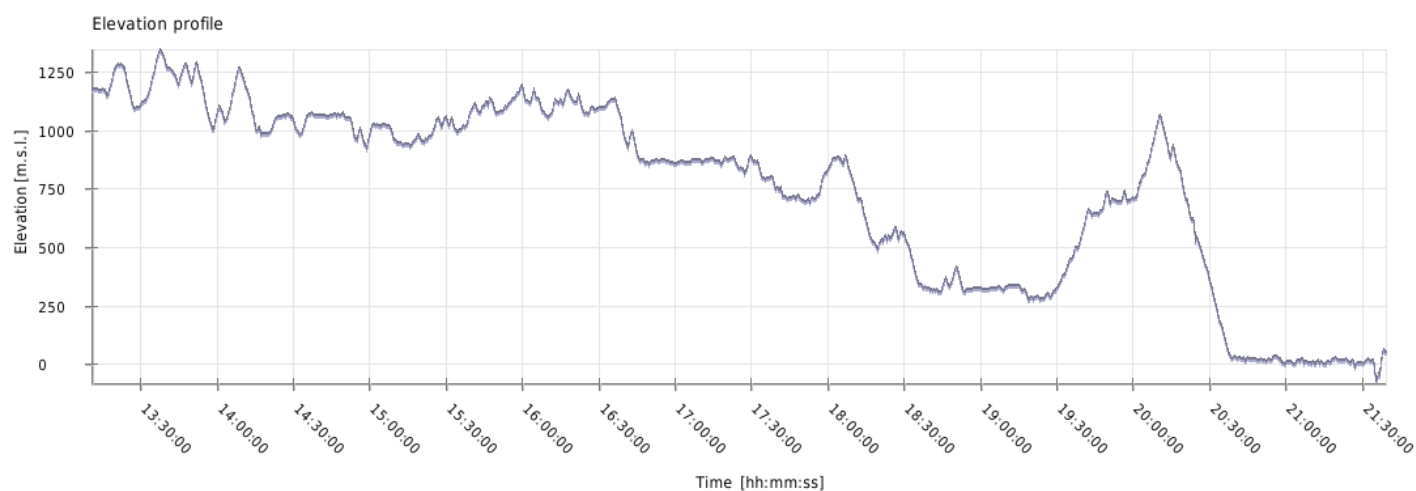
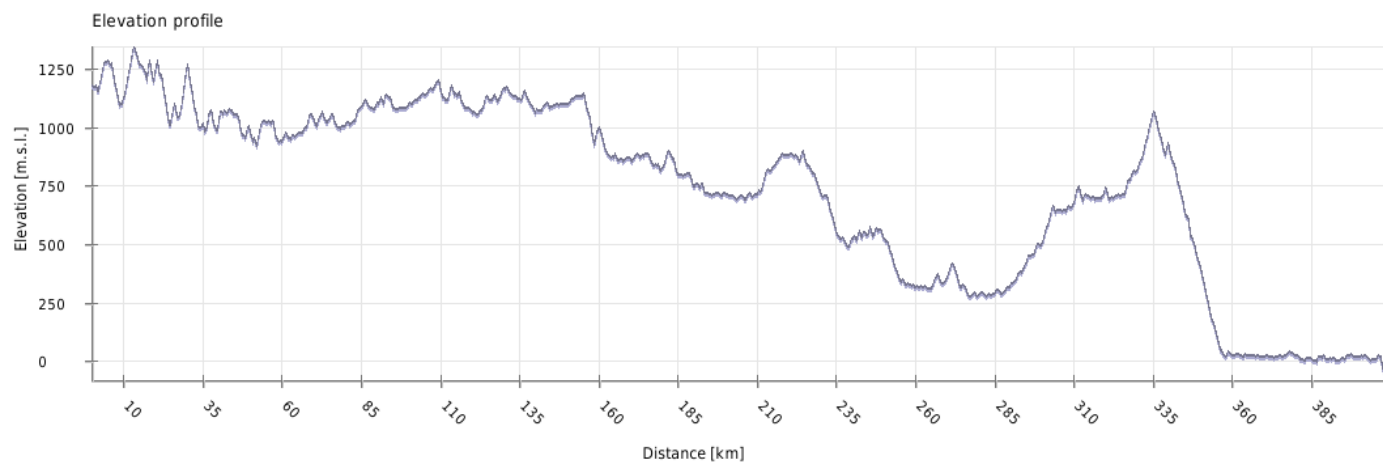
