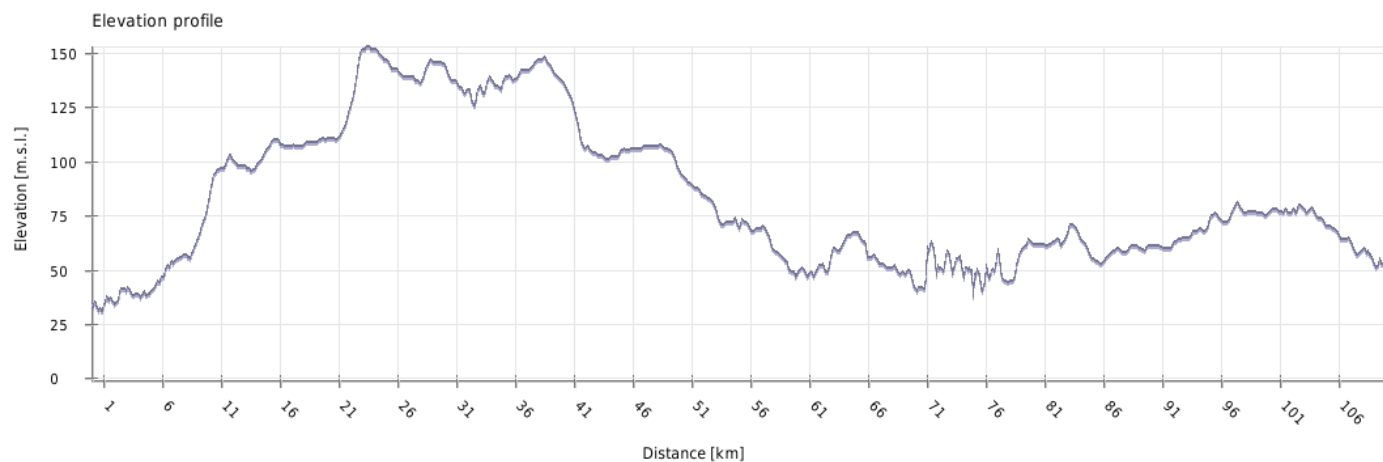
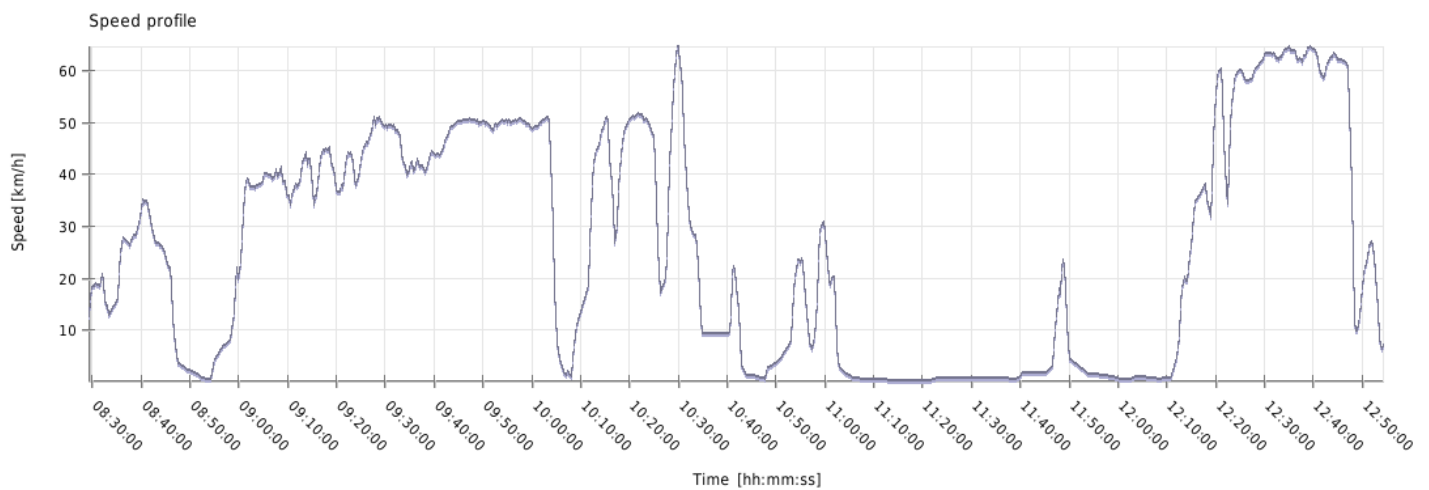
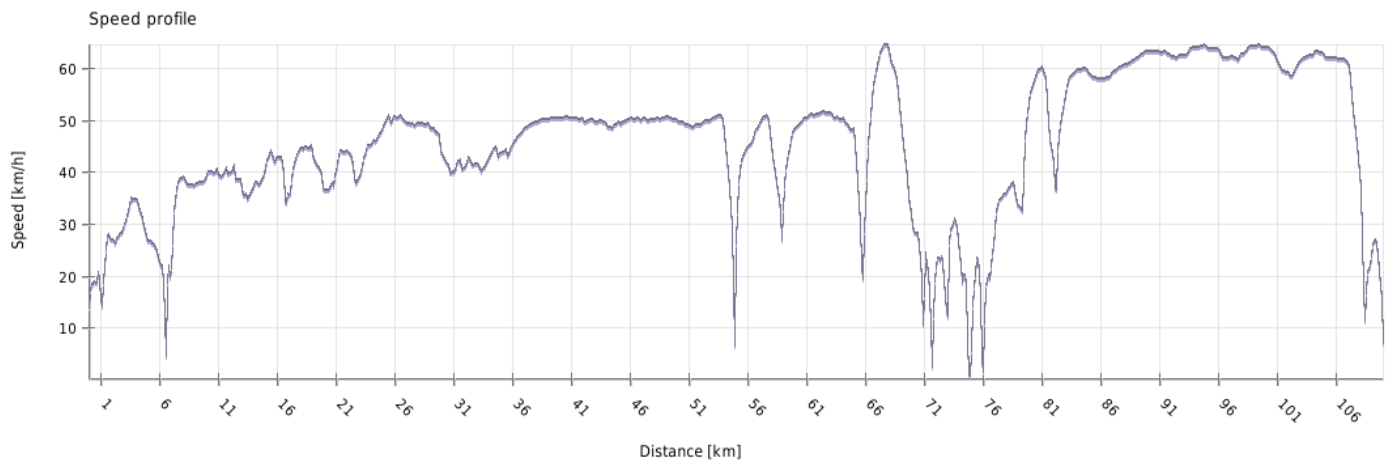


