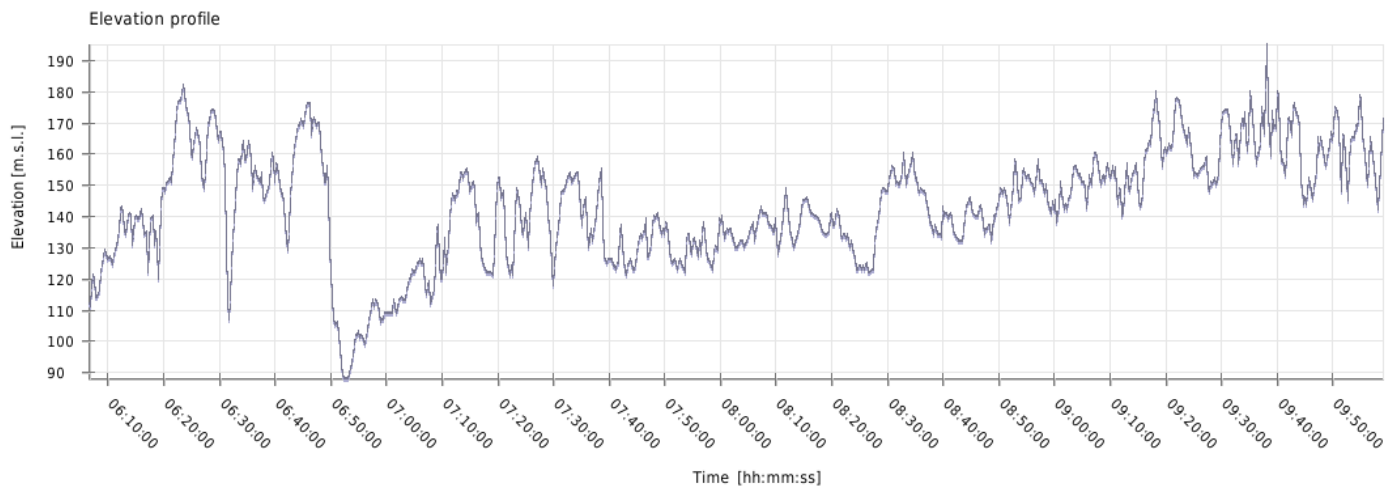
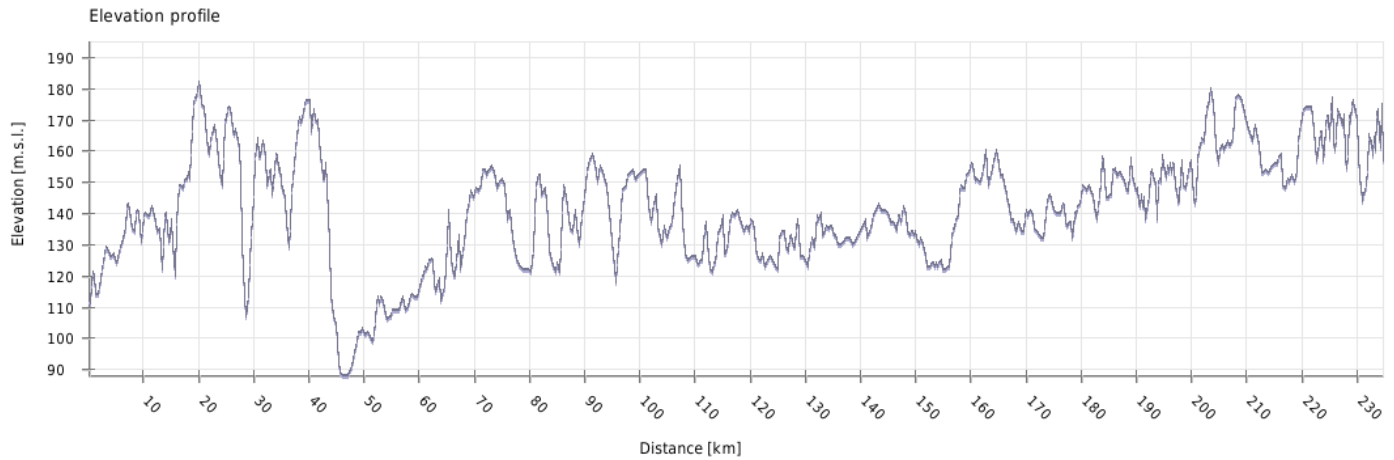
