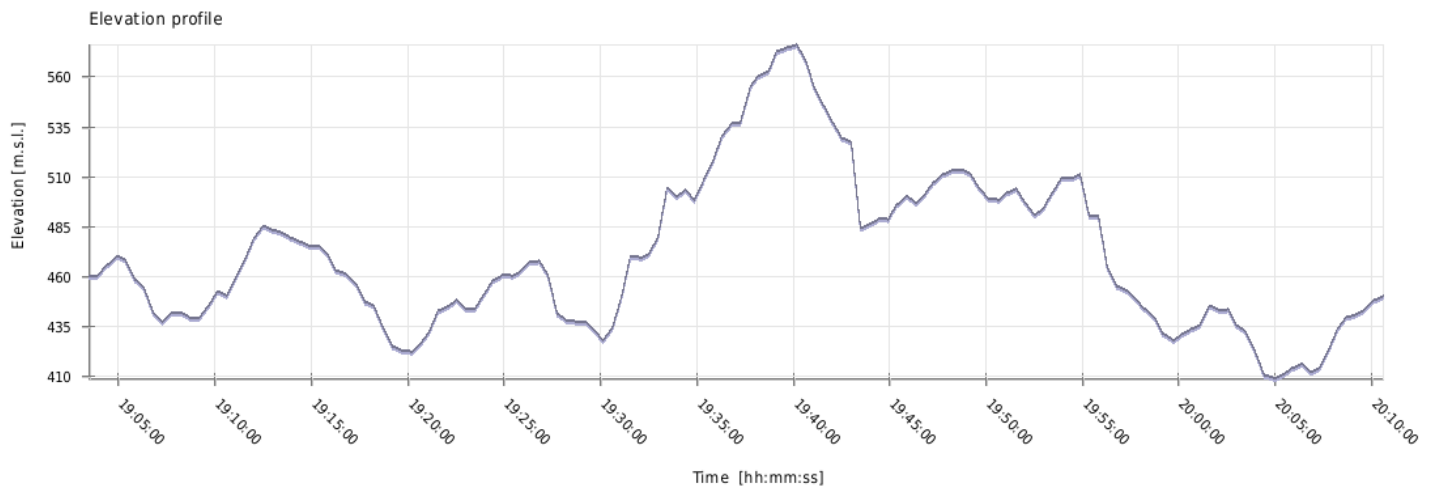
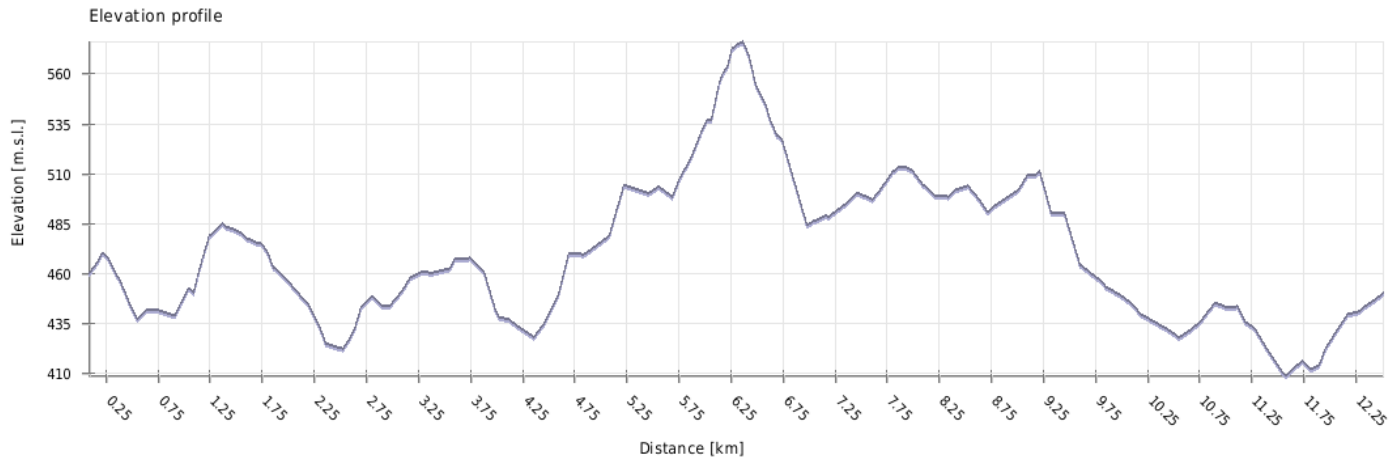


