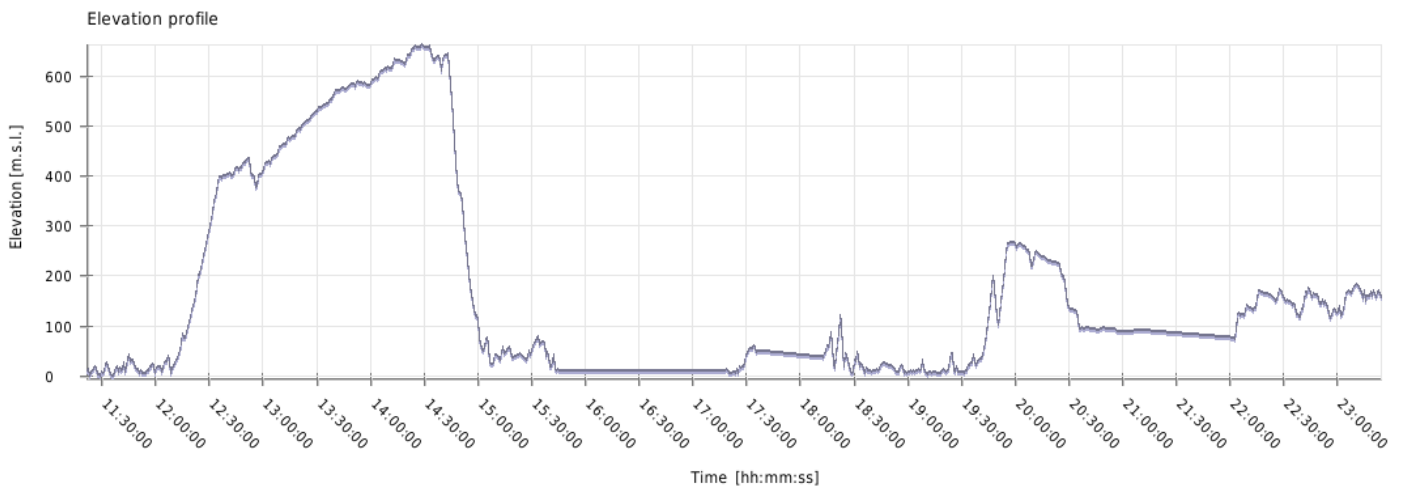
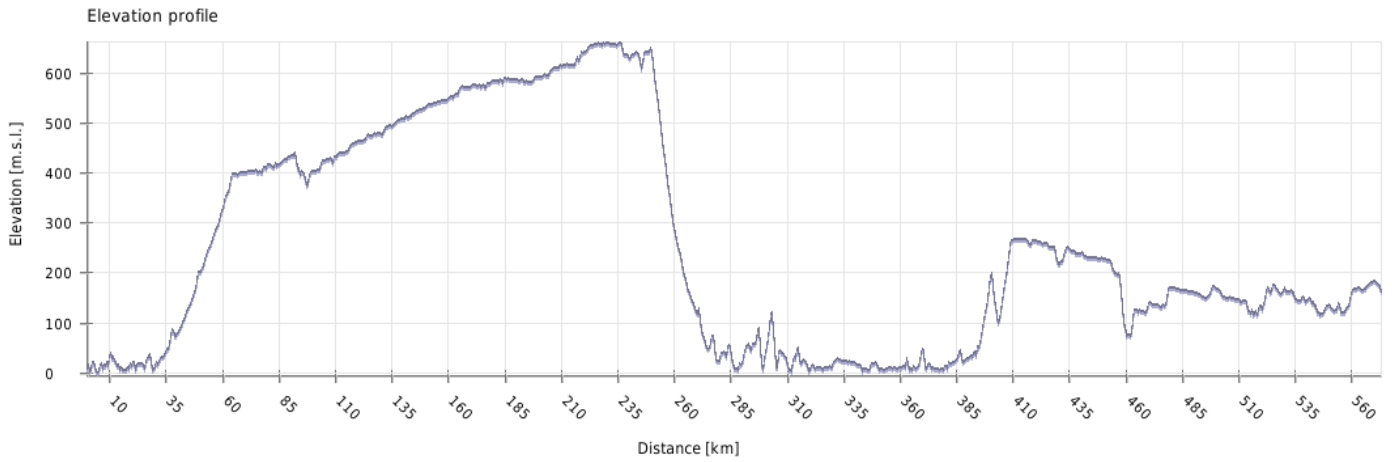
