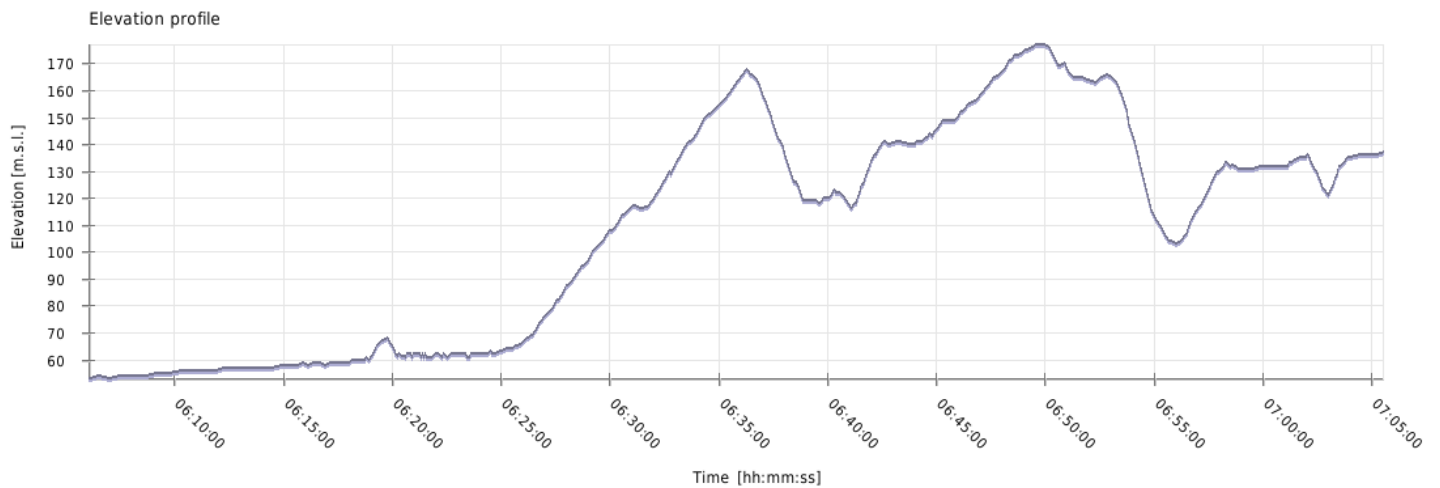
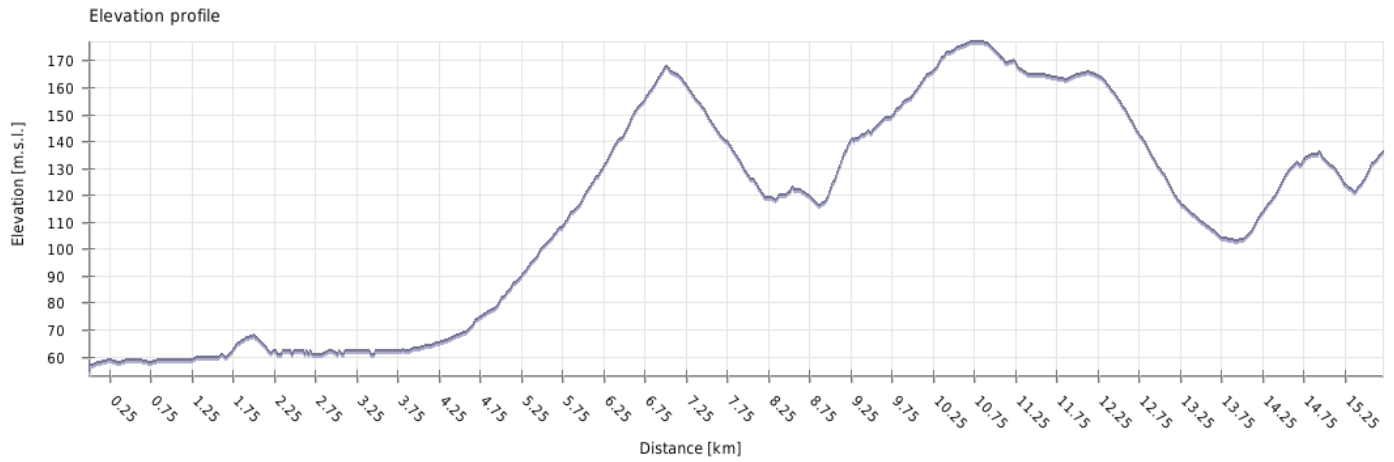
