

Radelwoche vom 31.07.2011 – 07.08.2011

31.07.2011 Anreise

01.08.2011 TremalzoNotaCornoVerde

02.08.2011 SanGiovanniLundoBalino

03.08.2011 Monte Cablone

04.08.2011 Bocca di Trat

05.08.2011 Monte Pasubio

06.08.2011 Passo Guil

07.08.2011 Abreise

TremalzoNotaCornoVerde:

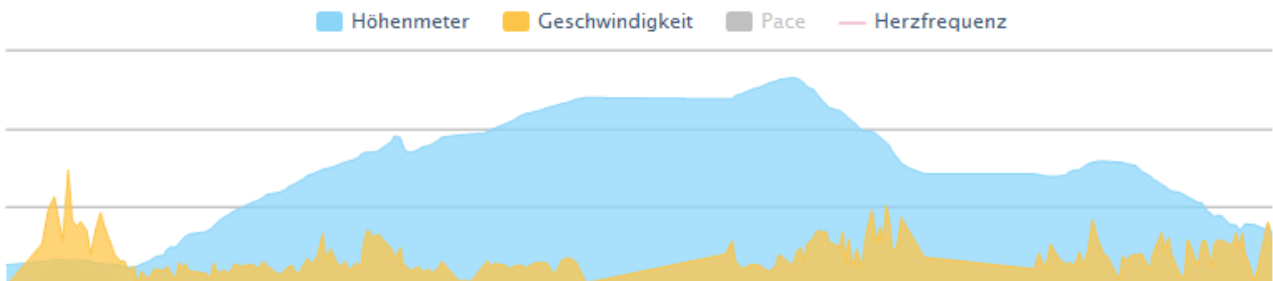
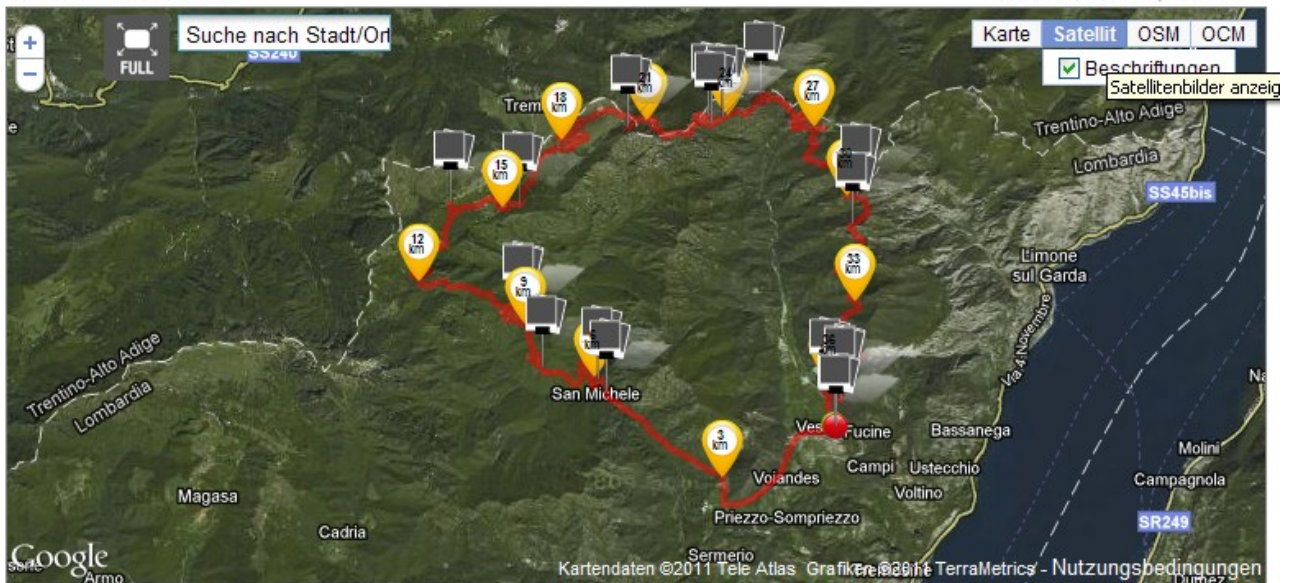
Parkplatz Vesio – San Michele – Rifugio Garda – Tremalzo – Passo Nota

Cimitero Militare – Corno Verde – Parkplatz Vesio

 Mountain Biken	40,31 km Distanz	5h 46m 46s Dauer	1.370 kCal	6,98 km/h ☐ Geschwindigkeit	1655 m Höhenmeter aufwärts	- ☐ Puls
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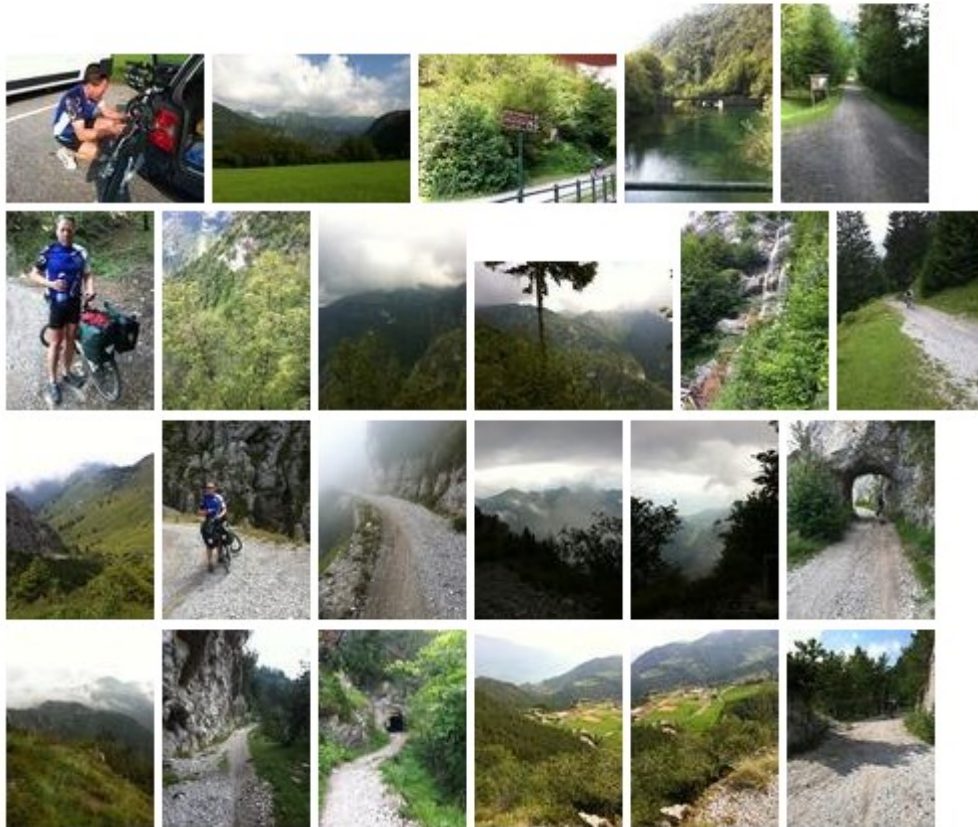
Notizen: Tremalzo Nota

