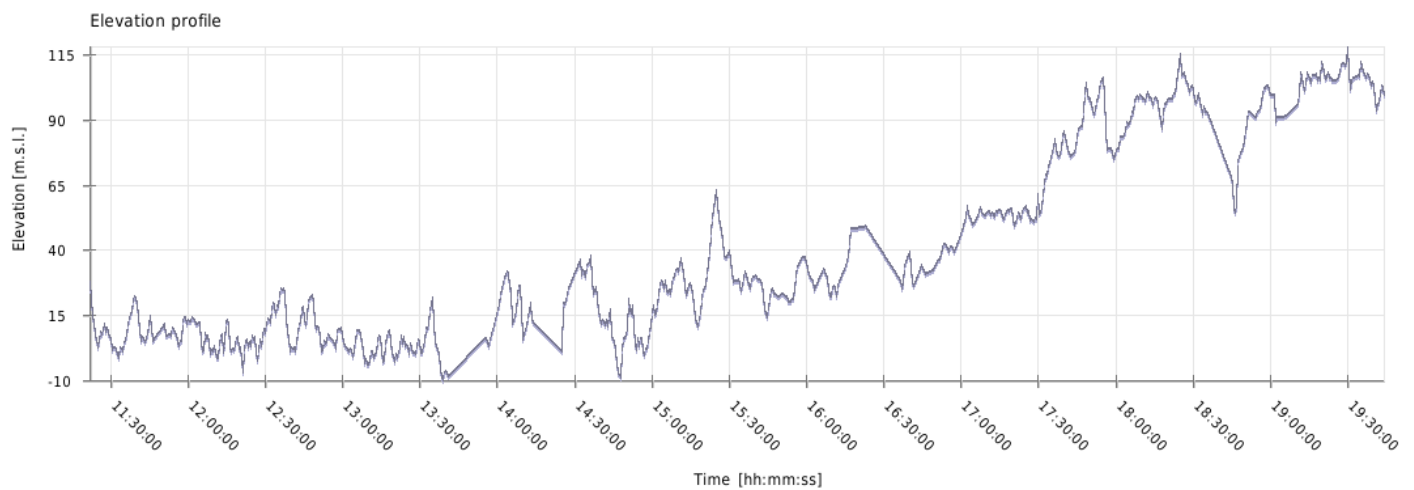
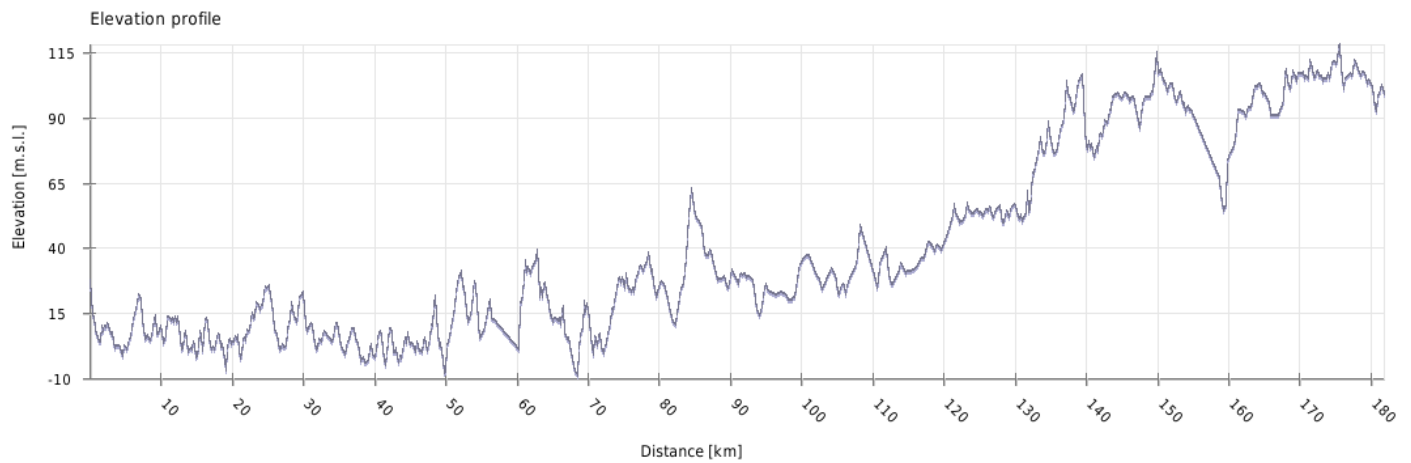
