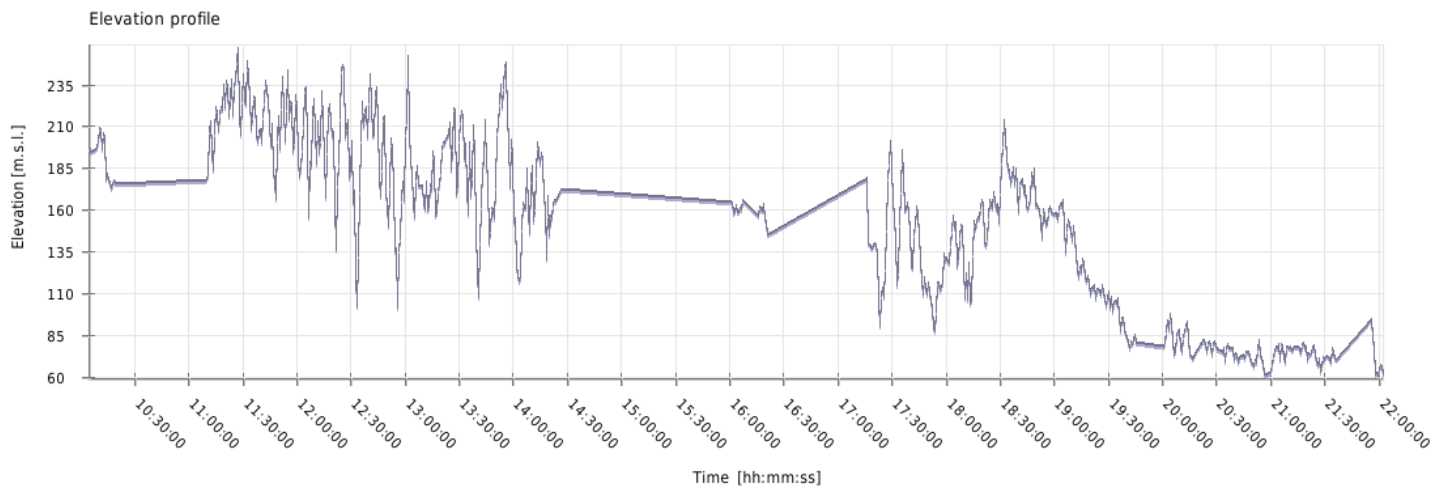
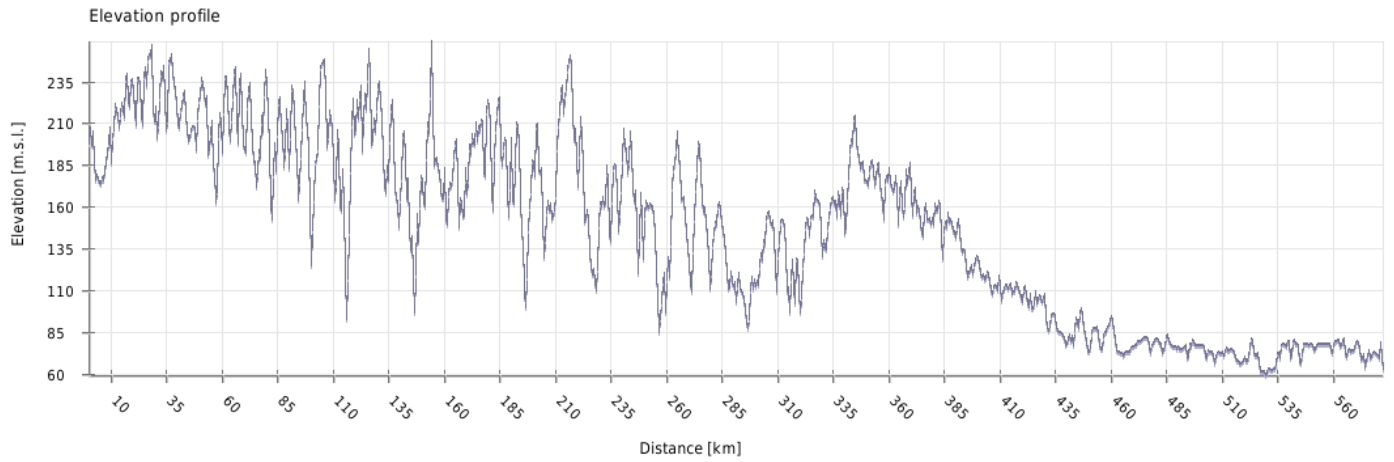