Zeitzone CEST, +0200



Entfernung	Pace	Geschw.	Dauer	Höhenmeter ↗	Höhenmeter ↘
1,00 km	6m 14s/km	9,62 km/h	0h 6m 19s	21 m	2 m
2,00 km	5m 34s/km	10,77 km/h	0h 11m 51s	18 m	19 m
3,00 km	2m 29s/km	24,13 km/h	0h 14m 19s	9 m	13 m
4,00 km	3m 38s/km	16,48 km/h	0h 17m 59s	16 m	15 m
5,00 km	4m 55s/km	12,21 km/h	0h 22m 53s	7 m	21 m
6,00 km	4m 52s/km	12,34 km/h	0h 27m 45s	8 m	17 m
7,00 km	13m 6s/km	4,58 km/h	0h 40m 48s	52 m	18 m
8,00 km	12m 31s/km	4,80 km/h	0h 53m 18s	155 m	11 m
9,00 km	14m 53s/km	4,03 km/h	1h 8m 27s	169 m	0 m
10,00 km	12m 43s/km	4,72 km/h	1h 21m 2s	115 m	2 m
11,00 km	11m 35s/km	5,18 km/h	1h 32m 34s	114 m	0 m
12,00 km	6m 55s/km	8,68 km/h	1h 39m 28s	41 m	0 m
13,00 km	11m 46s/km	5,10 km/h	1h 51m 14s	86 m	0 m
14,00 km	5m 14s/km	11,45 km/h	1h 56m 34s	20 m	2 m
15,00 km	7m 13s/km	8,32 km/h	2h 3m 38s	81 m	68 m
16,00 km	12m 60s/km	4,62 km/h	2h 16m 40s	75 m	48 m
17,00 km	18m 43s/km	3,21 km/h	2h 35m 22s	93 m	0 m
18,00 km	12m 51s/km	4,67 km/h	2h 48m 24s	91 m	0 m
19,00 km	11m 22s/km	5,28 km/h	2h 59m 44s	55 m	0 m
20,00 km	11m 57s/km	5,02 km/h	3h 11m 31s	40 m	9 m
21,00 km	11m 19s/km	5,30 km/h	3h 22m 51s	75 m	0 m
22,00 km	13m 7s/km	4,57 km/h	3h 36m 3s	61 m	3 m
23,00 km	7m 19s/km	8,20 km/h	3h 43m 19s	0 m	93 m
24,00 km	4m 30s/km	13,35 km/h	3h 47m 49s	0 m	91 m
25,00 km	7m 35s/km	7,92 km/h	3h 55m 26s	0 m	98 m
26,00 km	5m 39s/km	10,63 km/h	4h 1m 5s	7 m	58 m
27,00 km	5m 3s/km	11,89 km/h	4h 6m 5s	0 m	60 m
28,00 km	4m 35s/km	13,09 km/h	4h 10m 43s	0 m	102 m
29,00 km	9m 4s/km	6,61 km/h	4h 19m 50s	0 m	106 m
30,00 km	7m 2s/km	8,53 km/h	4h 26m 45s	5 m	18 m
31,00 km	10m 11s/km	5,89 km/h	4h 36m 57s	45 m	2 m
32,00 km	6m 29s/km	9,26 km/h	4h 43m 27s	51 m	1 m
33,00 km	9m 2s/km	6,64 km/h	4h 52m 37s	5 m	9 m
34,00 km	9m 6s/km	6,59 km/h	5h 1m 33s	0 m	69 m
35,00 km	7m 30s/km	8,00 km/h	5h 9m 3s	0 m	86 m
36,00 km	7m 56s/km	7,57 km/h	5h 16m 59s	1 m	65 m
37,00 km	6m 3s/km	9,92 km/h	5h 23m 1s	3 m	49 m
38,00 km	5m 49s/km	10,31 km/h	5h 28m 53s	17 m	83 m
39,00 km	6m 27s/km	9,31 km/h	5h 35m 17s	15 m	115 m
40,00 km	9m 52s/km	6,09 km/h	5h 45m 8s	82 m	41 m
40,31 km	5m 17s/km	11,35 km/h	5h 46m 46s	22 m	77 m

Fotos entlang der Strecke



SanGiovanniLundoBalino

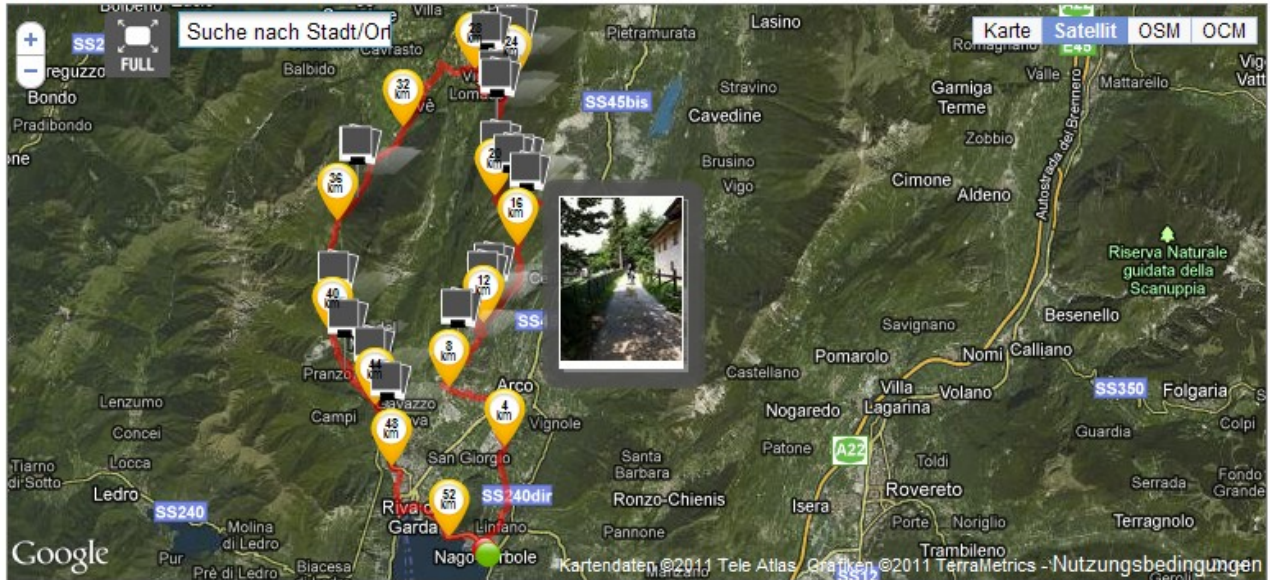
Torbole - Arco – San Giovanni – Monte S. Martino – Lundo – Passo Balino

Tenno – Riva – Torbole

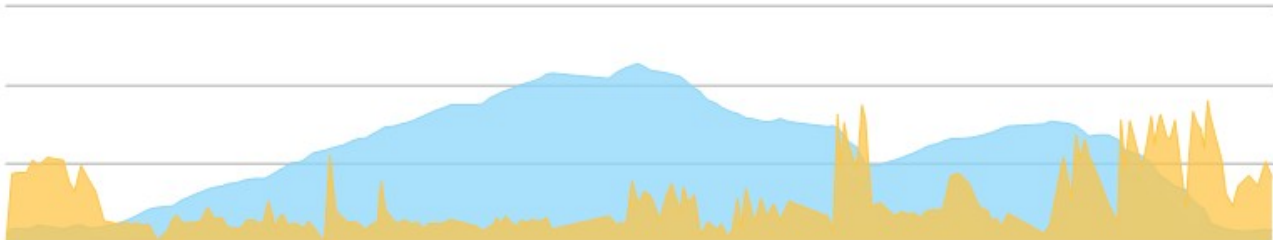
 Mountain Biken	55,30 km Distanz	5h 20m 38s Dauer	2.059 kCal	10,35 km/h ☐ Geschwindigkeit	1571 m Höhenmeter aufwärts	- ☐ Puls
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Notizen: San Giovanni - Passo Ballino

