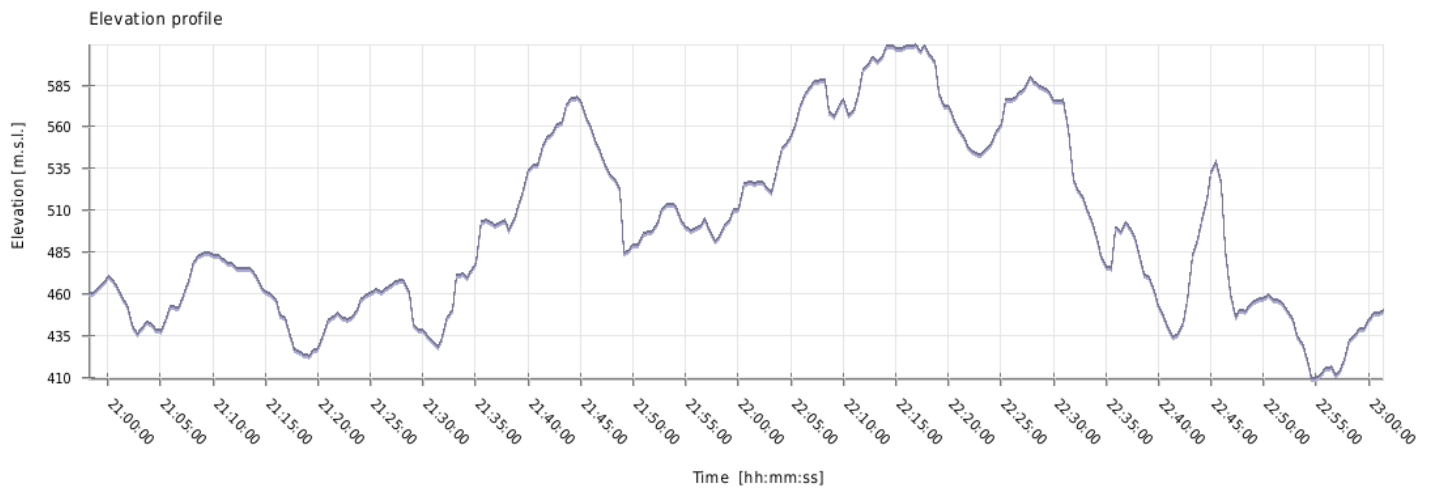
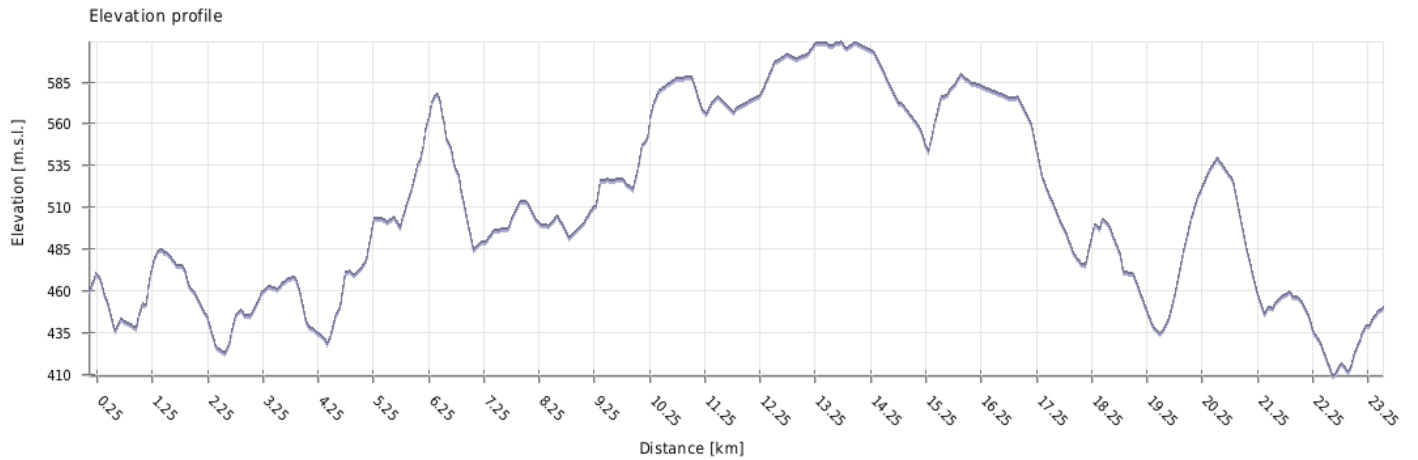


