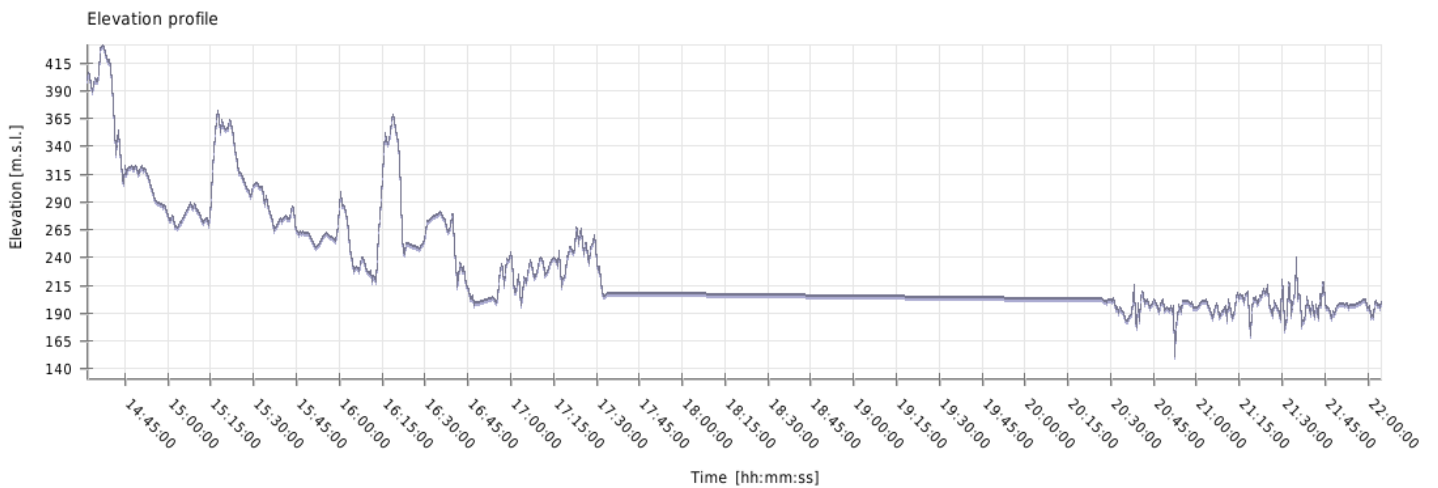
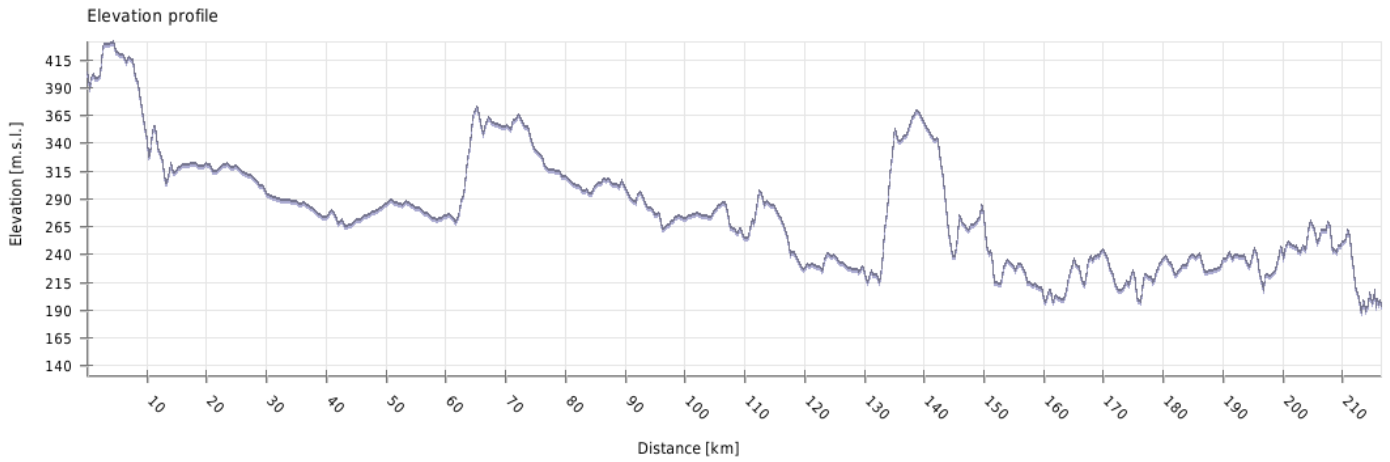
