

Summary Information for Open Routes

Name	Track...	Wayp...	Dista...	Time	Ascent	Desce...	Max E...	Min El...	Max S...	Avera...	Min S...	Max H...	Min H...	Naismith
ApplebySportive	288	3	100.2 km	3:34.49	1,541 m	1,540 m	344 m	5 m	40.2 kph	28.0 kph	14.5 kph	-	-	Road Cyc...