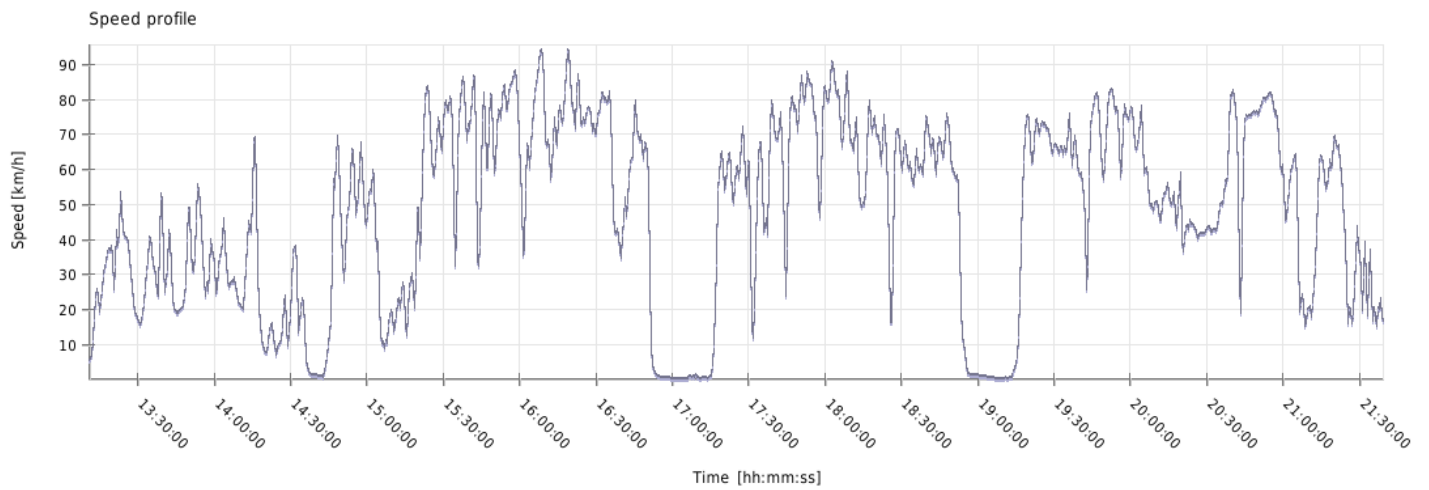
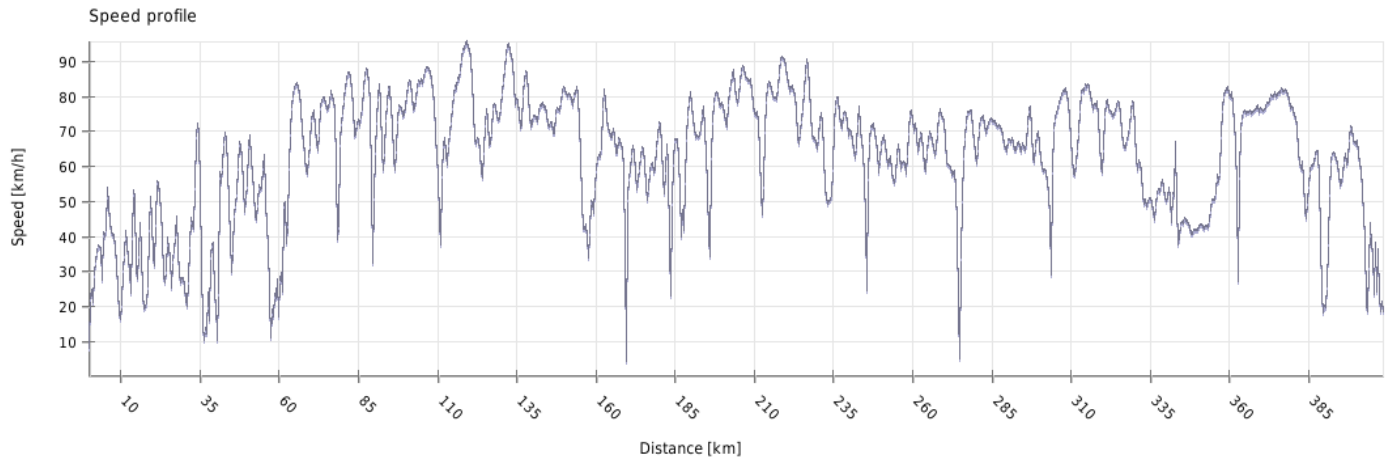


