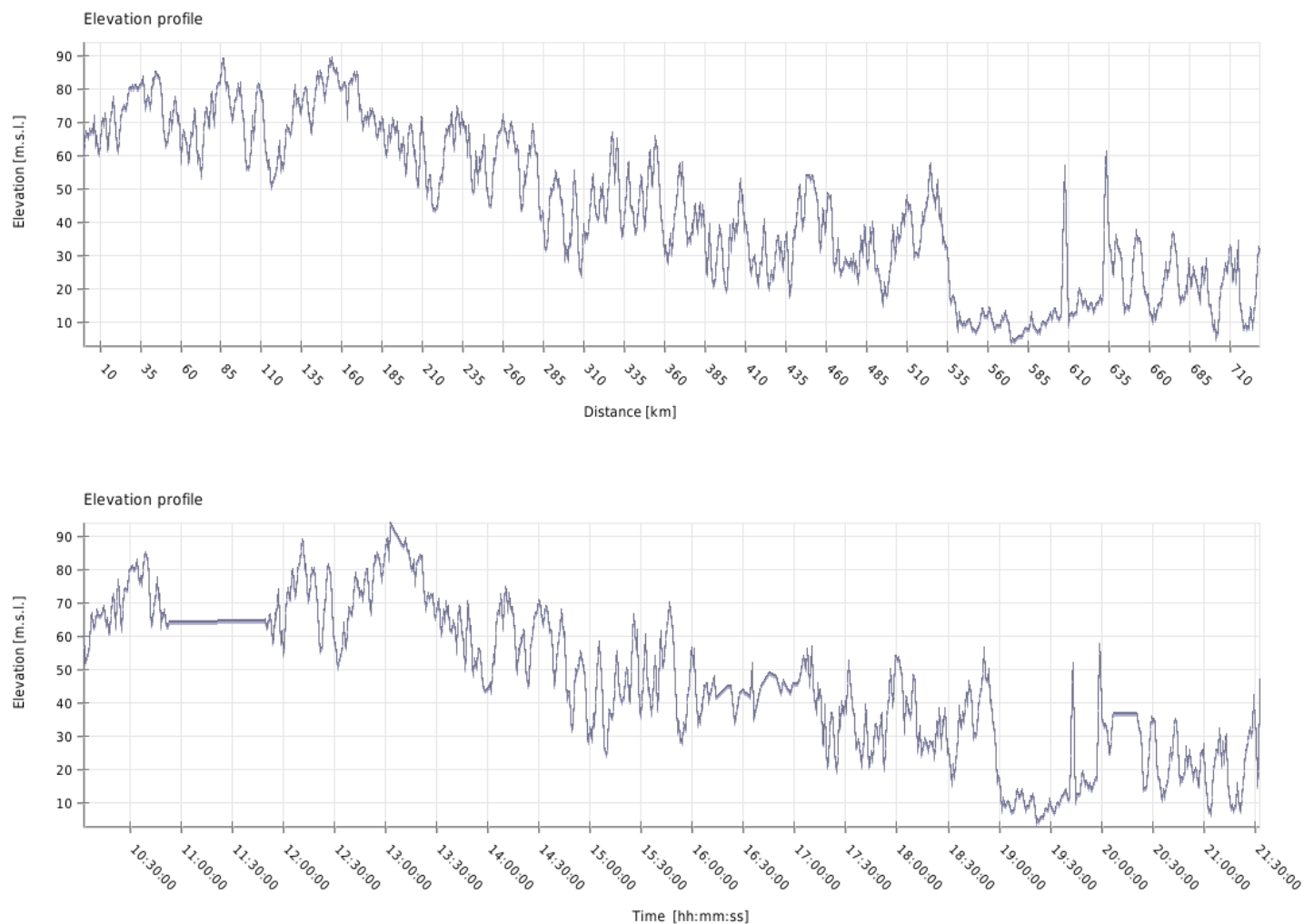
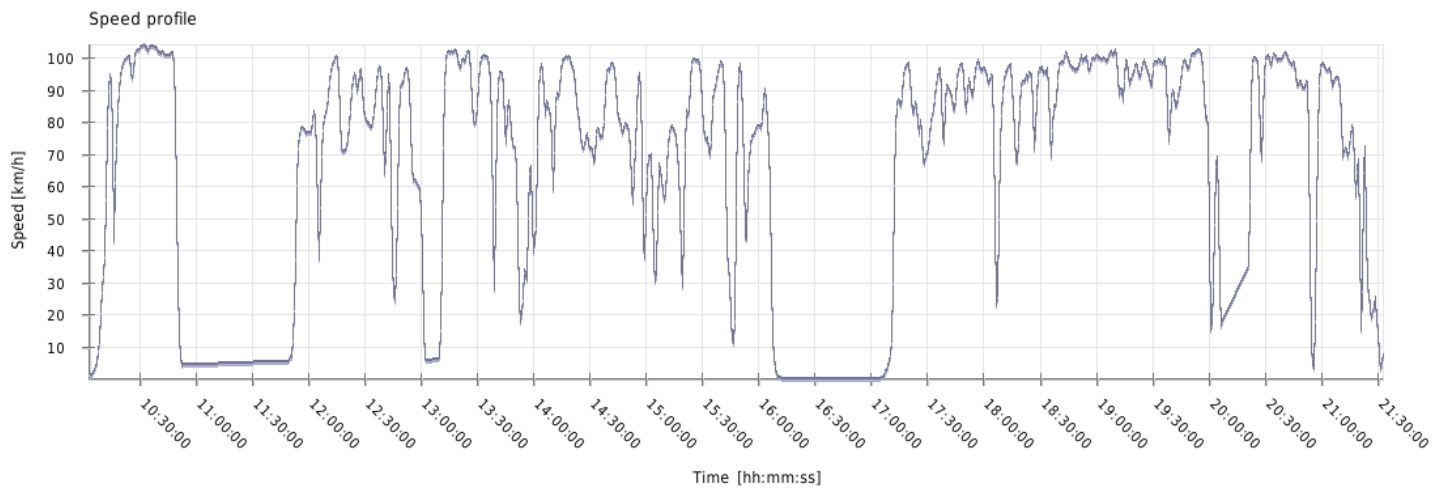
