

Randonnee Lombardia 2007



Summary Data		
Total Time (h:m:s)	25:00:32	2:26 pace
Moving Time (h:m:s)	7:55:54	2:16 pace
Distance (km)	209.08	
Moving Speed (kph)	26.4 avg.	123.0 max.
Elevation Gain (m)	+6,471 / -6,449	
<hr/>		
Temperature (°C)	23.5°C avg.	28°C high
Wind Speed (kph)	ESE 5.2 avg.	ESE 11.1 max.

Distance Data	Total (km)	% of Total
Distance	209.08	100
Ascent	61.32	29.3
Descent	73.52	35.2
Flat	74.23	35.5

Time Data	Total	% of Total
Total Time	25:00:32	100.0
Moving Time	7:55:54	93.0
Ascent	3:07:14	36.6
Descent	2:28:27	29.0
Flat	2:20:13	27.4
Stopped Time	0:35:33	7.0
# of MB Stops	8	--

