



Notes:

Nowy Targ - Niedzica - Czerwony Klasztor - Stara Lubovna - Spiska Bela - Zdiar

Workout summary

Username	mati
Activity	Other workout 2
Route	
Start time	28.03.09 09:20
Duration	5 h 8 min 30 s
Distance	164 km
Speed (average)	31.8 km/h km/h
Speed (max)	295 km/h km/h
Pace (average)	1 min 52 s per km
Pace (max)	12 s per km
Altitude (min)	47.6 m
Altitude (max)	104.15 m
Step count	0
Heart rate (manual)	

Workout profile

