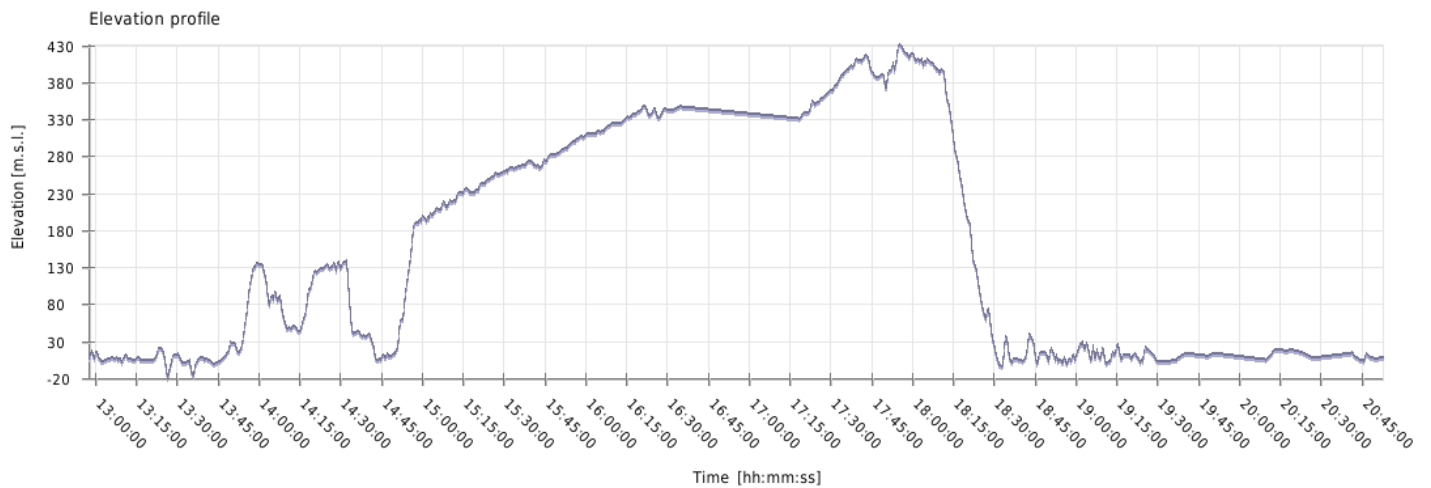
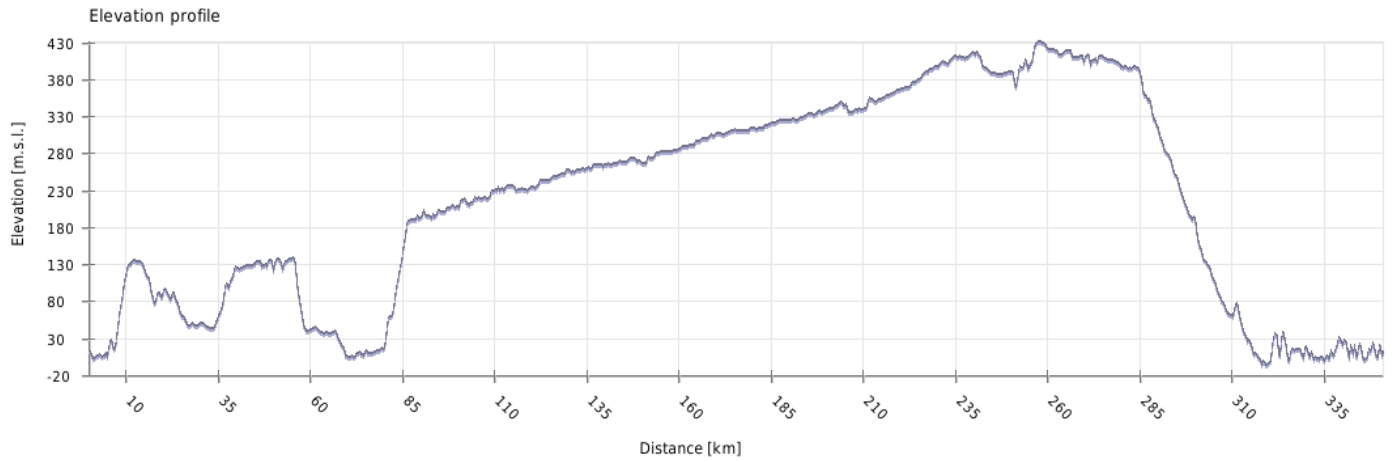