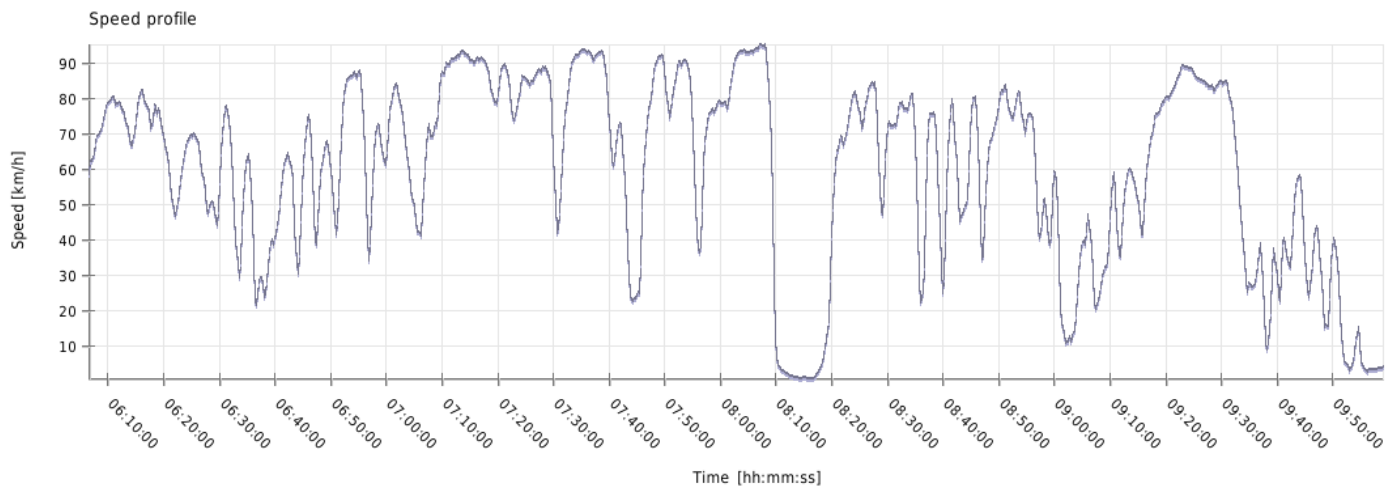
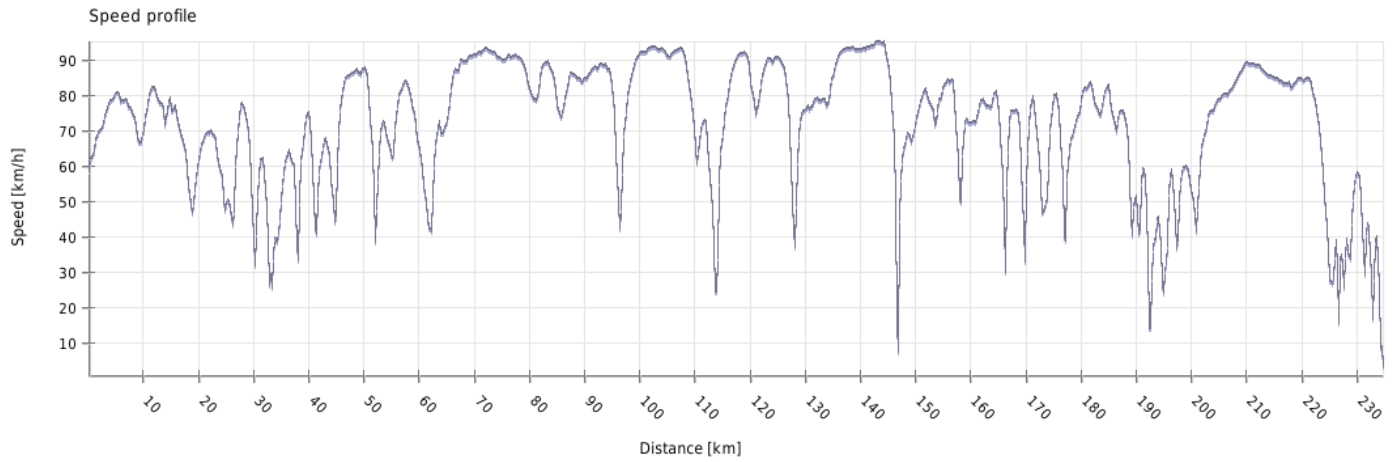


