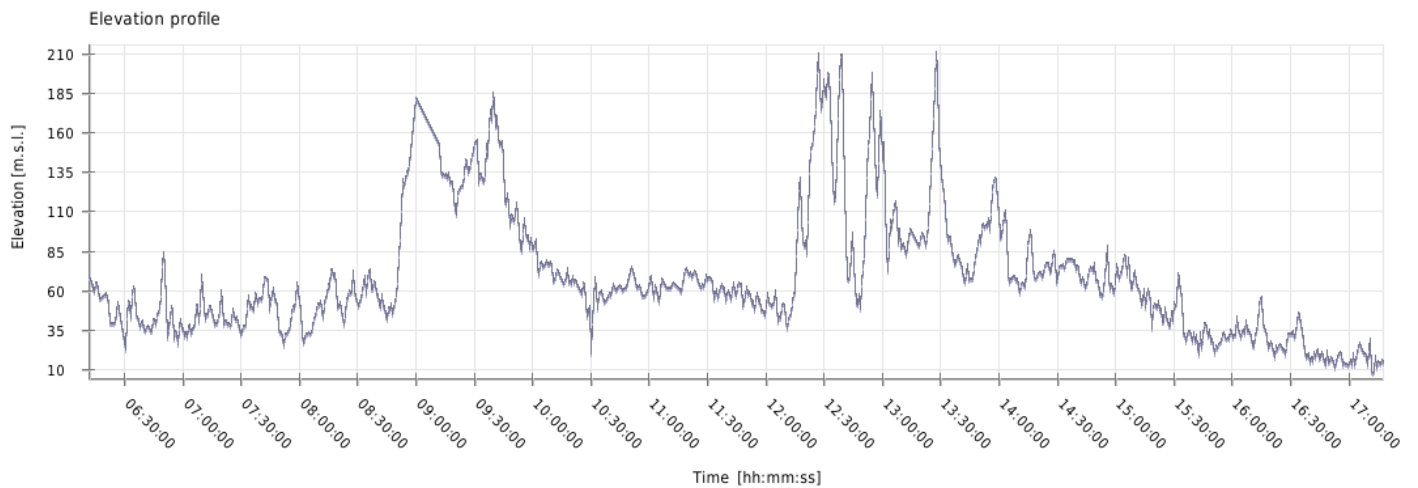
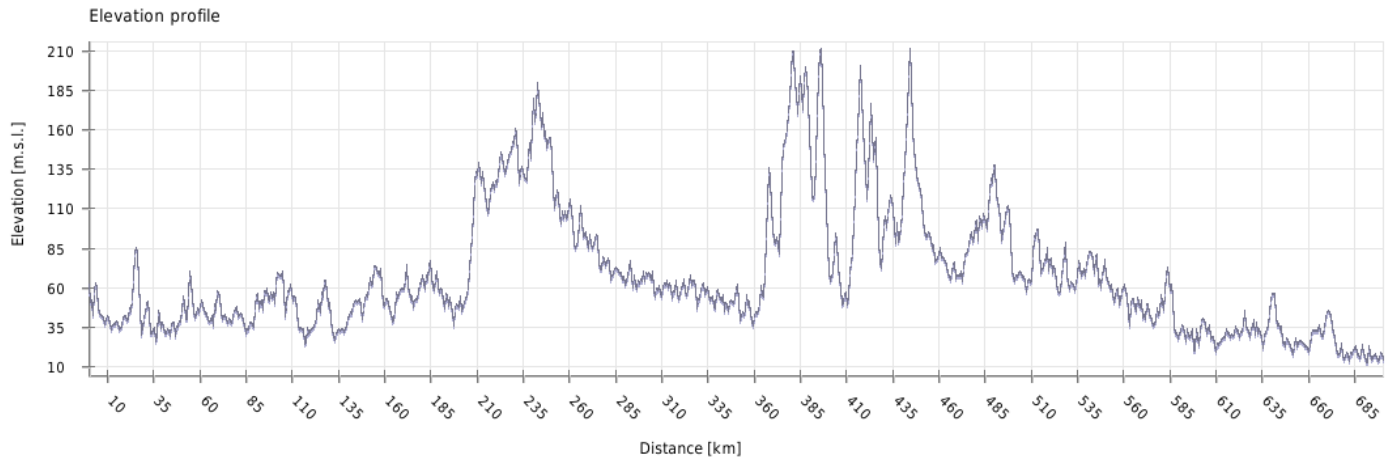
