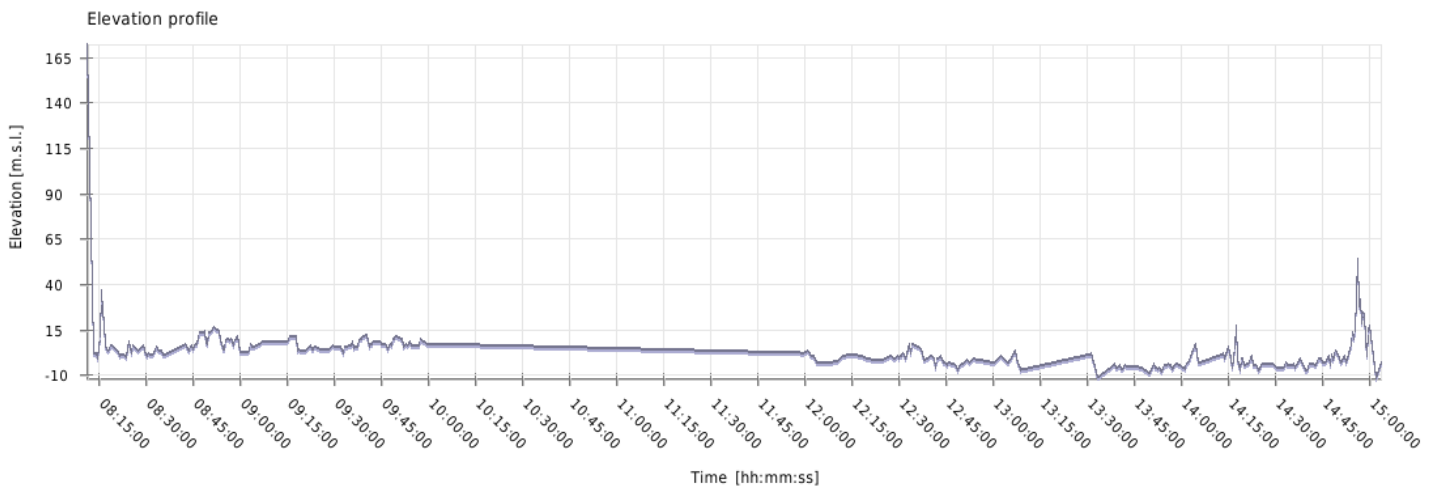
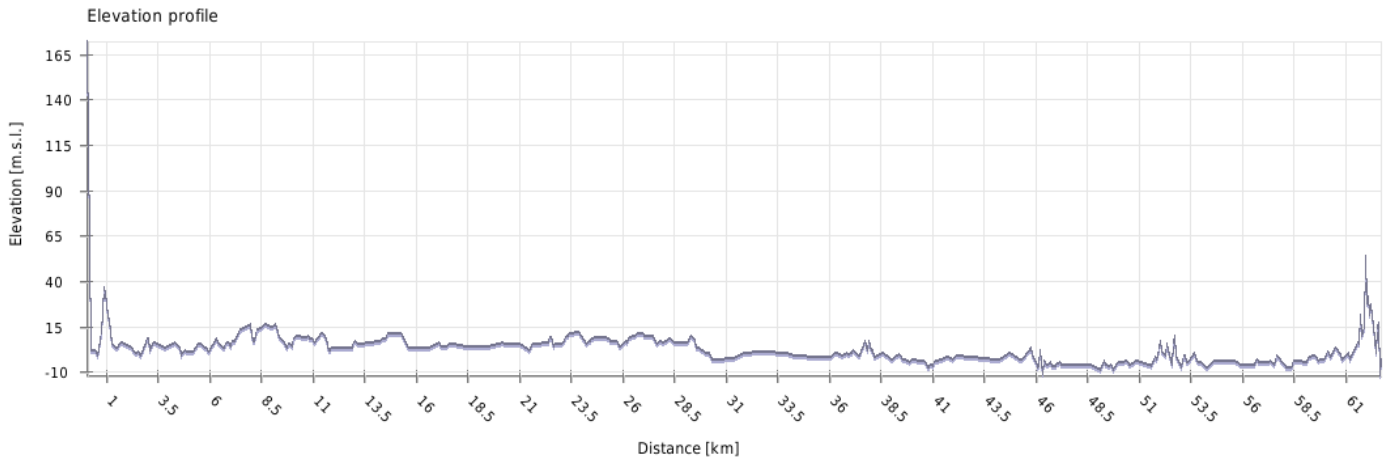
