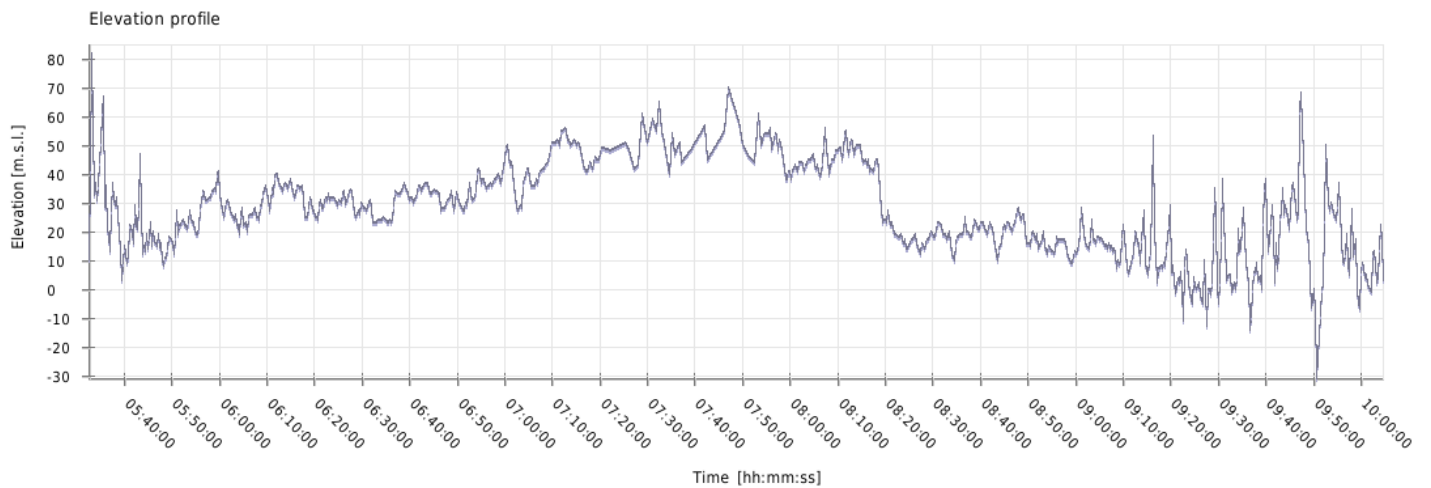
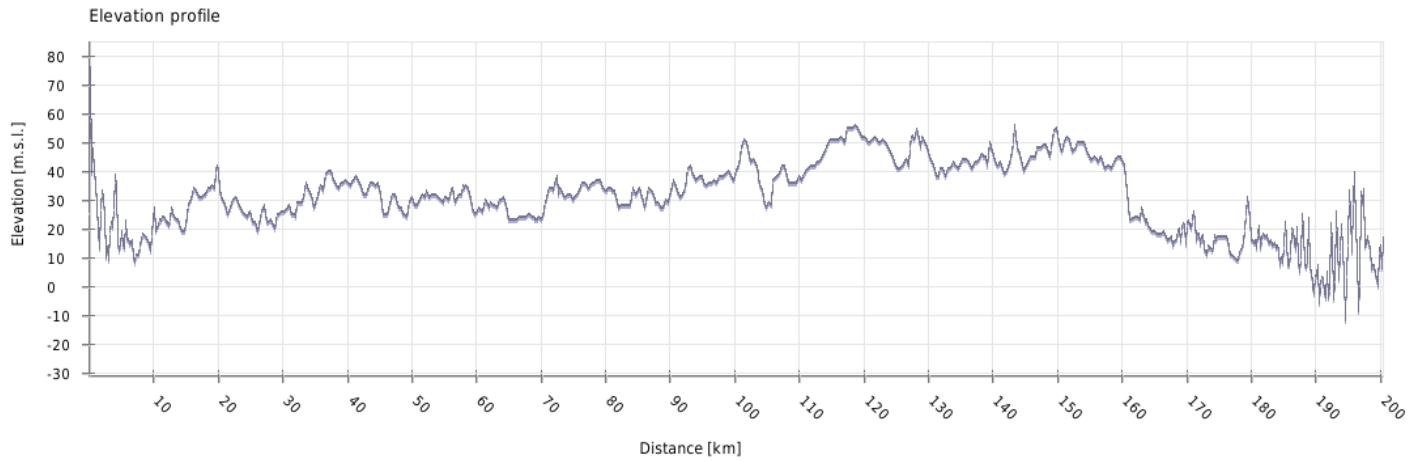
