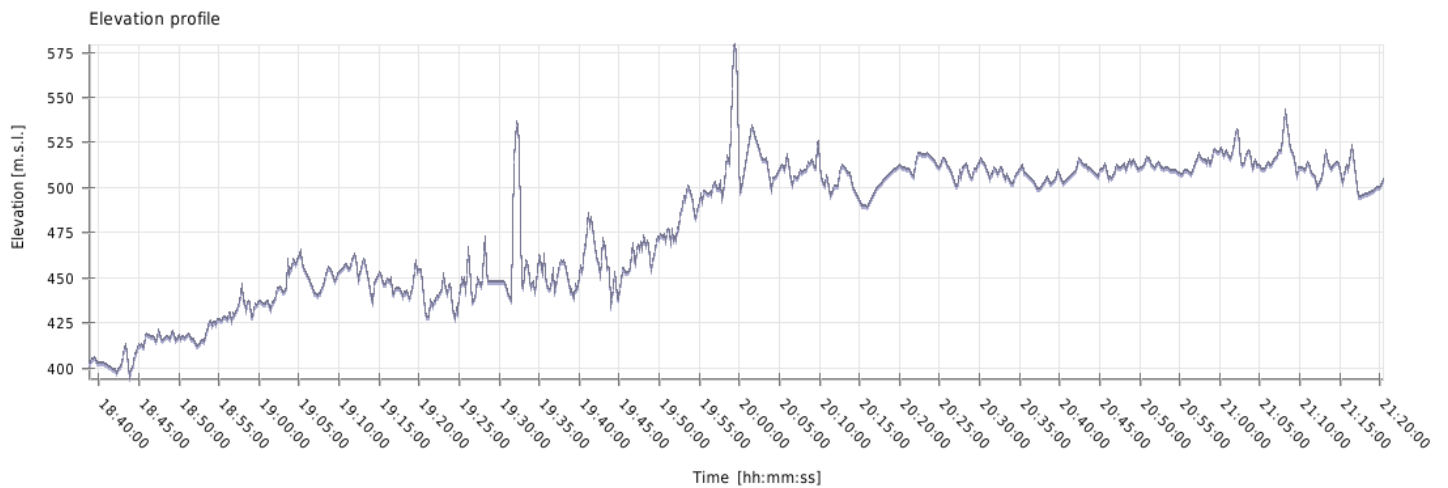
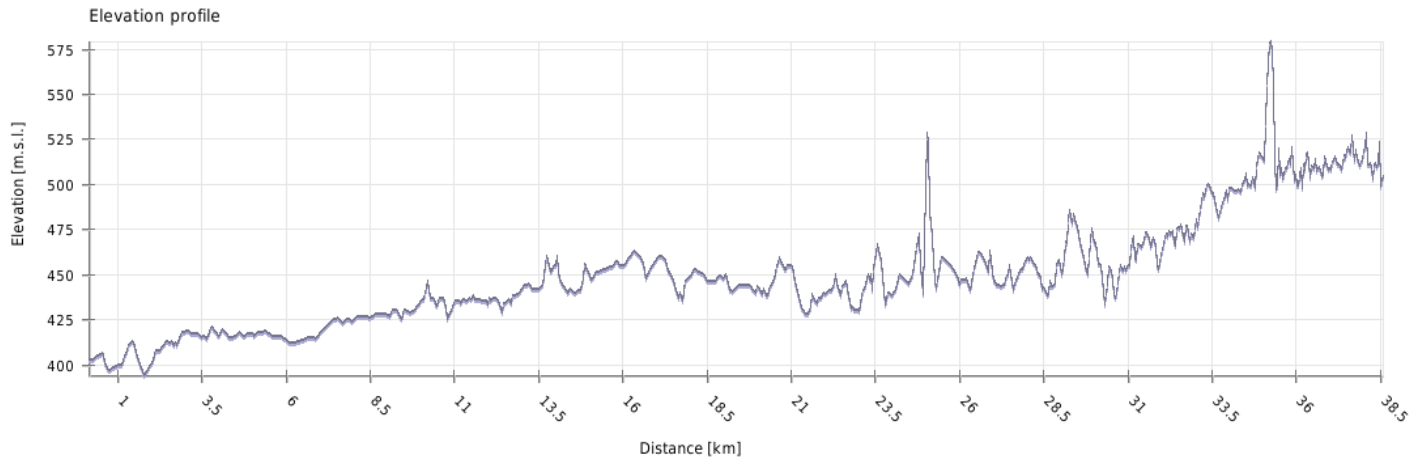
