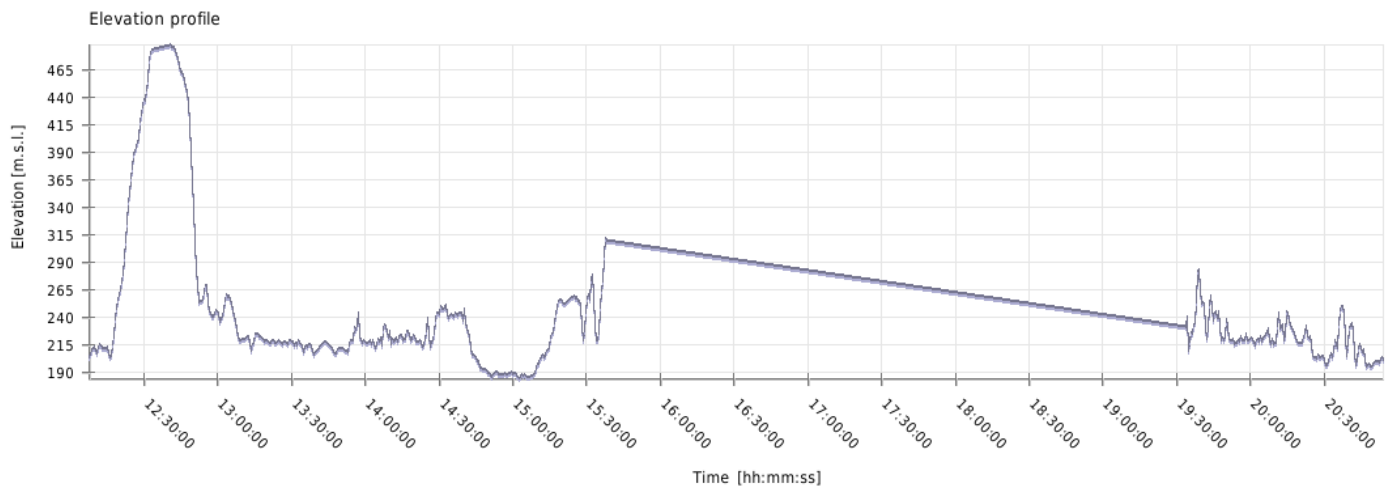
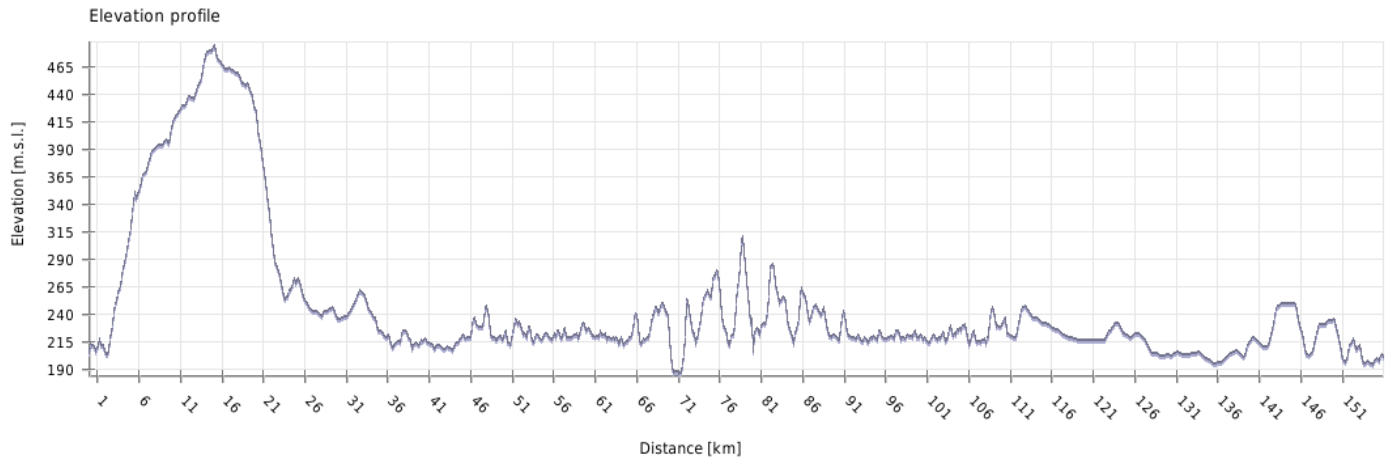