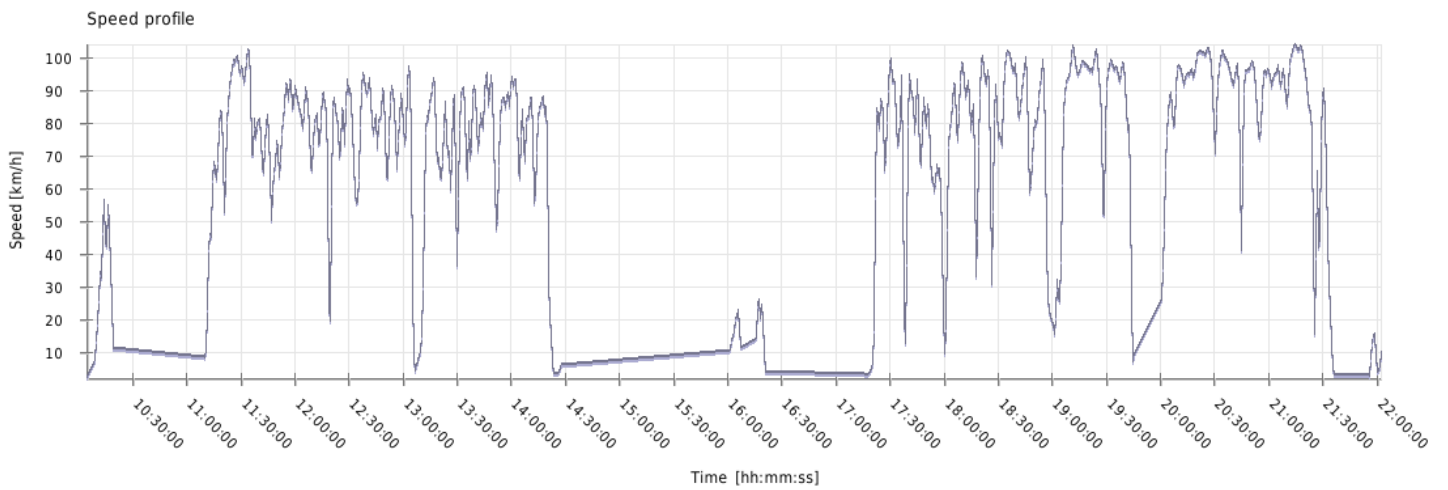
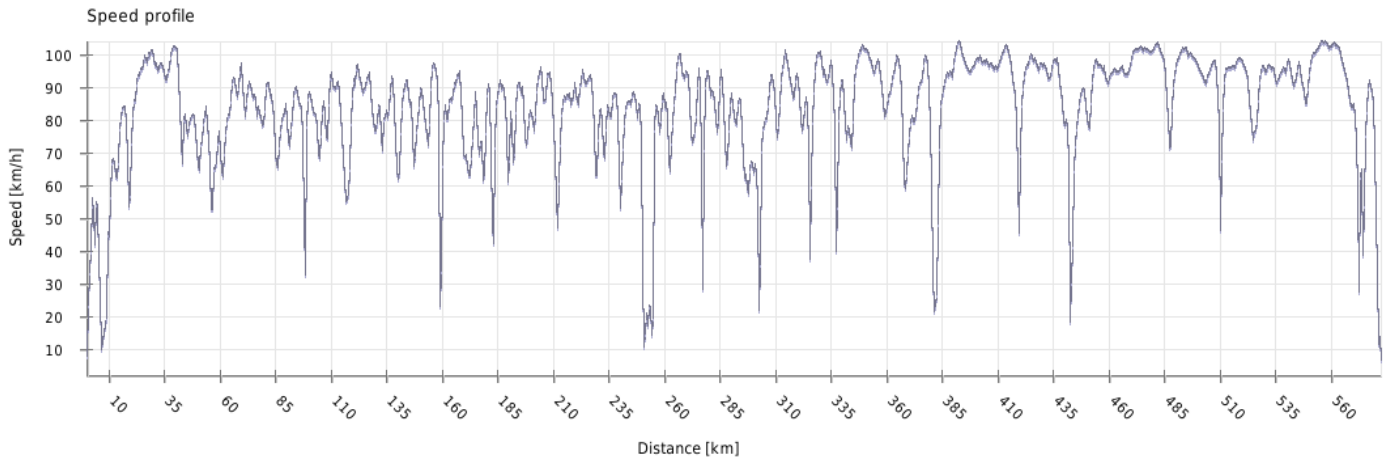


