



Notes:

Nowy Targ - Wąskmund - Ostrowsko - Gronków - Nowy Targ

Workout summary

Username	mati
Activity	Cycling
Route	
Start time	28.05.08 18:35
Duration	1 h 13 min 22 s
Distance	17.8 km
Speed (average)	14.6 km/h km/h
Speed (max)	159 km/h km/h
Pace (average)	4 min 7 s per km
Pace (max)	22 s per km
Altitude (min)	122.9 m
Altitude (max)	129.45 m
Step count	0
Heart rate (manual)	

Workout profile