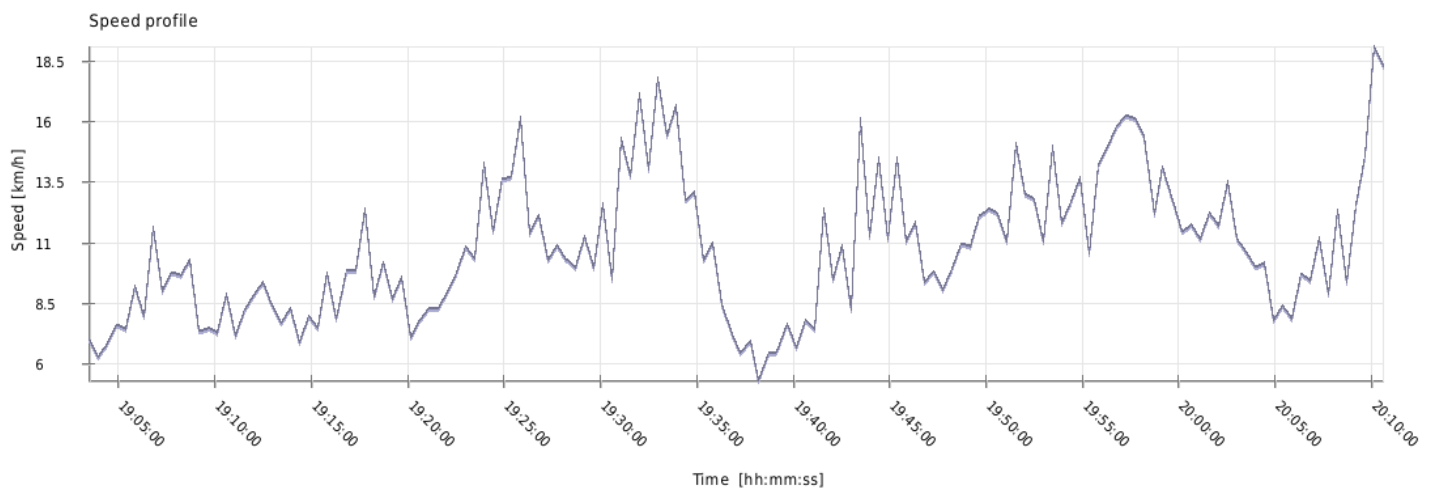
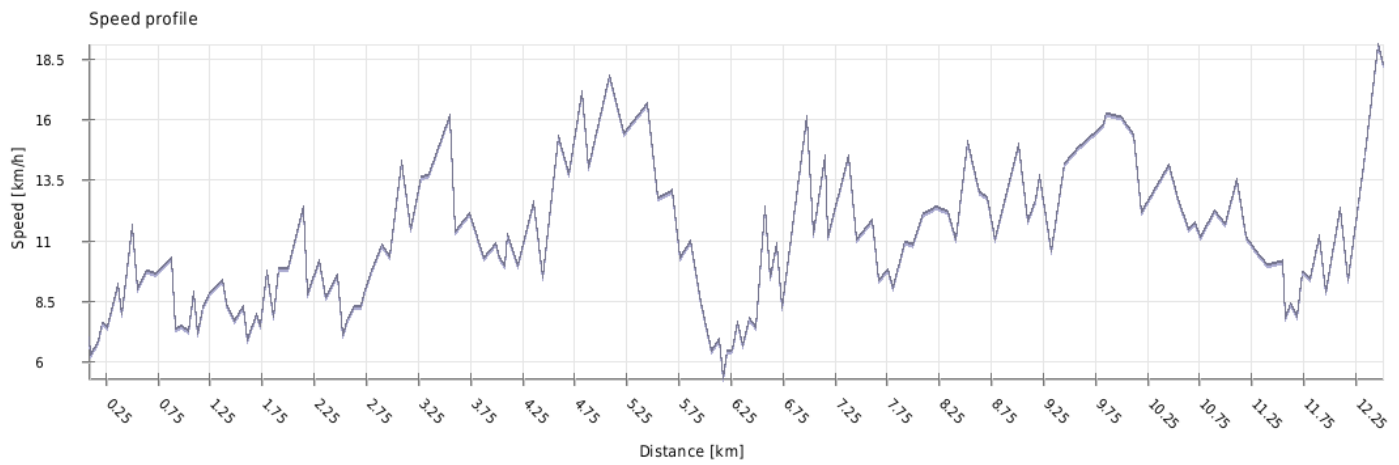
TRAIL DU NEYRAND 2018 12KM