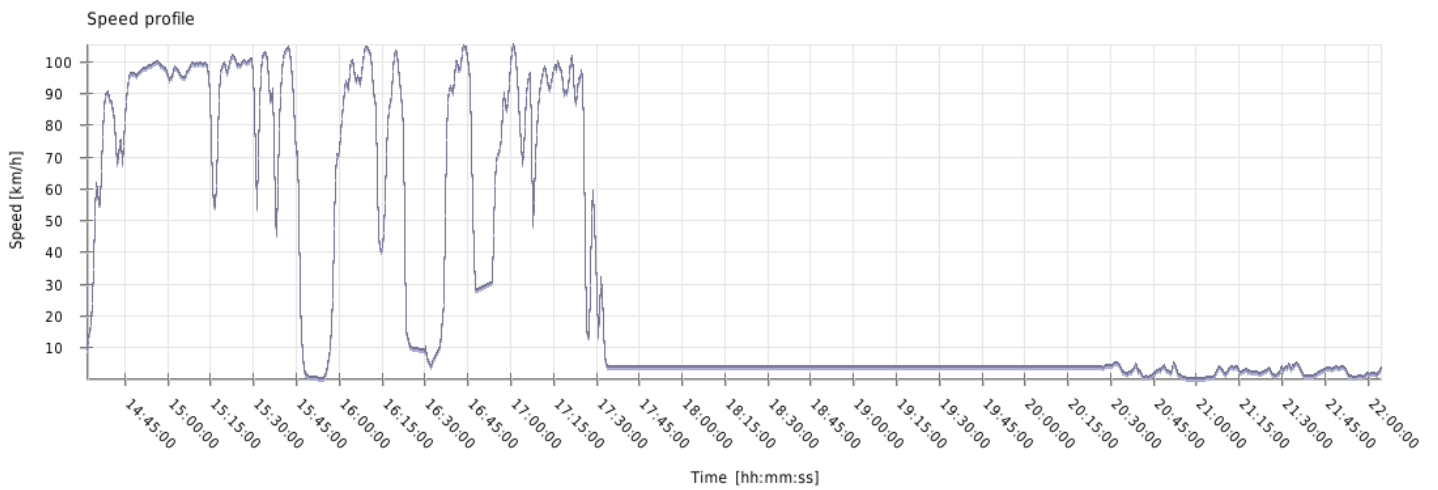
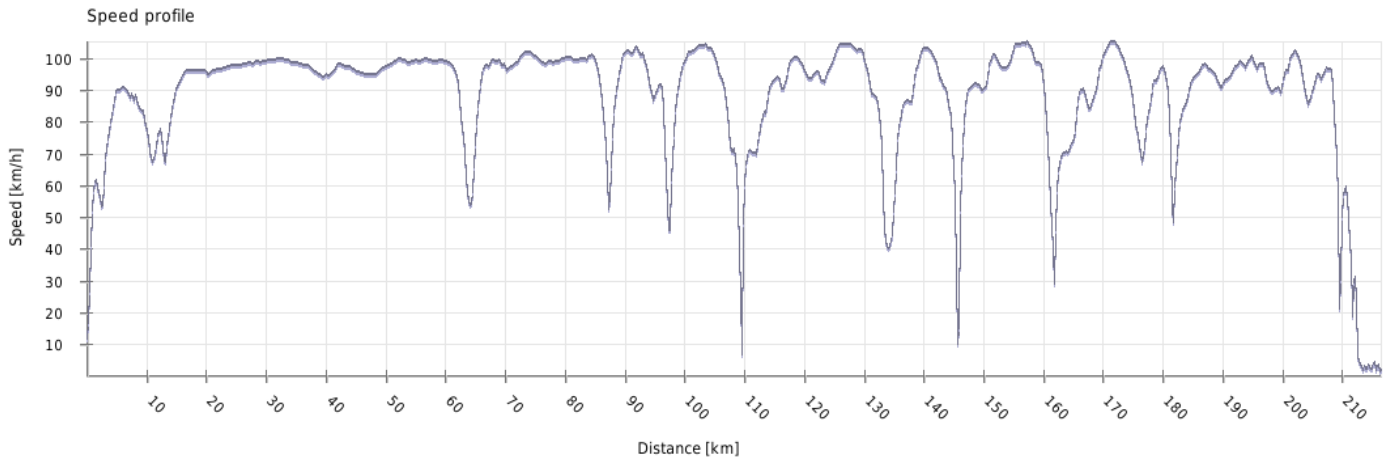


