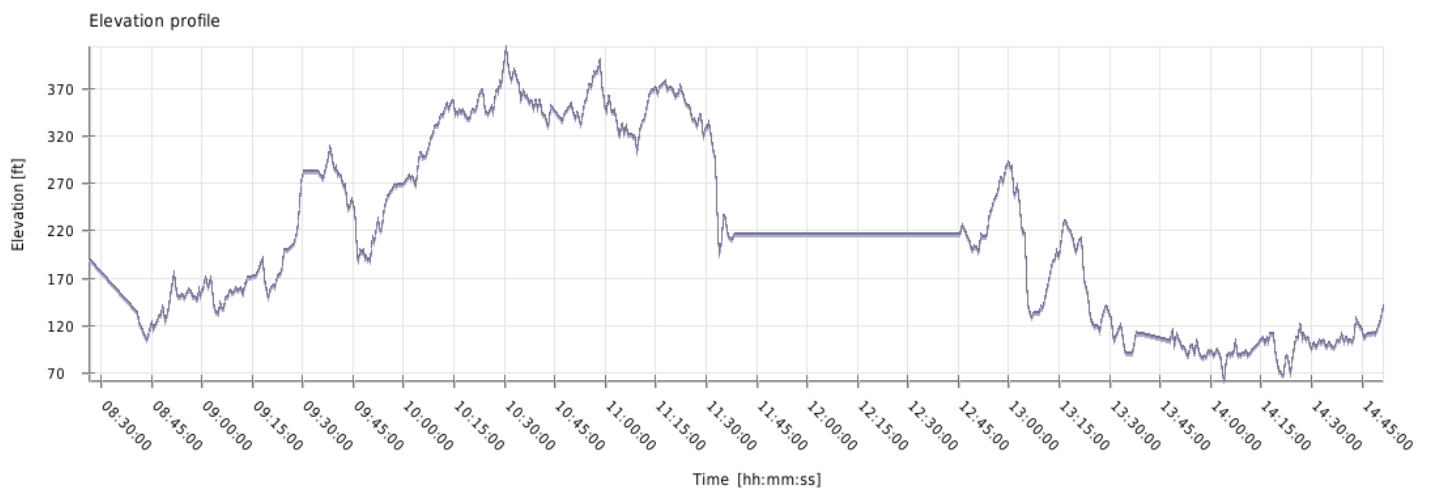
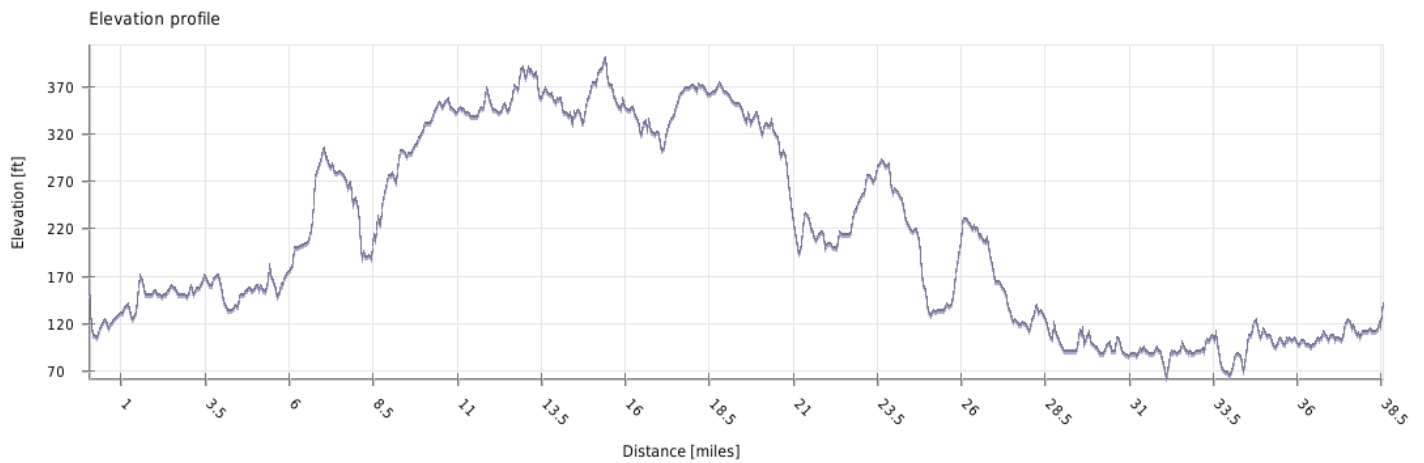