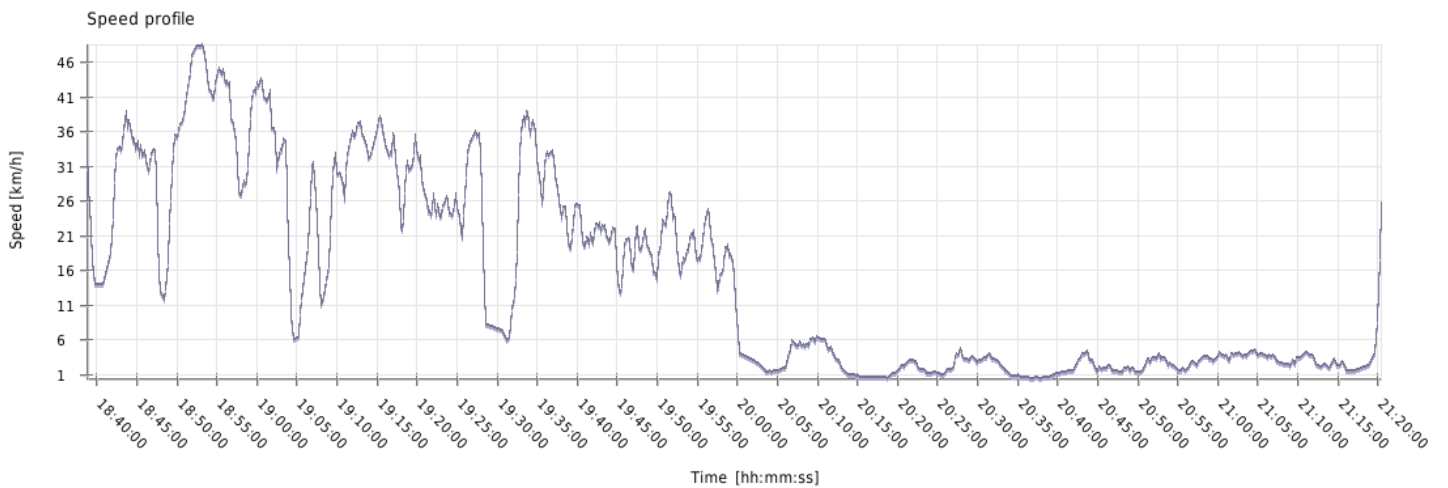
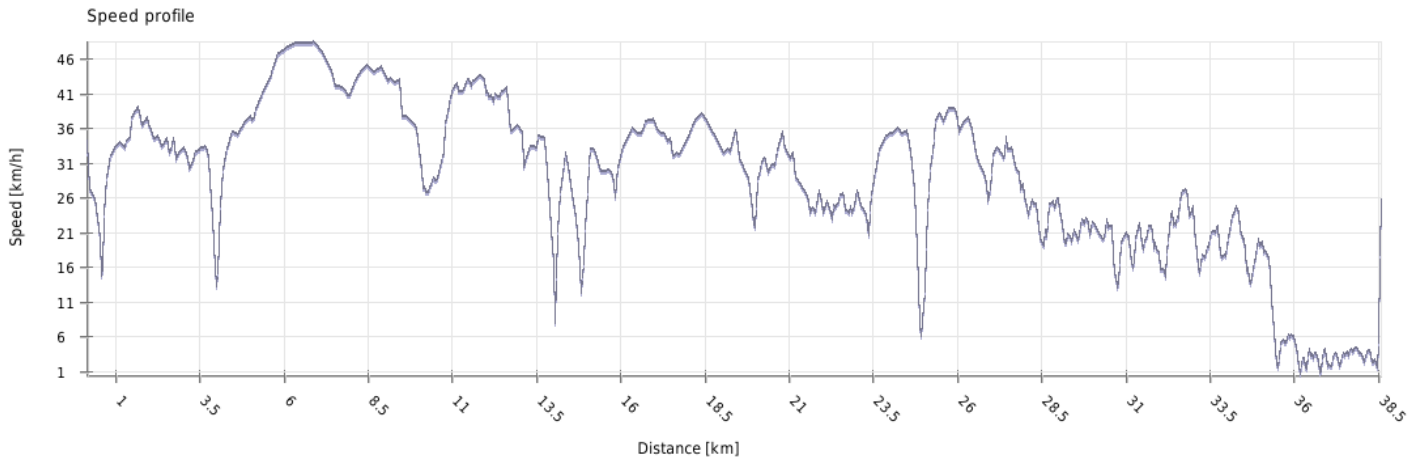


