



Notes:

Nowy Targ - Gronkow - Lesnica - Szafłary - Nowy Targ

Workout summary

Username	mati
Activity	Cycling
Route	
Start time	31.07.08 17:40
Duration	1 h 10 min 21 s
Distance	22.9 km
Speed (average)	19.5 km/h km/h
Speed (max)	205 km/h km/h
Pace (average)	3 min 4 s per km
Pace (max)	17 s per km
Altitude (min)	63.06 m
Altitude (max)	83.87 m
Step count	0
Heart rate (manual)	

Workout profile