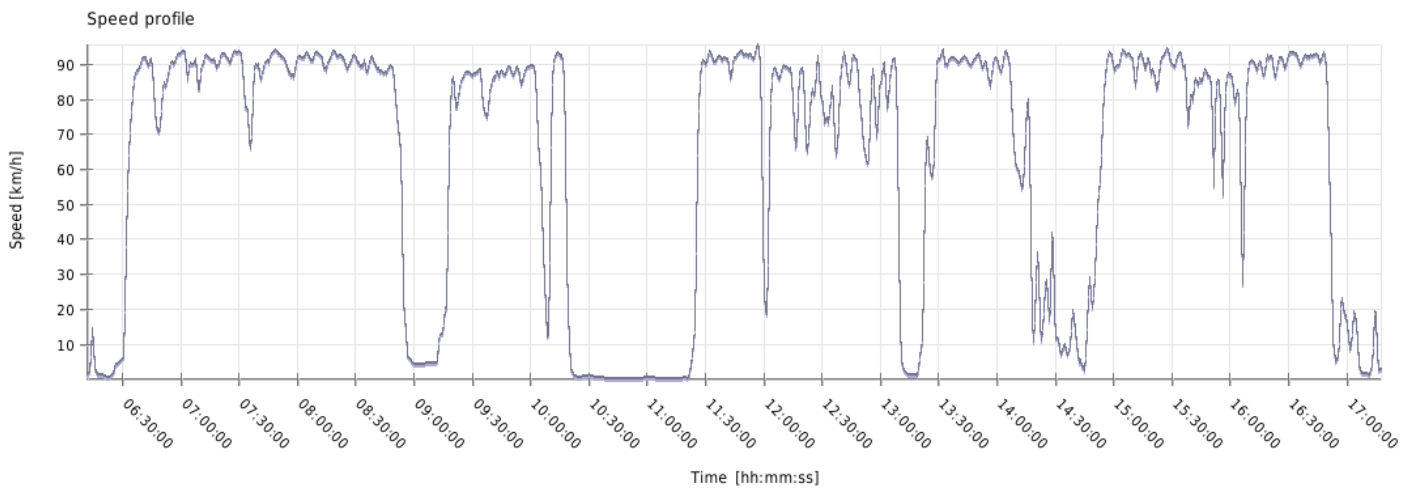
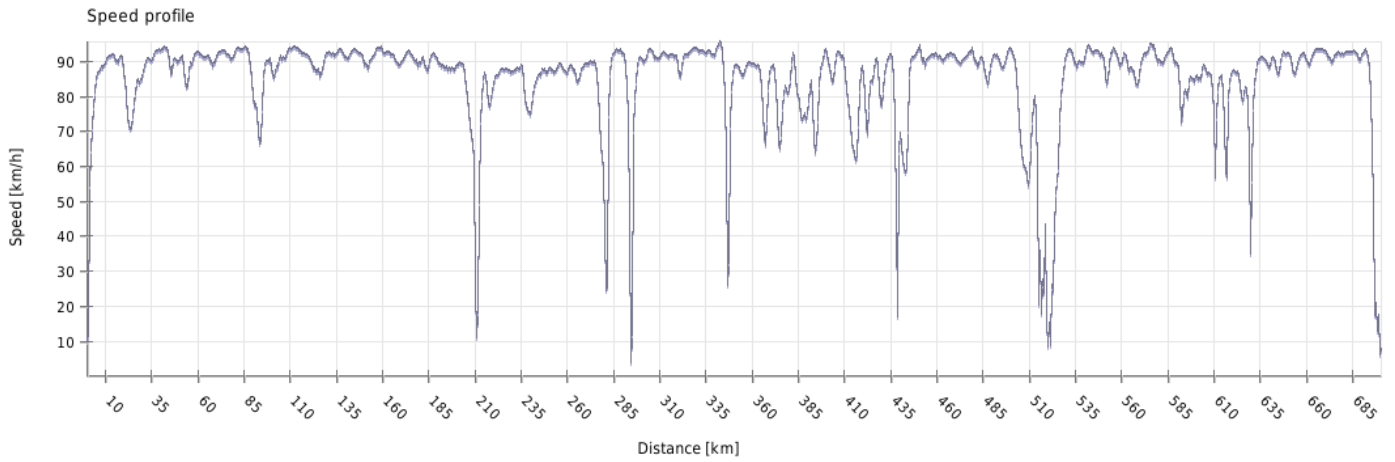