Zeitzone CEST, +0200



Höhenmeter Geschwindigkeit Pace Herzfrequenz

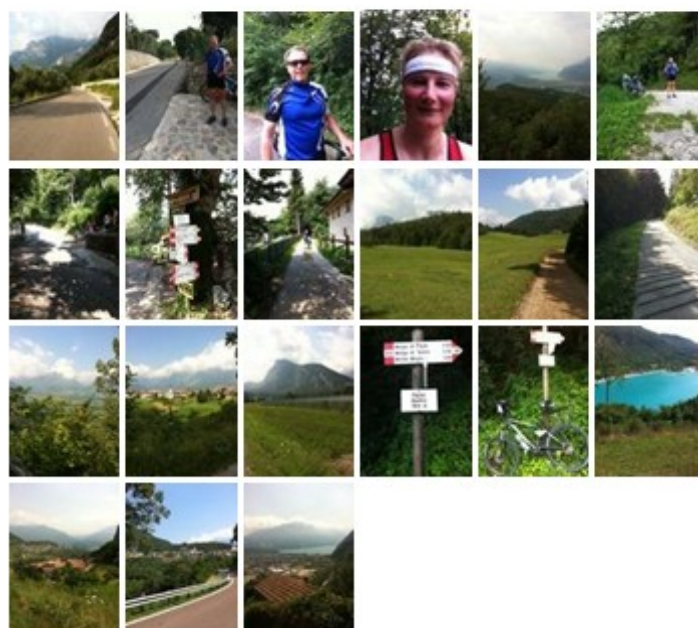


Entfernung	Pace	Geschw.	Dauer	Höhenmeter 	Höhenmeter 
1,00 km	3m 54s/km	15,41 km/h	0h 3m 59s	41 m	8 m
2,00 km	3m 9s/km	19,08 km/h	0h 7m 5s	11 m	7 m
3,00 km	2m 49s/km	21,32 km/h	0h 9m 55s	21 m	1 m
4,00 km	2m 37s/km	22,98 km/h	0h 12m 31s	0 m	17 m
5,00 km	2m 52s/km	20,95 km/h	0h 15m 27s	2 m	0 m
6,00 km	3m 21s/km	17,89 km/h	0h 18m 41s	14 m	10 m
7,00 km	3m 3s/km	19,67 km/h	0h 21m 49s	17 m	9 m
8,00 km	2m 58s/km	20,19 km/h	0h 24m 43s	0 m	18 m
9,00 km	10m 48s/km	5,57 km/h	0h 35m 27s	61 m	0 m
10,00 km	14m 17s/km	4,20 km/h	0h 49m 48s	124 m	5 m
11,00 km	10m 4s/km	5,96 km/h	1h 0m 8s	82 m	0 m
12,00 km	11m 25s/km	5,26 km/h	1h 11m 12s	50 m	0 m
13,00 km	10m 24s/km	5,77 km/h	1h 21m 38s	100 m	2 m
14,00 km	10m 28s/km	5,73 km/h	1h 32m 5s	97 m	0 m
15,00 km	9m 26s/km	6,36 km/h	1h 41m 29s	65 m	0 m
16,00 km	8m 58s/km	6,69 km/h	1h 50m 29s	78 m	0 m
17,00 km	11m 28s/km	5,23 km/h	2h 1m 55s	98 m	0 m
18,00 km	12m 17s/km	4,88 km/h	2h 14m 12s	115 m	4 m
19,00 km	10m 44s/km	5,59 km/h	2h 24m 56s	86 m	0 m
20,00 km	10m 20s/km	5,81 km/h	2h 35m 23s	130 m	25 m
21,00 km	5m 39s/km	10,62 km/h	2h 41m 4s	22 m	41 m
22,00 km	9m 13s/km	6,50 km/h	2h 50m 18s	1 m	50 m
23,00 km	5m 58s/km	10,05 km/h	2h 56m 10s	0 m	111 m

24,00 km	14m 29s/km	4,14 km/h	3h 10m 49s	0 m	149 m
25,00 km	6m 25s/km	9,36 km/h	3h 17m 11s	18 m	16 m
26,00 km	7m 44s/km	7,75 km/h	3h 25m 1s	14 m	53 m
27,00 km	2m 3s/km	29,15 km/h	3h 27m 3s	0 m	62 m
28,00 km	3m 37s/km	16,60 km/h	3h 30m 41s	0 m	82 m
29,00 km	1m 59s/km	30,36 km/h	3h 32m 39s	0 m	75 m
30,00 km	5m 1s/km	11,96 km/h	3h 37m 41s	10 m	22 m
31,00 km	7m 32s/km	7,96 km/h	3h 45m 13s	59 m	0 m
32,00 km	7m 28s/km	8,04 km/h	3h 52m 47s	66 m	0 m
33,00 km	5m 1s/km	11,96 km/h	3h 57m 55s	37 m	3 m
34,00 km	3m 23s/km	17,71 km/h	4h 1m 17s	4 m	0 m
35,00 km	5m 11s/km	11,58 km/h	4h 6m 21s	20 m	0 m
36,00 km	8m 16s/km	7,26 km/h	4h 14m 31s	63 m	0 m
37,00 km	6m 40s/km	8,99 km/h	4h 21m 16s	18 m	15 m
38,00 km	2m 48s/km	21,43 km/h	4h 24m 2s	3 m	18 m
39,00 km	2m 13s/km	27,13 km/h	4h 26m 16s	0 m	31 m
40,00 km	2m 38s/km	22,73 km/h	4h 28m 52s	6 m	38 m
41,00 km	4m 42s/km	12,77 km/h	4h 33m 34s	11 m	9 m
42,00 km	4m 45s/km	12,63 km/h	4h 38m 22s	0 m	97 m

43,00 km	4m 38s/km	12,93 km/h	4h 43m 6s	0 m	39 m
44,00 km	2m 51s/km	21,06 km/h	4h 45m 52s	0 m	59 m
45,00 km	2m 7s/km	28,29 km/h	4h 48m 0s	0 m	64 m
46,00 km	2m 54s/km	20,71 km/h	4h 50m 57s	0 m	47 m
47,00 km	4m 15s/km	14,14 km/h	4h 55m 8s	0 m	52 m
48,00 km	2m 11s/km	27,58 km/h	4h 57m 18s	0 m	59 m
49,00 km	2m 6s/km	28,51 km/h	4h 59m 24s	0 m	34 m
50,00 km	1m 54s/km	31,71 km/h	5h 1m 18s	0 m	82 m
51,00 km	2m 41s/km	22,33 km/h	5h 4m 50s	0 m	39 m
52,00 km	4m 59s/km	12,05 km/h	5h 8m 12s	0 m	19 m
53,00 km	3m 37s/km	16,57 km/h	5h 11m 56s	4 m	7 m
54,00 km	3m 43s/km	16,17 km/h	5h 15m 36s	9 m	4 m

Fotos entlang der Strecke



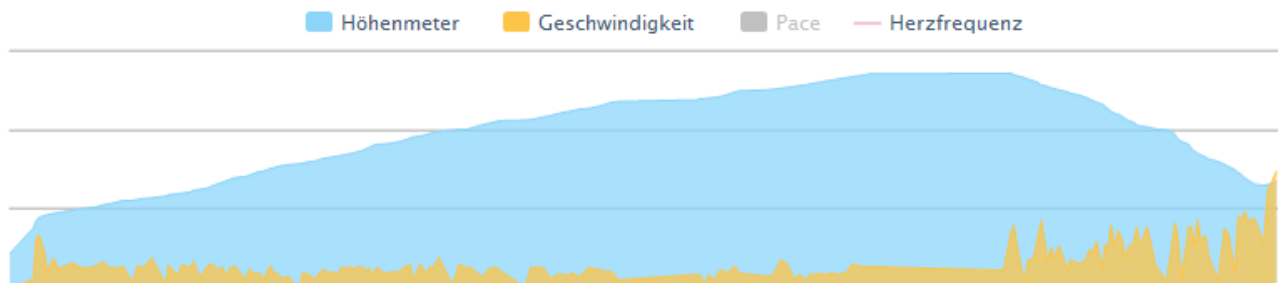
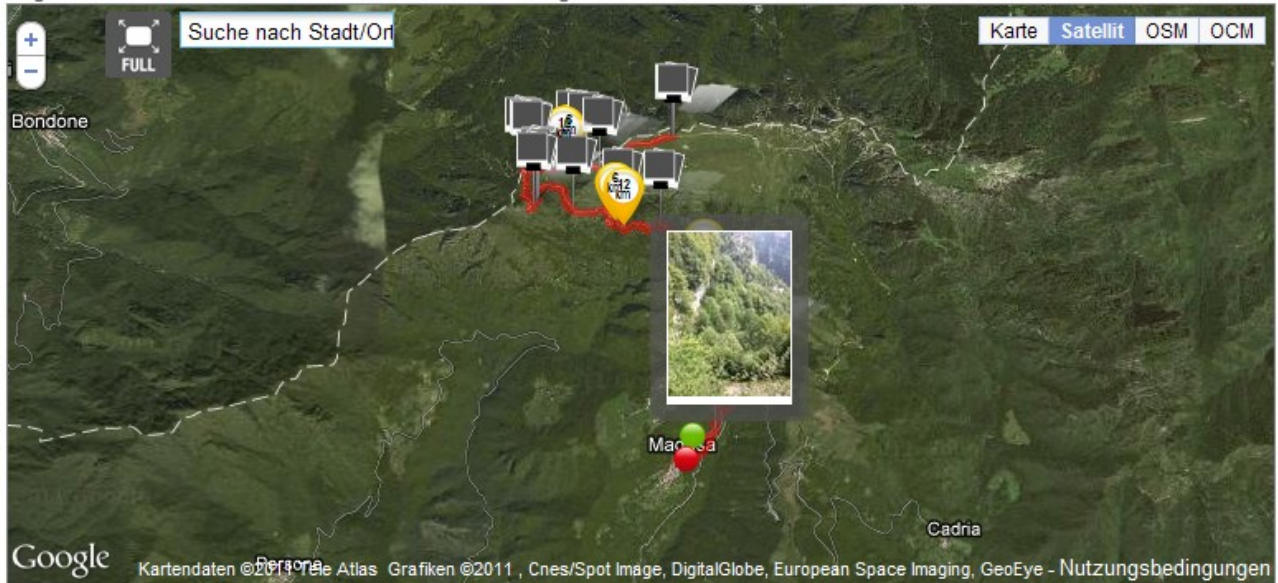
Monte Cablone