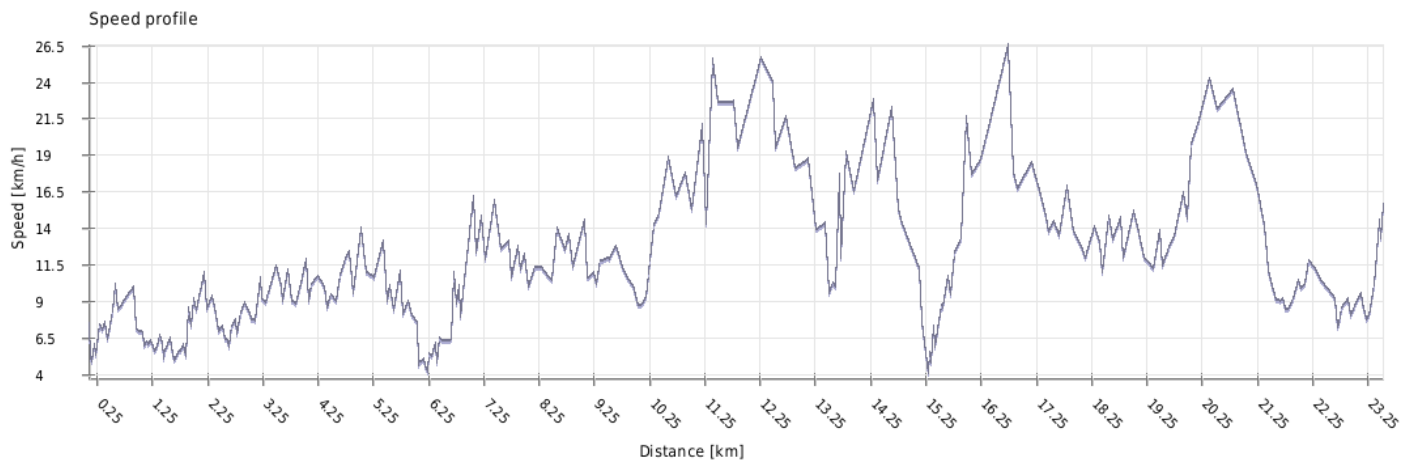
## TRAIL DU NEYRAND 23 KM

## Elevation



Minimum elevation:	409 m.s.l.
Maximum elevation:	609 m.s.l.
Average elevation:	499.5 m.s.l.
Maximum difference:	200 m
Total climbing:	728 m
Total descent:	728 m
Start elevation:	450 m.s.l.
End elevation:	450 m.s.l.
Final balance:	0 m

## Speed



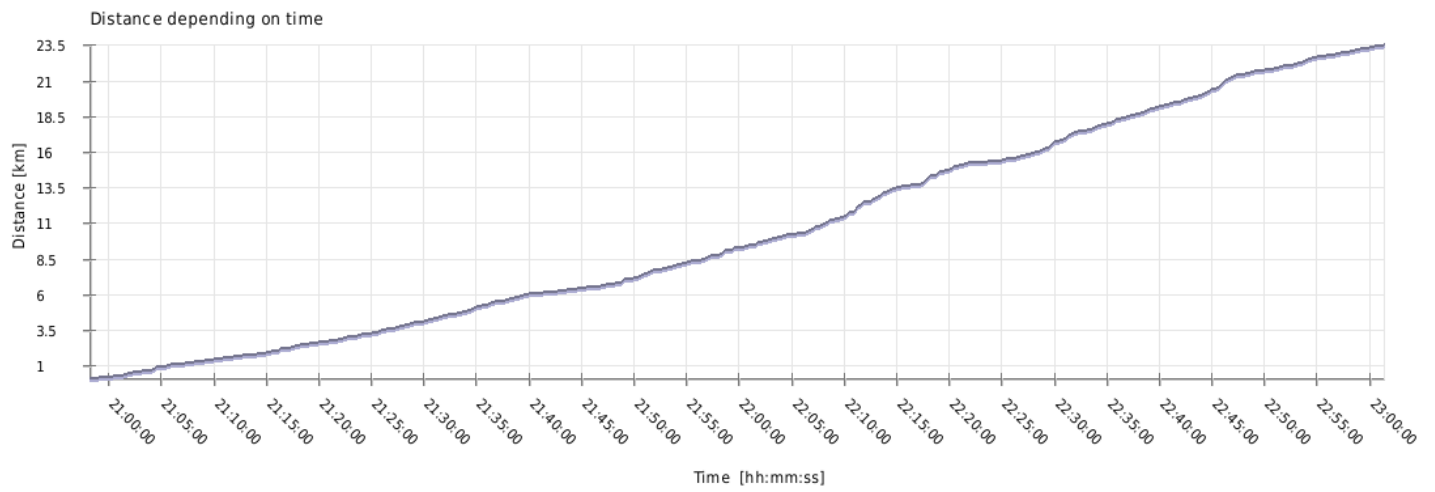
Minimum speed:	3.7 km/h
Maximum speed:	26.6 km/h
Average climbing speed :	11.2 km/h
Average descent speed :	13.5 km/h
Average flat speed:	9.6 km/h
Average speed:	12.1 km/h

## Time

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Date of track:	28.5.2018
Start time:	20:57:47
End time:	23:01:25
Total track time:	2h 03m 38s
Climbing time:	1h 01m 49s
Descent time:	54m 31s
Flat time:	07m 18s

## Distance



Total flat distance:	23.5 km
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Total real distance:	23.5 km
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Climbing distance:	10.6 km
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Descent distance:	11.8 km
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Flat distance:	1.1 km
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