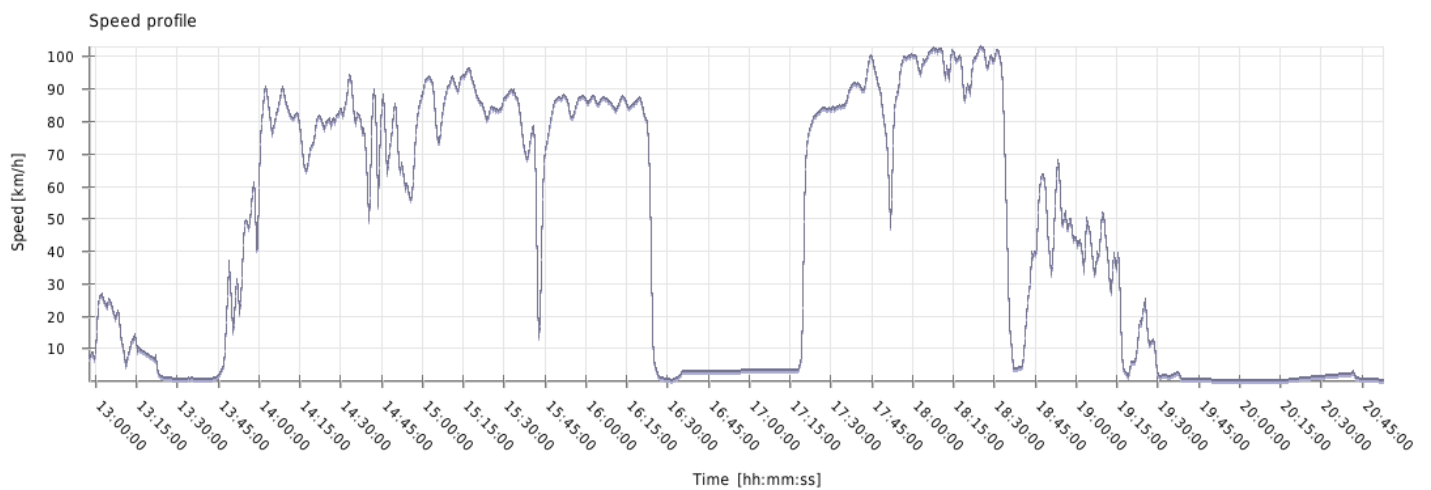
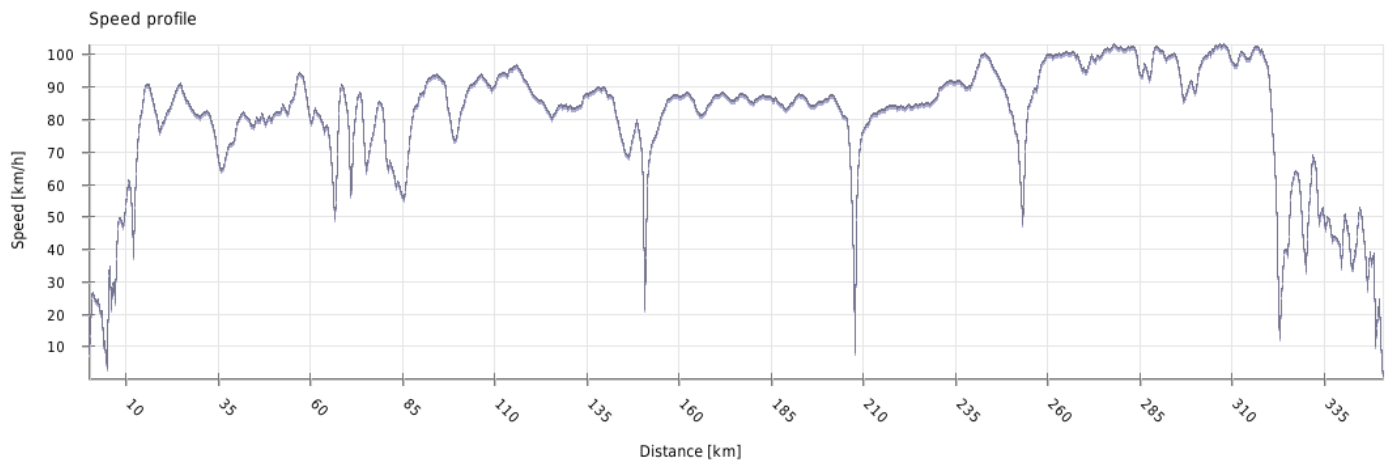