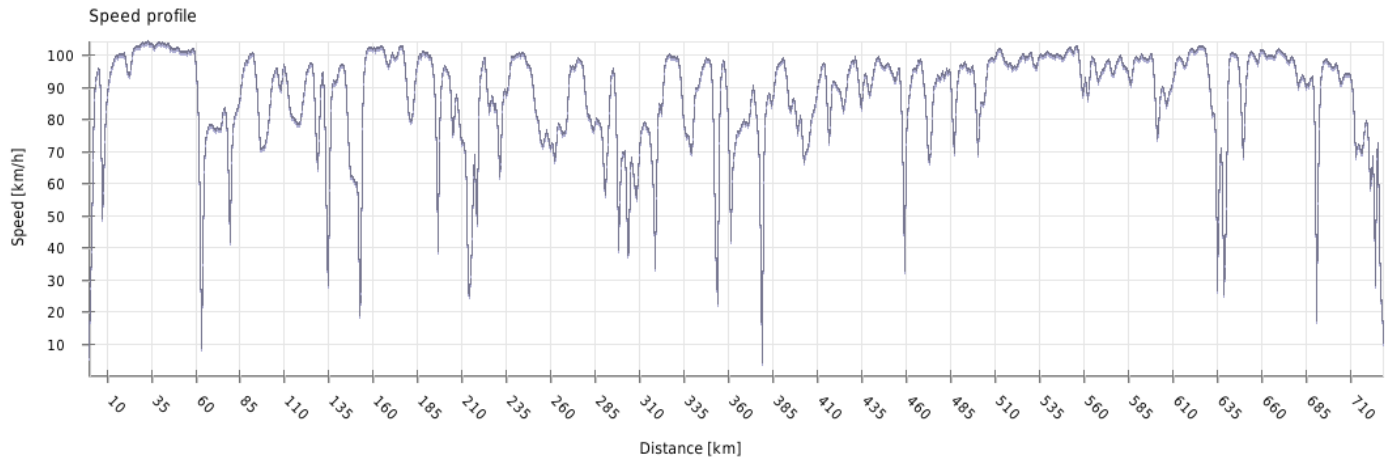