Parkplatz Magasa / Lago di Valvestino – Malga Tombea – Parkplatz Magasa

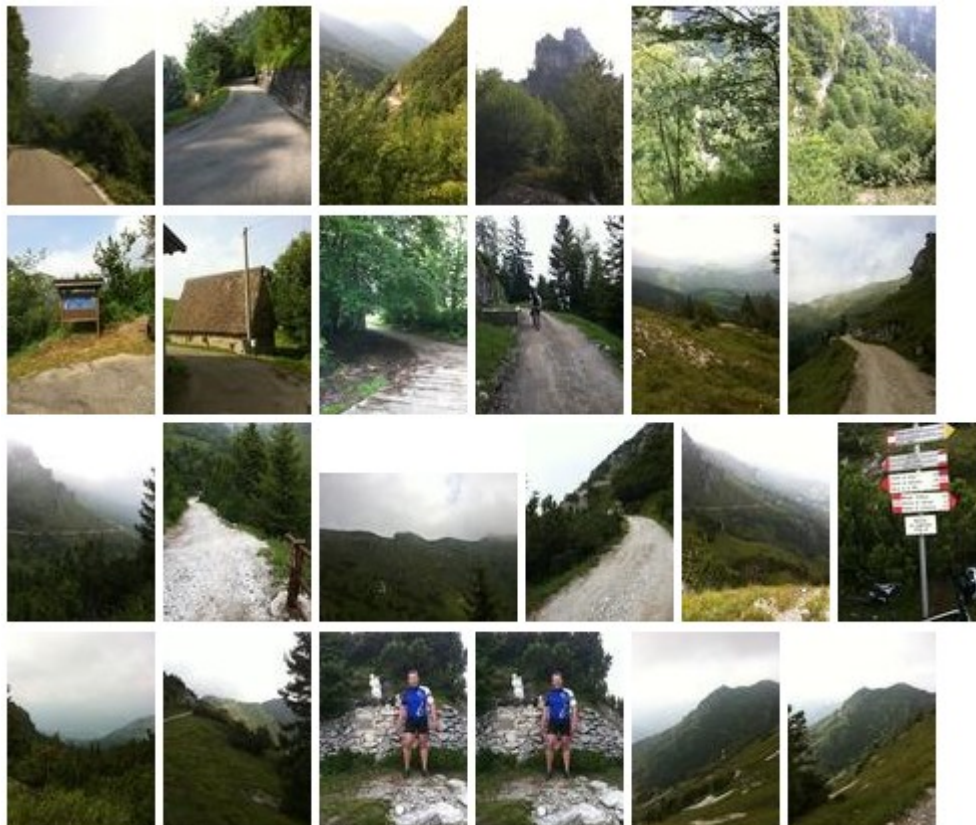
 Mountain Biken	17,49 km Distanz	2h 59m 50s Dauer	603 kCal	5,84 km/h ☐ Geschwindigkeit	1091 m Höhenmeter aufwärts	- ☐ Puls
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Notizen: Monte Caplone Südauffahrt zum "berühmten" Berg, der auch nach San Michele abgefahren werden kann... kürzer mehr Höhenmeter gibts kaum !

Zeitzone CEST, +0200



Entfernung	Pace	Geschw.	Dauer	Höhenmeter ↗	Höhenmeter
1,00 km	9m 42s/km	6,18 km/h	0h 9m 49s	212 m	2 m
2,00 km	12m 16s/km	4,89 km/h	0h 21m 57s	72 m	1 m
3,00 km	12m 21s/km	4,86 km/h	0h 34m 17s	96 m	1 m
4,00 km	17m 54s/km	3,35 km/h	0h 52m 12s	156 m	0 m
5,00 km	14m 37s/km	4,10 km/h	1h 6m 52s	122 m	0 m
6,00 km	12m 42s/km	4,72 km/h	1h 19m 34s	91 m	1 m
7,00 km	19m 17s/km	3,11 km/h	1h 38m 46s	110 m	0 m
8,00 km	15m 31s/km	3,87 km/h	1h 54m 28s	112 m	0 m
9,00 km	14m 21s/km	4,18 km/h	2h 8m 40s	84 m	0 m
10,00 km	7m 41s/km	7,81 km/h	2h 16m 23s	11 m	43 m
11,00 km	8m 38s/km	6,95 km/h	2h 24m 59s	0 m	95 m
12,00 km	6m 40s/km	8,99 km/h	2h 31m 41s	0 m	121 m
13,00 km	5m 12s/km	11,53 km/h	2h 38m 53s	0 m	80 m
14,00 km	7m 44s/km	7,75 km/h	2h 44m 37s	0 m	134 m
15,00 km	7m 12s/km	8,34 km/h	2h 51m 47s	0 m	135 m
16,00 km	3m 16s/km	18,36 km/h	2h 55m 7s	0 m	90 m
17,00 km	3m 28s/km	17,31 km/h	2h 58m 31s	15 m	12 m
17,49 km	2m 43s/km	22,10 km/h	2h 59m 50s	10 m	3 m



Bocca di Trat

Torbole – Riva – alte Ponalestrasse – Ledrosee – Lenzumo – Rifugio Nino

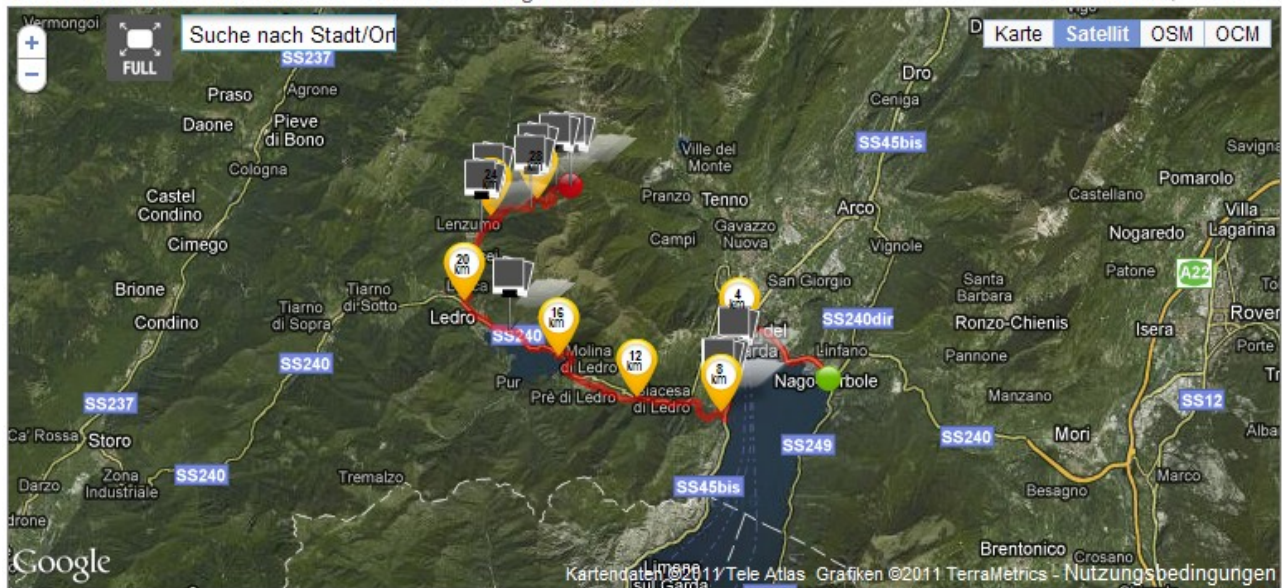
Pernici – Malga Dosso Fiori – Malga Grassi – Campi – Strada Pinzo

