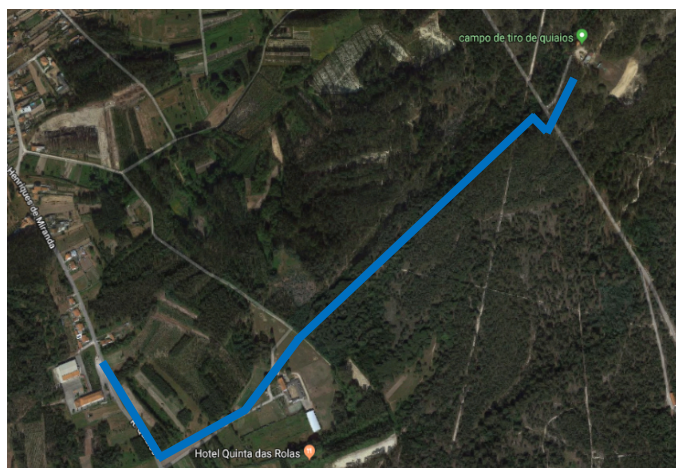


Day 11: 5th March 2019

Portugal O' Meeting 2019 Long Distance Return to Braga

After an intense training week and three middle distances courses, it was time to the physically hardest course, the long distance. Our start times were between 11h00 and 12h15 so we ate breakfast about 8 o'clock.

After it, we walked to the Arena, Campo de Tiro de Quiaios, from an alternative forest path:



After the running we had lunch, just before the prize delivery where we were well represented:

M18 (73)																		
Cl.	Nome Atleta	AN	Lic.	SI	Clube	T 1	M/K 1	P 1	Cl 1	T 2	M/K 2	P 2	Cl 2	T 3	M/K 3	P 3	Cl 3	T 4
1	VUITTON Julien	01			Erasmus O'	35:17	6:24	98.63	2	31:39	5:06	100	1	34:06	5:46	93.30	2	55:25
2	ANDRIEUX Quentin	01			Erasmus O'	39:02	7:05	89.15	8	33:37	5:25	94.14	3	31:49	5:23	100	1	56:30
3	BECAERT Antoine	01			Erasmus O'	38:49	7:03	89.65	7	32:17	5:12	98.03	2	34:46	5:53	91.51	3	59:22

M16 (63)																		
Cl.	Nome Atleta	AN	Lic.	SI	Clube	T 1	M/K 1	P 1	Cl 1	T 2	M/K 2	P 2	Cl 2	T 3	M/K 3	P 3	Cl 3	T 4
1	HERITIER Maël	03			Erasmus O'	37:08	8:04	96.31	3	34:54	6:42	90.01	5	25:54	5:30	100	1	43:32
2	ARONDEAU Nathan	03			Erasmus O'	35:46	7:46	100	1	31:25	6:02	100	1	30:14	6:25	85.66	5	52:27
3	MAGAT Léandre	03			Erasmus O'	43:48	9:31	81.65	7	33:26	6:25	93.96	3	30:08	6:24	85.95	4	51:07

W18 (65)																		
Cl.	Nome Atleta	AN	Lic.	SI	Clube	T 1	M/K 1	P 1	Cl 1	T 2	M/K 2	P 2	Cl 2	T 3	M/K 3	P 3	Cl 3	T 4
1	CHAMPIGNY Hélène	01			Erasmus O'	32:08	7:28	100	1	34:14	6:59	90.26	5	31:13	6:47	100	1	55:55
2	CALANDRY Cécile	01			Erasmus O'	38:34	8:58	83.31	5	30:54	6:18	100	1	33:58	7:23	91.90	4	50:05

Finally we were going to return to Braga so we had shower and we went to the bus. After a few hours driving North we reached Braga and had dinner with our families. In my home in particular we ate tomato rice with *bolinhos de bacalhau* (codfish) with *pão-de-ló* (a traditional Portuguese cake) for dessert.

And that was our day, one of the many memorable days of this project that everybody enjoyed.

Gabriel Vilaça - Alexandre Baconnet – Vetle Drage

