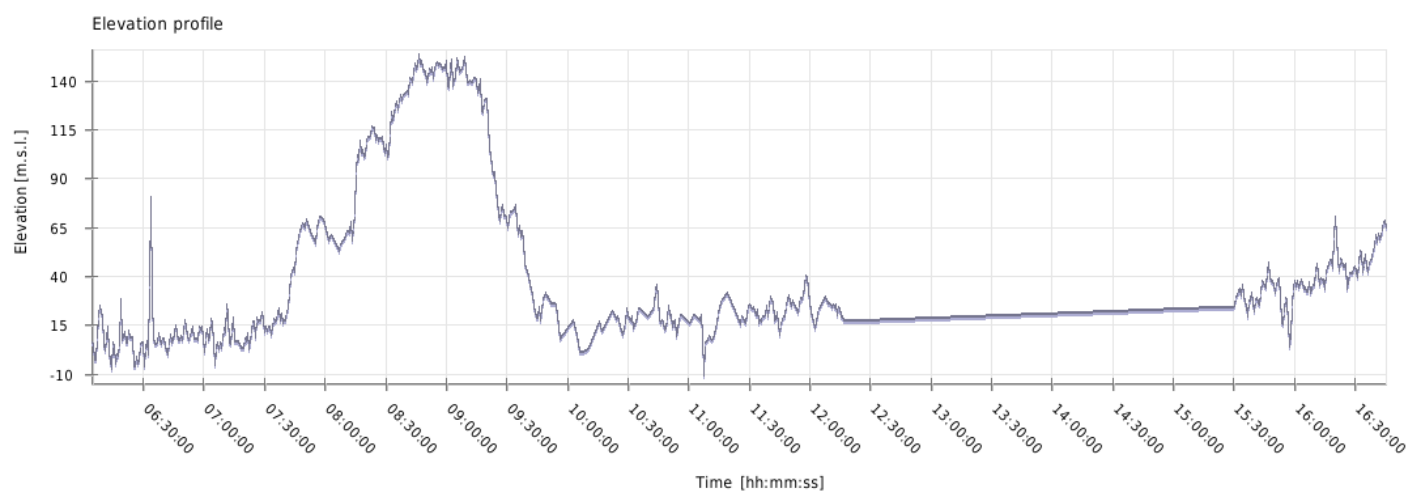
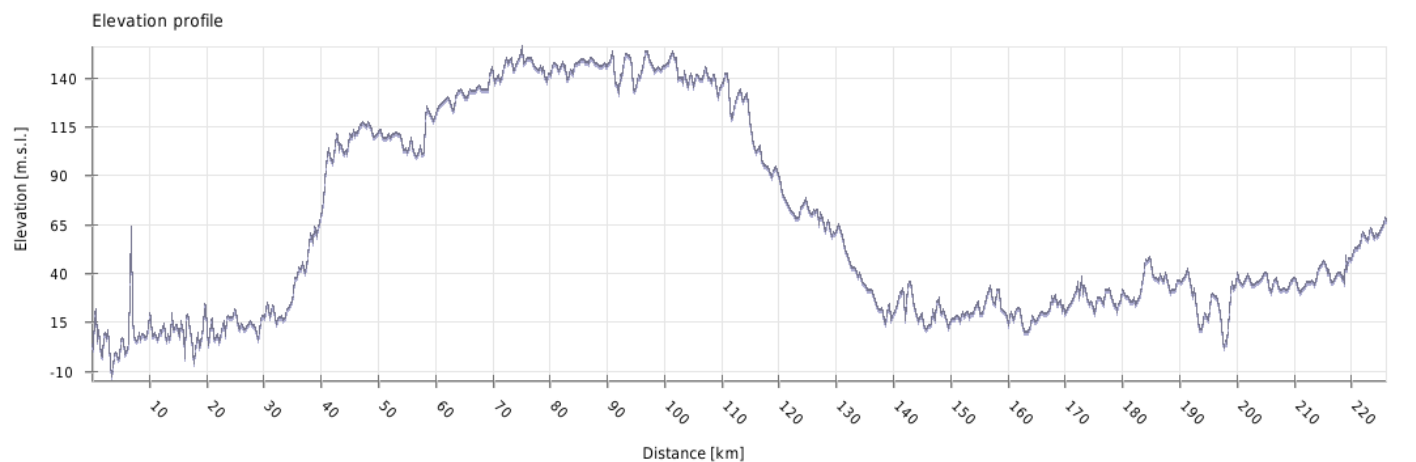
