



Notes:

Nowy Targ - Waksmund - Ostrowsko - Gronków - Nowy Targ

Workout summary

Username	mati
Activity	Cycling
Route	
Start time	21.04.09 17:05
Duration	51 min 38 s
Distance	17.6 km
Speed (average)	20.4 km/h km/h
Speed (max)	151 km/h km/h
Pace (average)	2 min 56 s per km
Pace (max)	23 s per km
Altitude (min)	60.35 m
Altitude (max)	67.2 m
Step count	0
Heart rate (manual)	

Workout profile

