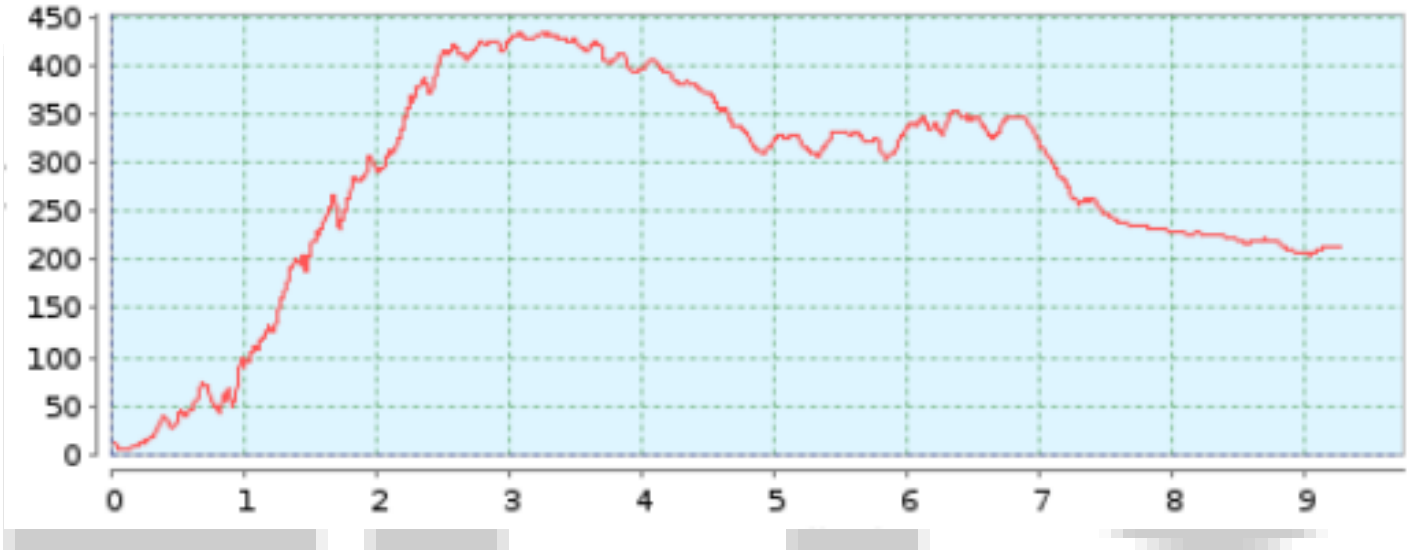
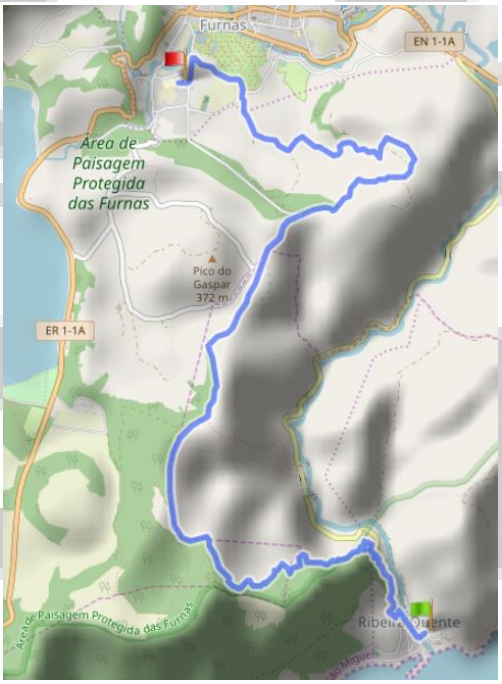
PAC3 – RIBEIRA QUENTE

Altitude – 16m

YOU ARE HERE

Corridas/*Races*: EPIC110

PRÓXIMO PAC/NEXT PAC – PAC4 – FURNAS Base Vida

Abastecimento Sólido Solid Supply	Primeiros Socorros First Aid	**Distância/Distance – 9.2km**
Refeição Quente Hot Meal	Abandono de Prova Abandon Race	**Altitude – 209m**
Abastecimento Liquido Liquid Supply	Muda de Roupa Change Cloth	**507m D+/306 D-**
Assistência Pessoal Personal Assist		**Hora Limite/Limit Hour – 13h30**