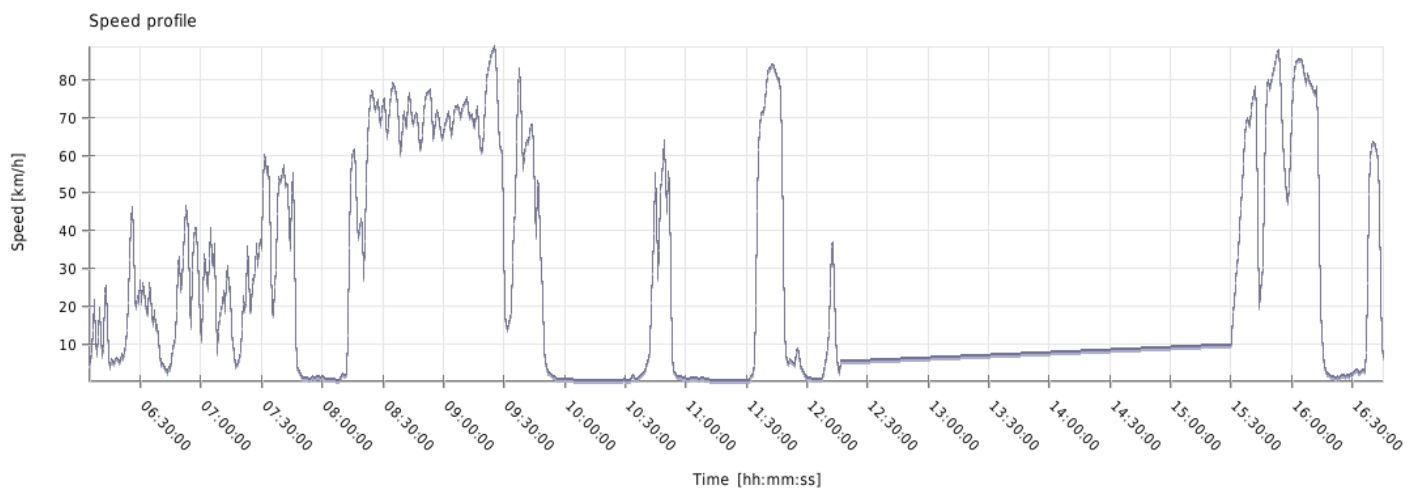
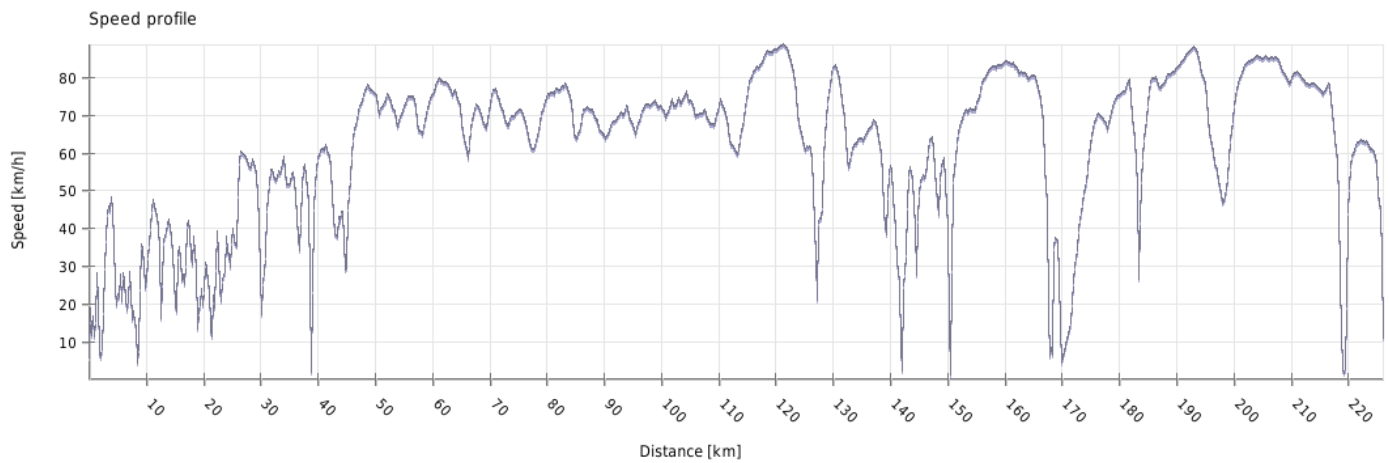


