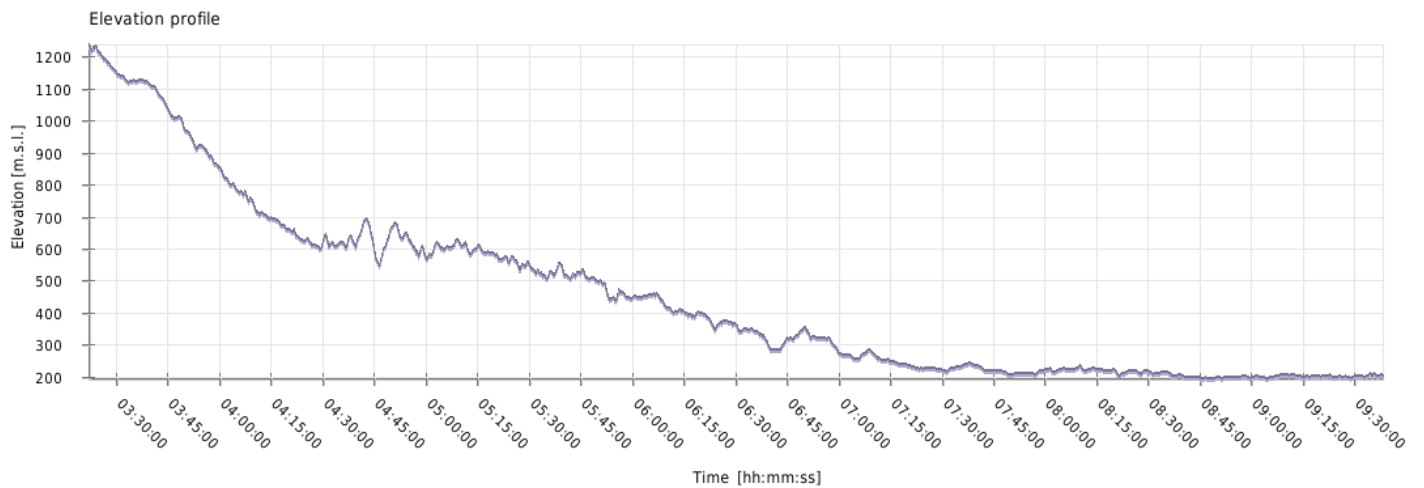
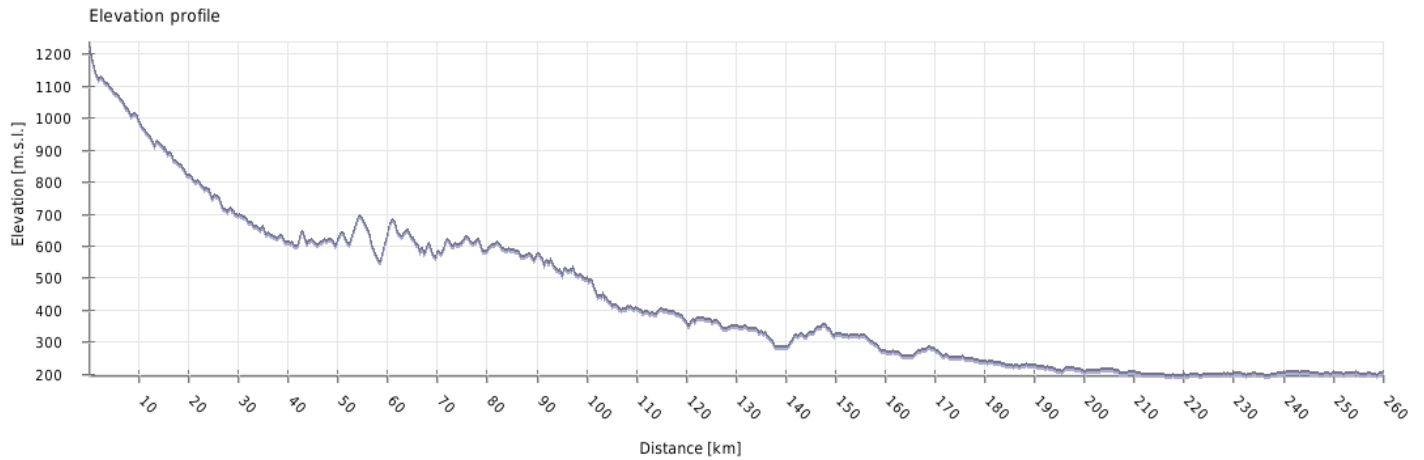
