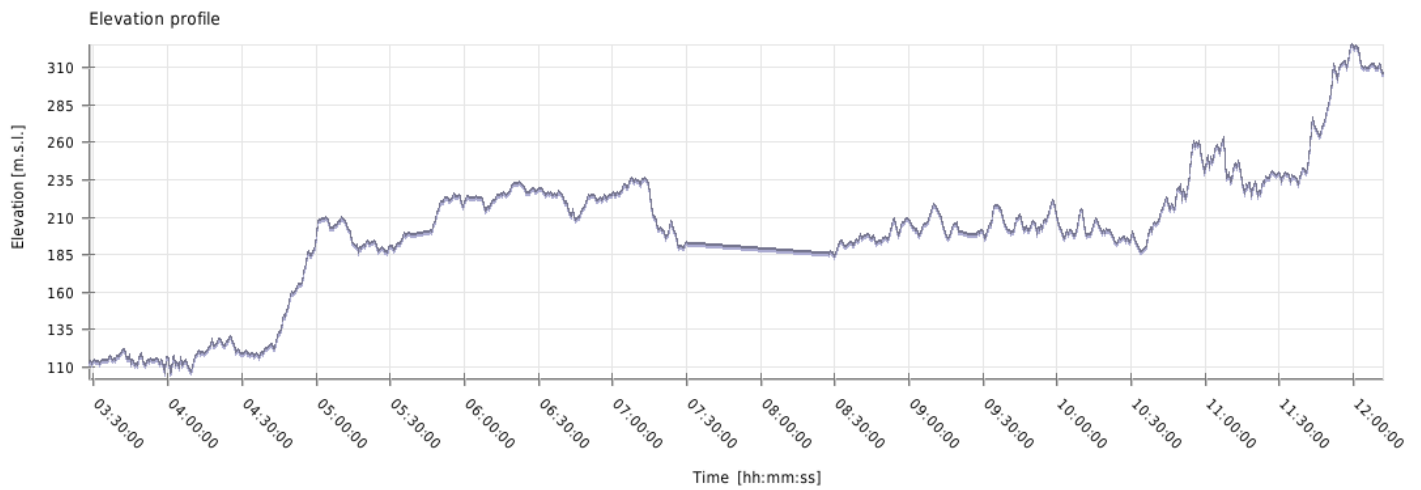
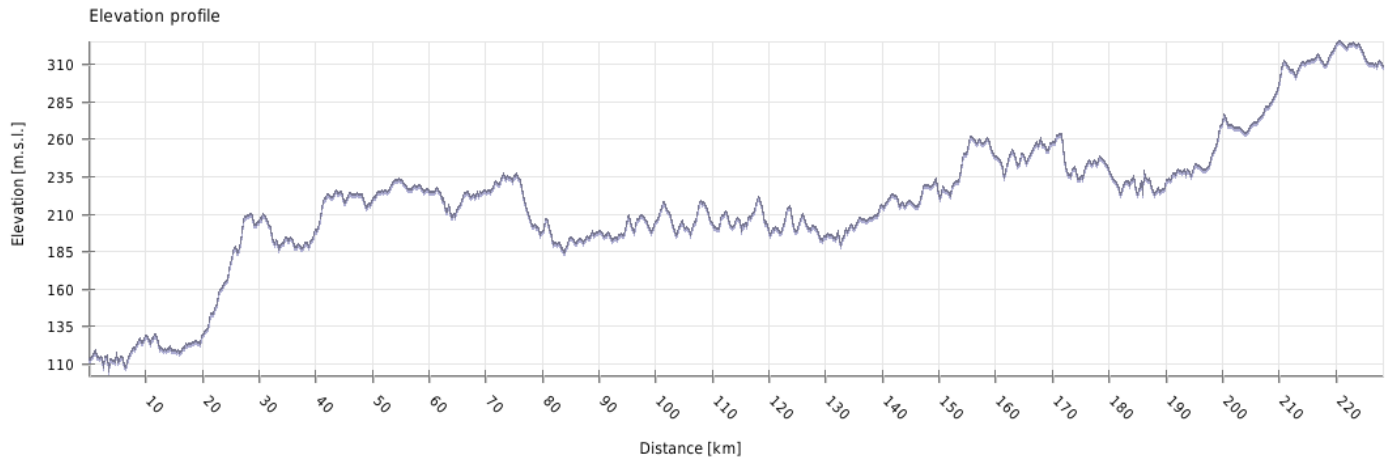