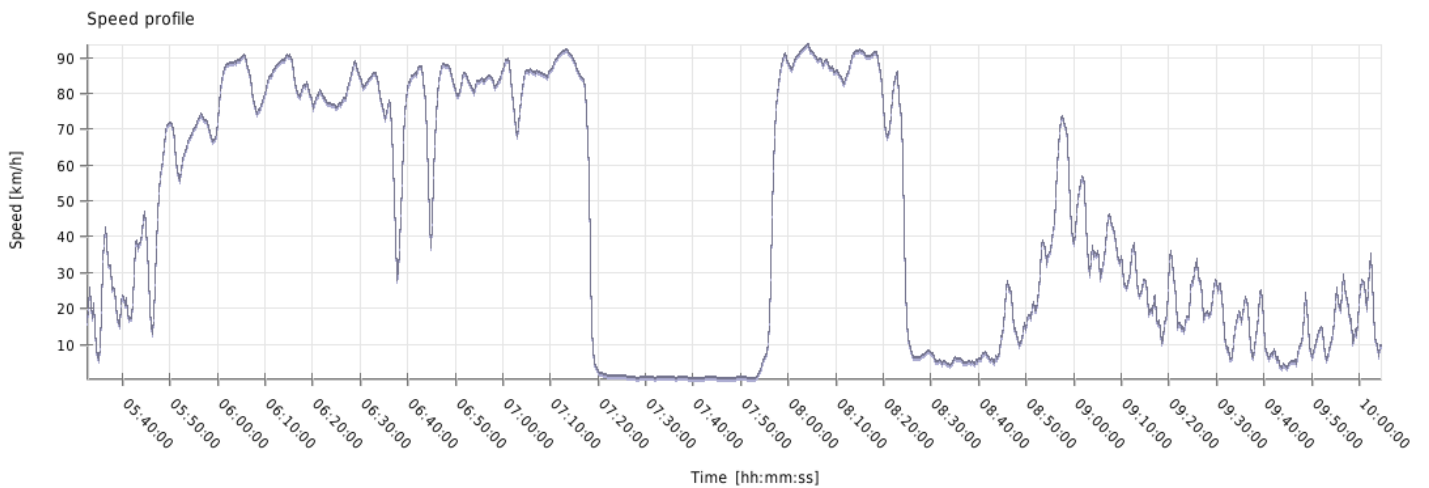
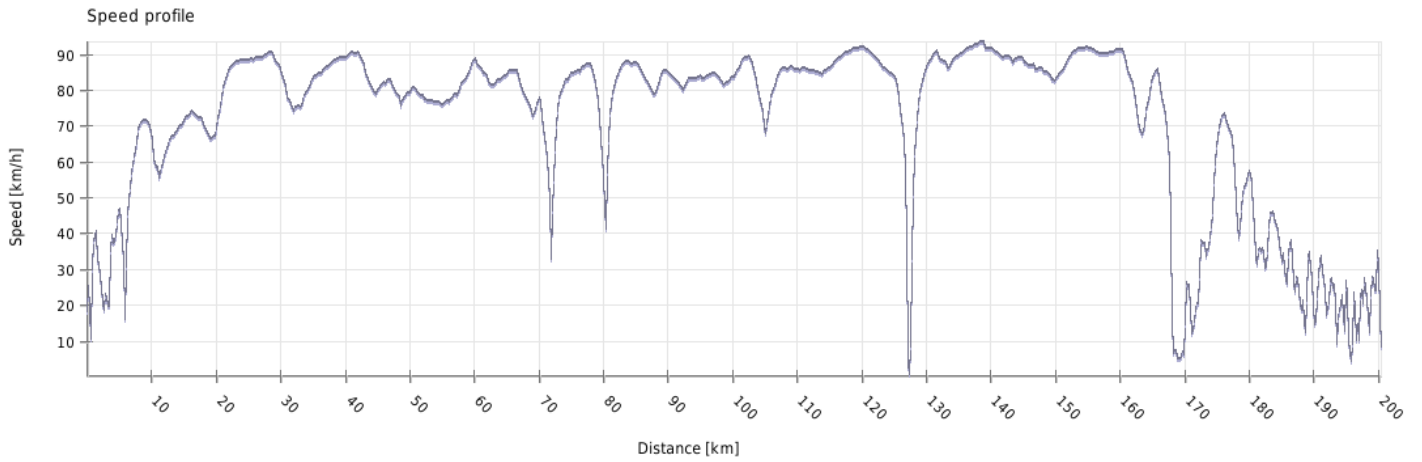


