Elevation

Minimum elevation: 12 m.s.l.
Maximum elevation: 84.3 m.s.l.
Average elevation: 22.7 m.s.l.
Maximum difference: 72.3 m
Total climbing: 365 m
Total descent: 395 m
Start elevation: 84.3 m.s.l.
End elevation: 54 m.s.l.
Final balance: -30.3 m
### Speed

- **Minimum speed:** 0.8 km/h
- **Maximum speed:** 27.6 km/h
- **Average climbing speed:** 18.9 km/h
- **Average descent speed:** 20.7 km/h
- **Average flat speed:** 20.5 km/h
- **Average speed:** 20.2 km/h
### Time

<table>
<thead>
<tr>
<th>Description</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date of track:</td>
<td>5.10.2008</td>
</tr>
<tr>
<td>Start time:</td>
<td>15:13:44</td>
</tr>
<tr>
<td>End time:</td>
<td>19:54:38</td>
</tr>
<tr>
<td>Total track time:</td>
<td>4h 40m 54s</td>
</tr>
<tr>
<td>Climbing time:</td>
<td>58m 02s</td>
</tr>
<tr>
<td>Descent time:</td>
<td>1h 25m 25s</td>
</tr>
<tr>
<td>Flat time:</td>
<td>2h 17m 27s</td>
</tr>
</tbody>
</table>
Total flat distance: 74.3 km
Total real distance: 74.3 km
Climbing distance: 14.5 km
Descent distance: 14.7 km
Flat distance: 45.1 km