



**Notes:**

*Nowy Targ - Ludźmierz - Maruszyna - Szaflary - Nowy Targ*

Workout summary \*

Username	mati
Activity	Cycling
Route	
Start time	30.04.09 17:03
Duration	1 h 2 min 37 s
Distance	19.9 km
Speed (average)	19.1 km/h km/h
Speed (max)	47.6 km/h km/h
Pace (average)	3 min 8 s per km
Pace (max)	1 min 15 s per km
Altitude (min)	62.9 m
Altitude (max)	78.95 m
Step count	0
Heart rate (manual)	

Workout profile

