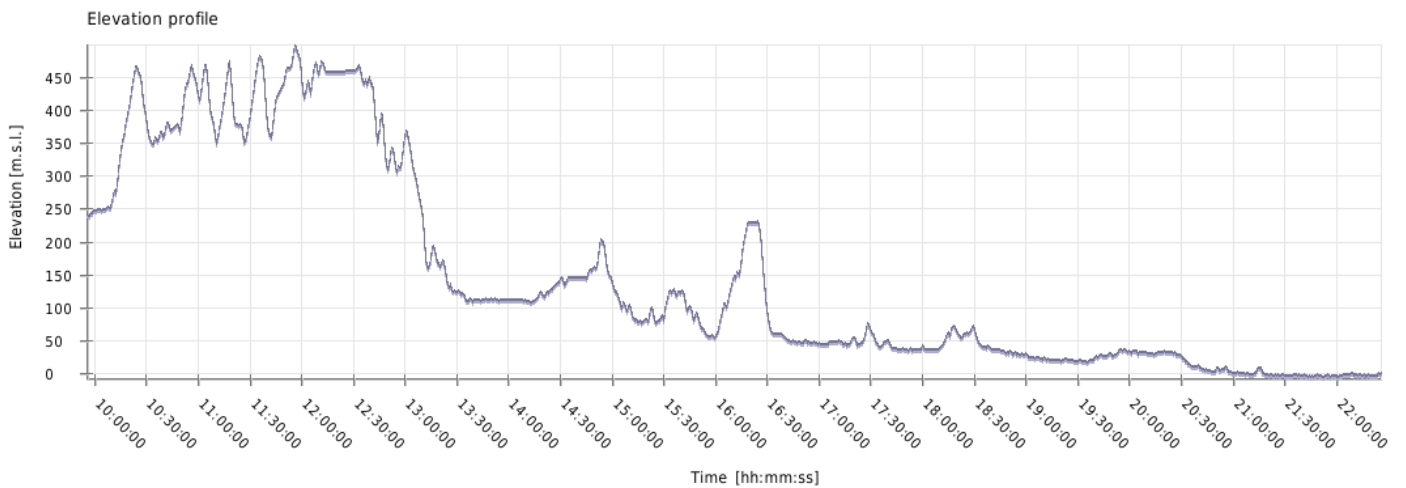
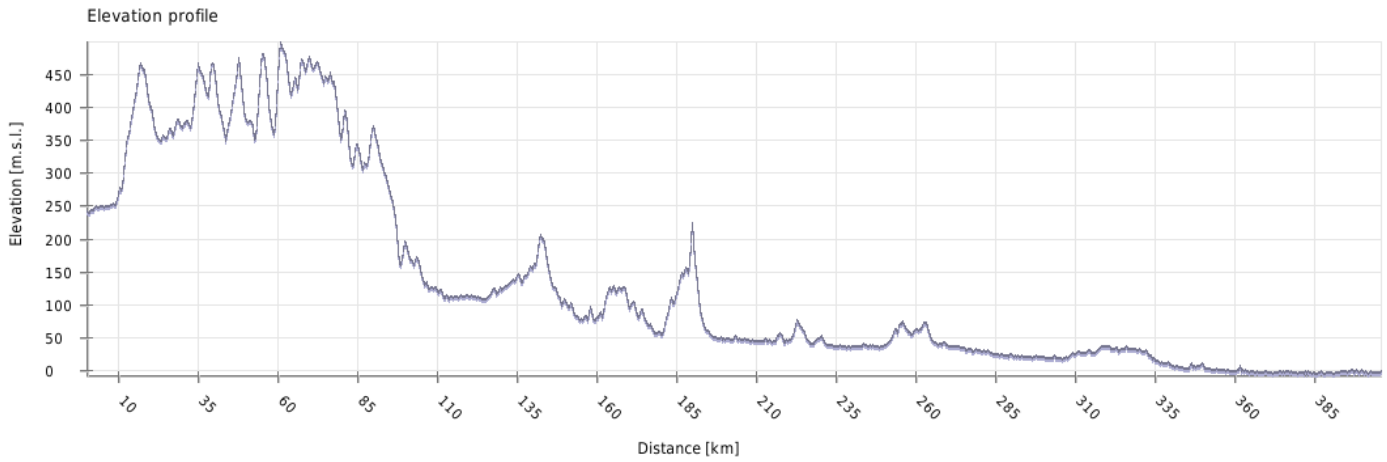
