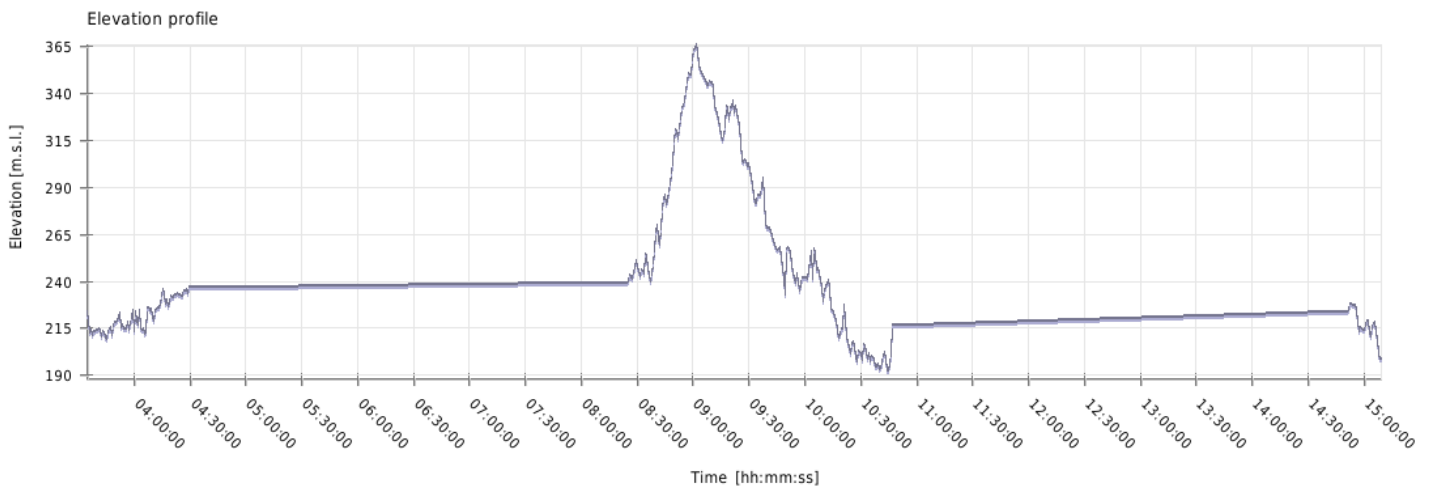
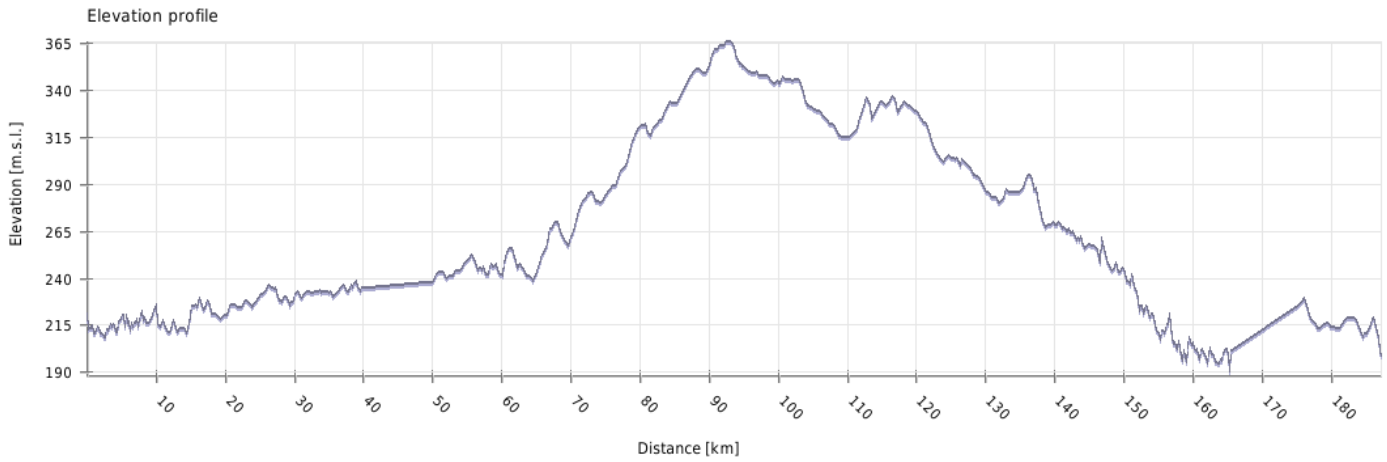
