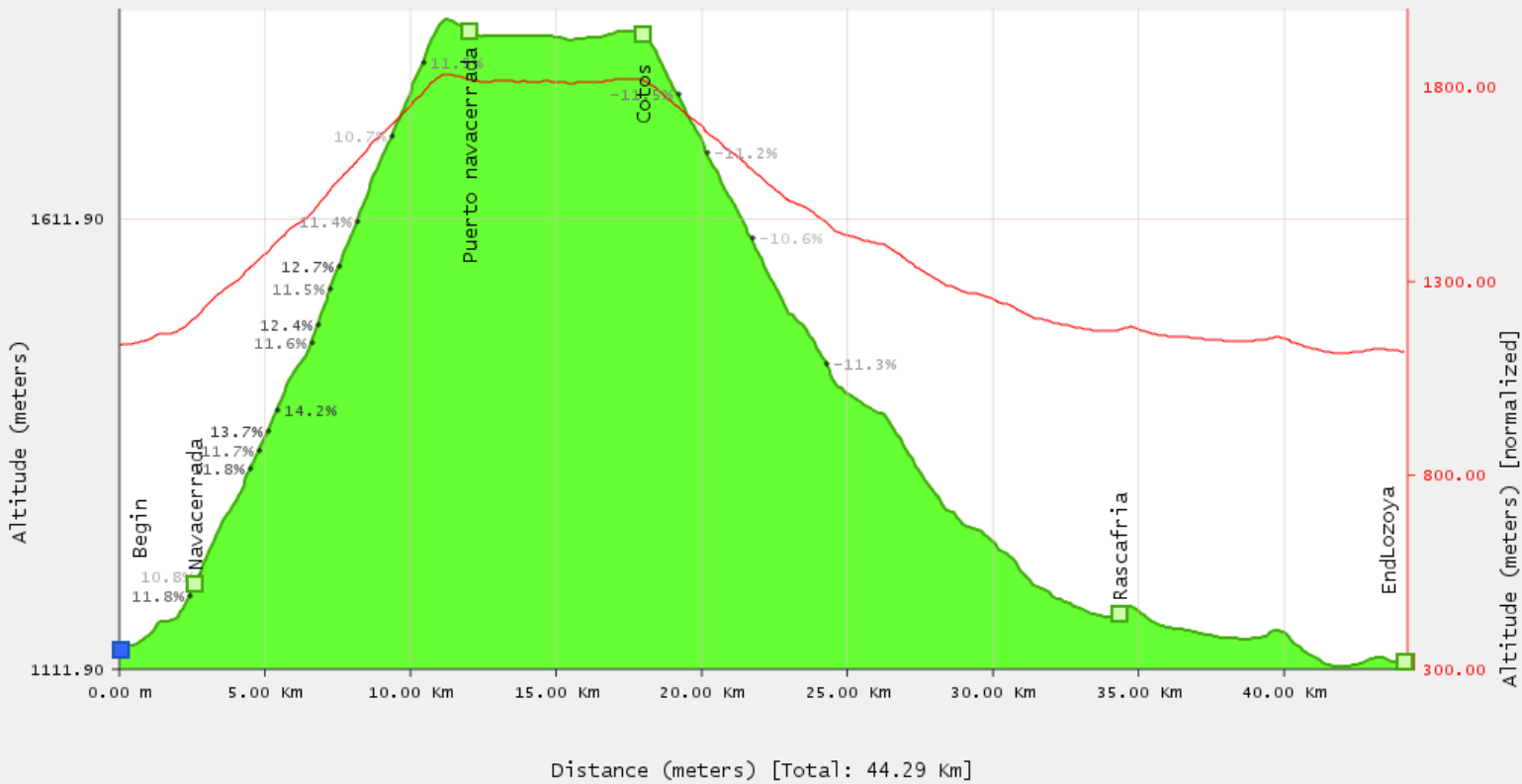


Profile for 'Navacerrada - Lozoya' 21-Sep-2008 11:03:05



Track Info	
Track recorded by	Bike
Generated	21/09/2008 at 14:56:30
Track	<uploaded>
wpt	<uploaded>
Date & Time	
Track Date	21/09/2008
Track Start	09:03:05
Track End	11:07:54
Time Total	02:04:49
Time Moving	02:01:13
Time Stopped	00:03:36
Time Ascending	01:03:21
Time Descending	00:31:36
Time Leveling	00:29:17
Distance	
Distance (real)	44293.443 m
Distance (asc)	11890.131 m
Distance (desc)	19777.652 m
Distance (level)	12626.599 m
Altitude	
Max Altitude	1833.900 m
Min Altitude	1111.900 m
Avg Altitude	1468.299 m
Total Asc Altitude	724.618 m
Total Desc Altitude	733.853 m
Accumulated Altitude	-9.235 m
Velocity	
Max Velocity	48.732 km/h
Avg Velocity	21.266 km/h
Avg velocity (asc)	11.261 km/h
Avg velocity (desc)	37.553 km/h
Avg velocity (level)	25.871 km/h
Slope	
Max Asc Slope	8.08° / 14.20 %
Avg Asc Slope	0.00° / 00.00 %
Max Desc Slope	6.99° / 12.25 %
Avg Desc Slope	0.00° / 00.00 %

Waypoint Table		
Lat / Lon	Alt(m)	Label
40.713165°N, 04.007285°W	1132.1	Begin
40.949821°N, 03.791978°W	1107.7	Lozoya
40.901542°N, 03.878281°W	1148.5	Rascafria
40.823307°N, 03.961408°W	1836.5	Cotos
40.792623°N, 03.997028°W	1836.6	Puerto nav
40.727520°N, 04.020867°W	1204.7	Navacerrad
40.950165°N, 03.792000°W	1118.2	End

