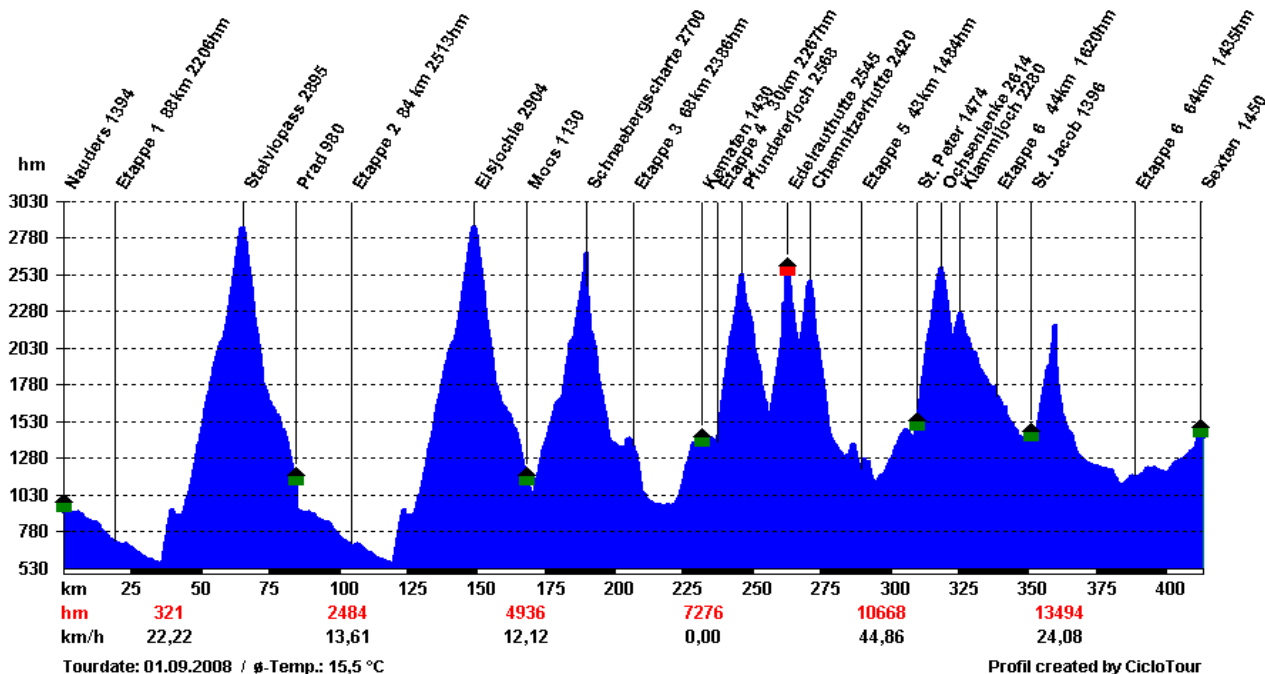


Tour Datas

Trans South Tirol 2008 (bruto 63:45 netto 53:15 uur)

Trans South Tirol 2008 (bruto 63:45 netto 53:15 uur)

Distance: 413,41 km Time: 53:15:00 h Category: 6 Star
 Ascent: 13912 hm AV-Speed: 12,08 km/h AV-HR: 109 P/min
 Descent: 13491 hm Max-Speed: 412,40 km/h Max-HR: 148 P/min



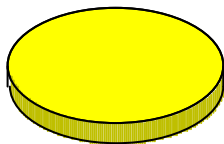
Tour Balance:

Date:	01.09.2008	Distance:	413,41 km	ø-Speed:	9,91 km/h	Max-Speed:	412,40 km/h
Start Time:	08:33:00	Max-Alt.:	2904 hm	ø-HR:	109 P/Min	Max-HR:	148 P/Min
Length:	63:45:00	Min-Alt.:	553 hm	%:	55 HMax	%:	75 HMax
Net Travel Time:	53:15:00	Net-ø:	12,08 km/h	Ascent:	13912 hm	Descent:	13491 hm
		Stand Times:	n.a.	*Pauses:	n.a.	Short Stops:	n.a.
Difficulty:	6	Category:	6				

* Pauses: Stand Times >= 5 Minutes

Travel/Pauses-Relation:

- 83,5 % (Travel)
- n.a. % (Pauses)
- n.a. % (Short Stops)



Comment:

Netto fietstijd ca. 34 uur, lopen/klimmen ca. 19 uur. Etappe 1 Nauders - Prad 88km 2206hm tijd 10:04 Etappe 2 Prad - Moos 84km 2513hm tijd 11:08 Etappe 3 Moos -Kematen 68km 2386hm tijd 9:42 Etappe 4 Kematen -Edelrauthutte 30km 2287hm tijd 8:04 Etapp 5 Edelrauthutte - St Peter 43km 1484hm tijd 8:14 Etappe 6 St Peter - St Jakob 45km 1620hm tijd 7:46 Etappe 7 St Jakob - Sexten 64km 1435hm tijd 8:48