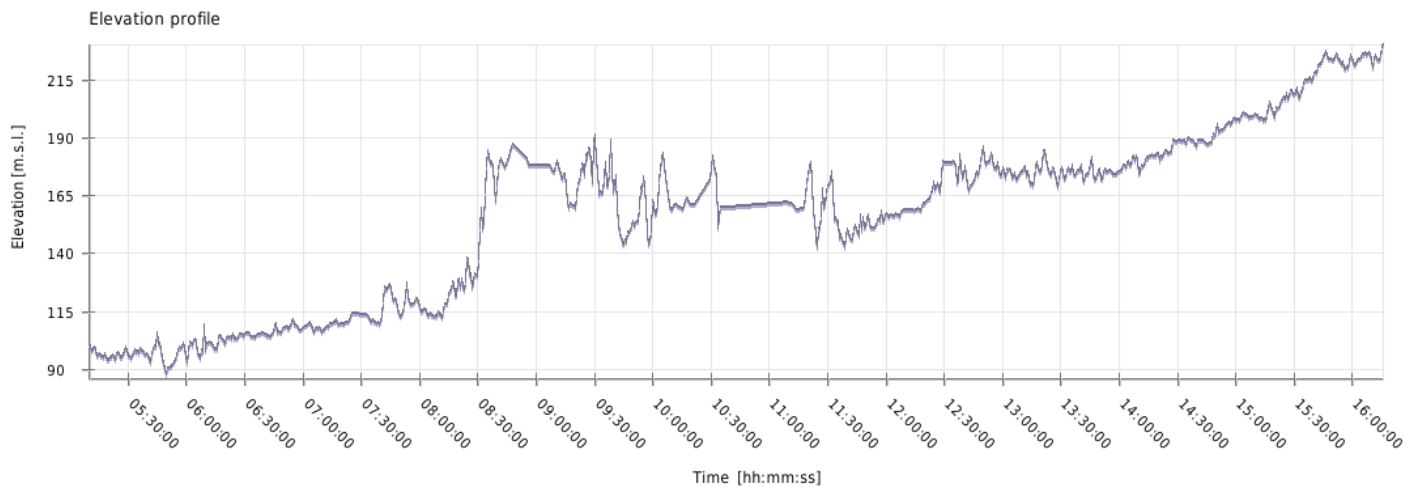
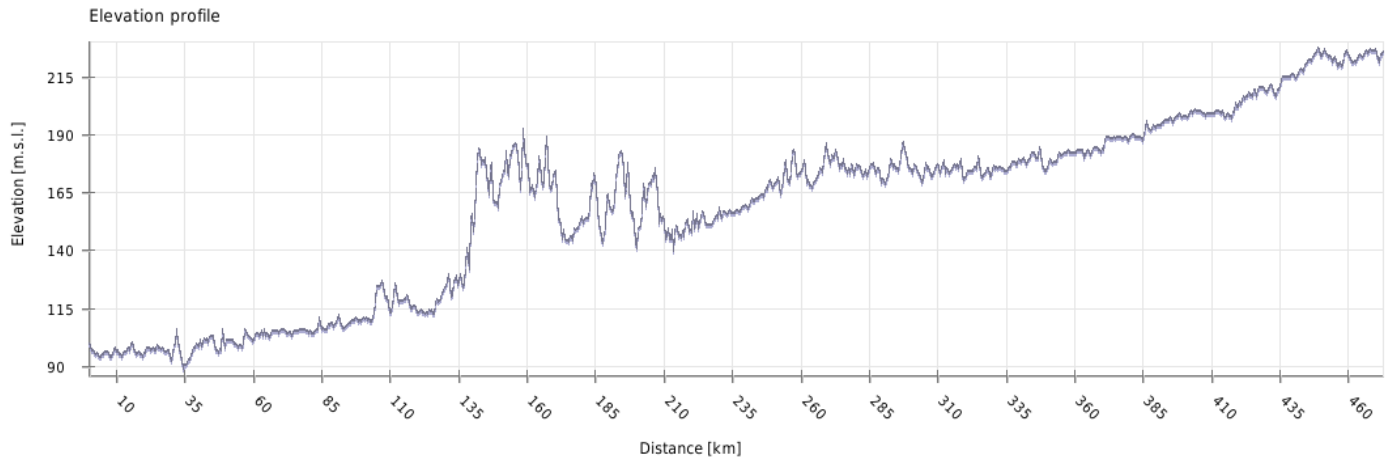