## Elevation



Minimum elevation:	3 m.s.l.
Maximum elevation:	94 m.s.l.
Average elevation:	45 m.s.l.
Maximum difference:	91 m
Total climbing:	2443 m
Total descent:	2446 m
Start elevation:	50.9 m.s.l.
End elevation:	47 m.s.l.
Final balance:	-3.9 m

## Speed



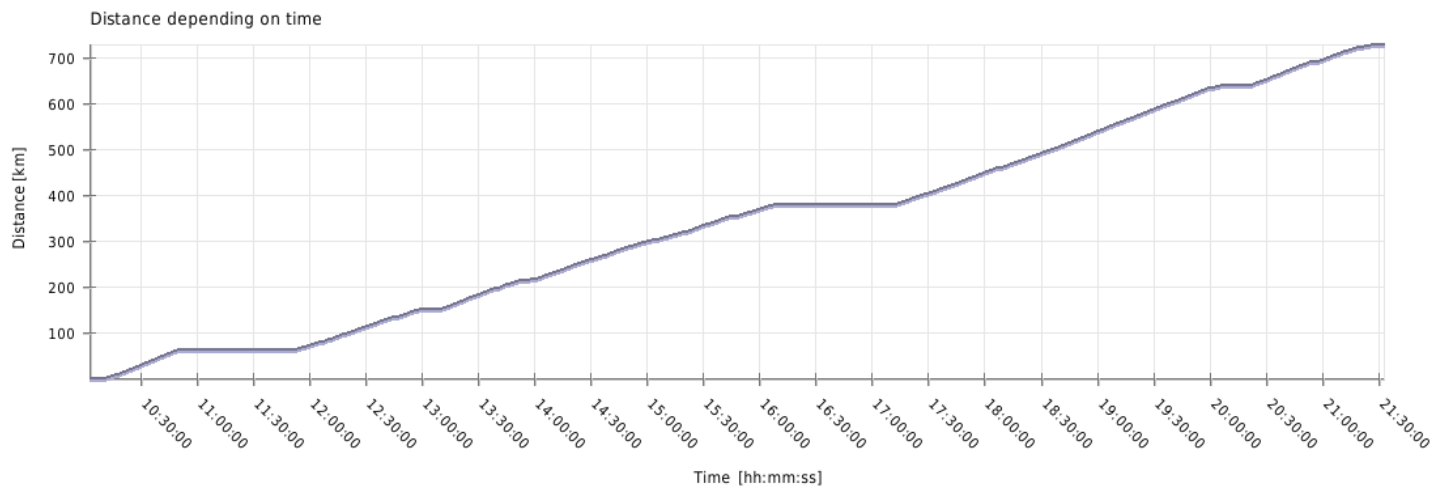
Minimum speed:	0.1 km/h
Maximum speed:	104.1 km/h
Average climbing speed :	81.5 km/h
Average descent speed :	84.2 km/h
Average flat speed:	79.2 km/h
Average speed:	82.2 km/h

## Time

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Date of track:	6.3.2010
Start time:	10:02:34
End time:	21:32:53
Total track time:	11h 30m 19s
Climbing time:	4h 32m 10s
Descent time:	4h 28m 31s
Flat time:	2h 29m 38s

## Distance



Total flat distance:	728.4 km
Total real distance:	728.6 km
Climbing distance:	313.8 km
Descent distance:	303.2 km
Flat distance:	111.6 km