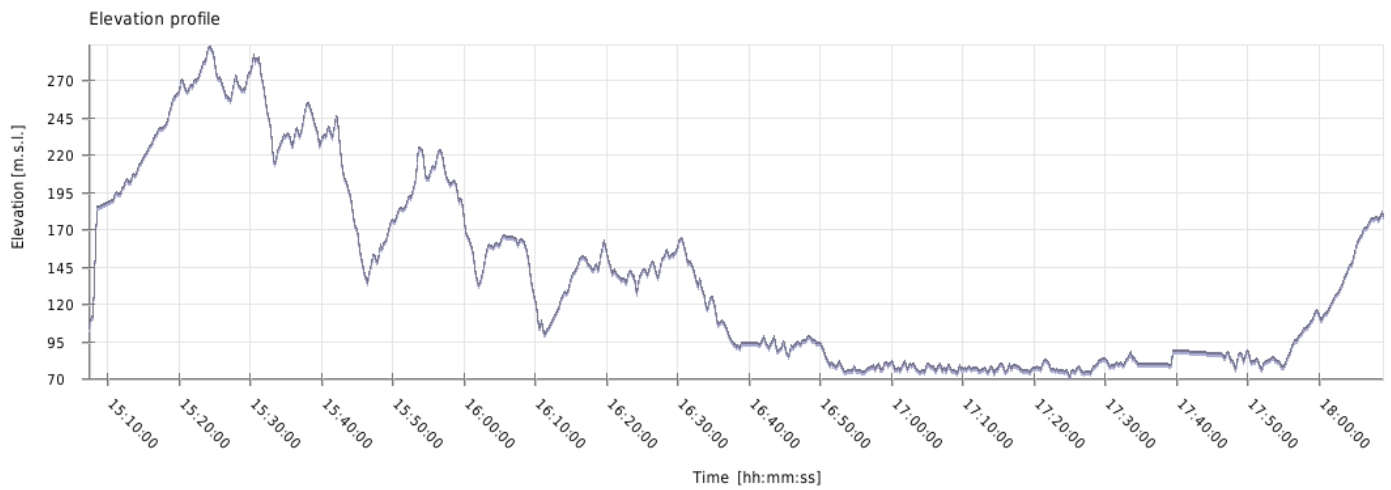
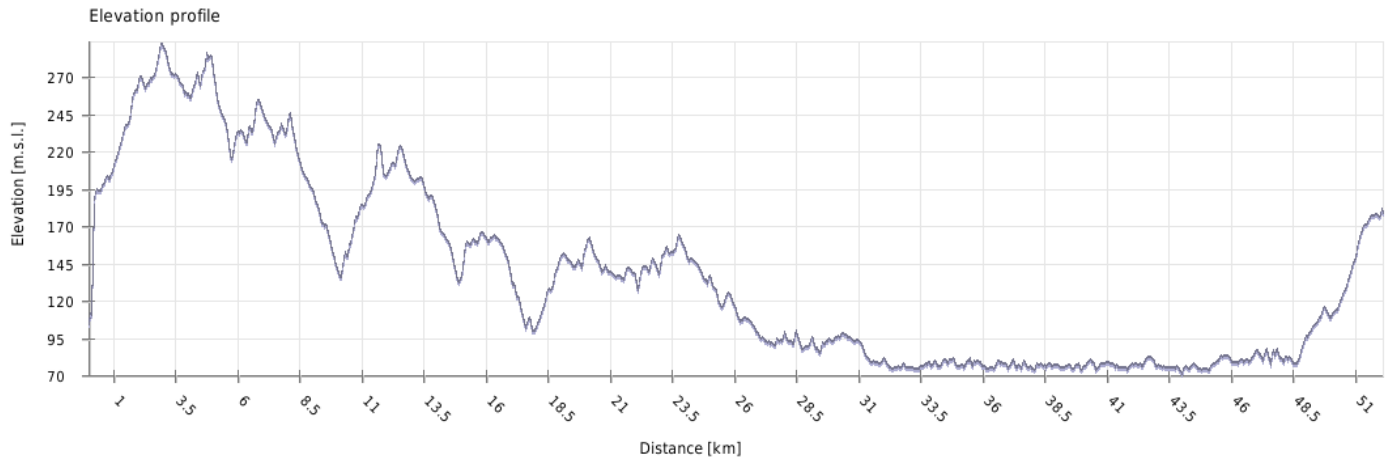