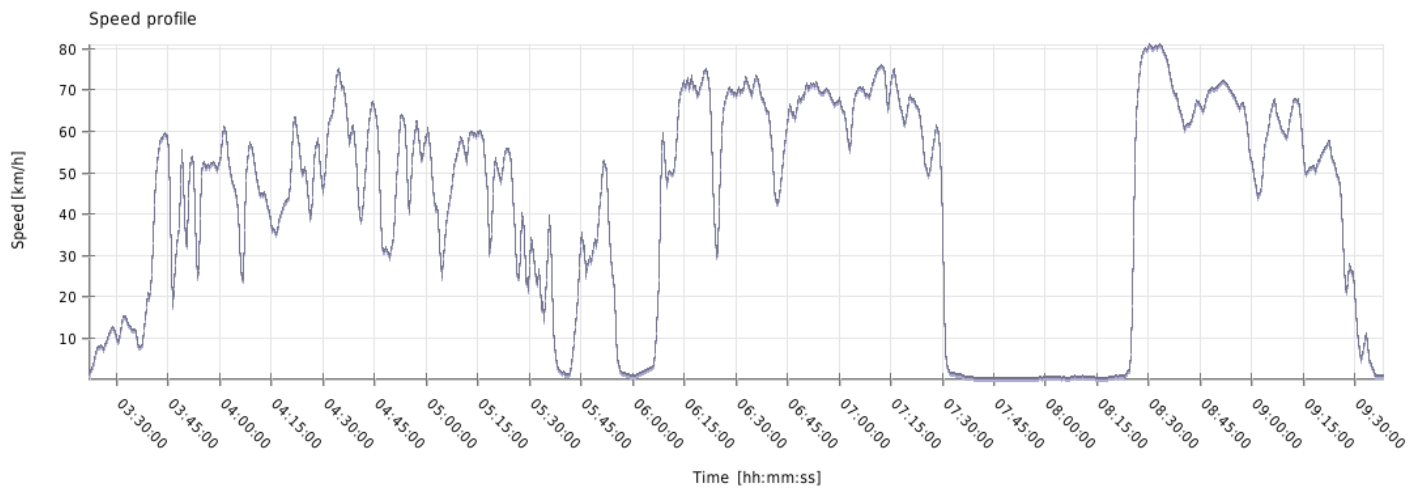
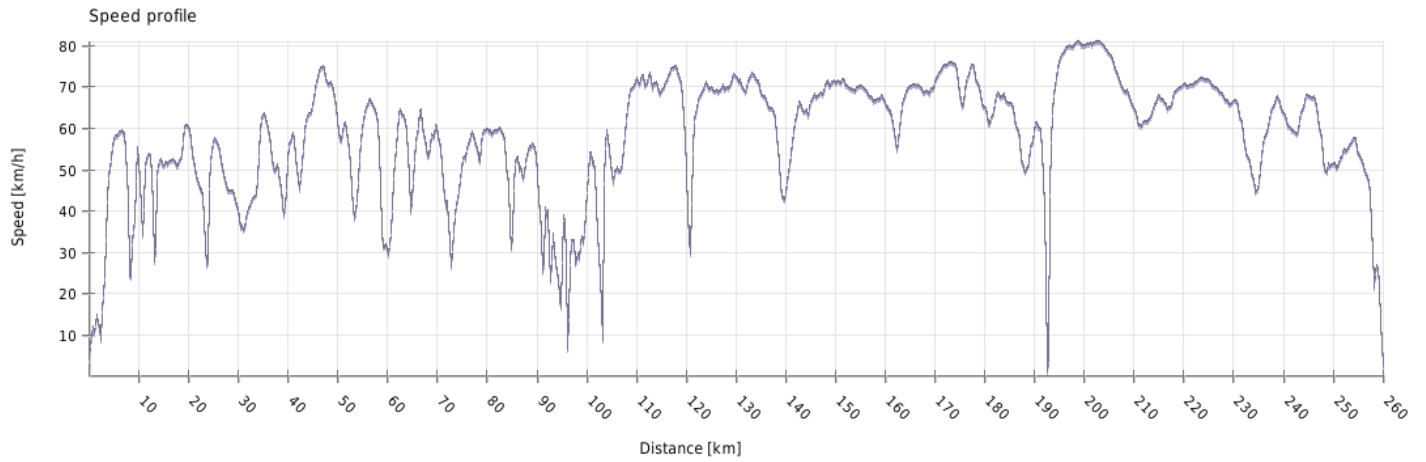