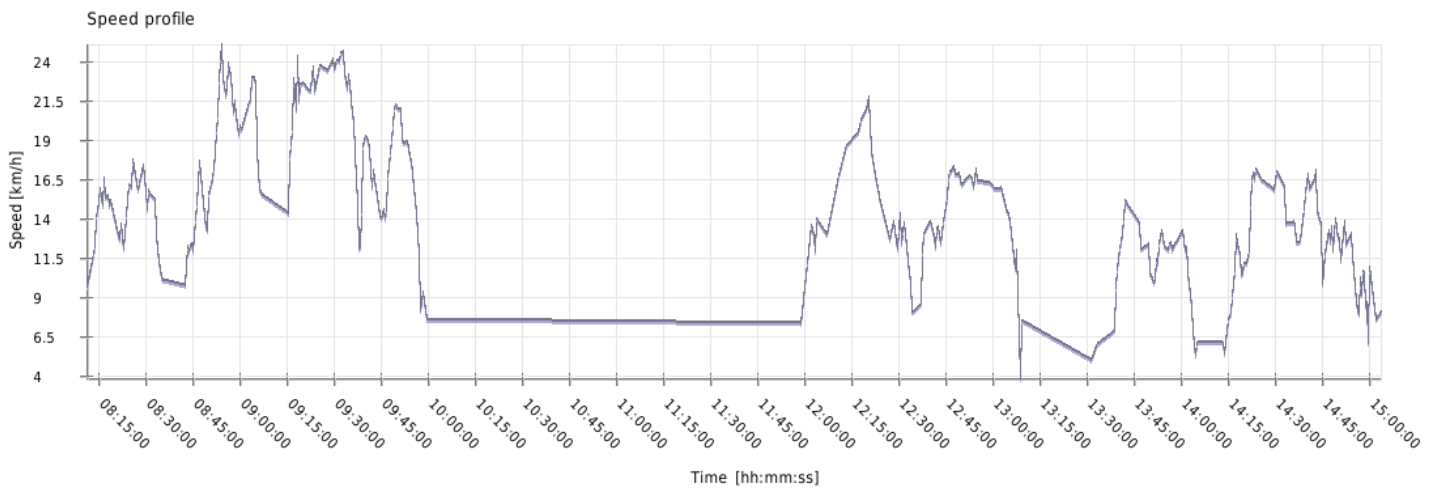
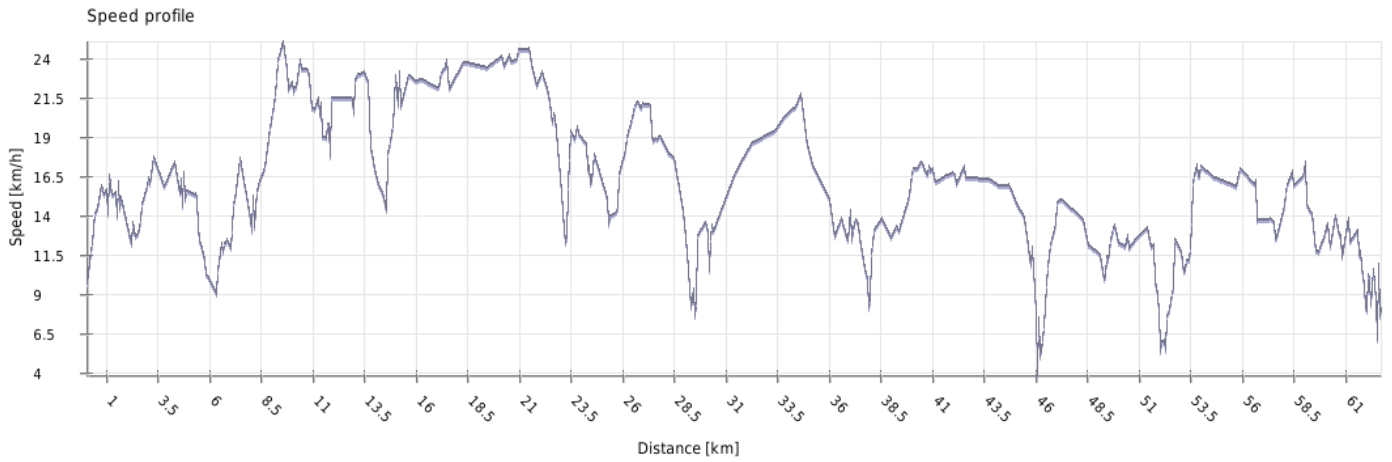