Riva – Torbole

 Mountain Biken	29,98 km Distanz	3h 45m 55s Dauer	1.029 kCal	7,96 km/h ☐ Geschwindigkeit	1662 m Höhenmeter aufwärts	- ☐ Puls
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Notizen: Auffahrt Ponale Straße - Ledrosee - Rifugio Nino Pernici

Zeitzone CEST, +0200



 Höhenmeter  Geschwindigkeit  Pace  Herzfrequenz

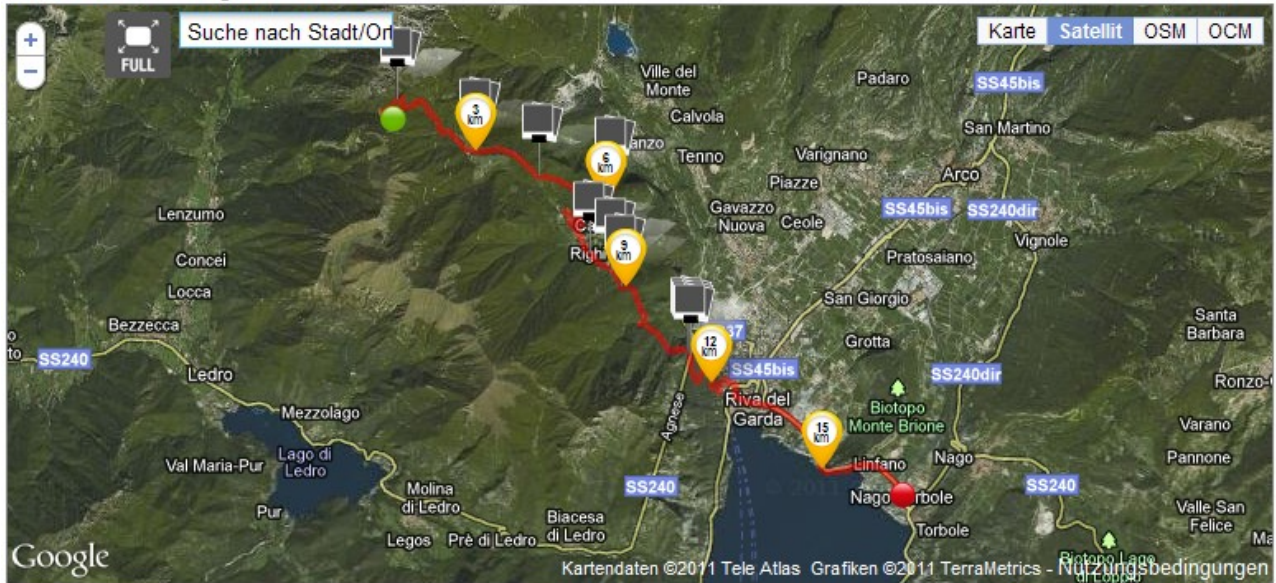
Entfernung	Pace	Geschw.	Dauer	Höhenmeter ↗	Höhenmeter ↘
1,00 km	3m 43s/km	16,13 km/h	0h 3m 55s	8 m	16 m
2,00 km	3m 10s/km	18,98 km/h	0h 6m 59s	11 m	0 m
3,00 km	3m 6s/km	19,32 km/h	0h 10m 7s	4 m	8 m
4,00 km	4m 1s/km	14,94 km/h	0h 14m 1s	2 m	8 m
5,00 km	7m 50s/km	7,66 km/h	0h 21m 49s	18 m	2 m
6,00 km	14m 46s/km	4,06 km/h	0h 36m 41s	25 m	0 m
7,00 km	6m 19s/km	9,51 km/h	0h 42m 57s	22 m	0 m
8,00 km	5m 52s/km	10,24 km/h	0h 49m 4s	110 m	50 m
9,00 km	8m 9s/km	7,36 km/h	0h 56m 53s	146 m	50 m
10,00 km	5m 56s/km	10,11 km/h	1h 2m 55s	62 m	141 m
11,00 km	7m 23s/km	8,13 km/h	1h 10m 11s	23 m	5 m
12,00 km	7m 46s/km	7,73 km/h	1h 17m 57s	54 m	0 m
13,00 km	6m 44s/km	8,90 km/h	1h 24m 41s	54 m	0 m
14,00 km	13m 1s/km	4,61 km/h	1h 37m 51s	123 m	0 m
15,00 km	4m 51s/km	12,36 km/h	1h 42m 46s	36 m	0 m
16,00 km	3m 4s/km	19,60 km/h	1h 45m 45s	32 m	0 m
17,00 km	2m 29s/km	24,09 km/h	1h 48m 17s	2 m	22 m

 Mountain Biken	17,04 km Distanz	2h 15m 22s Dauer	581 kCal	7,55 km/h ☐ Geschwindigkeit	20 m Höhenmeter aufwärts	- ☐ Puls
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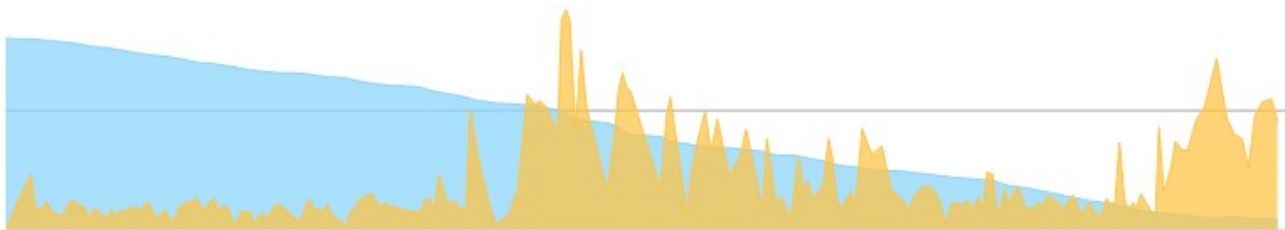
Für zusätzliche Infos einfach klicken