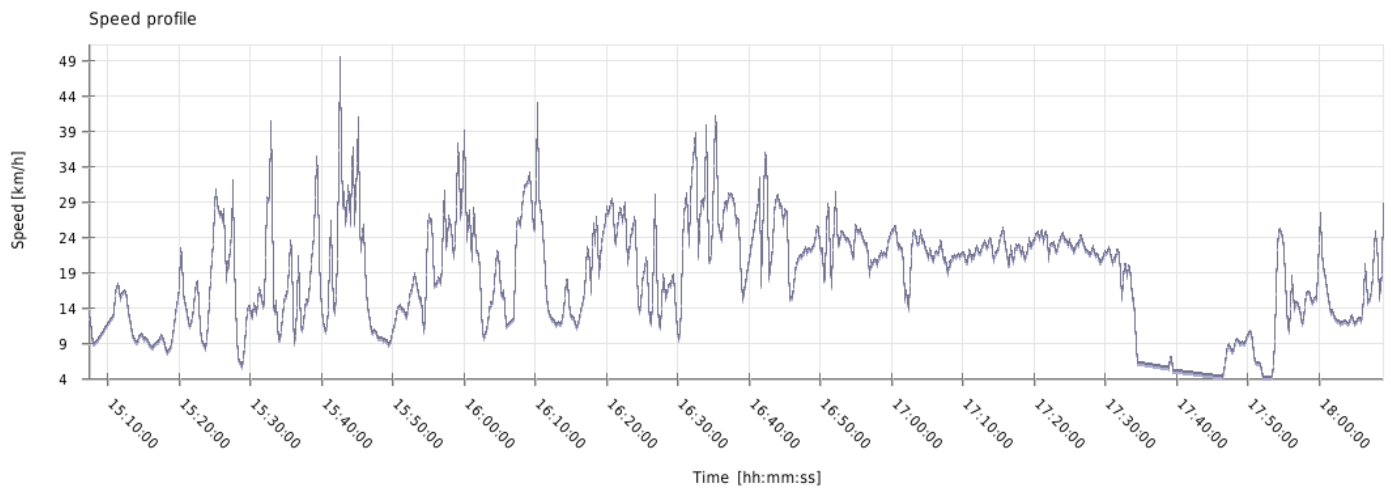
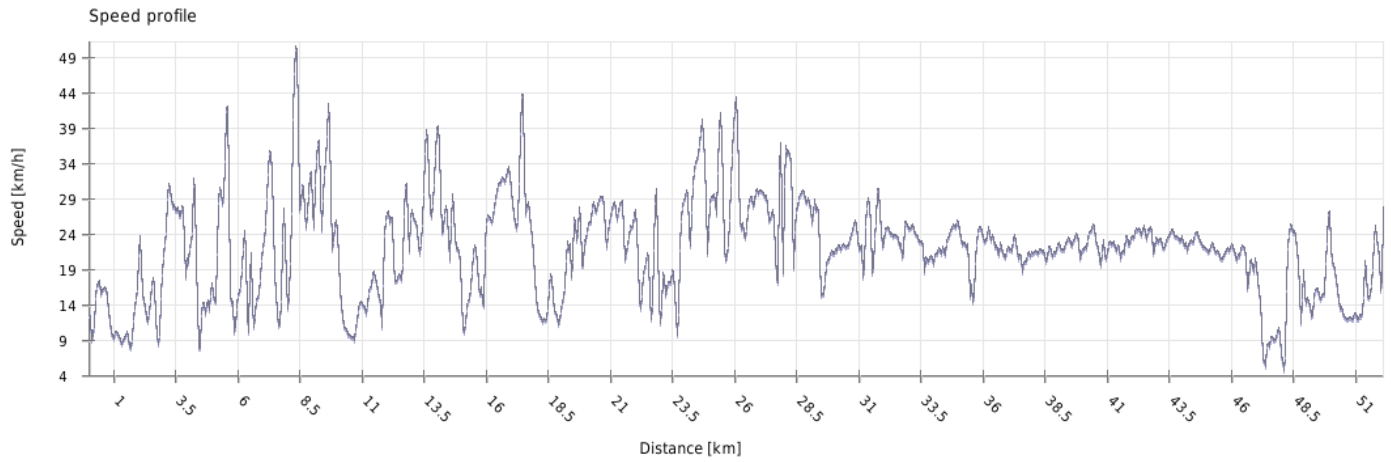