## Elevation



Minimum elevation:	394 m.s.l.
Maximum elevation:	579 m.s.l.
Average elevation:	471.2 m.s.l.
Maximum difference:	185 m
Total climbing:	1517 m
Total descent:	1417 m
Start elevation:	404.5 m.s.l.
End elevation:	504 m.s.l.
Final balance:	99.5 m

## Speed



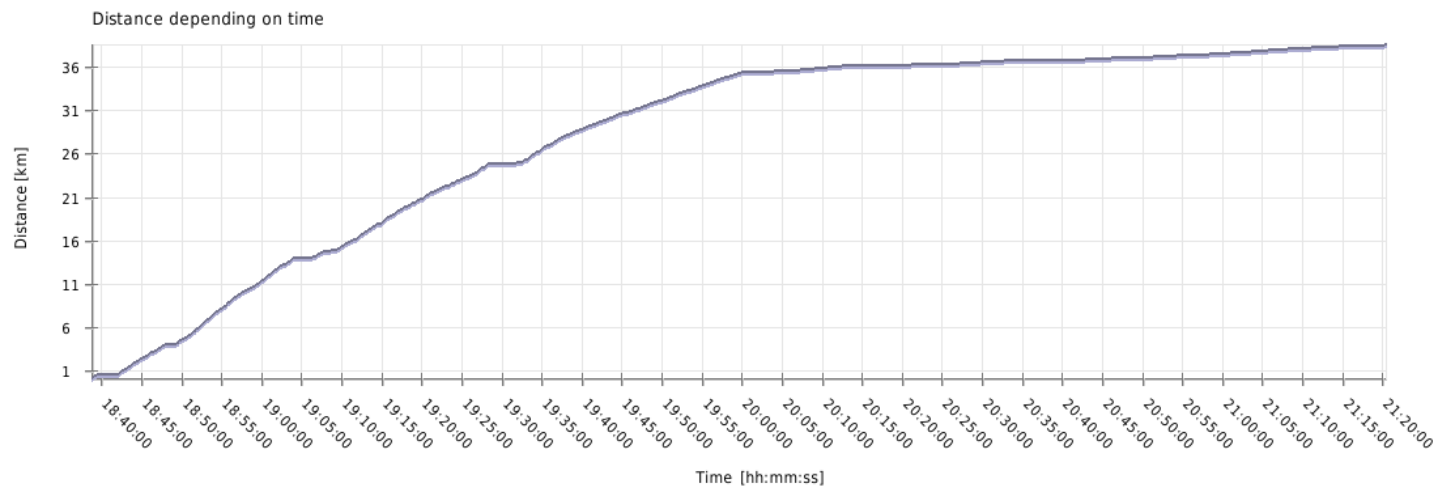
Minimum speed:	0.4 km/h
Maximum speed:	48.5 km/h
Average climbing speed :	23.8 km/h
Average descent speed :	23.7 km/h
Average flat speed:	23 km/h
Average speed:	23.7 km/h

## Time

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Date of track:	17.3.2010
Start time:	18:38:36
End time:	21:20:26
Total track time:	2h 41m 50s
Climbing time:	1h 11m 34s
Descent time:	1h 12m 06s
Flat time:	18m 10s

## Distance



Total flat distance:	38 km
Total real distance:	38.6 km
Climbing distance:	17.5 km
Descent distance:	16.2 km
Flat distance:	4.9 km