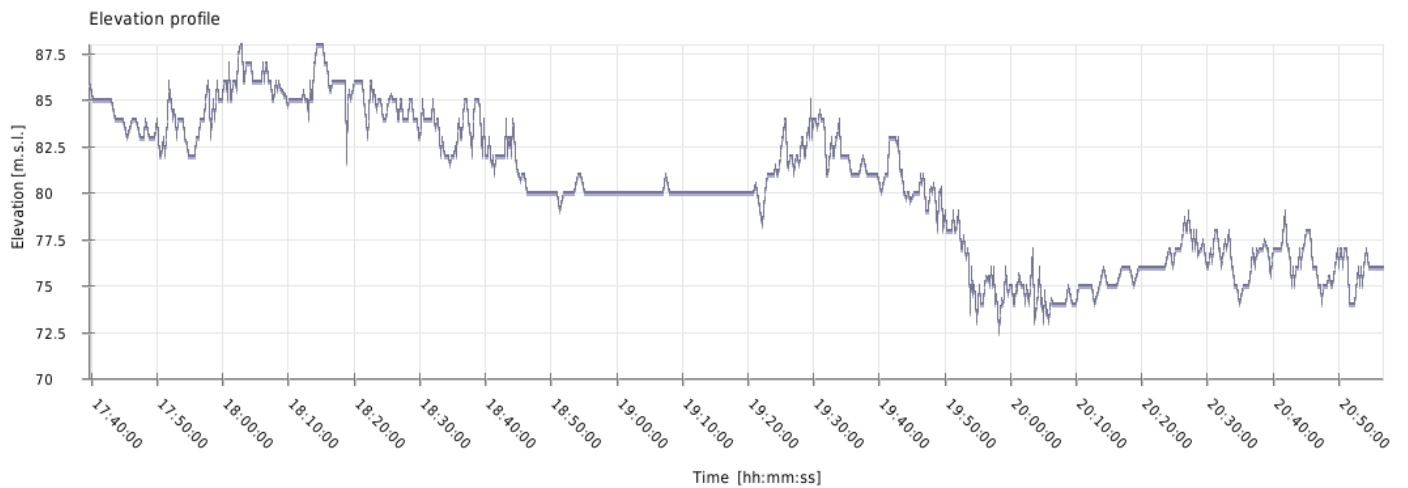
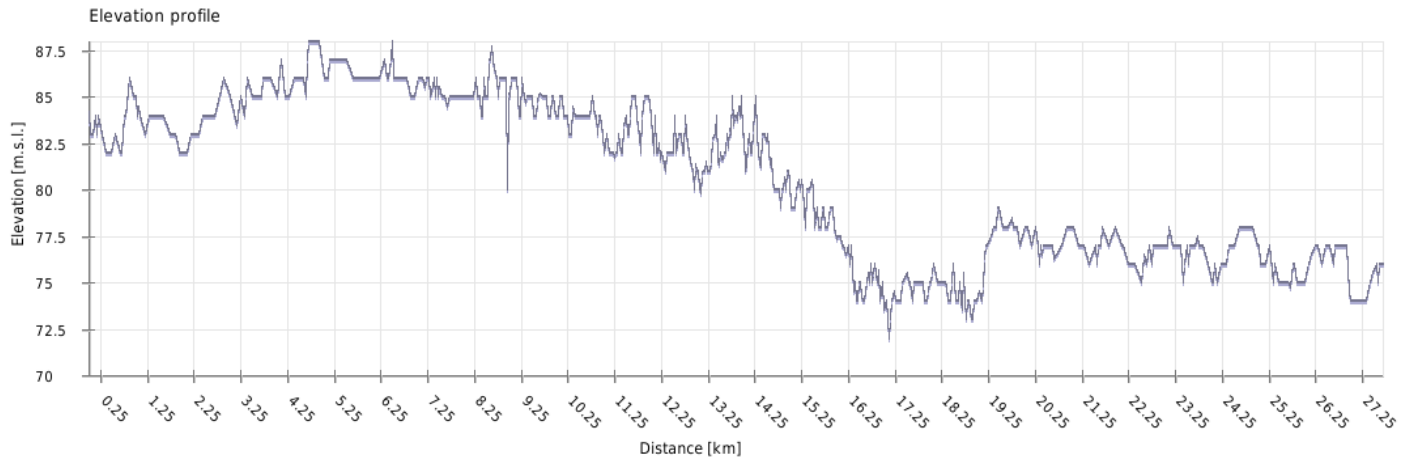