## Elevation



Minimum elevation:	131 m.s.l.
Maximum elevation:	431 m.s.l.
Average elevation:	251.6 m.s.l.
Maximum difference:	300 m
Total climbing:	1954 m
Total descent:	2159 m
Start elevation:	404.5 m.s.l.
End elevation:	199 m.s.l.
Final balance:	-205.5 m

## Speed



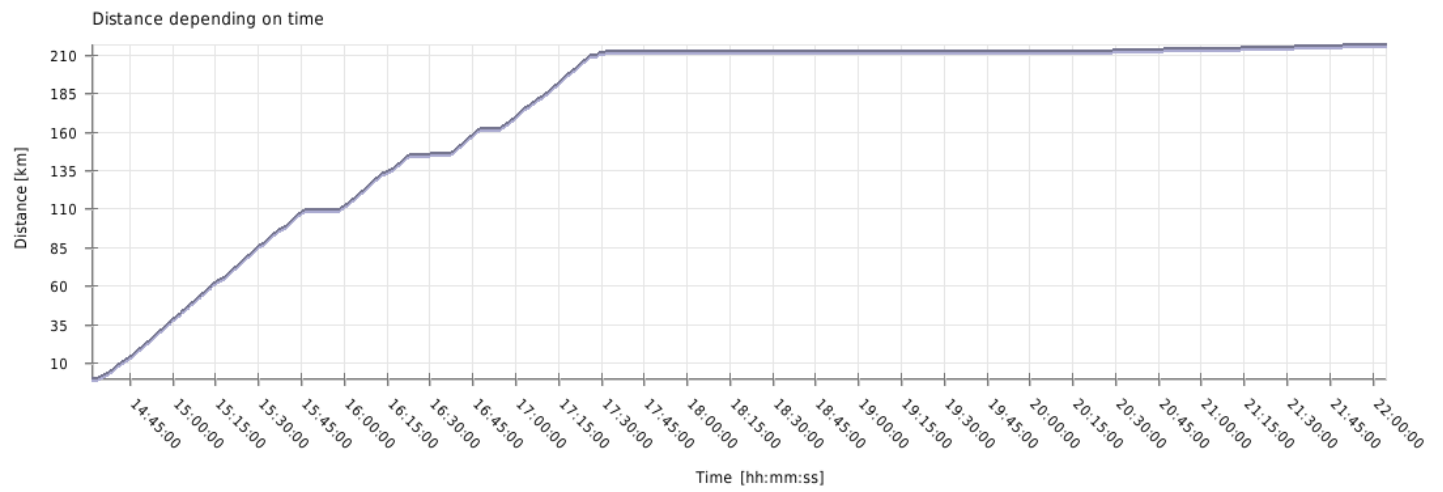
Minimum speed:	0.2 km/h
Maximum speed:	105.3 km/h
Average climbing speed :	69.5 km/h
Average descent speed :	78.2 km/h
Average flat speed:	65.6 km/h
Average speed:	73.1 km/h

## Time

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Date of track:	18.3.2010
Start time:	14:31:42
End time:	22:04:47
Total track time:	7h 33m 05s
Climbing time:	2h 04m 36s
Descent time:	4h 56m 21s
Flat time:	32m 08s

## Distance



Total flat distance:	215.6 km
Total real distance:	216.5 km
Climbing distance:	85.4 km
Descent distance:	107.9 km
Flat distance:	23.2 km