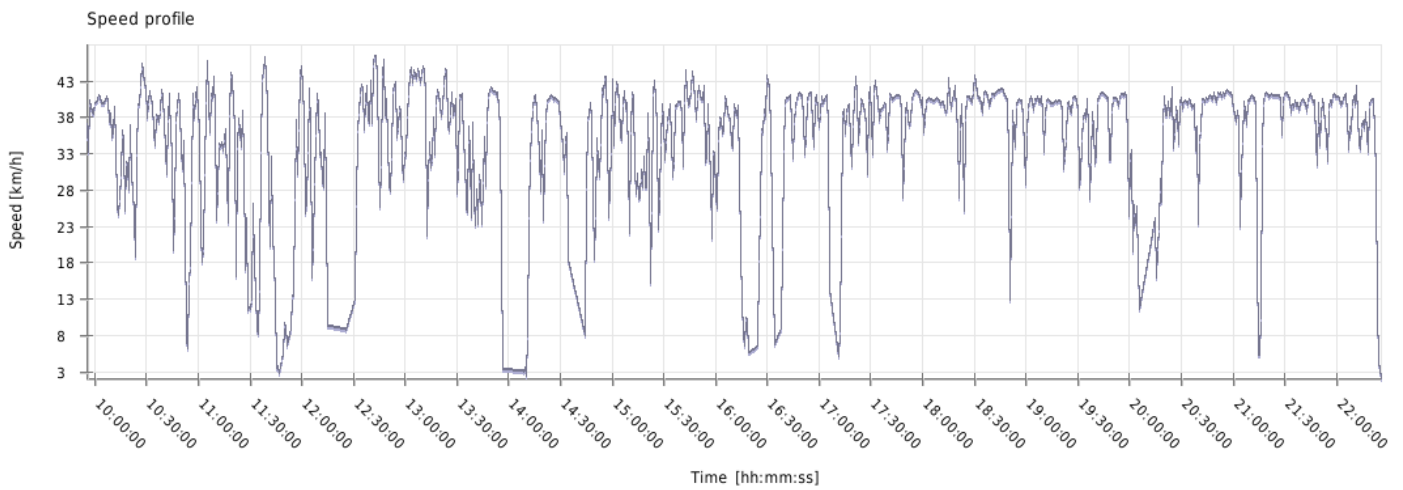
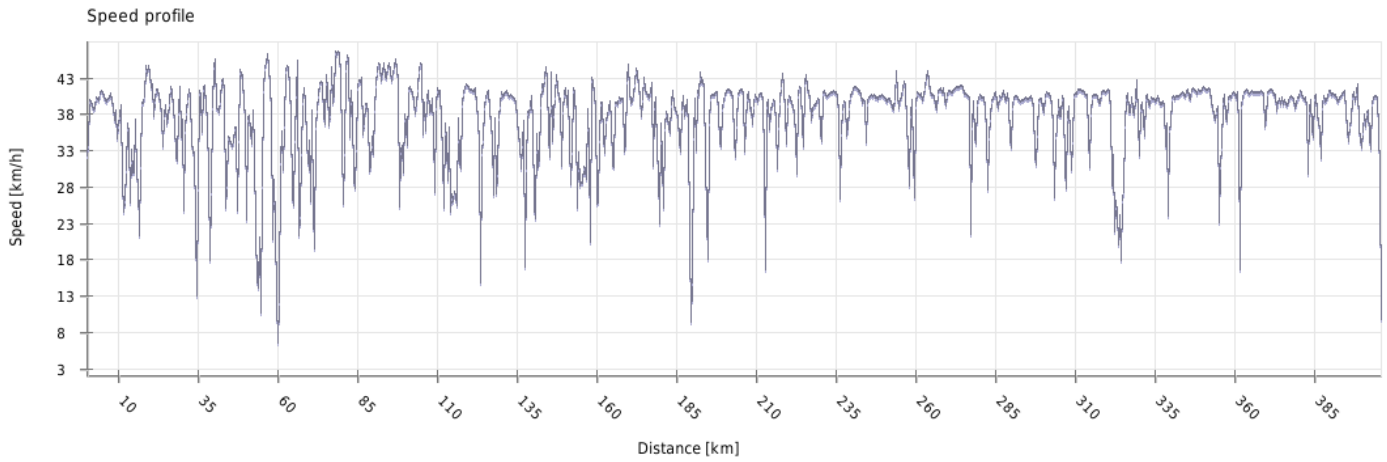


