

# PROGRAMME V DURATRAIL



**ARRÁBIDA NATURAL PARK**  
**2017/10/28**  
**SETÚBAL**

**TRAIL RUNNING NATIONAL CHAMPIONSHIP**  
**TRAIL RUNNING NATIONAL CUP**

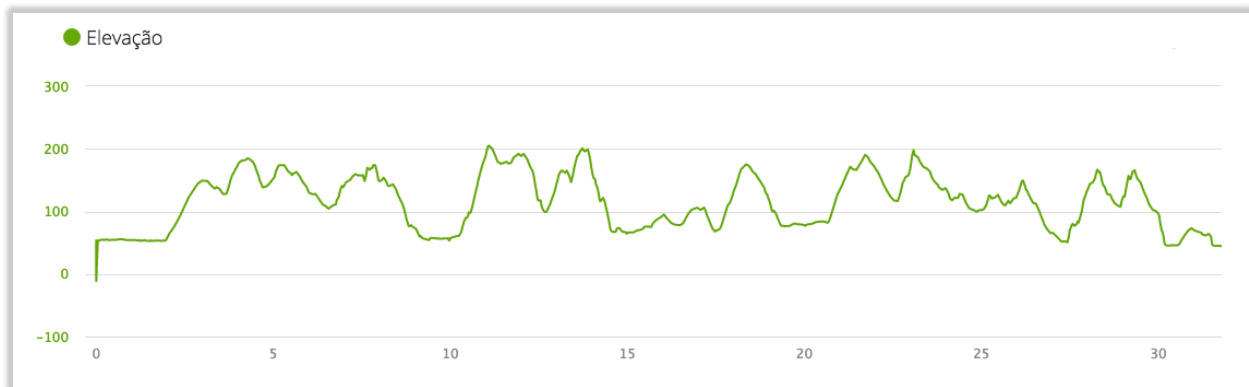


## DURATRAIL 32 KM (TRAIL RUNNING NATIONAL CHAMPIONSHIP AND NATIONAL CUP)

Distance	Total Elevation	Difficulty Level	Gear	Race Location	5 Aid Stations
31.8km	1310m +	LONG TRAIL Level 2 (medium)	<p><b>Mandatory</b></p> <ul style="list-style-type: none"> <li>-Bib Number 32km</li> <li>-Water recipient / container 500ml</li> <li>-Whistle</li> <li>-Wind breaker</li> <li>- Emergency blanket</li> </ul> <p><b>Recommended</b></p> <ul style="list-style-type: none"> <li>-Camel Bag or water container (0,5L - 1L)</li> <li>-Energy bars</li> <li>- Leg Protection (for thorny bushes)</li> </ul>	Albarquel Urban Park, Setúbal	<p><b>5km</b> - Liquids</p> <p><b>9km</b> – Liquids &amp; Solids</p> <p><b>16.5Km</b> – Liquids &amp; Solids</p> <p><b>24.5km</b> – Liquids &amp; Solids</p> <p><b>29km</b> – Liquids</p>

### PROGRAMME / SCHEDULE

2017/10/27 FRIDAY	2017/10/28 SATURDAY
<p><b>18:00</b> – Registration desk is open</p> <p><b>23:00</b> – Registration desk is closed</p>	<p><b>07H30</b> – Registration desk is open (late check-in)</p> <p><b>08h30</b> – Control Zero: Gear check.</p> <p><b>08h50</b> – Race Briefing.</p> <p><b>09h00</b> – Pre-start: running at slow pace (controlled by pacemakers) until Km zero. After arrival, athletes need to wait for the starting shot.</p> <p><b>13H00</b> – Trophy ceremony</p> <p><b>15h00</b> – End of event (6 hours to finish the race).</p>

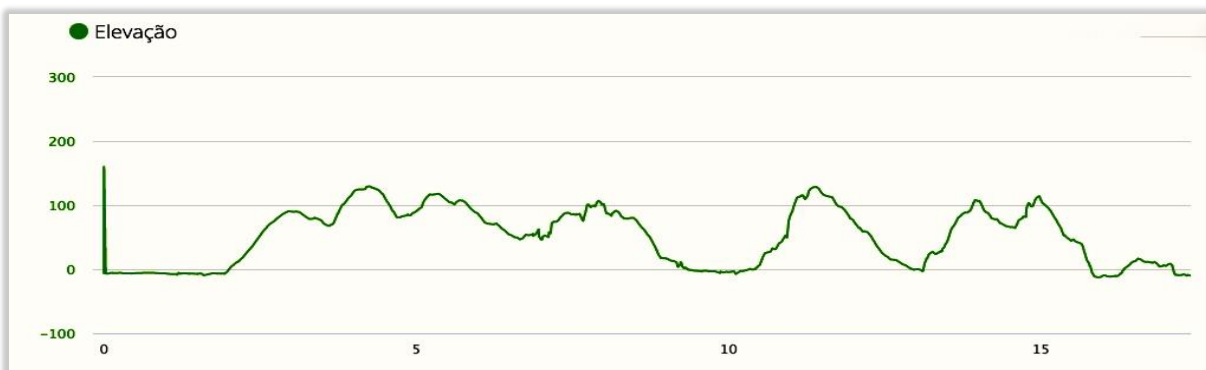


### DURATRAIL 18 KM

Distance	Total Elevation	Difficulty Level	Gear	Race Location	3 Aid Stations
17.5km	684m +	Long Trail Level 2 (medium)	<p><b>Mandatory</b></p> <ul style="list-style-type: none"> <li>-Bib Number 18km</li> <li>-Water recipient / container</li> </ul> <p><b>Recommended</b></p> <ul style="list-style-type: none"> <li>-Camel bag or water recipient (0,5l- 1l)</li> <li>-Energy bars</li> <li>- Leg Protection (for thorny bushes)</li> </ul>	Albarquel Urban Park, Setubal	<p><b>5km</b> - Liquids</p> <p><b>9km</b> – Liquids &amp; Solids</p> <p><b>15Km</b> – Liquids</p>

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### DURAWALK 13km

Distance	Total Elevation	Difficulty level	Gear	Location	2 Aid Stations
12.6km	480m +	Medium	<p><b>Mandatory</b></p> <ul style="list-style-type: none"> <li>-Bib Number Walk</li> <li>-Water recipient / container</li> </ul> <p><b>Recommended</b></p> <ul style="list-style-type: none"> <li>-Camel bag or water recipient (0,5l- 1l)</li> <li>-Energy bars</li> <li>- Leg Protection (for thorny bushes)</li> </ul>	Albarquel Urban Park, Setubal	<p><b>6.5km</b> – Liquids &amp; Solids</p> <p><b>10Km</b> – Liquids</p>

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