



Notes:

Zdiar - Spiska Sobota - Liptovski Mikulasz - Kavacany - Oravica - Sucha Hora - Nowy Targ

Workout summary

Username	mati
Activity	Other workout 2
Route	
Start time	29.03.09 11:28
Duration	4 h 36 min 28 s
Distance	216 km
Speed (average)	47.0 km/h km/h
Speed (max)	371 km/h km/h
Pace (average)	1 min 16 s per km
Pace (max)	9 s per km
Altitude (min)	50.05 m
Altitude (max)	104.5 m
Step count	0
Heart rate (manual)	

Workout profile