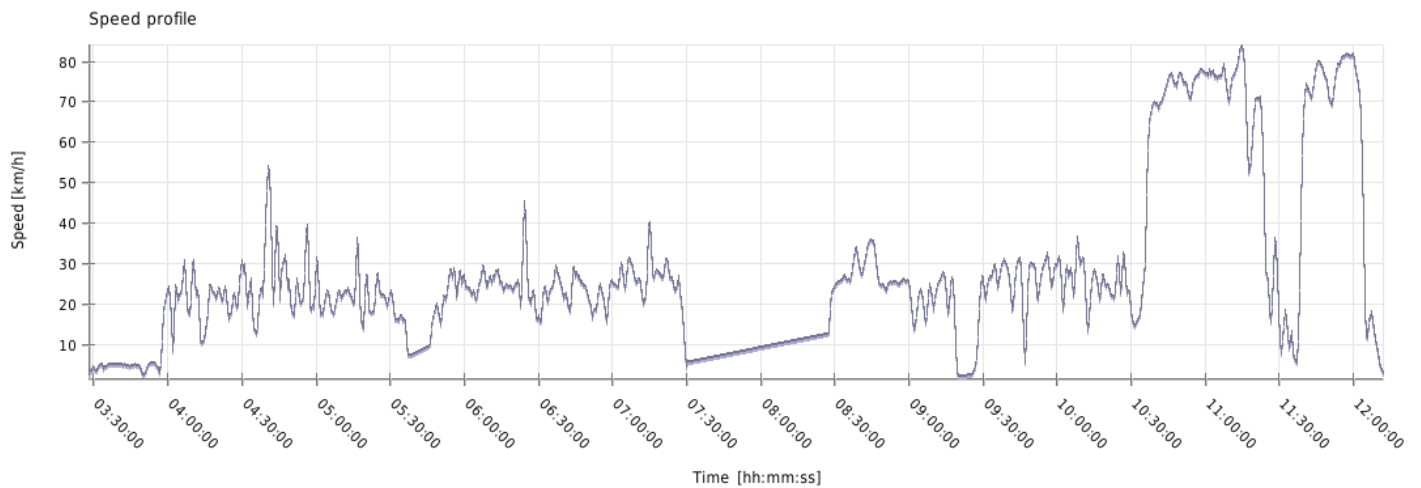
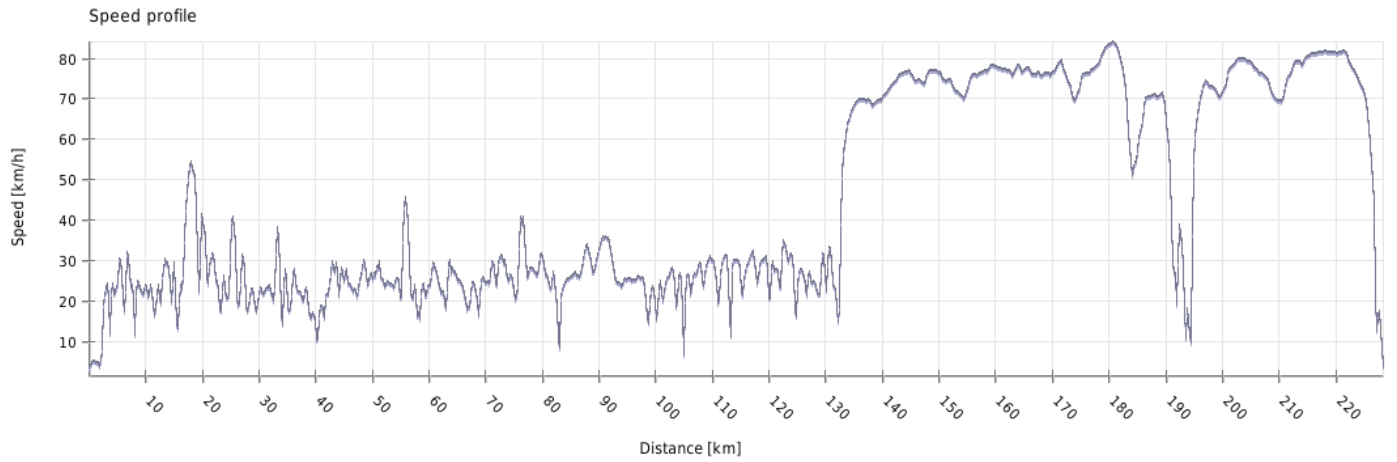


