



Notes:

Nowy Targ - Rogoźnik - Maruszyna - Bor - Szaflary - Gronków - Nowy Targ

Workout summary

Username	mati
Activity	Cycling
Route	
Start time	29.07.08 17:35
Duration	1 h 38 min 38 s
Distance	32.6 km
Speed (average)	19.8 km/h km/h
Speed (max)	191 km/h km/h
Pace (average)	3 min 1 s per km
Pace (max)	18 s per km
Altitude (min)	63.39 m
Altitude (max)	81.64 m
Step count	0
Heart rate (manual)	

Workout profile

