Minimum elevation: 21 m.s.l.
Maximum elevation: 162 m.s.l.
Average elevation: 60.5 m.s.l.
Maximum difference: 141 m
Total climbing: 446 m
Total descent: 456 m
Start elevation: 67.9 m.s.l.
End elevation: 57 m.s.l.
Final balance: -10.9 m
Minimum speed: 4 km/h
Maximum speed: 53.1 km/h
Average climbing speed: 16 km/h
Average descent speed: 23.3 km/h
Average flat speed: 20.1 km/h
Average speed: 19.6 km/h
# Time

<table>
<thead>
<tr>
<th>Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date of track:</td>
<td>21.9.2008</td>
</tr>
<tr>
<td>Start time:</td>
<td>06:12:56</td>
</tr>
<tr>
<td>End time:</td>
<td>10:10:41</td>
</tr>
<tr>
<td>Total track time:</td>
<td>3h 57m 45s</td>
</tr>
<tr>
<td>Climbing time:</td>
<td>1h 33m 08s</td>
</tr>
<tr>
<td>Descent time:</td>
<td>1h 01m 45s</td>
</tr>
<tr>
<td>Flat time:</td>
<td>1h 22m 52s</td>
</tr>
</tbody>
</table>
Distance

Total flat distance: 56.5 km
Total real distance: 56.5 km
Climbing distance: 15.1 km
Descent distance: 16.9 km
Flat distance: 24.6 km