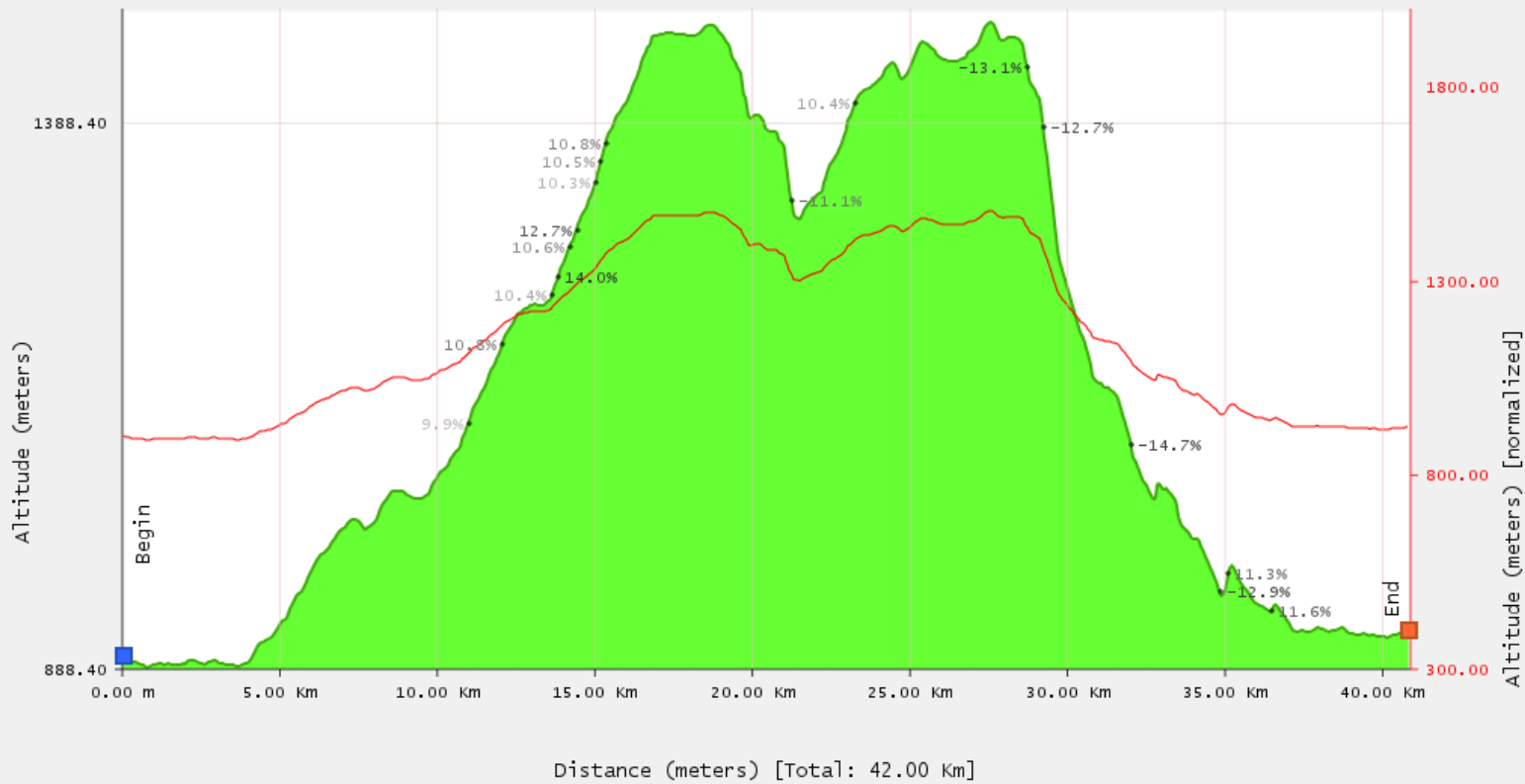


Profile for 'Manzanares - Hoya de San Blas' 28-Sep-2008 11:14:29



Track Info	
Track recorded by	Bike
Generated	29/09/2008 at 20:54:25
Track	<uploaded>
wpt	N/A
Date & Time	
Track Date	28/09/2008
Track Start	09:14:29
Track End	13:15:42
Time Total	04:01:13
Time Moving	03:08:25
Time Stopped	00:52:48
Time Ascending	02:13:55
Time Descending	00:52:22
Time Leveling	00:38:13
Distance	
Distance (real)	42003.499 m
Distance (asc)	18636.276 m
Distance (desc)	11259.025 m
Distance (level)	11075.908 m
Altitude	
Max Altitude	1481.500 m
Min Altitude	888.400 m
Avg Altitude	1155.509 m
Total Asc Altitude	892.542 m
Total Desc Altitude	575.672 m
Accumulated Altitude	316.870 m
Velocity	
Max Velocity	146.919 km/h
Avg Velocity	10.170 km/h
Avg velocity (asc)	8.350 km/h
Avg velocity (desc)	12.900 km/h
Avg velocity (level)	17.389 km/h
Slope	
Max Asc Slope	7.96° / 13.98 %
Avg Asc Slope	0.00° / 00.00 %
Max Desc Slope	8.36° / 14.69 %
Avg Desc Slope	0.00° / 00.00 %

Waypoint Table		
Lat / Lon	Alt(m)	Label
40.727348°N, 03.860021°W	900.4	Begin
40.727284°N, 03.859935°W	923.5	End