## Elevation



Minimum elevation:	-1 m.s.l.
Maximum elevation:	153 m.s.l.
Average elevation:	73.2 m.s.l.
Maximum difference:	154 m
Total climbing:	680 m
Total descent:	669 m
Start elevation:	42.7 m.s.l.
End elevation:	53 m.s.l.
Final balance:	10.3 m

## Speed



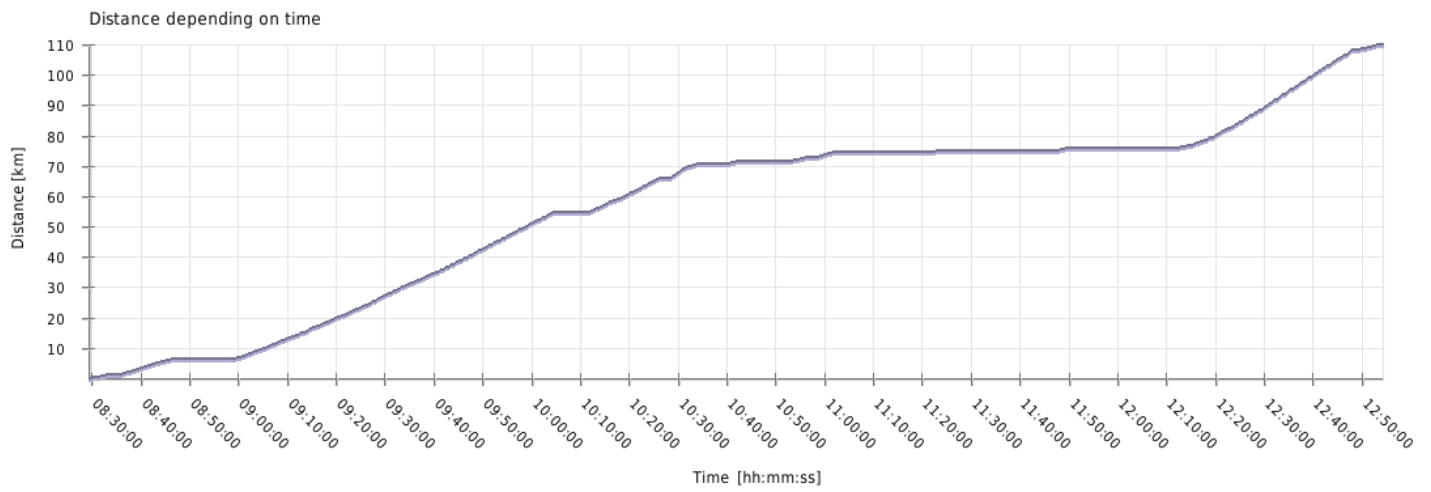
Minimum speed:	0.2 km/h
Maximum speed:	64.6 km/h
Average climbing speed :	39.9 km/h
Average descent speed :	43.1 km/h
Average flat speed:	41.6 km/h
Average speed:	41.6 km/h

## Time

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Date of track:	4.9.2008
Start time:	09:28:37
End time:	13:54:22
Total track time:	4h 25m 45s
Climbing time:	1h 48m 05s
Descent time:	1h 54m 48s
Flat time:	42m 52s

## Distance



Total flat distance:	109.7 km
Total real distance:	110 km
Climbing distance:	40 km
Descent distance:	42.9 km
Flat distance:	27.2 km