## Elevation



Minimum elevation:	-82 m.s.l.
Maximum elevation:	1346 m.s.l.
Average elevation:	759.9 m.s.l.
Maximum difference:	1428 m
Total climbing:	6284 m
Total descent:	7408 m
Start elevation:	1174.6 m.s.l.
End elevation:	50 m.s.l.
Final balance:	-1124.6 m

## Speed



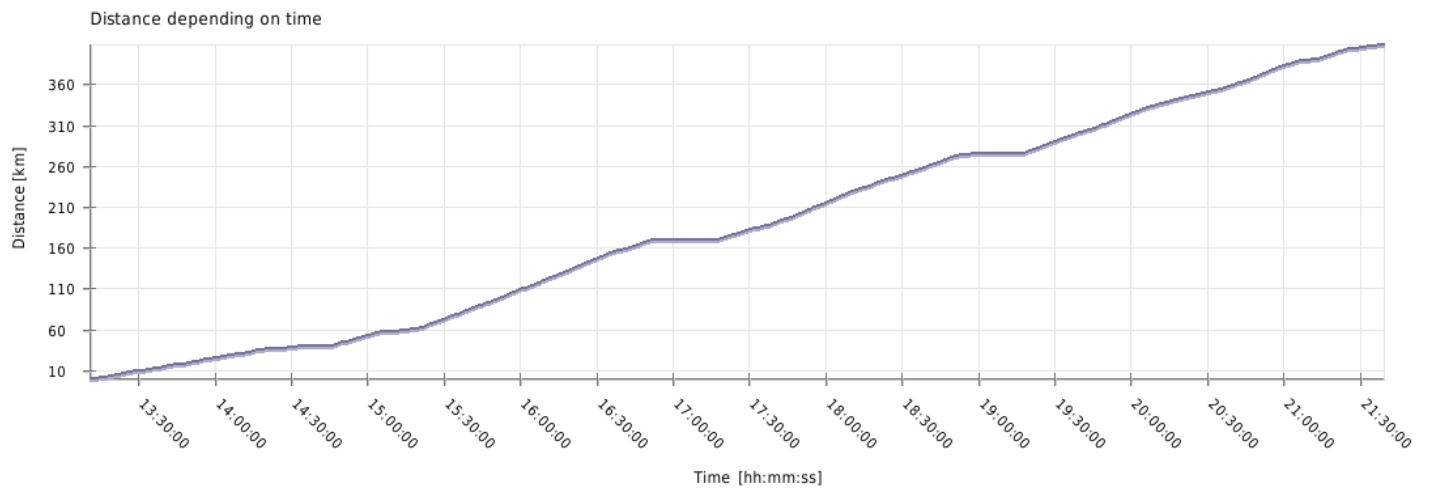
Minimum speed:	0.2 km/h
Maximum speed:	95.6 km/h
Average climbing speed :	56 km/h
Average descent speed :	55.2 km/h
Average flat speed:	52.5 km/h
Average speed:	55.3 km/h

## Time

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Date of track:	12.8.2010
Start time:	13:10:46
End time:	21:39:30
Total track time:	8h 28m 44s
Climbing time:	3h 49m 07s
Descent time:	4h 03m 57s
Flat time:	35m 40s

## Distance



Total flat distance:	407.8 km
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Total real distance:	408.6 km
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Climbing distance:	182.1 km
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Descent distance:	197.4 km
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Flat distance:	29.1 km
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