Elevation



Minimum elevation:	195 m.s.l.
Maximum elevation:	1239.2 m.s.l.
Average elevation:	491.4 m.s.l.
Maximum difference:	1044.2 m
Total climbing:	1609 m
Total descent:	2644 m
Start elevation:	1239.2 m.s.l.
End elevation:	204 m.s.l.
Final balance:	-1035.2 m

Speed

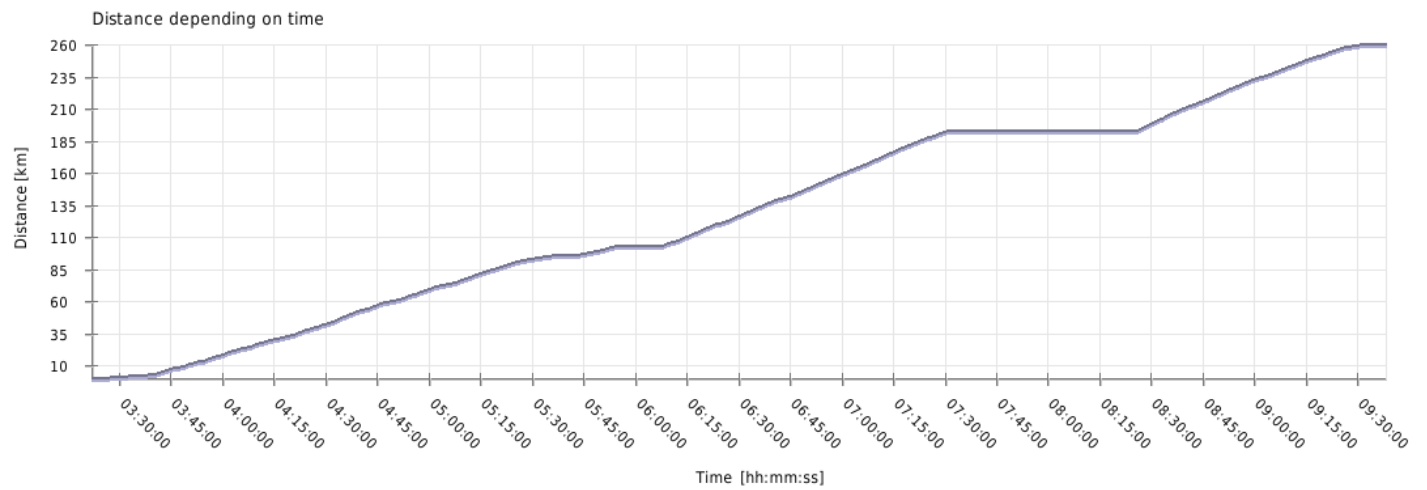


Minimum speed:	0.1 km/h
Maximum speed:	80.9 km/h
Average climbing speed :	52.1 km/h
Average descent speed :	52.8 km/h
Average flat speed:	54.1 km/h
Average speed:	52.8 km/h

Time

Date of track:	31.8.2008
Start time:	04:21:27
End time:	10:38:13
Total track time:	6h 16m 46s
Climbing time:	2h 10m 48s
Descent time:	3h 15m 31s
Flat time:	50m 27s

Distance



Total flat distance:	259.7 km
Total real distance:	260.1 km
Climbing distance:	85.2 km
Descent distance:	134.9 km
Flat distance:	40 km