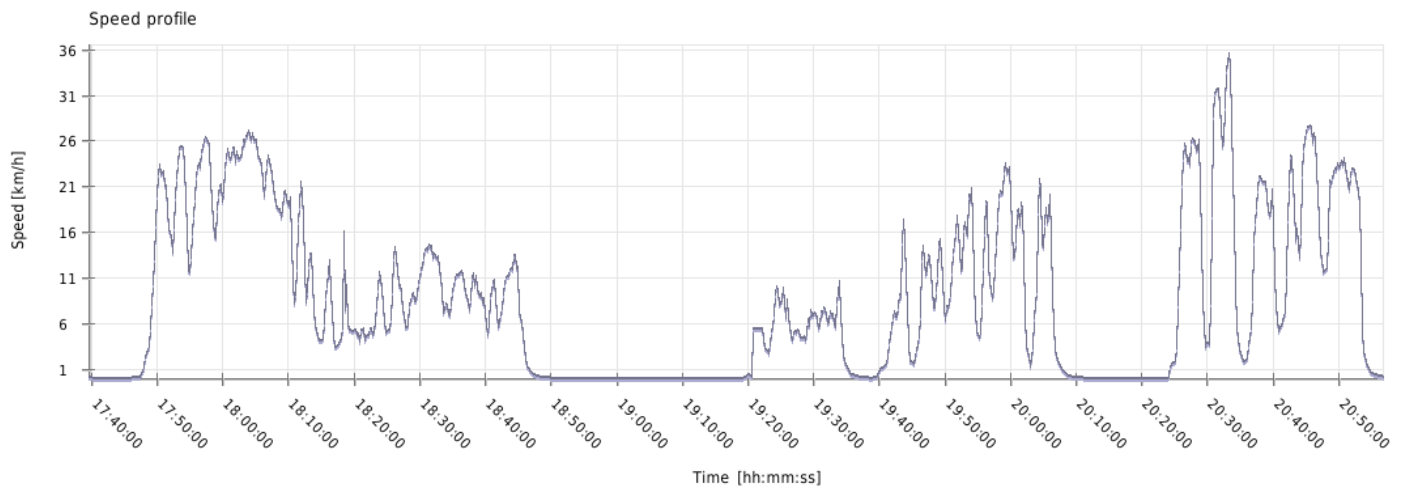
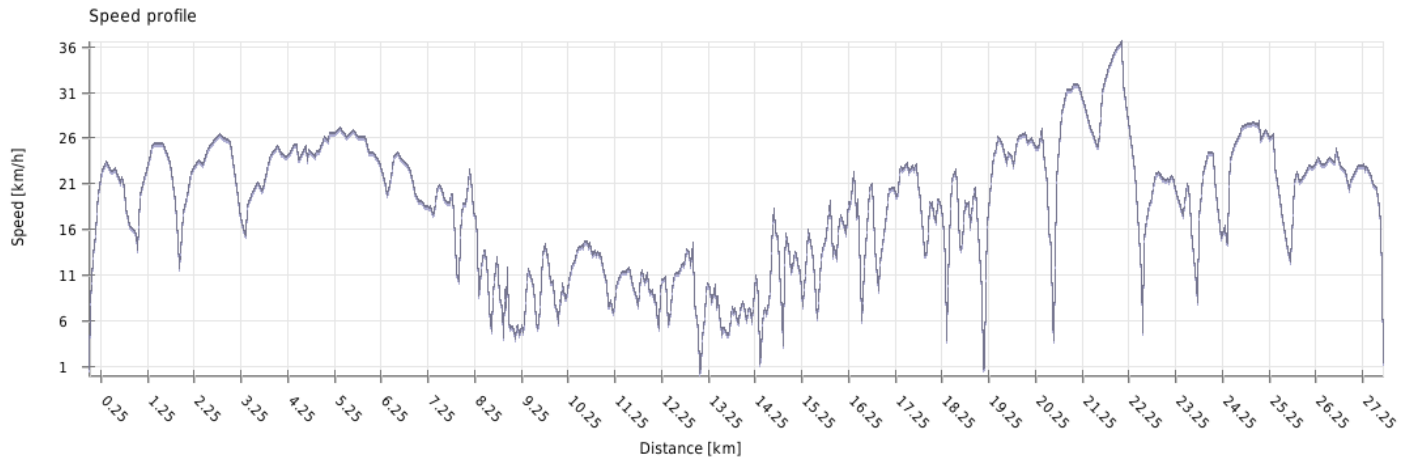


