



Notes:

Nowy Targ - Kudzmierz - Zaskale - Szaflary - Maruszyna - Ludźmierz - Nowy Targ

Workout summary

Username	mati
Activity	Cycling
Route	
Start time	05.08.08 17:42
Duration	1 h 37 min 30 s
Distance	29.9 km
Speed (average)	18.4 km/h km/h
Speed (max)	170 km/h km/h
Pace (average)	3 min 15 s per km
Pace (max)	21 s per km
Altitude (min)	63.6 m
Altitude (max)	83.13 m
Step count	0
Heart rate (manual)	

Workout profile