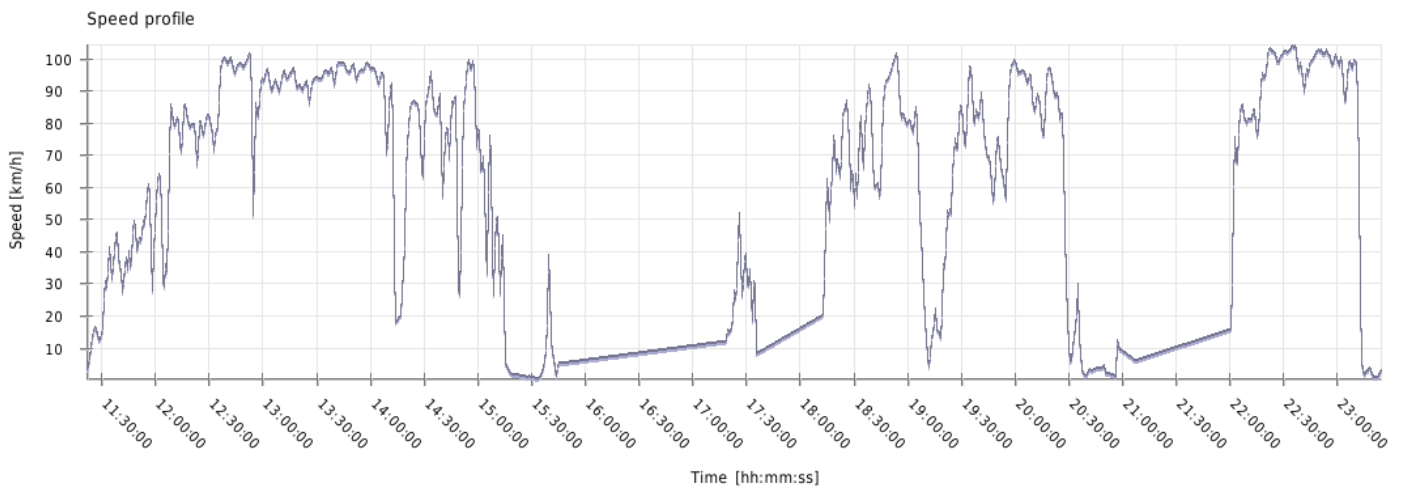
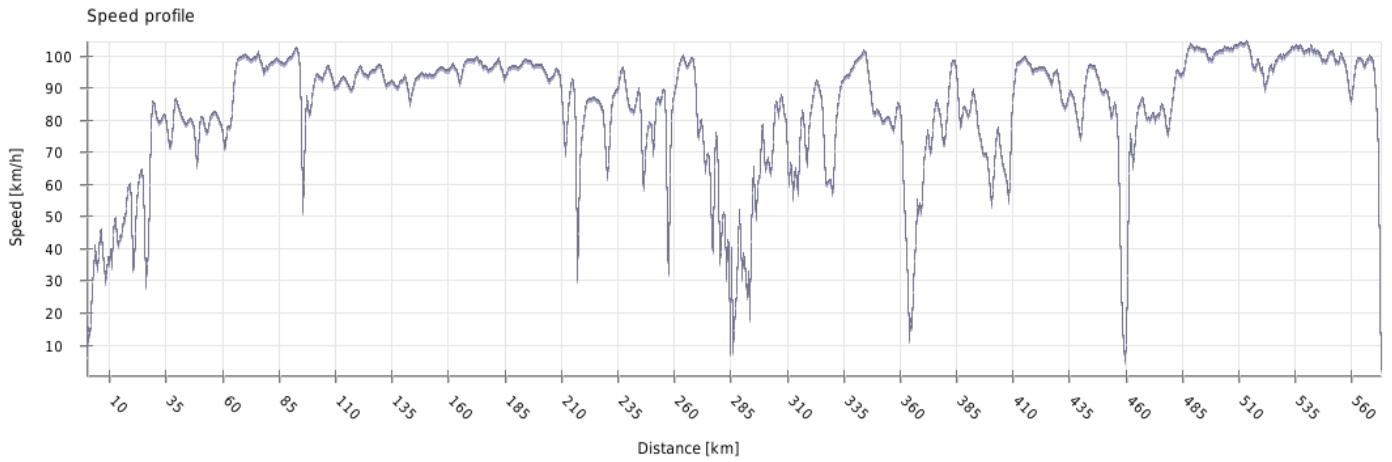