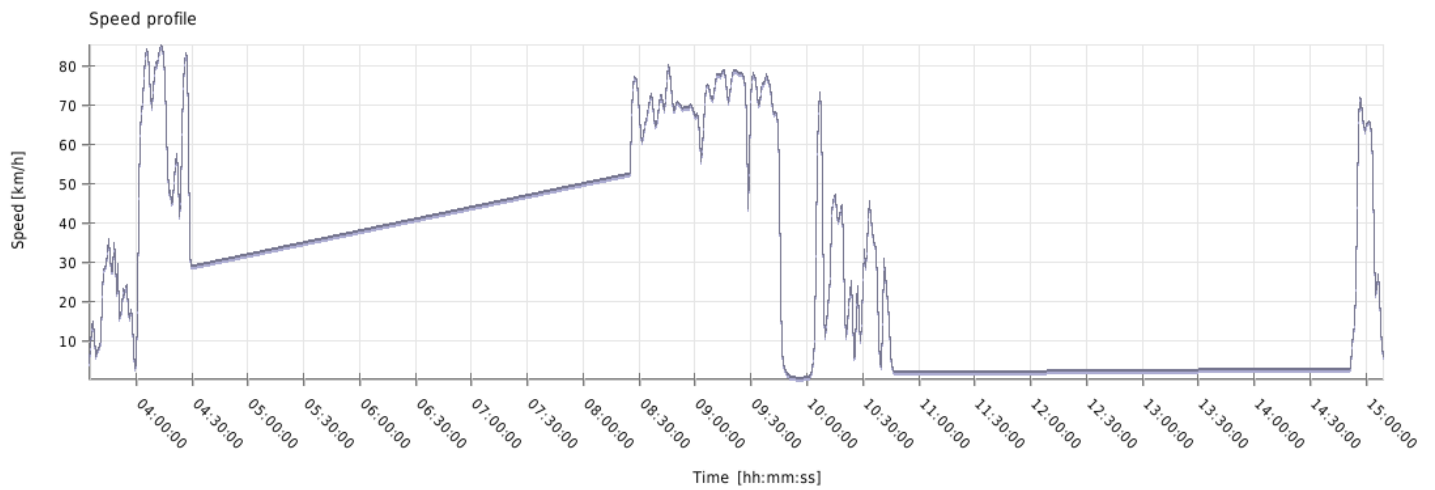
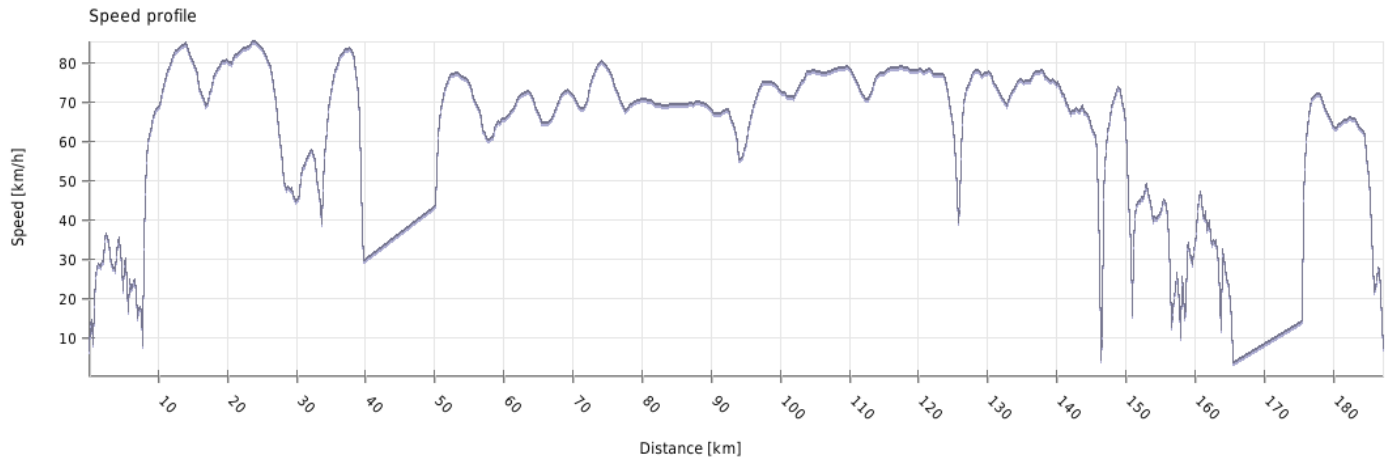


