Mt. GwanAk Bike + Trek

Elevation

Minimum elevation: 11 m.s.l.
Maximum elevation: 512 m.s.l.
Average elevation: 93.5 m.s.l.
Maximum difference: 501 m
Total climbing: 1028 m
Total descent: 1017 m
Start elevation: 37.6 m.s.l.
End elevation: 48 m.s.l.
Final balance: 10.4 m
Mt. GwanAk Bike + Trek

**Speed**

Minimum speed: 0.3 km/h

Maximum speed: 47.9 km/h

Average climbing speed: 11.4 km/h

Average descent speed: 18.7 km/h

Average flat speed: 16.4 km/h

Average speed: 15.1 km/h
## Time

<table>
<thead>
<tr>
<th>Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date of track:</td>
<td>18.10.2008</td>
</tr>
<tr>
<td>Start time:</td>
<td>05:44:34</td>
</tr>
<tr>
<td>End time:</td>
<td>12:33:53</td>
</tr>
<tr>
<td>Total track time:</td>
<td>6h 49m 19s</td>
</tr>
<tr>
<td>Climbing time:</td>
<td>2h 50m 31s</td>
</tr>
<tr>
<td>Descent time:</td>
<td>1h 52m 51s</td>
</tr>
<tr>
<td>Flat time:</td>
<td>2h 05m 57s</td>
</tr>
</tbody>
</table>
Mt. GwanAk Bike + Trek

Distance

Total flat distance: 61.6 km
Total real distance: 61.8 km
Climbing distance: 17.1 km
Descent distance: 17.6 km
Flat distance: 27.1 km

Generated by uTrack (http://utrack.crempa.net)