Elevation



Minimum elevation:	-15 m.s.l.
Maximum elevation:	156 m.s.l.
Average elevation:	47.6 m.s.l.
Maximum difference:	171 m
Total climbing:	2095 m
Total descent:	2036 m
Start elevation:	6.5 m.s.l.
End elevation:	65 m.s.l.
Final balance:	58.5 m

Speed

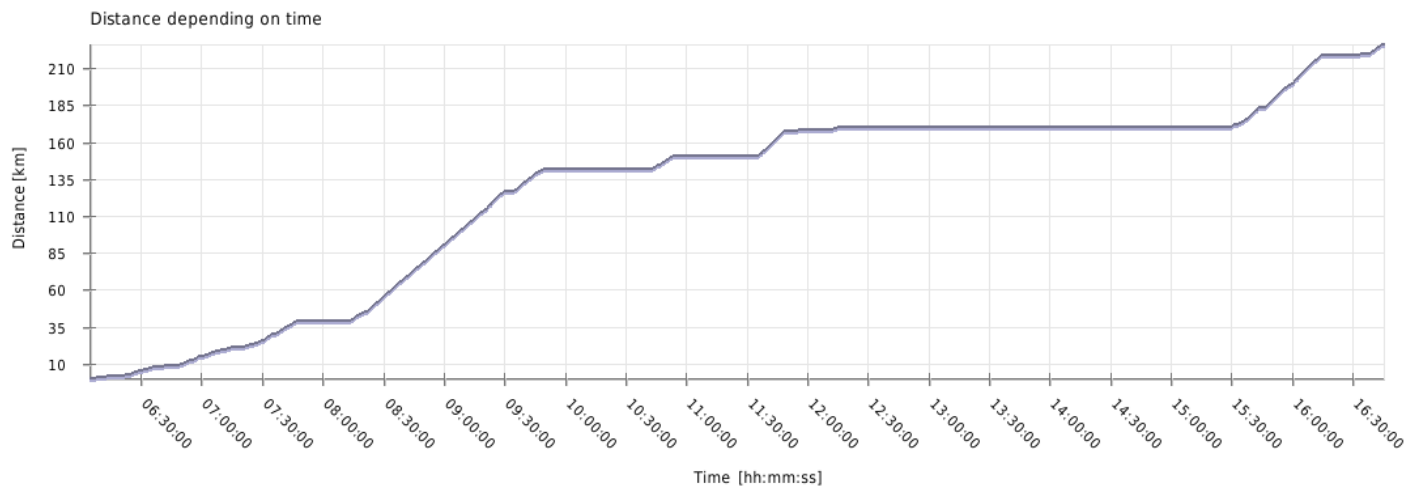


Minimum speed:	0.2 km/h
Maximum speed:	88.7 km/h
Average climbing speed :	53.6 km/h
Average descent speed :	52.9 km/h
Average flat speed:	53.1 km/h
Average speed:	53.2 km/h

Time

Date of track:	29.9.2008
Start time:	07:04:28
End time:	17:45:32
Total track time:	10h 41m 04s
Climbing time:	6h 36m 58s
Descent time:	3h 21m 49s
Flat time:	42m 17s

Distance



Total flat distance: 225.5 km

Total real distance: 226.1 km

Climbing distance: 102.9 km

Descent distance: 94.7 km

Flat distance: 28.5 km