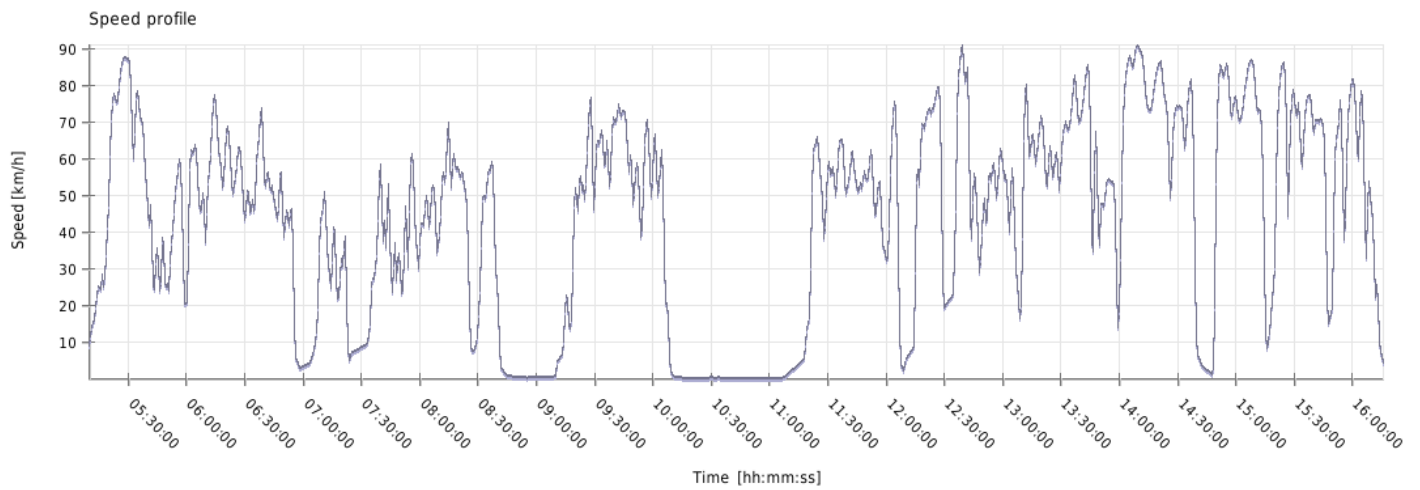
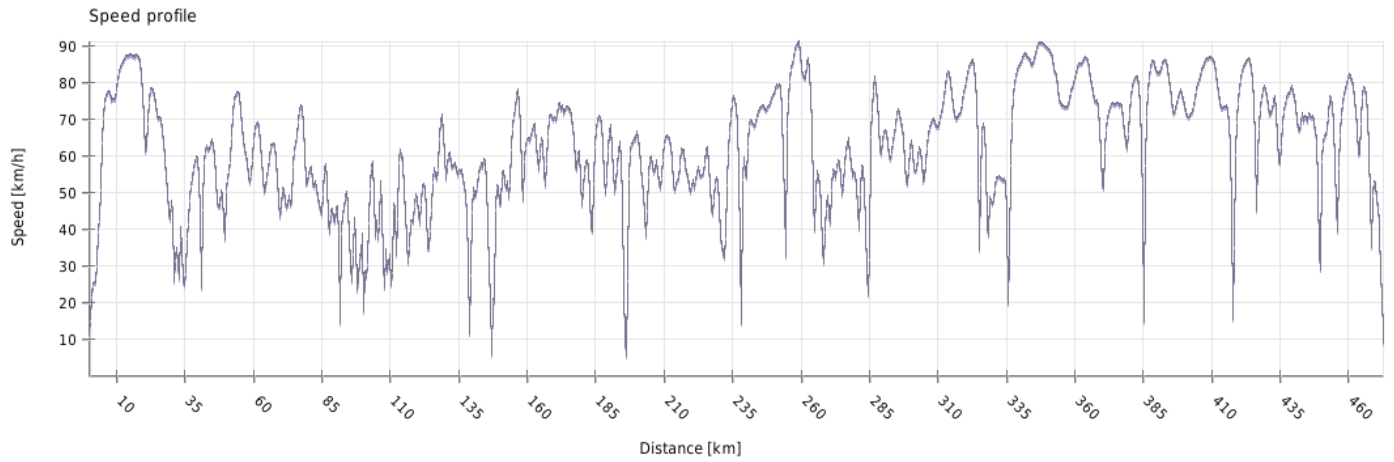