Elevation



Minimum elevation:	59 m.s.l.
Maximum elevation:	259 m.s.l.
Average elevation:	152.3 m.s.l.
Maximum difference:	200 m
Total climbing:	5837 m
Total descent:	5964 m
Start elevation:	188.9 m.s.l.
End elevation:	61 m.s.l.
Final balance:	-127.9 m

Speed

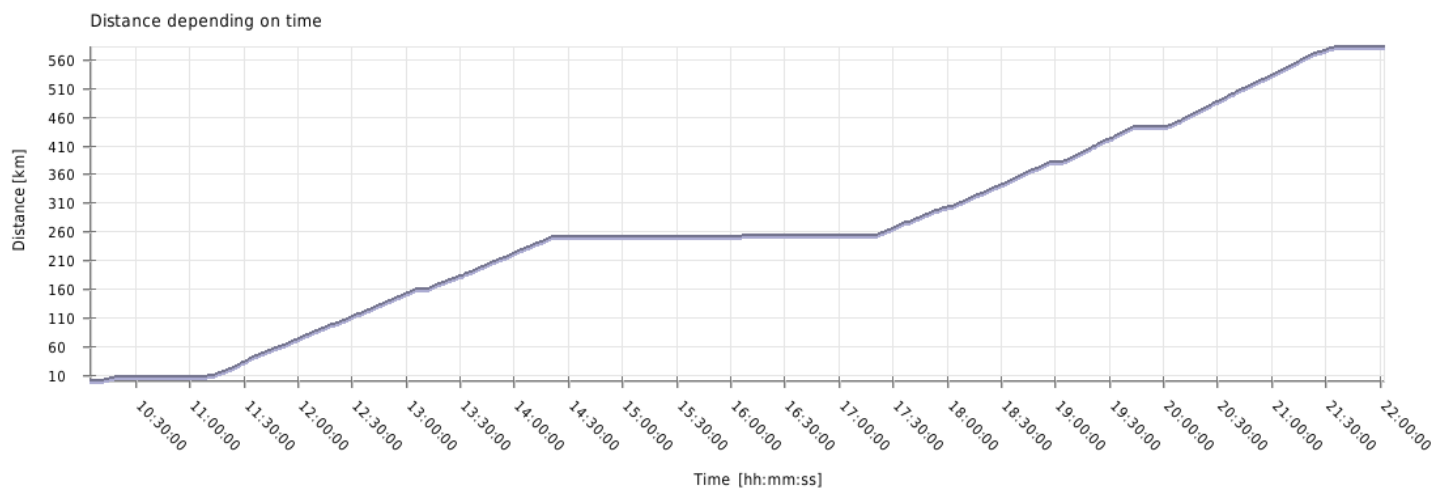


Minimum speed:	1.8 km/h
Maximum speed:	104.1 km/h
Average climbing speed :	75 km/h
Average descent speed :	82 km/h
Average flat speed:	78.5 km/h
Average speed:	78.4 km/h

Time

Date of track:	5.3.2010
Start time:	10:04:04
End time:	22:02:27
Total track time:	11h 58m 23s
Climbing time:	5h 57m 56s
Descent time:	5h 05m 20s
Flat time:	55m 07s

Distance



Total flat distance:	582.1 km
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Total real distance:	582.6 km
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Climbing distance:	252.3 km
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Descent distance:	264.4 km
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Flat distance:	65.9 km
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