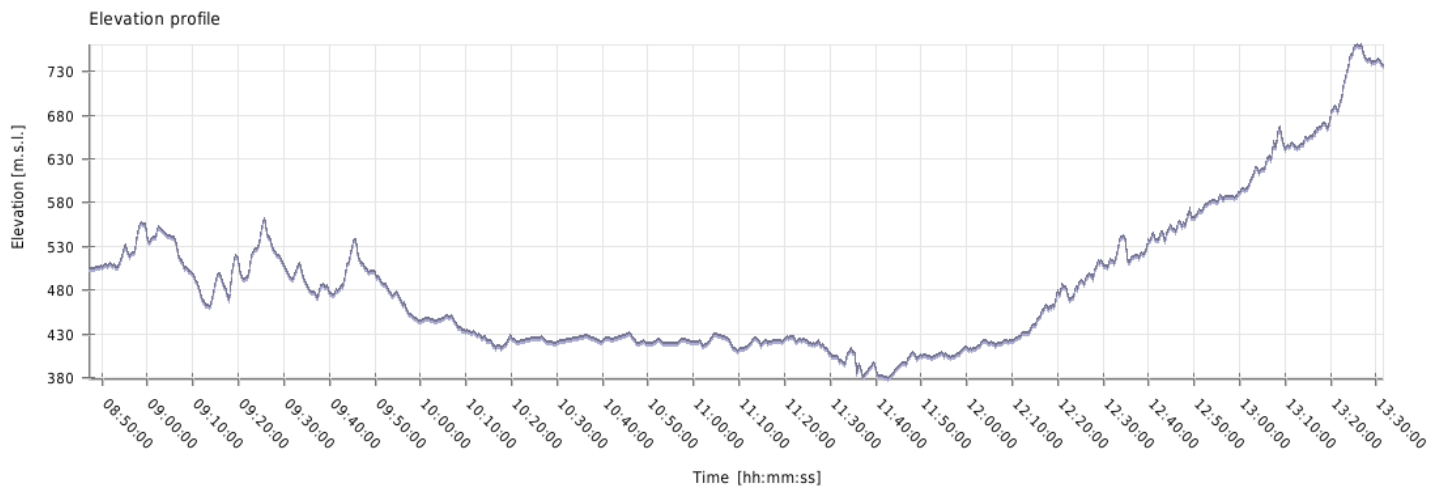
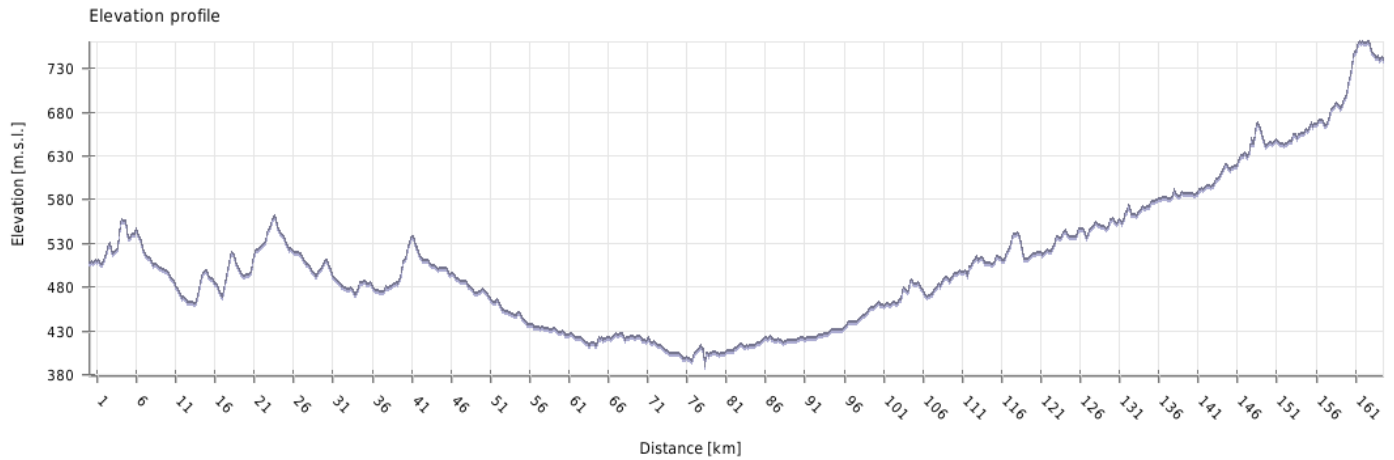
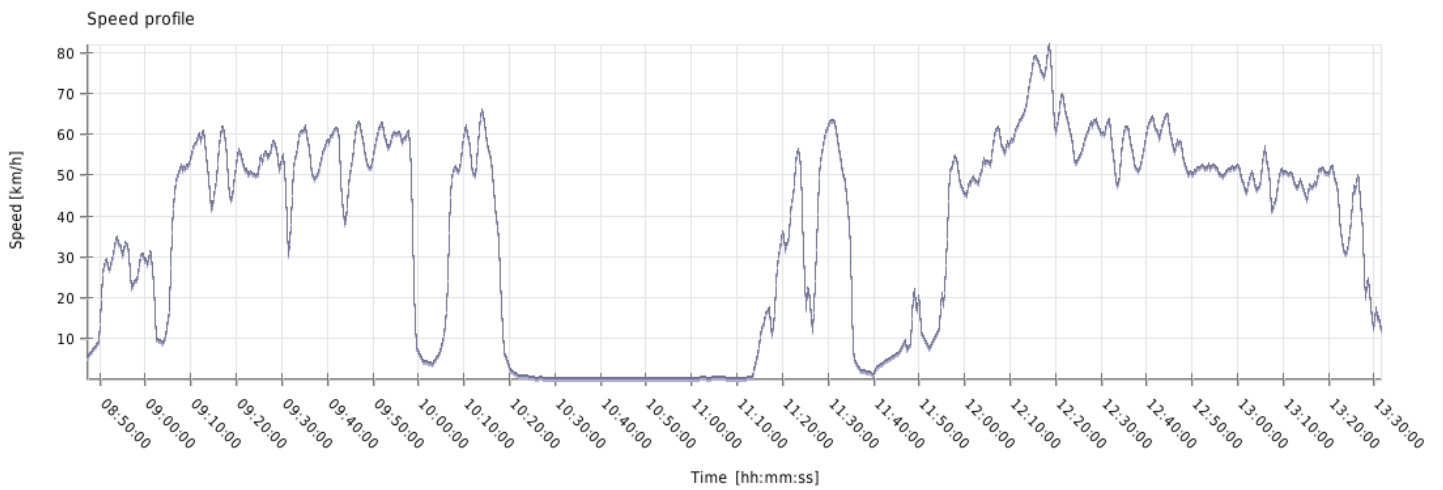
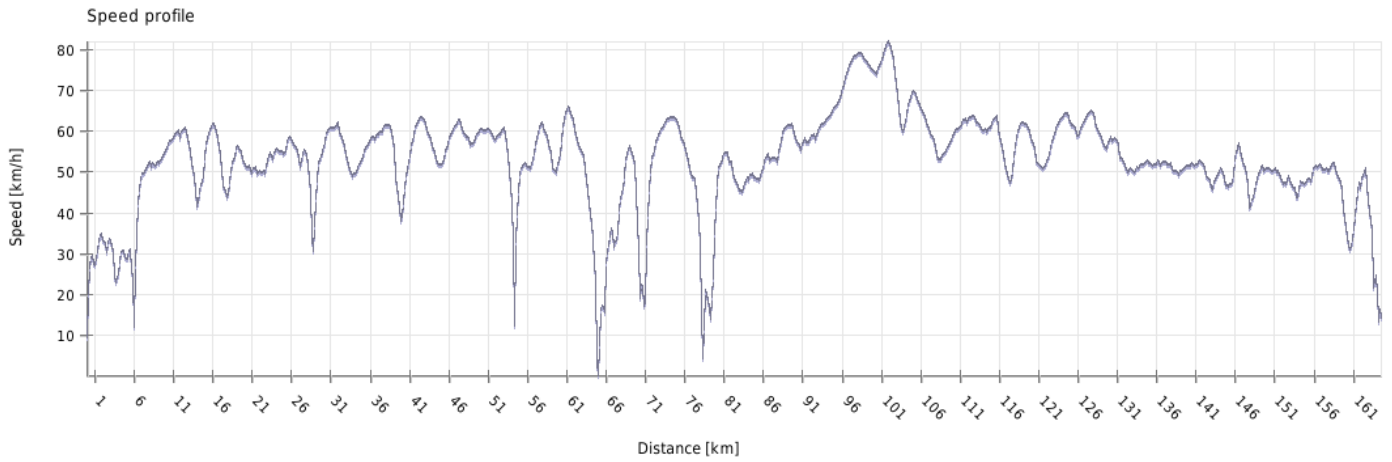


## Elevation



Minimum elevation:	379 m.s.l.
Maximum elevation:	760 m.s.l.
Average elevation:	504.5 m.s.l.
Maximum difference:	381 m
Total climbing:	1216 m
Total descent:	990 m
Start elevation:	510 m.s.l.
End elevation:	736 m.s.l.
Final balance:	226 m

## Speed



Minimum speed:	0.1 km/h
Maximum speed:	81.9 km/h
Average climbing speed :	48.5 km/h
Average descent speed :	51.8 km/h
Average flat speed:	48.9 km/h
Average speed:	49.8 km/h

## Time

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Date of track:	22.8.2008
Start time:	08:45:11
End time:	13:31:35
Total track time:	4h 46m 24s
Climbing time:	2h 11m 12s
Descent time:	1h 52m 20s
Flat time:	42m 52s

## Distance



Total flat distance:	164.3 km
Total real distance:	164.6 km
Climbing distance:	69.5 km
Descent distance:	65.6 km
Flat distance:	29.4 km