



Notes:

Nowy Targ - Waksmund - Ostrowsko - Gronkow - Bor - Szaflary - Zaskale - Stare torowisko - Nowy Targ

Workout summary

Username	mati
Activity	Cycling
Route	
Start time	26.05.08 17:33
Duration	1 h 29 min 34 s
Distance	26.5 km
Speed (average)	17.8 km/h km/h
Speed (max)	162 km/h km/h
Pace (average)	3 min 22 s per km
Pace (max)	22 s per km
Altitude (min)	60.7 m
Altitude (max)	71.4 m
Step count	0
Heart rate (manual)	

Workout profile