## Elevation



Minimum elevation:	86 m.s.l.
Maximum elevation:	230 m.s.l.
Average elevation:	153 m.s.l.
Maximum difference:	144 m
Total climbing:	1476 m
Total descent:	1347 m
Start elevation:	101.4 m.s.l.
End elevation:	230 m.s.l.
Final balance:	128.6 m

## Speed



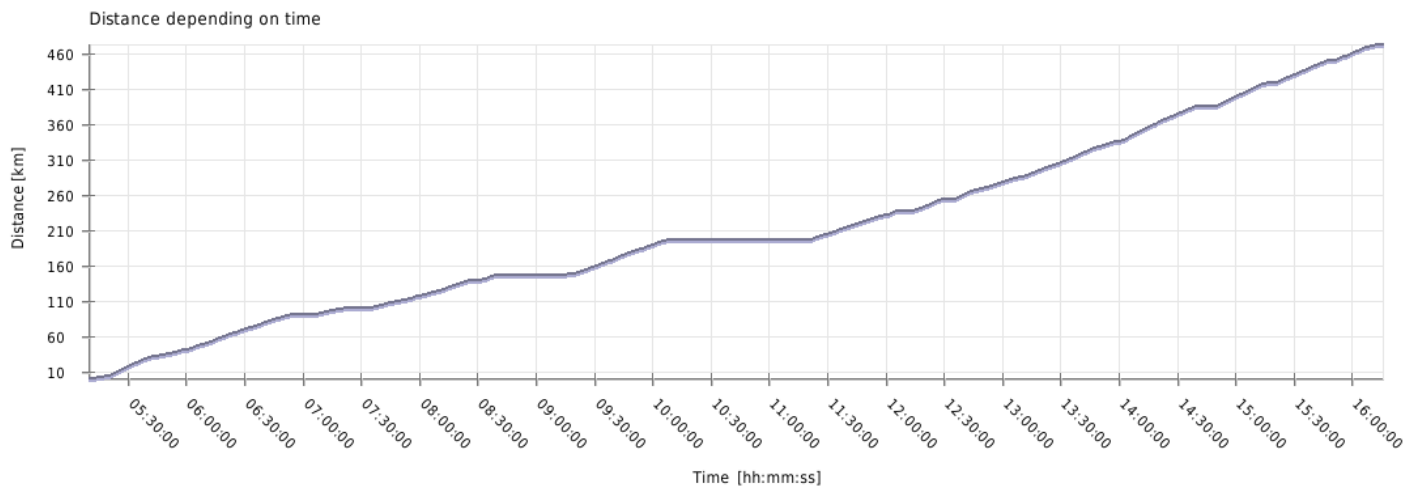
Minimum speed:	0.2 km/h
Maximum speed:	90.9 km/h
Average climbing speed :	57.3 km/h
Average descent speed :	57.6 km/h
Average flat speed:	56.7 km/h
Average speed:	57.2 km/h

## Time

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Date of track:	24.4.2008
Start time:	05:09:52
End time:	16:15:53
Total track time:	11h 06m 01s
Climbing time:	4h 22m 43s
Descent time:	3h 38m 36s
Flat time:	3h 04m 42s

## Distance



Total flat distance:	472.6 km
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Total real distance:	472.7 km
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Climbing distance:	170 km
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Descent distance:	146.4 km
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Flat distance:	156.3 km
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