Notizen: Abfahrt Rifugio Nino Pernici

Zeitzone CEST, +0200 

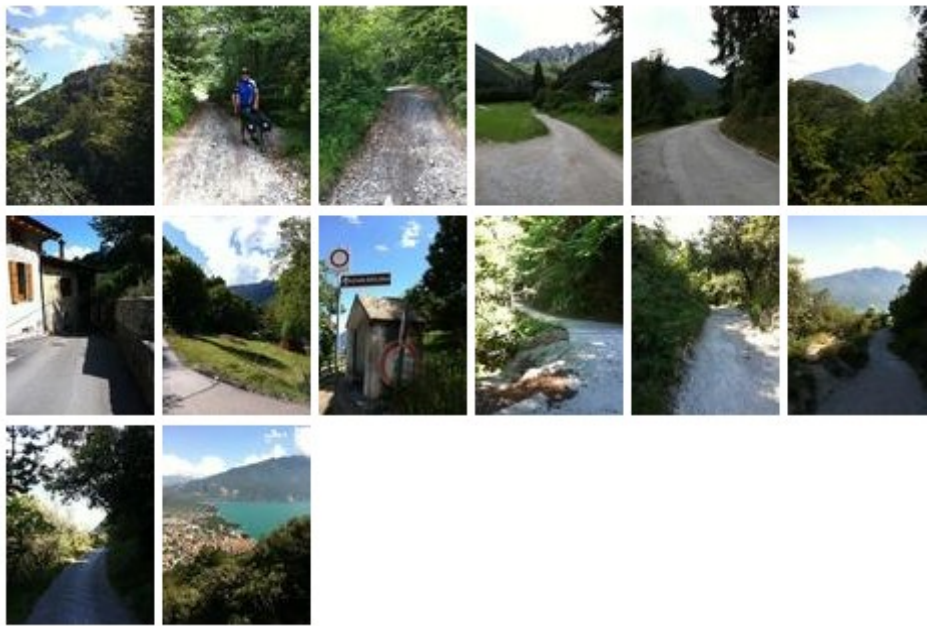


 Höhenmeter  Geschwindigkeit  Pace  Herzfrequenz



Entfernung	Pace	Geschw.	Dauer	Höhenmeter ↗	Höhenmeter ↘
1,00 km	15m 6s/km	3,97 km/h	0h 15m 6s	2 m	138 m
2,00 km	19m 9s/km	3,13 km/h	0h 34m 16s	0 m	183 m
3,00 km	15m 6s/km	3,97 km/h	0h 49m 24s	0 m	178 m
4,00 km	6m 33s/km	9,15 km/h	0h 55m 59s	1 m	60 m
5,00 km	3m 11s/km	18,82 km/h	0h 59m 17s	0 m	64 m
6,00 km	2m 22s/km	25,38 km/h	1h 1m 35s	0 m	63 m
7,00 km	4m 22s/km	13,75 km/h	1h 5m 58s	0 m	104 m
8,00 km	8m 12s/km	7,32 km/h	1h 14m 6s	0 m	106 m
9,00 km	6m 27s/km	9,31 km/h	1h 20m 30s	0 m	59 m
10,00 km	8m 20s/km	7,20 km/h	1h 28m 49s	0 m	110 m
11,00 km	7m 2s/km	8,53 km/h	1h 35m 57s	0 m	51 m
12,00 km	12m 9s/km	4,94 km/h	1h 47m 57s	0 m	132 m
13,00 km	13m 28s/km	4,46 km/h	2h 1m 33s	0 m	198 m
14,00 km	4m 27s/km	13,51 km/h	2h 6m 3s	1 m	42 m
15,00 km	2m 26s/km	24,64 km/h	2h 8m 31s	2 m	7 m
16,00 km	3m 28s/km	17,29 km/h	2h 11m 53s	9 m	15 m
17,00 km	2m 55s/km	20,59 km/h	2h 14m 47s	5 m	15 m
17,04 km	14m 35s/km	4,11 km/h	2h 15m 22s	0 m	1 m

Fotos entlang der Strecke



Monte Pasubio

Pso Pian delle Fugazze – Strada degli Eroi – Galeria – Rifugio Gen. Papa

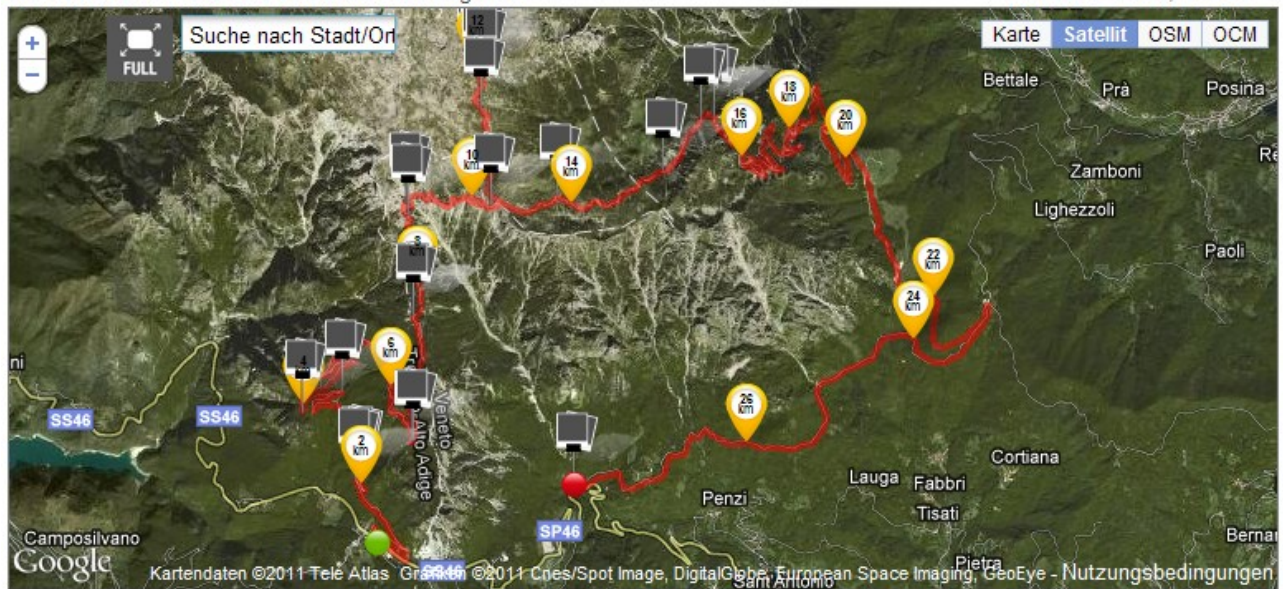
Sel.ta. Commando – Passo Xomo – Strada delle Gallerie -Colle Xomo

Ponte Verde - Pso Pian delle Fugazze

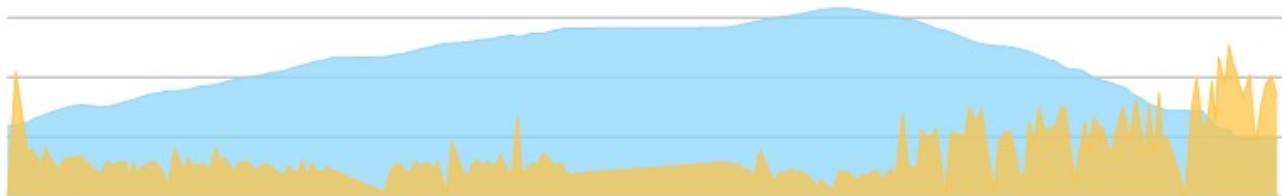
Mountain Biken	29,15 km Distanz	4h 8m 53s Dauer	991 kCal	7,03 km/h ☐ Geschwindigkeit	1081 m Höhenmeter aufwärts	- ☐ Puls
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Notizen: Auffahrt Pasubio von Pian delle Fugazze