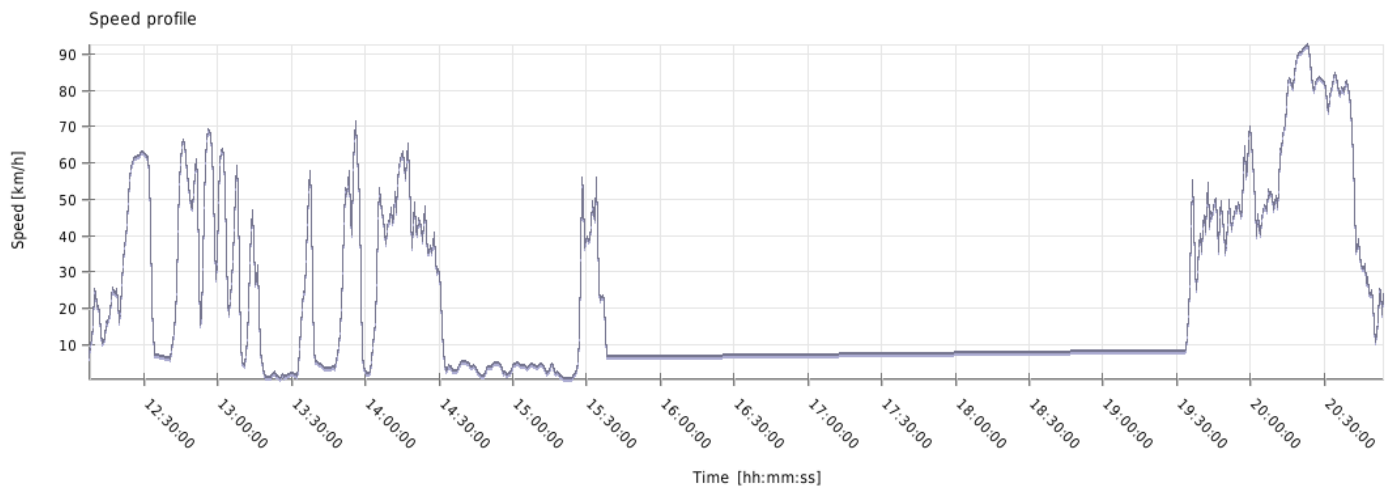
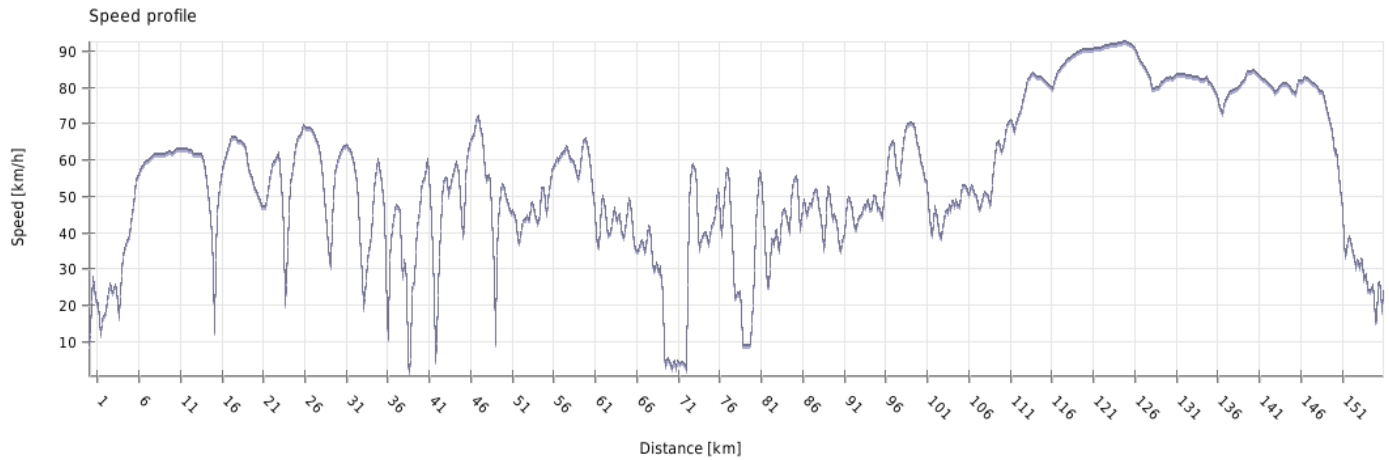