## Elevation



Minimum elevation:	-6 m.s.l.
Maximum elevation:	663 m.s.l.
Average elevation:	191.7 m.s.l.
Maximum difference:	669 m
Total climbing:	3365 m
Total descent:	3218 m
Start elevation:	8.6 m.s.l.
End elevation:	155 m.s.l.
Final balance:	146.4 m

## Speed



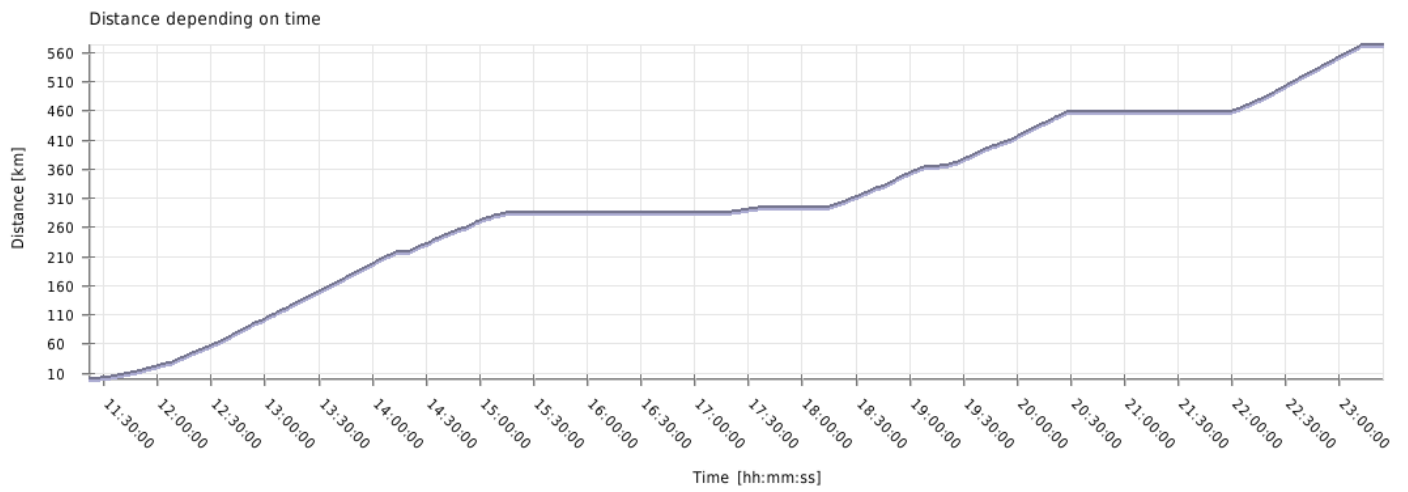
Minimum speed:	0.4 km/h
Maximum speed:	104.4 km/h
Average climbing speed :	75.3 km/h
Average descent speed :	75.3 km/h
Average flat speed:	77.1 km/h
Average speed:	75.6 km/h

## Time

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Date of track:	14.3.2010
Start time:	11:21:53
End time:	23:24:27
Total track time:	12h 02m 34s
Climbing time:	5h 40m 18s
Descent time:	5h 00m 31s
Flat time:	1h 21m 45s

## Distance



Total flat distance:	572.7 km
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Total real distance:	573.1 km
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Climbing distance:	263.2 km
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Descent distance:	216.8 km
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Flat distance:	93 km
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