Elevation



Minimum elevation:	-7 m.s.l.
Maximum elevation:	499 m.s.l.
Average elevation:	175.9 m.s.l.
Maximum difference:	506 m
Total climbing:	3369 m
Total descent:	3611 m
Start elevation:	242.4 m.s.l.
End elevation:	0 m.s.l.
Final balance:	-242.4 m

Speed

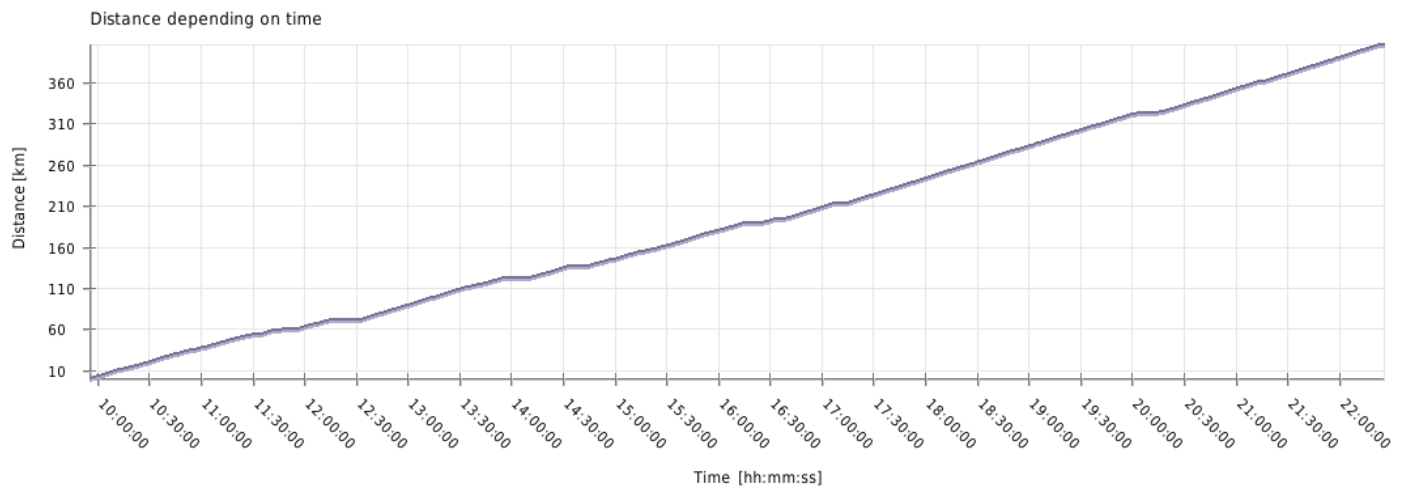


Minimum speed:	2 km/h
Maximum speed:	48 km/h
Average climbing speed :	34.7 km/h
Average descent speed :	39.6 km/h
Average flat speed:	37.9 km/h
Average speed:	37.3 km/h

Time

Date of track:	27.6.2010
Start time:	09:55:08
End time:	22:26:00
Total track time:	12h 30m 52s
Climbing time:	5h 04m 38s
Descent time:	4h 45m 08s
Flat time:	2h 41m 06s

Distance



Total flat distance:	405.5 km
Total real distance:	405.8 km
Climbing distance:	151.4 km
Descent distance:	168.1 km
Flat distance:	86.3 km