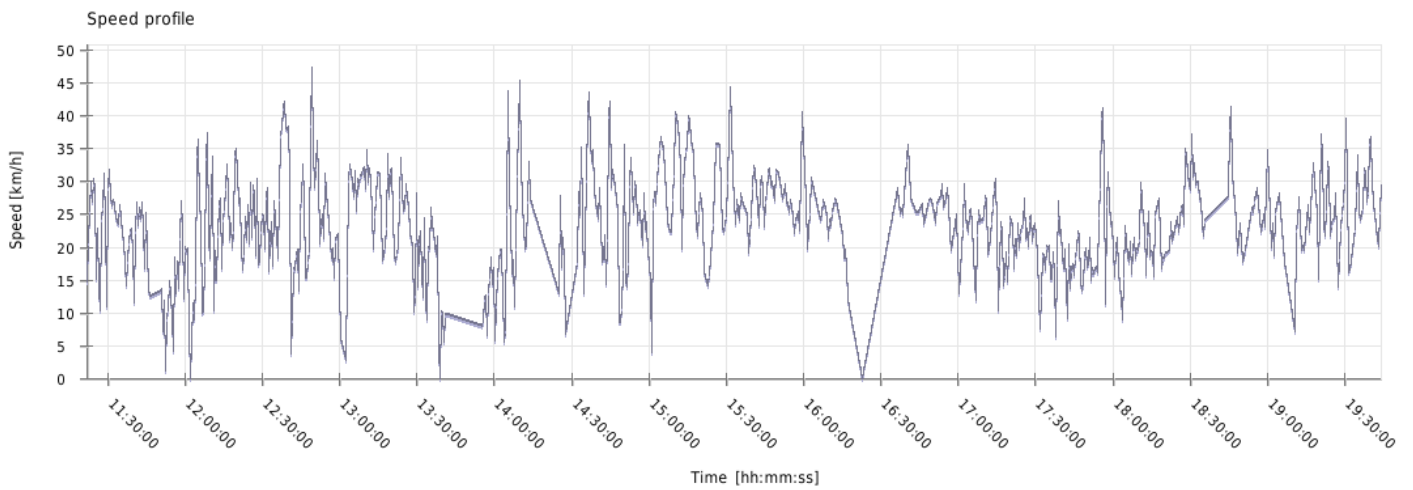
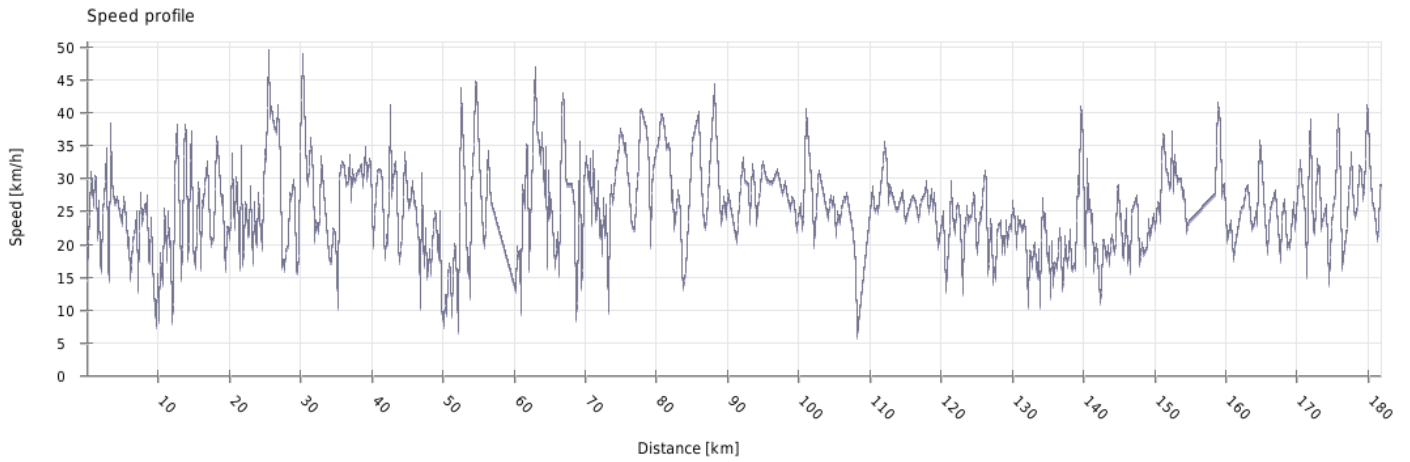