Zeitzone CEST, +0200

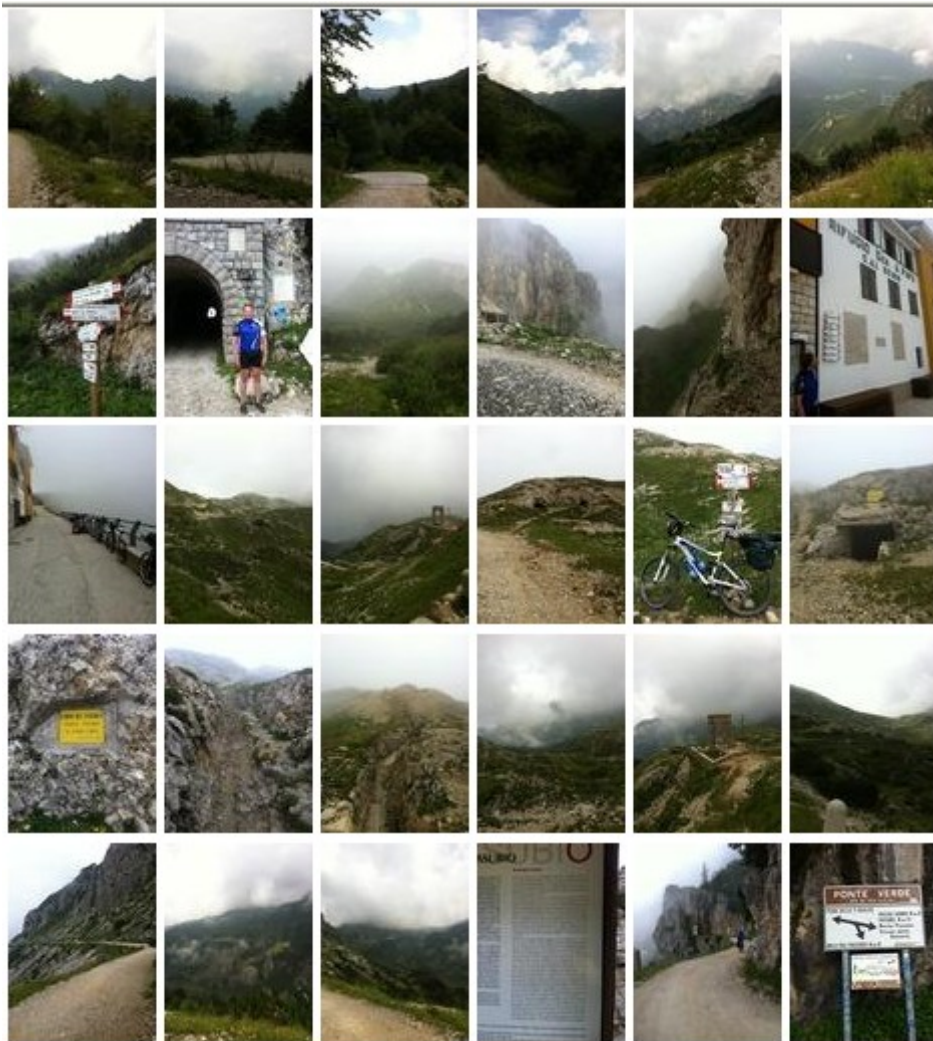


☐ Höhenmeter
 ☐ Geschwindigkeit
 ☐ Pace
 ☐ Herzfrequenz



Entfernung	Pace	Geschw.	Dauer	Höhenmeter ↗	Höhen
1,00 km	8m 21s/km	7,18 km/h	0h 8m 22s	95 m	0 m
2,00 km	11m 7s/km	5,39 km/h	0h 19m 28s	88 m	14 m
3,00 km	11m 18s/km	5,31 km/h	0h 30m 46s	105 m	0 m
4,00 km	10m 13s/km	5,87 km/h	0h 41m 2s	54 m	2 m
5,00 km	11m 36s/km	5,17 km/h	0h 52m 45s	86 m	0 m
6,00 km	11m 56s/km	5,03 km/h	1h 4m 29s	83 m	0 m
7,00 km	13m 17s/km	4,52 km/h	1h 17m 49s	107 m	1 m
8,00 km	12m 23s/km	4,85 km/h	1h 30m 37s	97 m	0 m
9,00 km	11m 28s/km	5,23 km/h	1h 41m 41s	49 m	0 m
10,00 km	10m 4s/km	5,96 km/h	1h 51m 47s	57 m	23 m
11,00 km	11m 60s/km	5,00 km/h	2h 3m 46s	79 m	1 m
12,00 km	15m 12s/km	3,95 km/h	2h 18m 53s	101 m	0 m
13,00 km	18m 20s/km	3,27 km/h	2h 37m 16s	32 m	62 m
14,00 km	9m 6s/km	6,59 km/h	2h 46m 20s	0 m	83 m
15,00 km	7m 38s/km	7,86 km/h	2h 54m 1s	0 m	94 m
16,00 km	5m 32s/km	10,84 km/h	2h 59m 31s	0 m	60 m
17,00 km	9m 1s/km	6,65 km/h	3h 8m 34s	1 m	50 m

17,00 km	9m 1s/km	6,65 km/h	3h 8m 34s	1 m	50 m
18,00 km	6m 19s/km	9,50 km/h	3h 14m 54s	0 m	84 m
19,00 km	6m 52s/km	8,74 km/h	3h 21m 44s	0 m	83 m
20,00 km	7m 42s/km	7,80 km/h	3h 29m 28s	0 m	115 m
21,00 km	4m 43s/km	12,71 km/h	3h 34m 10s	0 m	91 m
22,00 km	5m 17s/km	11,35 km/h	3h 39m 36s	0 m	101 m
23,00 km	9m 8s/km	6,57 km/h	3h 48m 34s	7 m	36 m
24,00 km	3m 56s/km	15,22 km/h	3h 52m 30s	0 m	87 m
25,00 km	2m 51s/km	21,06 km/h	3h 55m 22s	3 m	69 m
26,00 km	2m 13s/km	27,08 km/h	3h 57m 34s	8 m	50 m
27,00 km	2m 44s/km	21,91 km/h	4h 0m 18s	0 m	45 m
28,00 km	4m 2s/km	14,88 km/h	4h 4m 20s	15 m	3 m
29,00 km	2m 54s/km	20,73 km/h	4h 7m 18s	14 m	11 m
29,15 km	13m 53s/km	4,32 km/h	4h 8m 53s	0 m	18 m



 Mountain Biken	3,00 km Distanz	0h 20m 0s Dauer	106 kCal	9,00 km/h ☐ Geschwindigkeit	250 m Höhenmeter aufwärts
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Notizen: Ponte Verde Pian de Fugazze - Schlussteil der Pasubiorunde: absolut giftiges

Teil !!

Für diese Aktivität ist keine Karte verfügbar.

Zeitzone

Monte Guil

Torbole – Riva – alte Ponalestrasse – Pre di Ledro – Madonna di Cimai

Leano – Malga Vil – Passo Guil – Mte Guil – Pso Rocchetta – Malga

Palaer – Pregasina – Riva – Torbole

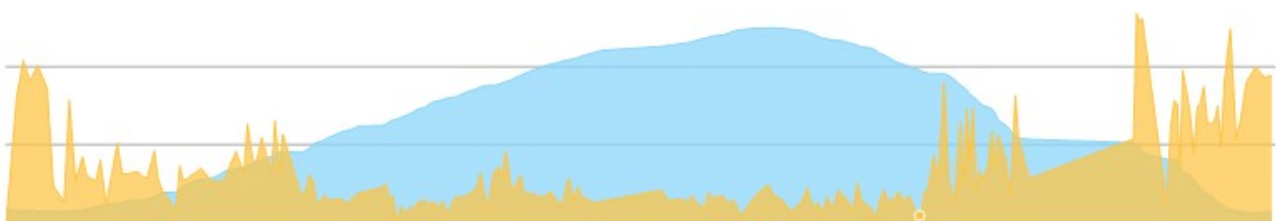
Mountain Biken	35,42 km Distanz	5h 20m 59s Dauer	1.205 kCal	6,62 km/h ☐ Geschwindigkeit	1239 m Höhenmeter aufwärts	- ☐ Puls
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Notizen: Passo Guil - Passo Rocchetta - bitte dran denken, es sind brescianer Bergstrassen
- Sie fahren auf Strassen für den Panda 4x4 oder Lada Niva... Kondition und
Nehmerqualitäten mitbringen !!! Waschbeton und Blockpflaster 30x20 cm... Die Fahrt über
den Mte Guil bietet die beste Aussicht auf den Gardasee - unübertroffen !