## Elevation



Minimum elevation:	70 m.s.l.
Maximum elevation:	294 m.s.l.
Average elevation:	136 m.s.l.
Maximum difference:	224 m
Total climbing:	1395 m
Total descent:	1319 m
Start elevation:	102 m.s.l.
End elevation:	178 m.s.l.
Final balance:	76 m

## Speed



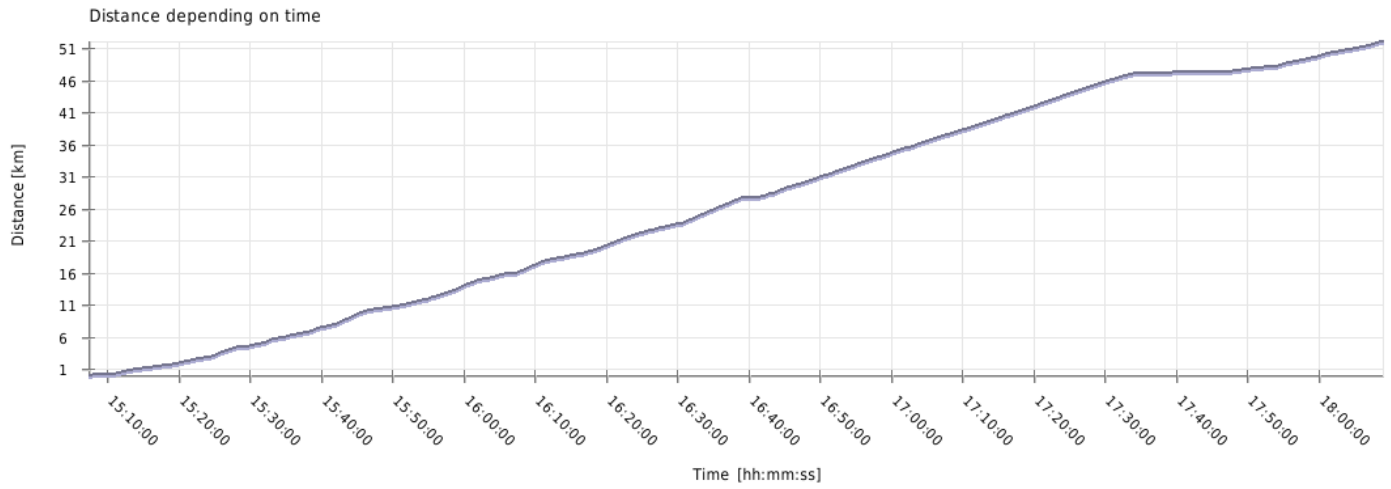
Minimum speed:	3.9 km/h
Maximum speed:	51.1 km/h
Average climbing speed :	15.5 km/h
Average descent speed :	22.3 km/h
Average flat speed:	20.4 km/h
Average speed:	19.3 km/h

## Time

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Date of track:	18.9.2010
Start time:	15:07:22
End time:	18:09:04
Total track time:	3h 01m 42s
Climbing time:	54m 34s
Descent time:	51m 01s
Flat time:	1h 16m 07s

## Distance



Total flat distance:	51.9 km
Total real distance:	52.1 km
Climbing distance:	13 km
Descent distance:	14.7 km
Flat distance:	24.5 km