Elevation



Minimum elevation:	-10 m.s.l.
Maximum elevation:	118 m.s.l.
Average elevation:	34.5 m.s.l.
Maximum difference:	128 m
Total climbing:	1496 m
Total descent:	1423 m
Start elevation:	27.9 m.s.l.
End elevation:	100 m.s.l.
Final balance:	72.1 m

Speed

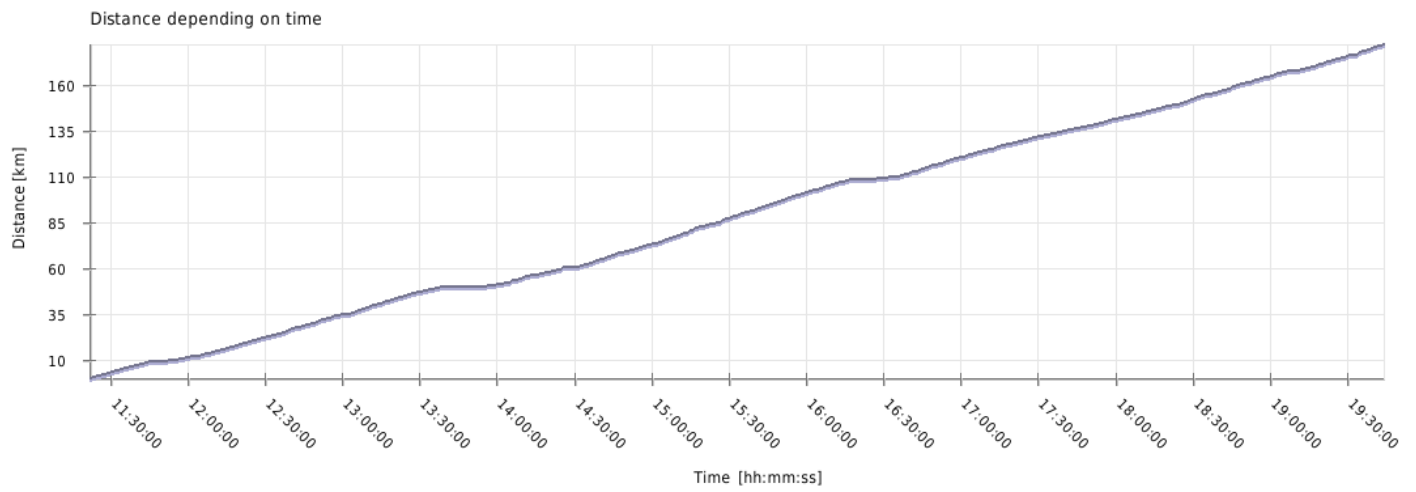


Minimum speed:	0 km/h
Maximum speed:	50.8 km/h
Average climbing speed :	21.5 km/h
Average descent speed :	26.3 km/h
Average flat speed:	23 km/h
Average speed:	23.6 km/h

Time

Date of track:	10.7.2009
Start time:	11:22:01
End time:	19:44:09
Total track time:	8h 22m 08s
Climbing time:	3h 33m 36s
Descent time:	3h 02m 53s
Flat time:	1h 45m 39s

Distance



Total flat distance:	181.8 km
Total real distance:	181.9 km
Climbing distance:	67.5 km
Descent distance:	74.2 km
Flat distance:	40.2 km