## Elevation



Minimum elevation:	70 m.s.l.
Maximum elevation:	88 m.s.l.
Average elevation:	80.4 m.s.l.
Maximum difference:	18 m
Total climbing:	300 m
Total descent:	310 m
Start elevation:	86.2 m.s.l.
End elevation:	76 m.s.l.
Final balance:	-10.2 m

## Speed



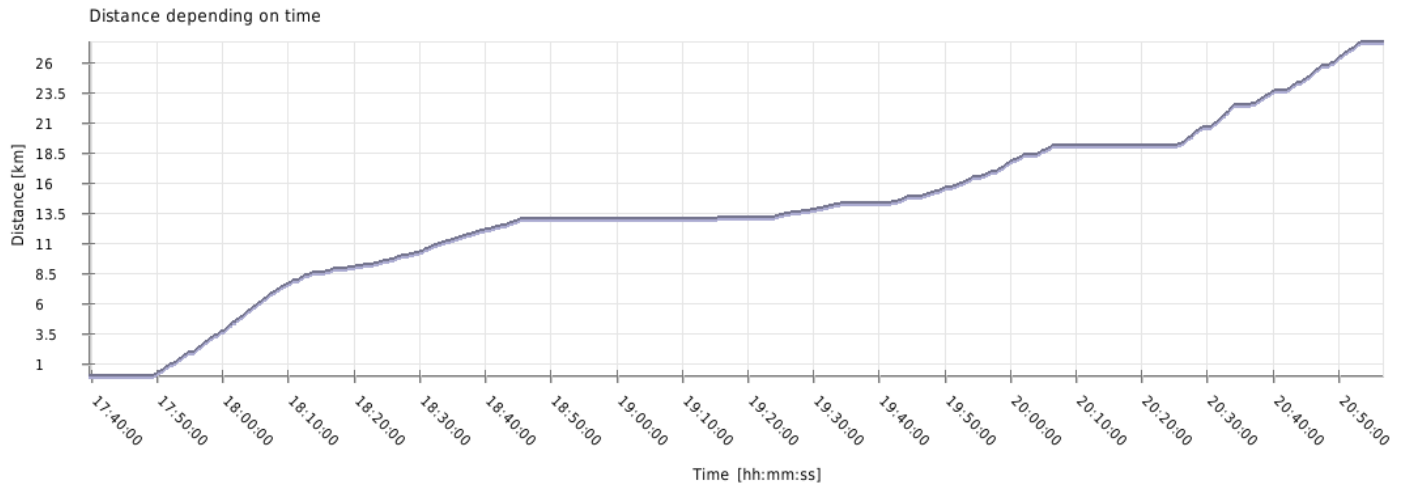
Minimum speed:	0 km/h
Maximum speed:	36.5 km/h
Average climbing speed :	17 km/h
Average descent speed :	17.7 km/h
Average flat speed:	15.7 km/h
Average speed:	16.5 km/h

## Time

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Date of track:	30.6.2010
Start time:	17:39:09
End time:	20:56:47
Total track time:	3h 17m 38s
Climbing time:	36m 10s
Descent time:	39m 43s
Flat time:	2h 01m 45s

## Distance



Total flat distance:	27.6 km
Total real distance:	27.7 km
Climbing distance:	6.1 km
Descent distance:	7.4 km
Flat distance:	14.2 km