Elevation



Minimum elevation:	88 m.s.l.
Maximum elevation:	195 m.s.l.
Average elevation:	144.1 m.s.l.
Maximum difference:	107 m
Total climbing:	1600 m
Total descent:	1543 m
Start elevation:	114 m.s.l.
End elevation:	171 m.s.l.
Final balance:	57 m

Speed

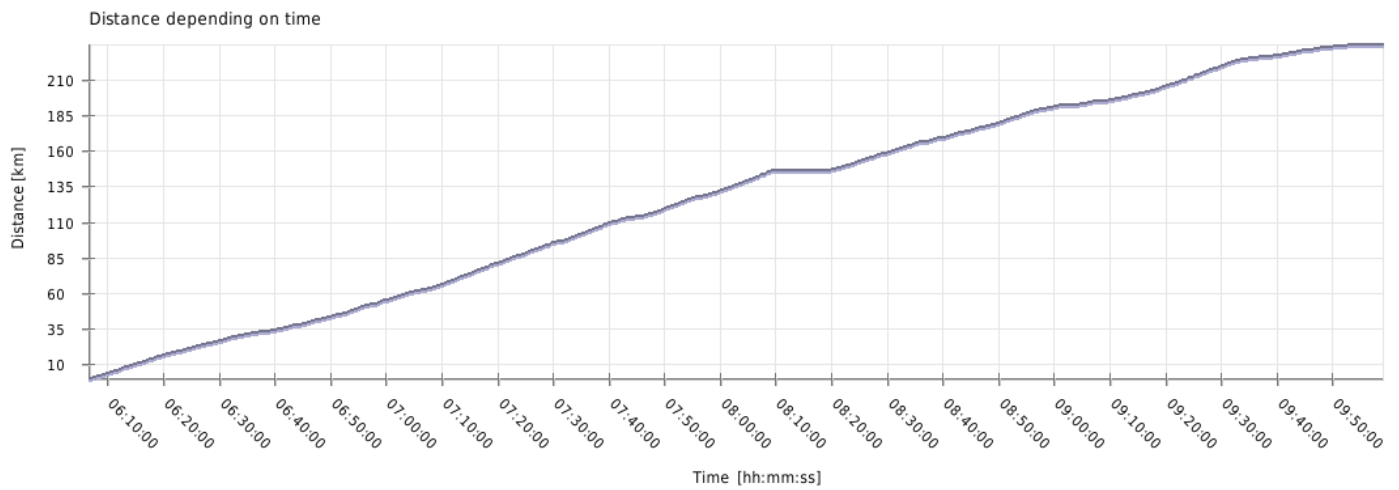


Minimum speed:	0.5 km/h
Maximum speed:	95.3 km/h
Average climbing speed :	65.9 km/h
Average descent speed :	68.6 km/h
Average flat speed:	64.4 km/h
Average speed:	66.8 km/h

Time

Date of track:	19.9.2008
Start time:	07:06:25
End time:	10:59:05
Total track time:	3h 52m 40s
Climbing time:	1h 46m 01s
Descent time:	1h 39m 35s
Flat time:	27m 04s

Distance



Total flat distance:	234.5 km
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Total real distance:	234.8 km
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Climbing distance:	107.5 km
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Descent distance:	98.6 km
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Flat distance:	28.7 km
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