Zeitzone CEST, +0200



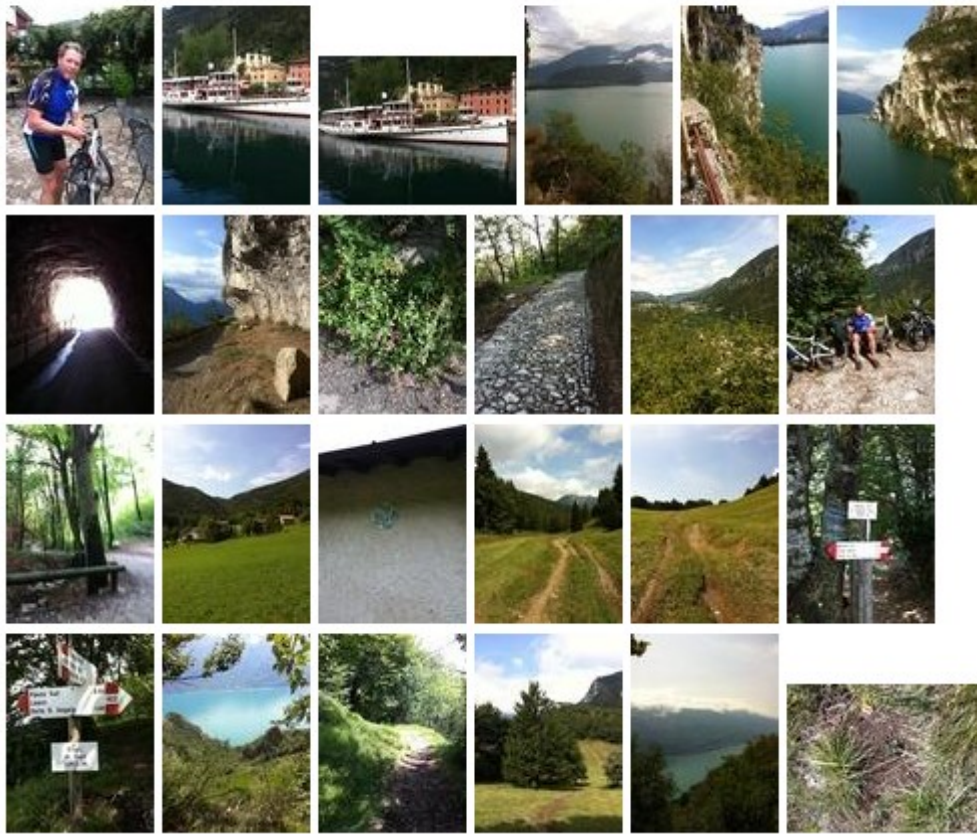
☐ Höhenmeter
 ☐ Geschwindigkeit
 ☐ Pace
 ☐ Herzfrequenz

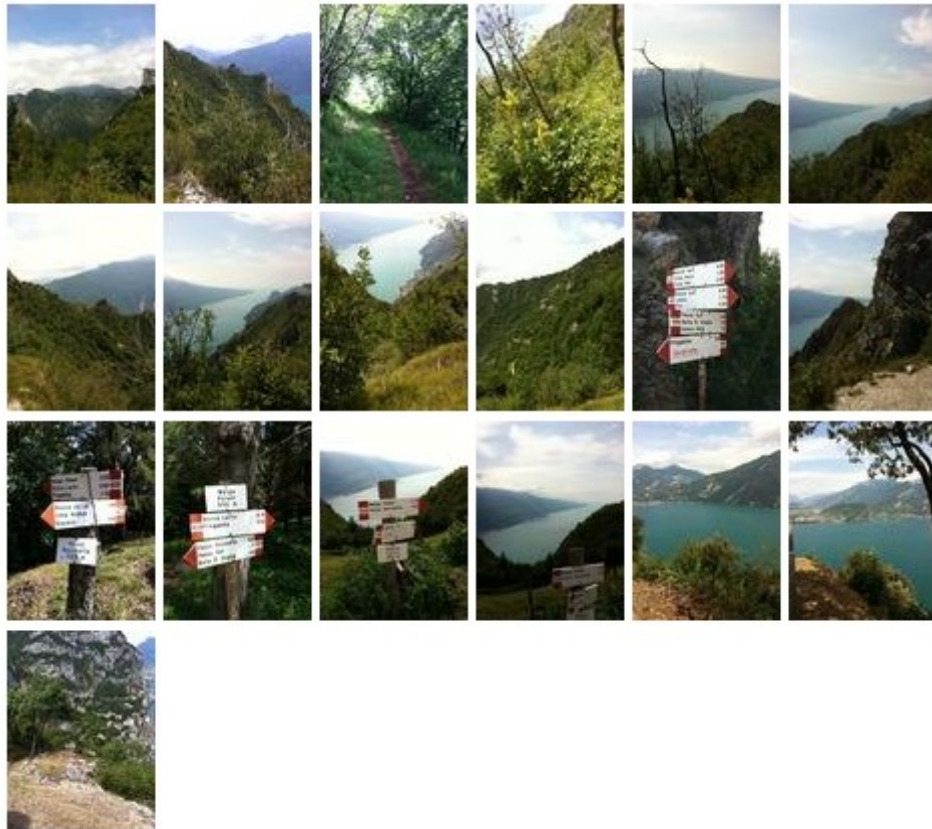


Entfernung	Pace	Geschw.	Dauer	Höhenmeter ↗	Höhenmeter ↘
1,00 km	3m 46s/km	15,89 km/h	0h 3m 55s	5 m	16 m
2,00 km	3m 17s/km	18,27 km/h	0h 7m 15s	11 m	4 m
3,00 km	3m 17s/km	18,31 km/h	0h 10m 23s	2 m	2 m
4,00 km	7m 16s/km	8,25 km/h	0h 17m 36s	0 m	8 m
5,00 km	7m 45s/km	7,74 km/h	0h 25m 20s	27 m	0 m
6,00 km	9m 3s/km	6,63 km/h	0h 34m 26s	36 m	0 m
7,00 km	8m 45s/km	6,86 km/h	0h 43m 16s	25 m	0 m
8,00 km	12m 11s/km	4,92 km/h	0h 55m 23s	106 m	0 m
9,00 km	8m 45s/km	6,85 km/h	1h 4m 1s	50 m	0 m
10,00 km	7m 6s/km	8,46 km/h	1h 11m 11s	40 m	1 m
11,00 km	6m 34s/km	9,15 km/h	1h 17m 43s	54 m	0 m
12,00 km	8m 31s/km	7,05 km/h	1h 26m 15s	60 m	7 m
13,00 km	18m 47s/km	3,19 km/h	1h 44m 52s	160 m	0 m
14,00 km	19m 16s/km	3,11 km/h	2h 4m 8s	167 m	0 m
15,00 km	14m 34s/km	4,12 km/h	2h 18m 45s	83 m	1 m
16,00 km	12m 48s/km	4,69 km/h	2h 31m 33s	104 m	0 m
17,00 km	17m 37s/km	3,41 km/h	2h 49m 13s	101 m	0 m

18,00 km	19m 39s/km	3,05 km/h	3h 8m 48s	96 m	1 m
19,00 km	23m 17s/km	2,58 km/h	3h 32m 5s	56 m	25 m
20,00 km	20m 7s/km	2,98 km/h	3h 52m 11s	1 m	109 m
21,00 km	17m 26s/km	3,44 km/h	4h 9m 37s	0 m	155 m
22,00 km	6m 16s/km	9,58 km/h	4h 15m 56s	9 m	25 m
23,00 km	6m 31s/km	9,22 km/h	4h 22m 23s	0 m	120 m
24,00 km	7m 8s/km	8,41 km/h	4h 29m 33s	0 m	94 m
25,00 km	7m 34s/km	7,93 km/h	4h 37m 9s	0 m	175 m
26,00 km	6m 60s/km	8,57 km/h	4h 44m 11s	20 m	52 m
27,00 km	4m 54s/km	12,23 km/h	4h 49m 1s	12 m	79 m
28,00 km	3m 35s/km	16,75 km/h	4h 52m 37s	5 m	98 m
29,00 km	4m 54s/km	12,26 km/h	4h 57m 31s	1 m	91 m
30,00 km	3m 34s/km	16,85 km/h	5h 1m 11s	1 m	47 m
31,00 km	3m 47s/km	15,84 km/h	5h 4m 51s	0 m	70 m
32,00 km	4m 22s/km	13,75 km/h	5h 9m 15s	1 m	29 m
33,00 km	3m 33s/km	16,91 km/h	5h 12m 49s	0 m	8 m
34,00 km	3m 4s/km	19,56 km/h	5h 15m 51s	3 m	3 m
35,00 km	3m 10s/km	18,98 km/h	5h 19m 5s	2 m	1 m

Fotos entlang der Strecke





In sechs Tagen ca 8500 m bergauf...und wieder runter – inklusiv zweier Bremsversager der hinteren Scheibe !

Meine BIG WEEK