



Notes:

Ludźmierz - Krauszów - Długopole - Morawczyzna - Grel - Nowy Targ

Workout summary

Username	mati
Activity	Cycling
Route	
Start time	05.05.08 18:26
Duration	1 h 27 min 42 s
Distance	20.8 km
Speed (average)	14.2 km/h km/h
Speed (max)	149 km/h km/h
Pace (average)	4 min 12 s per km
Pace (max)	24 s per km
Altitude (min)	60.45 m
Altitude (max)	72.2 m
Step count	0
Heart rate (manual)	

Workout profile