## Elevation



Minimum elevation:	-12 m.s.l.
Maximum elevation:	202.5 m.s.l.
Average elevation:	3.8 m.s.l.
Maximum difference:	214.5 m
Total climbing:	464 m
Total descent:	669 m
Start elevation:	202.5 m.s.l.
End elevation:	-3 m.s.l.
Final balance:	-205.5 m

## Speed



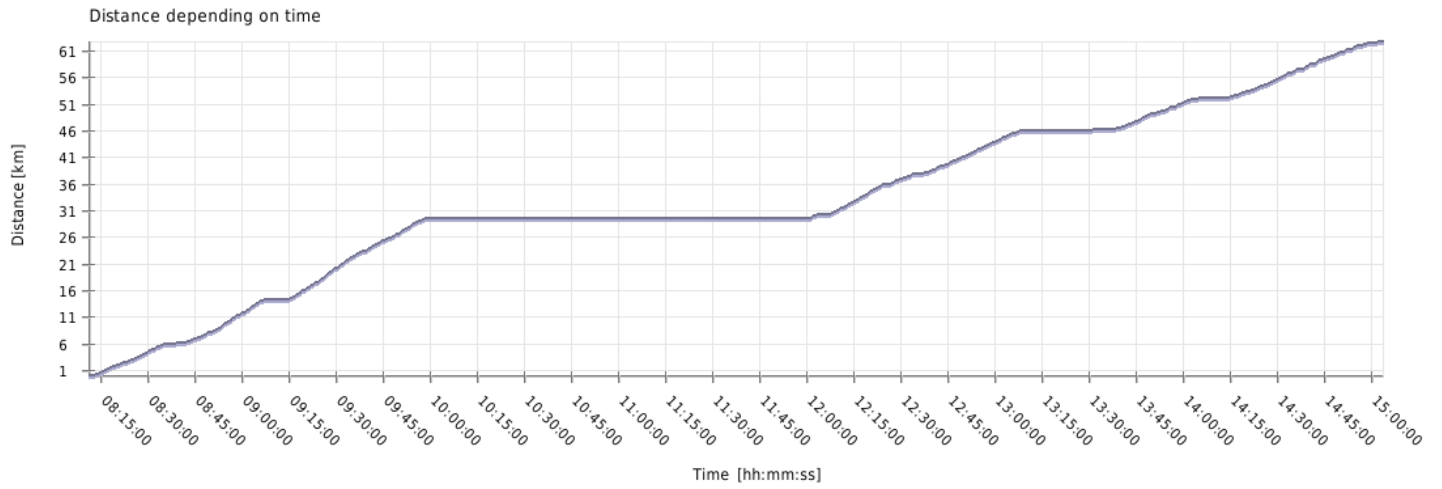
Minimum speed:	3.8 km/h
Maximum speed:	25.1 km/h
Average climbing speed :	14.4 km/h
Average descent speed :	16.5 km/h
Average flat speed:	18.3 km/h
Average speed:	16 km/h

## Time

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Date of track:	2.6.2011
Start time:	08:10:39
End time:	15:03:54
Total track time:	6h 53m 15s
Climbing time:	2h 20m 51s
Descent time:	3h 39m 45s
Flat time:	52m 39s

## Distance



Total flat distance:	62.6 km
Total real distance:	62.7 km
Climbing distance:	22.5 km
Descent distance:	25.5 km
Flat distance:	14.7 km