Elevation



Minimum elevation:	409 m.s.l.
Maximum elevation:	576 m.s.l.
Average elevation:	470.5 m.s.l.
Maximum difference:	167 m
Total climbing:	403 m
Total descent:	404 m
Start elevation:	451 m.s.l.
End elevation:	450 m.s.l.
Final balance:	-1 m

Speed

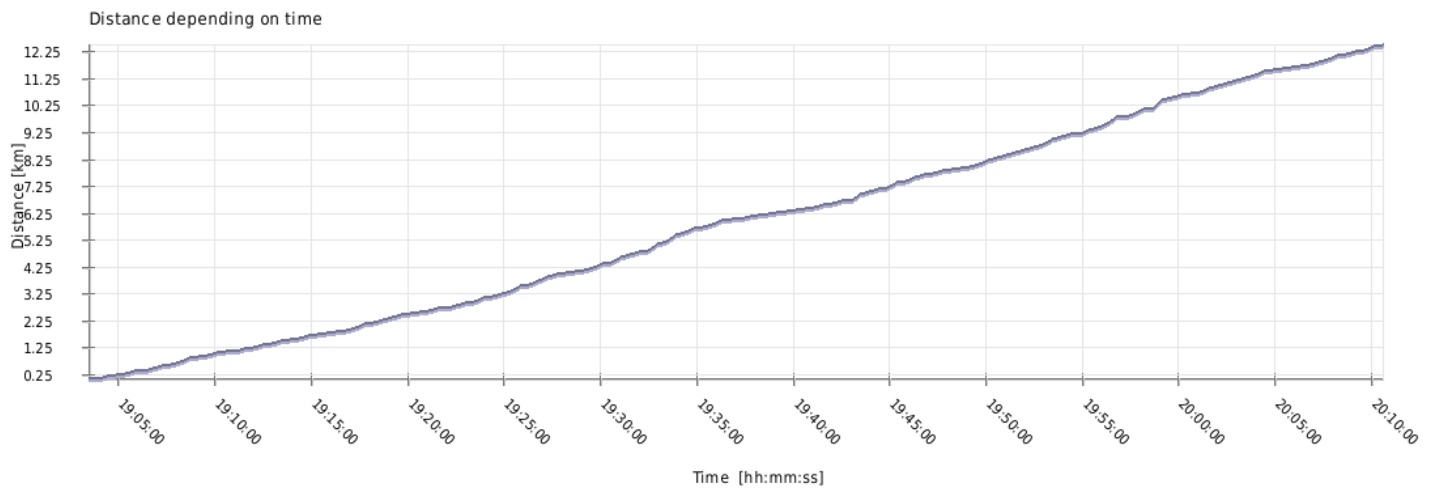


Minimum speed:	5.3 km/h
Maximum speed:	19.1 km/h
Average climbing speed :	10.8 km/h
Average descent speed :	12.1 km/h
Average flat speed:	7.9 km/h
Average speed:	11.2 km/h

Time

Date of track:	28.5.2018
Start time:	19:03:00
End time:	20:10:37
Total track time:	1h 07m 37s
Climbing time:	32m 50s
Descent time:	30m 31s
Flat time:	04m 16s

Distance



Total flat distance:	12.5 km
Total real distance:	12.5 km
Climbing distance:	5.8 km
Descent distance:	6.2 km
Flat distance:	0.6 km