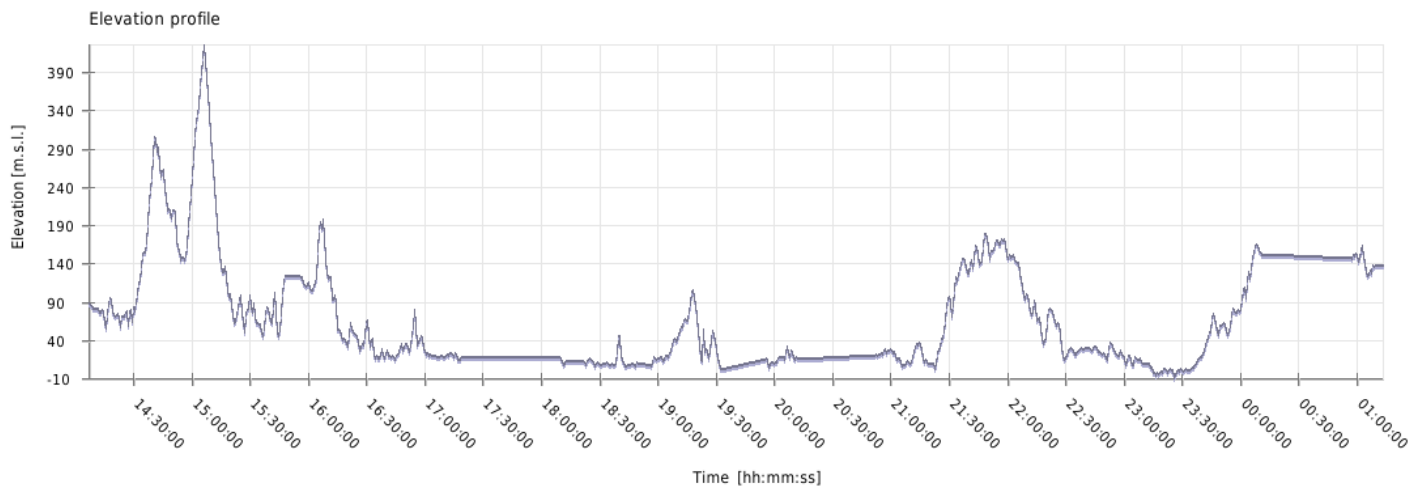
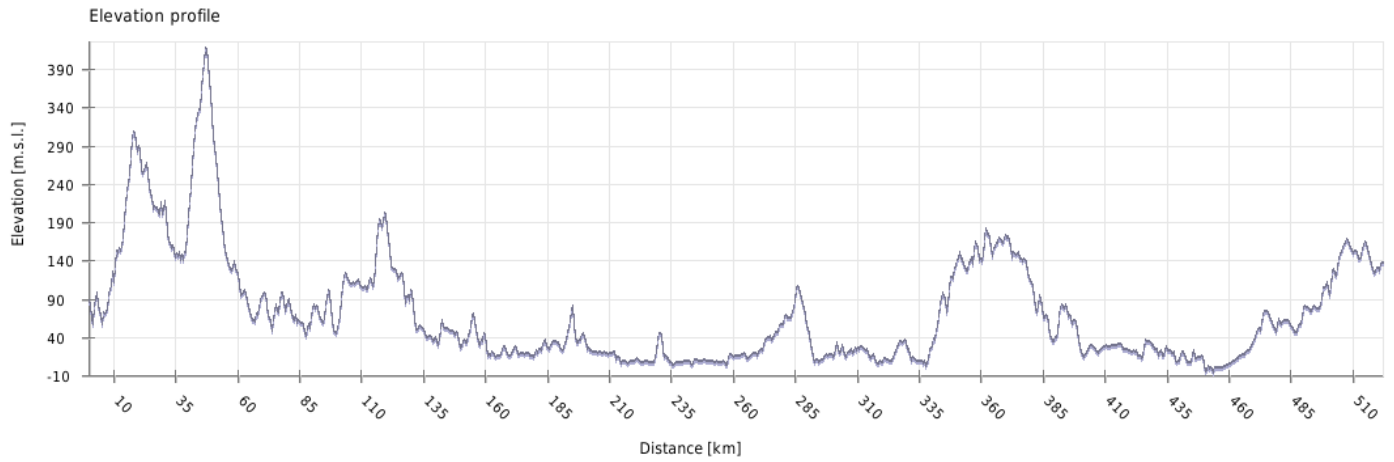
