

Name	Total Distance	Total Time	Avg Pace	Avg Speed	Max Speed	Total Calories	Avg Heart Rate	Max Heart Rate	Total Ascent	Total Descent
2011-06-26 15:23:43	52.80 km	5:09:45.38	5:52 /km	10.2 km/h	20.9 km/h	3621 cal				
Lap 1 - 15:23:43	14.81 km	1:20:01.87	5:24 /km	11.1 km/h	20.9 km/h	1026 cal	<i>Zyandec - Zawidów</i>			
Lap 2 - 16:53:36	19.11 km	1:44:22.09	5:27 /km	11.0 km/h	16.8 km/h	1319 cal	<i>Zawidów - Lesna</i>			
Lap 3 - 19:16:23	14.81 km	1:28:14.95	5:57 /km	10.1 km/h	17.6 km/h	1027 cal	<i>Lesna - Czeremska Zdrój</i>			
Lap 4 - 20:58:30	4.07 km	37:06.47	9:06 /km	6.6 km/h	13.5 km/h	249 cal	<i>Czeremska Zdrój - Schronisko na Stogu Izerkim</i>			

Name	Total Distance	Total Time	Avg Pace	Avg Speed	Max Speed	Total Calories	Avg Heart Rate	Max Heart Rate	Total Ascent	Total Descent
2011-06-27 06:30:54	60.08 km	7:50:00.01	7:49 /km	7.7 km/h	21.6 km/h	3769 cal				
Lap 1 - 06:30:54	350.28 m	3:27.84	9:53 /km	6.1 km/h	11.9 km/h	19 cal	<i>Schronisko - Stóg Izerki</i>			
Lap 2 - 06:37:54	11.32 km	1:12:53.03	6:26 /km	9.3 km/h	14.2 km/h	765 cal	<i>Stóg Izerki - Izerska Hala</i>			
Lap 3 - 08:53:46	5.02 km	31:48.73	6:20 /km	9.5 km/h	16.4 km/h	348 cal	<i>Izerska Hala - Orle</i>			
Lap 4 - 10:01:56	4.00 km	28:39.54	7:09 /km	8.4 km/h	15.5 km/h	256 cal	<i>Orle - Prątecz Szklarska</i>			
Lap 5 - 10:55:10	7.52 km	1:10:20.54	9:21 /km	6.4 km/h	12.3 km/h	435 cal	<i>Prątecz Szklarska - Hala Szrenicka</i>			
Lap 6 - 12:40:28	1.59 km	15:24.96	9:42 /km	6.2 km/h	10.9 km/h	84 cal	<i>Hala Szrenicka - Szrenica</i>			
Lap 7 - 14:03:46	11.60 km	1:27:05.03	7:30 /km	8.0 km/h	15.5 km/h	722 cal	<i>Szrenica - Schronisko Odrodzenie</i>			
Lap 8 - 16:14:39	9.97 km	1:27:46.39	8:48 /km	6.8 km/h	13.5 km/h	607 cal	<i>Schronisko Odrodzenie - Śmiełka</i>			
Lap 9 - 18:06:55	8.72 km	1:12:33.95	8:19 /km	7.2 km/h	21.6 km/h	533 cal	<i>Śmiełka - Prątecz Okraj</i>			

Name	Total Distance	Total Time	Avg Pace	Avg Speed	Max Speed	Total Calories	Avg Heart Rate	Max Heart Rate	Total Ascent	Total Descent
2011-06-28 06:27:58	65.71 km	8:35:03.25	7:50 /km	7.7 km/h	53.5 km/h	4263 cal				
Lap 1 - 06:27:58	13.16 km	1:40:35.22	7:38 /km	7.8 km/h	13.7 km/h	821 cal	<i>Prątecz Okraj - Niedaminów</i>			
Lap 2 - 08:49:41	11.20 km	1:17:52.43	6:57 /km	8.6 km/h	18.7 km/h	752 cal	<i>Niedaminów - Lubuska</i>			
Lap 3 - 11:09:03	7.80 km	56:19	7:13 /km	8.3 km/h	13.7 km/h	529 cal	<i>Lubuska - Kroszów</i>			
Lap 4 - 13:30:04	12.49 km	1:46:20.10	8:30 /km	7.0 km/h	11.7 km/h	774 cal	<i>Kroszów - Lesista Wielka</i>			
Lap 5 - 15:49:15	7.96 km	1:07:35.11	8:29 /km	7.1 km/h	14.3 km/h	527 cal	<i>Lesista Wielka - Schronisko Andrzejkowa</i>			
Lap 6 - 17:55:08	13.10 km	1:46:21.39	8:07 /km	7.4 km/h	53.5 km/h	860 cal	<i>Schronisko Andrzejkowa - Jedlina Zdrój</i>			

Name	Total Distance	Total Time	Avg Pace	Avg Speed	Max Speed	Total Calories	Avg Heart Rate	Max Heart Rate	Total Ascent	Total Descent
2011-06-29 07:42:33	57.63 km	7:59:29.68	8:19 /km	7.2 km/h	23.3 km/h	3668 cal			3504 m	3700 m
Lap 1 - 07:42:33	18.40 km	2:38:55.99	8:38 /km	6.9 km/h	15.1 km/h	1140 cal	<i>Jedlina Zdrój - Wielka Sowa</i>			
Lap 2 - 11:24:07	5.01 km	34:16.62	6:50 /km	8.8 km/h	13.6 km/h	338 cal	<i>Wielka Sowa - Schronisko Zygmuntyńska</i>			
Lap 3 - 12:39:43	17.01 km	2:16:58.73	8:03 /km	7.4 km/h	13.3 km/h	1100 cal	<i>Schronisko Zygmuntyńska - Prątecz Srebrna</i>			
Lap 4 - 15:39:08	17.21 km	2:29:18.34	8:40 /km	6.9 km/h	23.3 km/h	1090 cal	<i>Prątecz Srebrna - Bardo Śląskie</i>			