



↗	1:59:05	(25 %)	6.039 km	(22 %)	Temperature [°C]
→	4:15:50	(54 %)	13.729 km	(49 %)	Pace [min/km]
↘	1:42:55	(21 %)	7.943 km	(29 %)	

Person	Gabor Nagy	Date	09/10/2004	Heart rate	129 / 181		
Exercise	09/10/2004 09:28	Time	09:28:46	Speed	4.6 / 20.0		
Sport	Hiking	Duration	7:57:48.9				
Team	Team Polar	Distance	27.7 km				
Note				Ascent	1780 (-0.7%)		
				Selection	0:00:00 - 7:57:50 (7:57:50.0)		