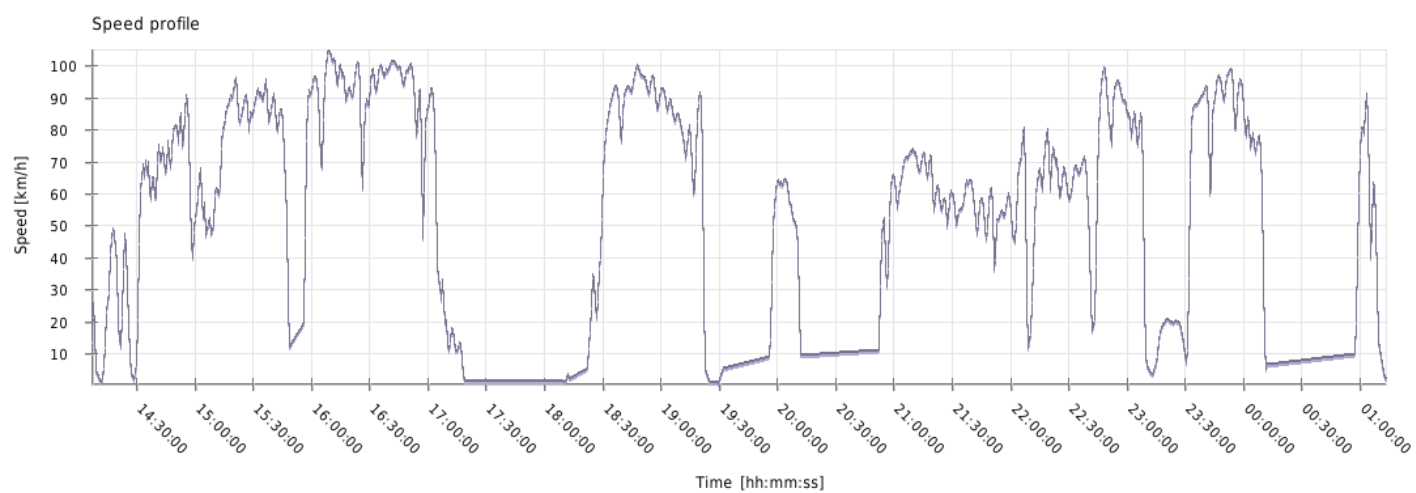
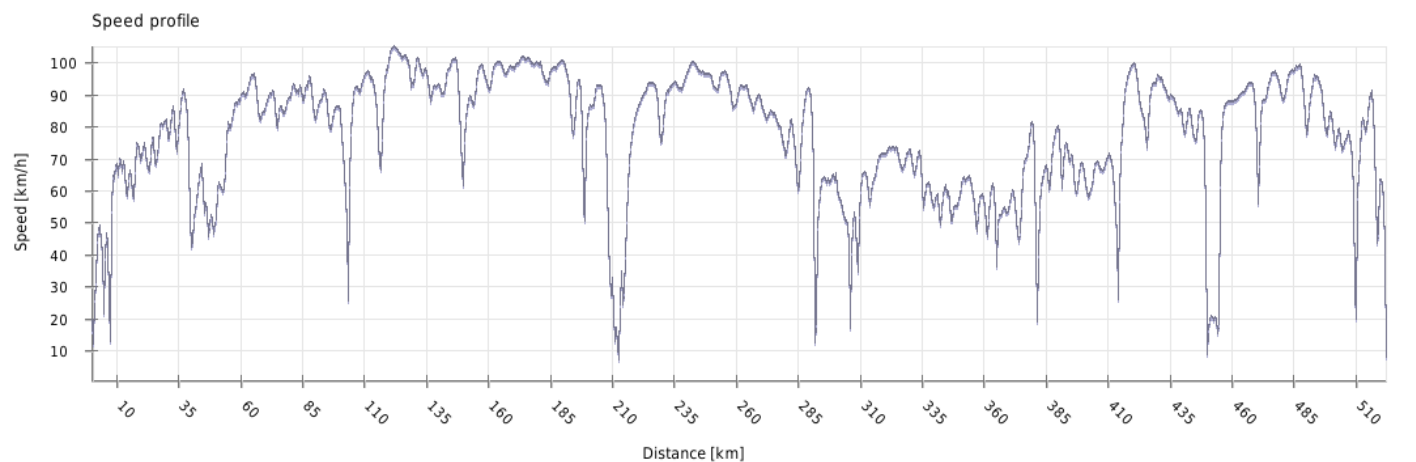