## Elevation



|                     |            |
|---------------------|------------|
| Minimum elevation:  | -20 m.s.l. |
| Maximum elevation:  | 431 m.s.l. |
| Average elevation:  | 145 m.s.l. |
| Maximum difference: | 451 m      |
| Total climbing:     | 1703 m     |
| Total descent:      | 1700 m     |
| Start elevation:    | 5.8 m.s.l. |
| End elevation:      | 8 m.s.l.   |
| Final balance:      | 2.2 m      |

## Speed



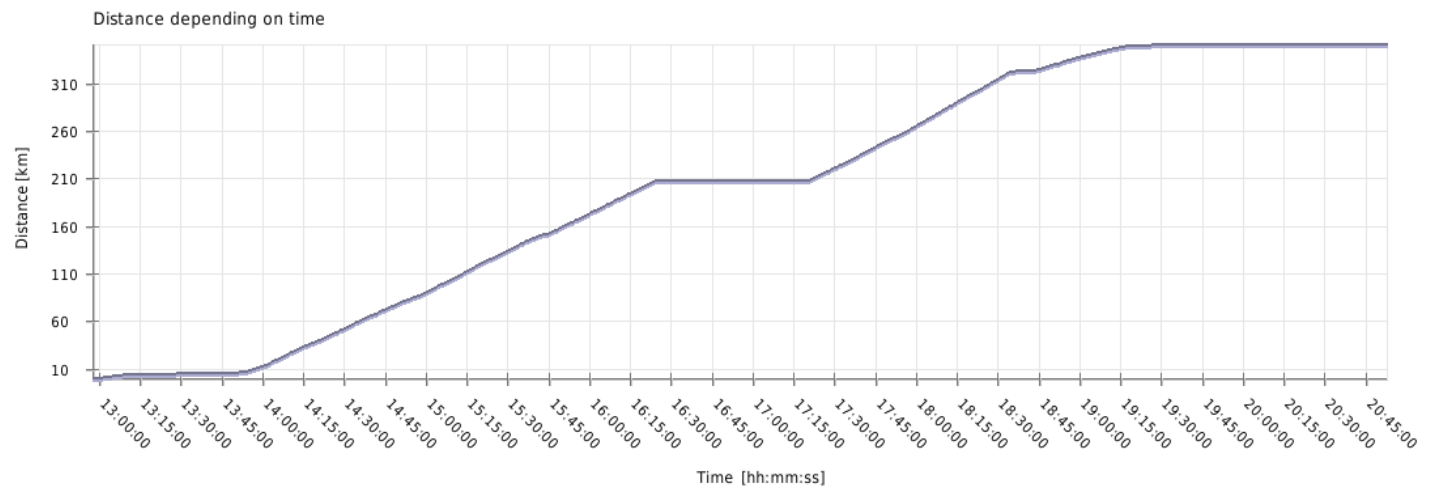
|                          |           |
|--------------------------|-----------|
| Minimum speed:           | 0.1 km/h  |
| Maximum speed:           | 103 km/h  |
| Average climbing speed : | 69.6 km/h |
| Average descent speed :  | 76.5 km/h |
| Average flat speed:      | 70.9 km/h |
| Average speed:           | 72.3 km/h |

## Time

---

|                   |            |
|-------------------|------------|
| Date of track:    | 13.3.2010  |
| Start time:       | 12:57:21   |
| End time:         | 20:52:55   |
| Total track time: | 7h 55m 34s |
| Climbing time:    | 3h 11m 03s |
| Descent time:     | 3h 34m 13s |
| Flat time:        | 1h 10m 18s |

## Distance



|                      |          |
|----------------------|----------|
| Total flat distance: | 350.8 km |
|----------------------|----------|

|                      |        |
|----------------------|--------|
| Total real distance: | 351 km |
|----------------------|--------|

|                    |          |
|--------------------|----------|
| Climbing distance: | 150.5 km |
|--------------------|----------|

|                   |        |
|-------------------|--------|
| Descent distance: | 134 km |
|-------------------|--------|

|                |         |
|----------------|---------|
| Flat distance: | 66.5 km |
|----------------|---------|