-2 igreja  → ⚡ 		4,34	
0,22						EL	

PEC 9 Quinta Abelheira 2

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PEC 9 Quinta Abelheira 2

PEC 9		→ CH 9A		Distância	18,93 Km
PEC - 9		Parque Fechado Final IN		Tempo	0h 28'
"Quinta Abelheira 2"		"Palácio Nacional de Mafra"		Média	40,6 Km/h
Distanc.		Direcção	Informação	Distanc. Regress.	
Total	Par.				
14,81	0,22	 19	0,0 N9-2    39,1 N9	4,12	
16,64	1,83	 20	N9	2,29	
17,15	0,51	 21	 área de serviço → Ericeira → A21 Malveira A 8 Lisboa Leiria Lisboa → Sintra → Mafra →	1,78	
17,47	0,32	 22	 Carvoeira > escolas centro saúde parque desportivo 	1,46	
0,41					

PEC 9		→ CH 9A		Distância	18,93 Km
PEC - 9		Parque Fechado Final IN		Tempo	0h 28'
"Quinta Abelheira 2"		"Palácio Nacional de Mafra"		Média	40,6 Km/h
Distanc.		Direcção	Informação	Distanc. Regress.	
Total	Par.				
18,93	0,09	EL  27	 N 38° 56,143' W 9° 19,603' Parque Fechado	0,00	