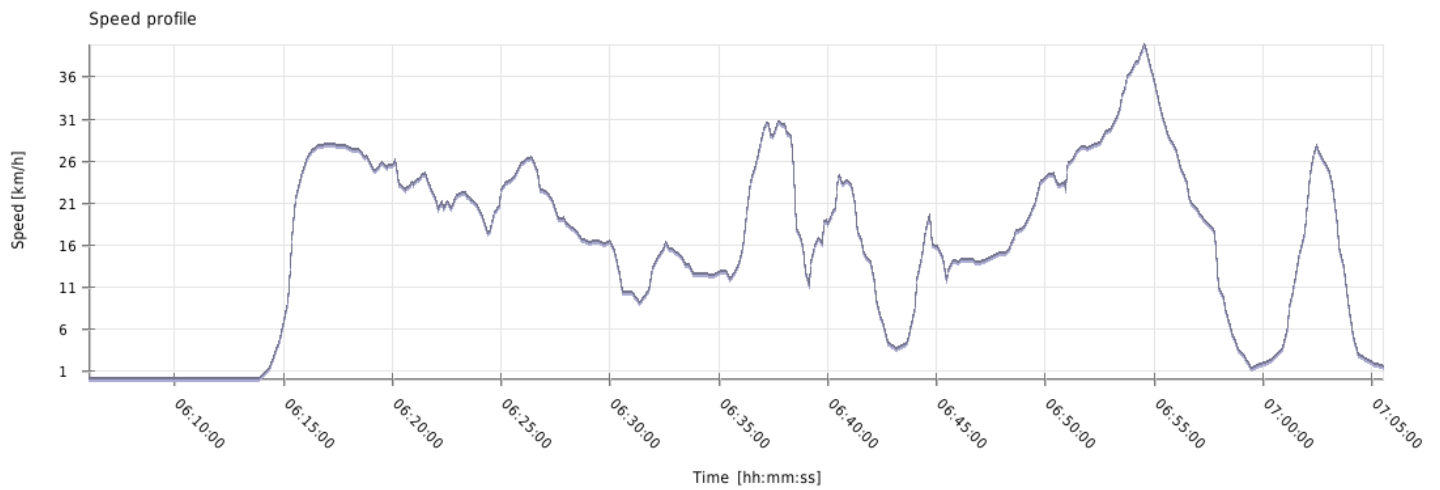
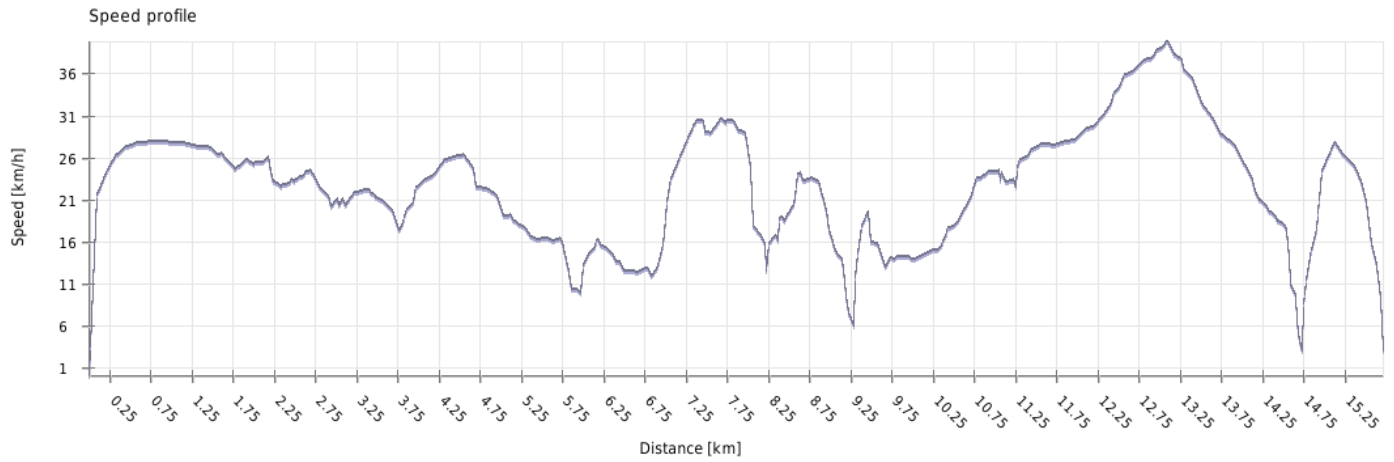