## Elevation



Minimum elevation:	-31 m.s.l.
Maximum elevation:	85 m.s.l.
Average elevation:	25.9 m.s.l.
Maximum difference:	116 m
Total climbing:	1762 m
Total descent:	1766 m
Start elevation:	7.5 m.s.l.
End elevation:	3 m.s.l.
Final balance:	-4.5 m

## Speed



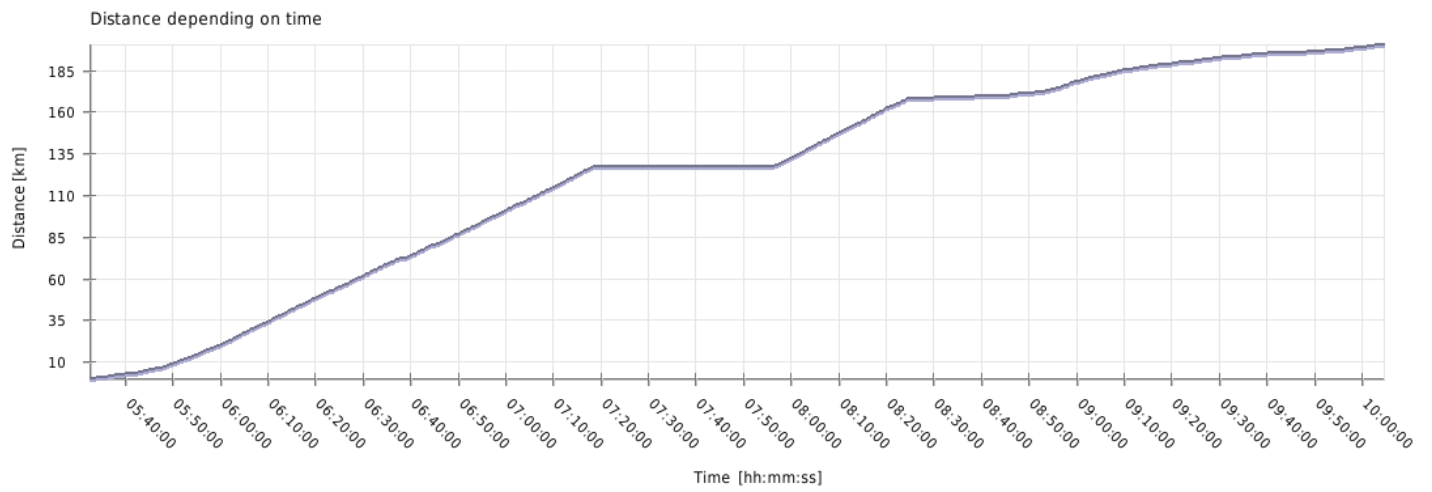
Minimum speed:	0.3 km/h
Maximum speed:	93.6 km/h
Average climbing speed :	53.6 km/h
Average descent speed :	54.5 km/h
Average flat speed:	63.5 km/h
Average speed:	55.5 km/h

## Time

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Date of track:	25.9.2008
Start time:	06:32:32
End time:	11:04:42
Total track time:	4h 32m 10s
Climbing time:	1h 59m 30s
Descent time:	1h 56m 25s
Flat time:	36m 15s

## Distance



Total flat distance:	199.9 km
Total real distance:	200.5 km
Climbing distance:	82.3 km
Descent distance:	83.5 km
Flat distance:	34.7 km