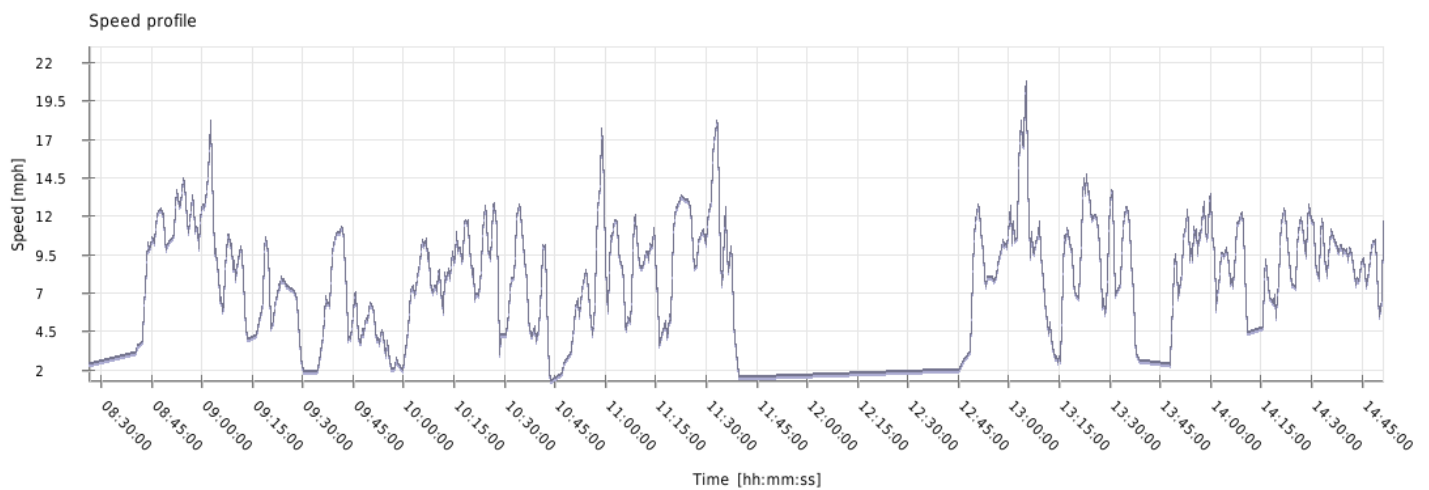
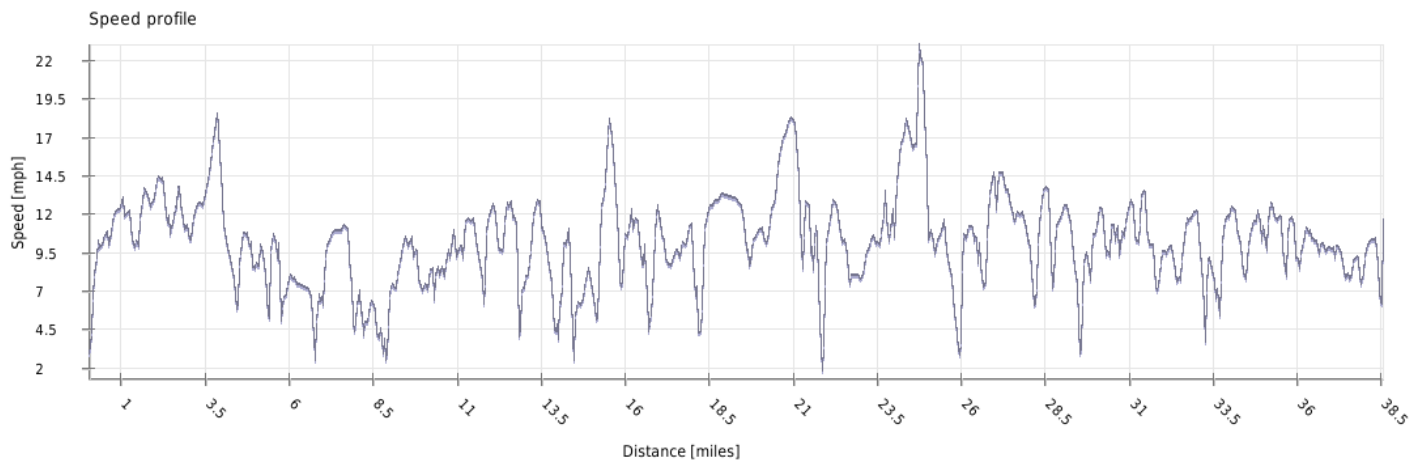