## Elevation



Minimum elevation:	52 m.s.l.
Maximum elevation:	177 m.s.l.
Average elevation:	113.8 m.s.l.
Maximum difference:	125 m
Total climbing:	264 m
Total descent:	179 m
Start elevation:	52.5 m.s.l.
End elevation:	137 m.s.l.
Final balance:	84.5 m

## Speed



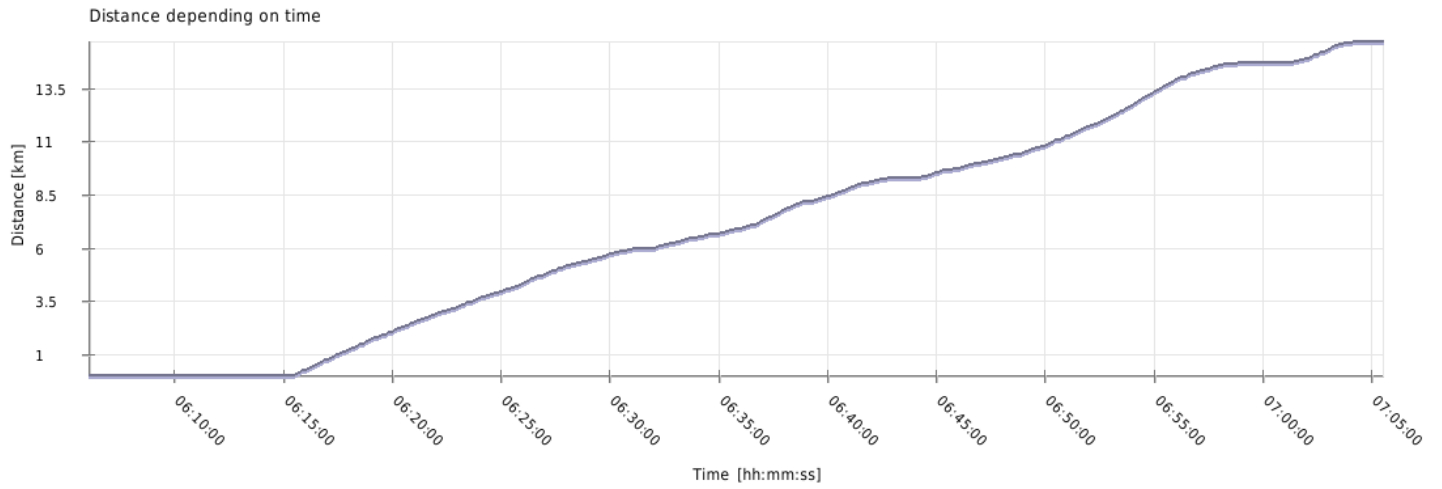
Minimum speed:	0.1 km/h
Maximum speed:	39.8 km/h
Average climbing speed :	18.4 km/h
Average descent speed :	28.2 km/h
Average flat speed:	21.1 km/h
Average speed:	21.4 km/h

## Time

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Date of track:	30.6.2010
Start time:	06:05:38
End time:	07:05:32
Total track time:	59m 54s
Climbing time:	28m 42s
Descent time:	13m 04s
Flat time:	18m 08s

## Distance



Total flat distance:	15.7 km
Total real distance:	15.7 km
Climbing distance:	7.3 km
Descent distance:	5.3 km
Flat distance:	3.1 km