Elevation



Minimum elevation:	188 m.s.l.
Maximum elevation:	366 m.s.l.
Average elevation:	244.8 m.s.l.
Maximum difference:	178 m
Total climbing:	814 m
Total descent:	840 m
Start elevation:	224.7 m.s.l.
End elevation:	198 m.s.l.
Final balance:	-26.7 m

Speed

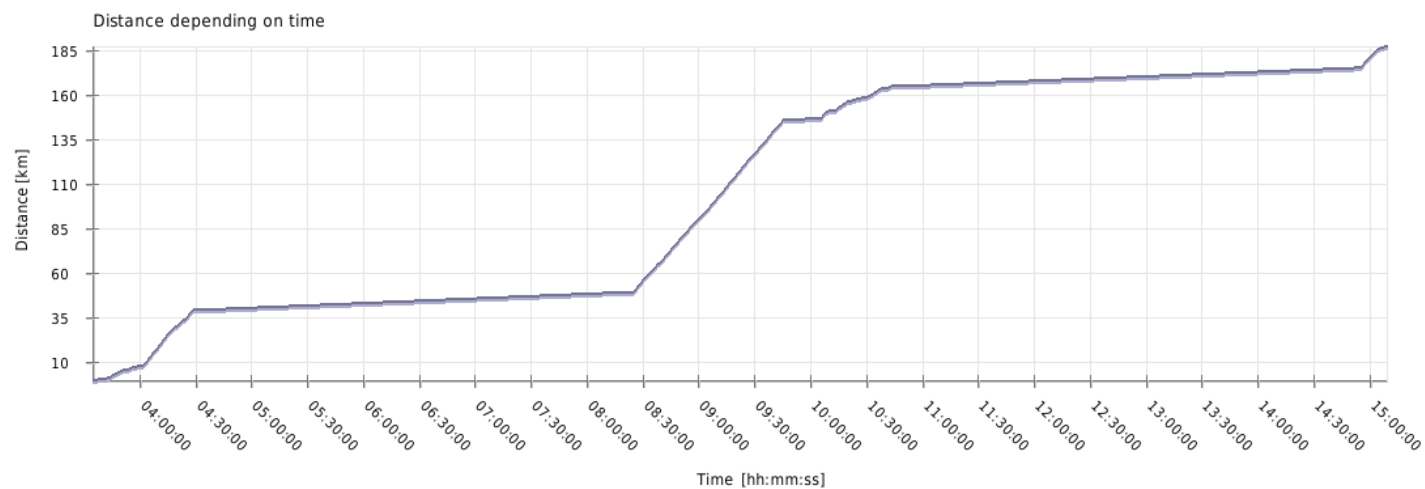


Minimum speed:	0.3 km/h
Maximum speed:	85.3 km/h
Average climbing speed :	59.2 km/h
Average descent speed :	56.8 km/h
Average flat speed:	54.1 km/h
Average speed:	57.3 km/h

Time

Date of track:	20.8.2008
Start time:	03:34:45
End time:	15:09:25
Total track time:	11h 34m 40s
Climbing time:	9h 32m 03s
Descent time:	1h 32m 06s
Flat time:	30m 31s

Distance



Total flat distance:	187.1 km
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Total real distance:	187.3 km
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Climbing distance:	90 km
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Descent distance:	70.9 km
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Flat distance:	26.4 km
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