## Elevation



Minimum elevation:	4 m.s.l.
Maximum elevation:	216 m.s.l.
Average elevation:	69 m.s.l.
Maximum difference:	212 m
Total climbing:	4029 m
Total descent:	4077 m
Start elevation:	62.8 m.s.l.
End elevation:	14 m.s.l.
Final balance:	-48.8 m

## Speed



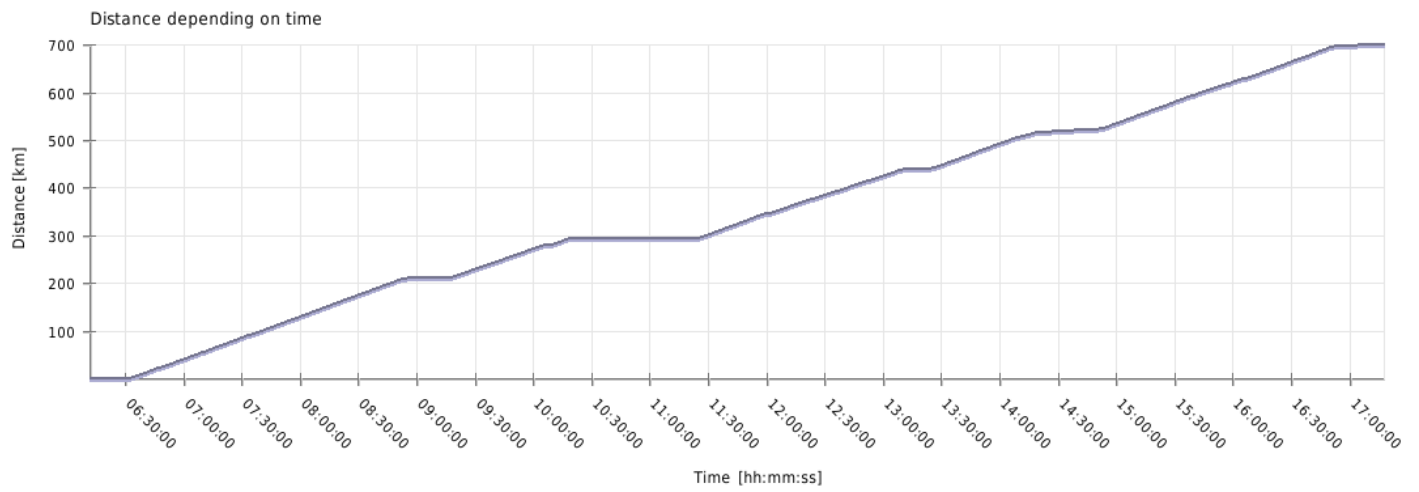
Minimum speed:	0.1 km/h
Maximum speed:	95.5 km/h
Average climbing speed :	77.3 km/h
Average descent speed :	80.7 km/h
Average flat speed:	77.5 km/h
Average speed:	78.8 km/h

## Time

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Date of track:	3.10.2008
Start time:	07:11:18
End time:	18:17:48
Total track time:	11h 06m 30s
Climbing time:	5h 04m 45s
Descent time:	5h 02m 45s
Flat time:	59m 00s

## Distance



Total flat distance:	700 km
Total real distance:	700.5 km
Climbing distance:	319.6 km
Descent distance:	313.1 km
Flat distance:	67.8 km