



Notes:

Nowy Targ - Niwa - Klikuszowa - Lasek - Trute - Ludzmiierz - Nowy Targ

Workout summary

Username	mati
Activity	Cycling
Route	
Start time	28.04.09 16:15
Duration	1 h 3 min 24 s
Distance	18.7 km
Speed (average)	17.7 km/h km/h
Speed (max)	152 km/h km/h
Pace (average)	3 min 23 s per km
Pace (max)	23 s per km
Altitude (min)	61.85 m
Altitude (max)	73.45 m
Step count	0
Heart rate (manual)	

Workout profile