Elevation



Minimum elevation:	-10 m.s.l.
Maximum elevation:	426 m.s.l.
Average elevation:	83.9 m.s.l.
Maximum difference:	436 m
Total climbing:	3323 m
Total descent:	3274 m
Start elevation:	88 m.s.l.
End elevation:	137 m.s.l.
Final balance:	49 m

Speed

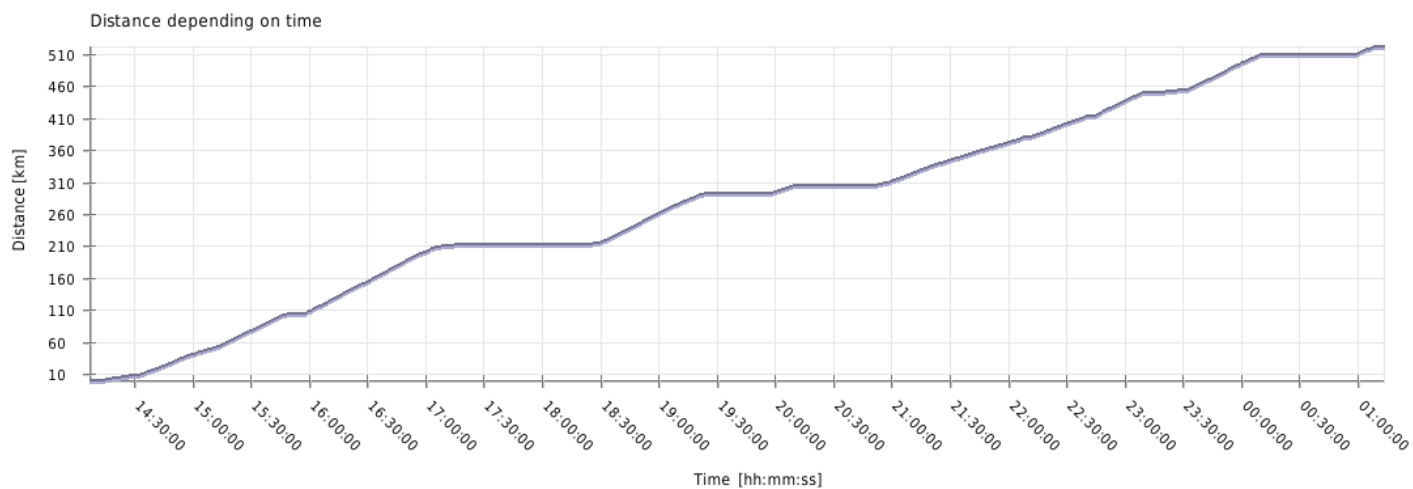


Minimum speed:	0.7 km/h
Maximum speed:	105 km/h
Average climbing speed :	68.7 km/h
Average descent speed :	72.3 km/h
Average flat speed:	70.1 km/h
Average speed:	70.4 km/h

Time

Date of track:	2010
Start time:	29.3 - 14:06:37
End time:	30.3 - 01:13:27
Total track time:	11h 06m 50s
Climbing time:	4h 41m 14s
Descent time:	5h 07m 56s
Flat time:	1h 17m 40s

Distance



Total flat distance:	522 km
Total real distance:	522.3 km
Climbing distance:	220.5 km
Descent distance:	218 km
Flat distance:	83.8 km