



#### Notes:

Nowy Targ - Ludzmiierz - Grel - Nowy Targ

### Workout summary

|                     |                   |
|---------------------|-------------------|
| Username            | mati              |
| Activity            | Cycling           |
| Route               |                   |
| Start time          | 25.04.09 15:42    |
| Duration            | 39 min 28 s       |
| Distance            | 13.6 km           |
| Speed (average)     | 20.7 km/h km/h    |
| Speed (max)         | 134 km/h km/h     |
| Pace (average)      | 2 min 54 s per km |
| Pace (max)          | 26 s per km       |
| Altitude (min)      | 62.25 m           |
| Altitude (max)      | 66.4 m            |
| Step count          | 0                 |
| Heart rate (manual) |                   |

### Workout profile