## Elevation



Minimum elevation:	102 m.s.l.
Maximum elevation:	325 m.s.l.
Average elevation:	198.7 m.s.l.
Maximum difference:	223 m
Total climbing:	1328 m
Total descent:	1134 m
Start elevation:	112.6 m.s.l.
End elevation:	306 m.s.l.
Final balance:	193.4 m

## Speed



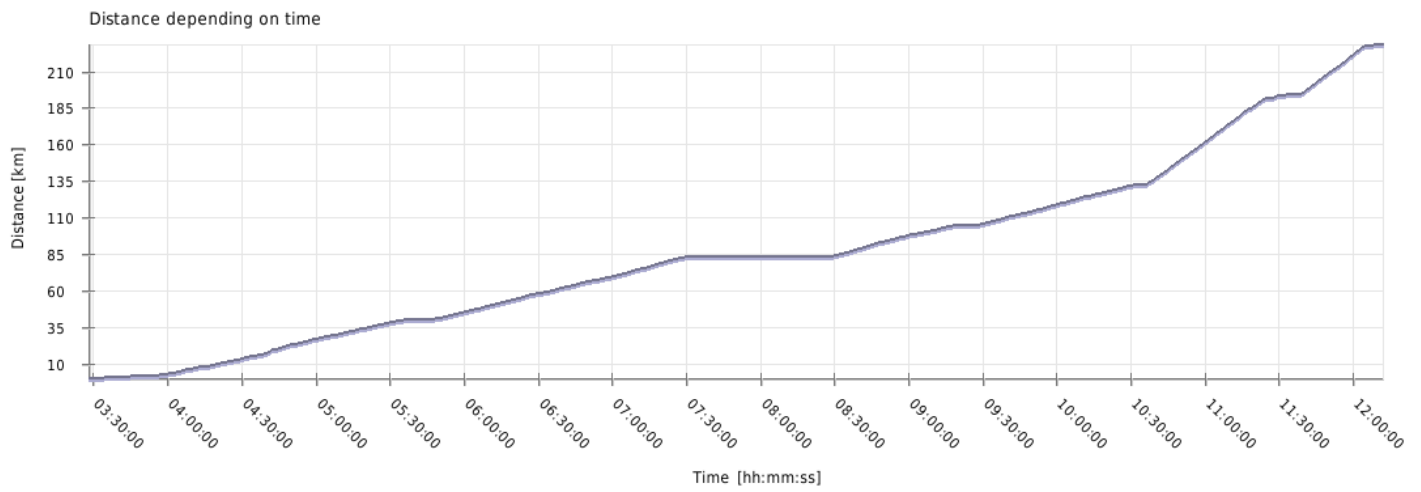
Minimum speed:	1.7 km/h
Maximum speed:	84 km/h
Average climbing speed :	34.6 km/h
Average descent speed :	34.7 km/h
Average flat speed:	25 km/h
Average speed:	31.9 km/h

## Time

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Date of track:	6.9.2008
Start time:	04:27:43
End time:	13:12:08
Total track time:	8h 44m 25s
Climbing time:	3h 01m 32s
Descent time:	3h 29m 44s
Flat time:	2h 13m 09s

## Distance



Total flat distance:	228.3 km
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Total real distance:	228.4 km
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Climbing distance:	95.8 km
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Descent distance:	80.8 km
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Flat distance:	51.8 km
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