Elevation



Minimum elevation:	184 m.s.l.
Maximum elevation:	488 m.s.l.
Average elevation:	233.5 m.s.l.
Maximum difference:	304 m
Total climbing:	1776 m
Total descent:	1784 m
Start elevation:	208.4 m.s.l.
End elevation:	200 m.s.l.
Final balance:	-8.4 m

Speed

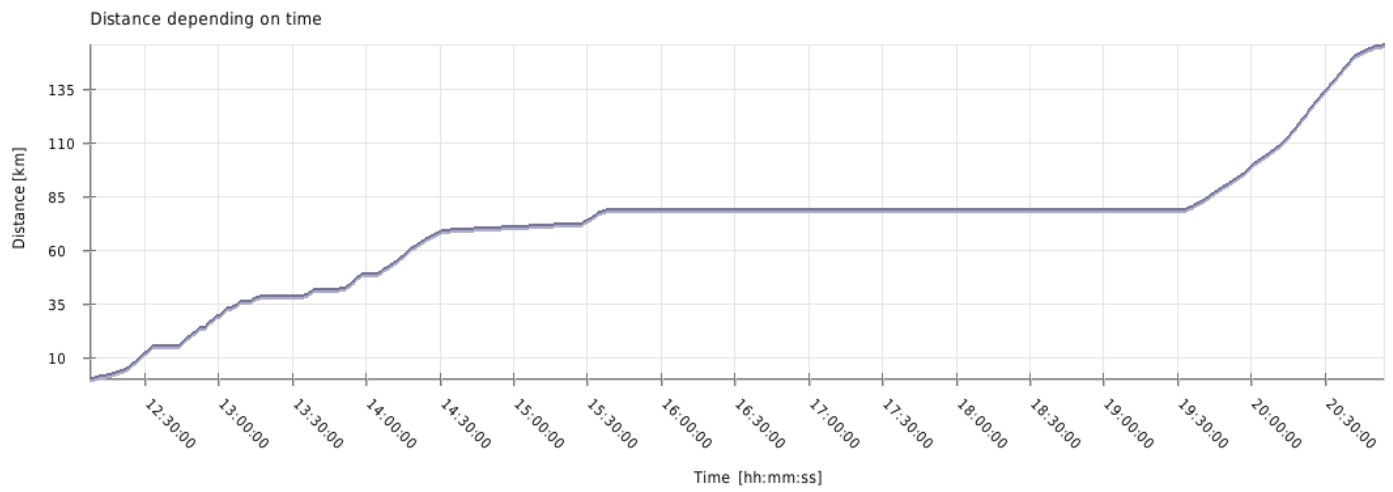


Minimum speed:	0.5 km/h
Maximum speed:	92.5 km/h
Average climbing speed :	42.5 km/h
Average descent speed :	45.1 km/h
Average flat speed:	41.8 km/h
Average speed:	43.4 km/h

Time

Date of track:	19.3.2010
Start time:	12:07:19
End time:	20:54:03
Total track time:	8h 46m 44s
Climbing time:	2h 03m 33s
Descent time:	5h 50m 54s
Flat time:	52m 17s

Distance



Total flat distance:	155.8 km
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Total real distance:	156 km
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Climbing distance:	63.5 km
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Descent distance:	67.2 km
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Flat distance:	25.3 km
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