Elevation



Minimum elevation:	-50 ft
Maximum elevation:	413.4 ft
Average elevation:	212.7 ft
Maximum difference:	463.4 ft
Total climbing:	2381.9 ft
Total descent:	2191.6 ft
Start elevation:	-50 ft
End elevation:	141.1 ft
Final balance:	191.1 ft

Speed

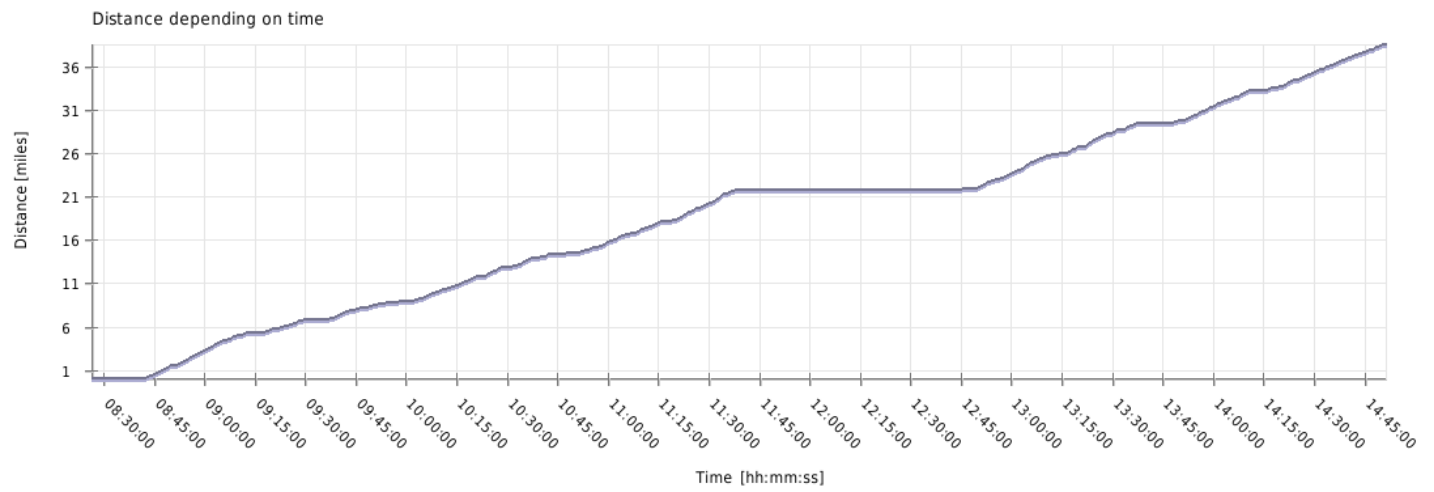


Minimum speed:	1.3 mph
Maximum speed:	23 mph
Average climbing speed :	9.5 mph
Average descent speed :	11.7 mph
Average flat speed:	10.6 mph
Average speed:	10.6 mph

Time

Date of track:	17.7.2009
Start time:	08:05:35
End time:	14:51:23
Total track time:	6h 45m 48s
Climbing time:	2h 29m 13s
Descent time:	1h 59m 27s
Flat time:	2h 17m 08s

Distance



Total flat distance:	38.5 miles
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Total real distance:	38.6 miles
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Climbing distance:	13.2 miles
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Descent distance:	15.4 miles
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Flat distance:	10 miles
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