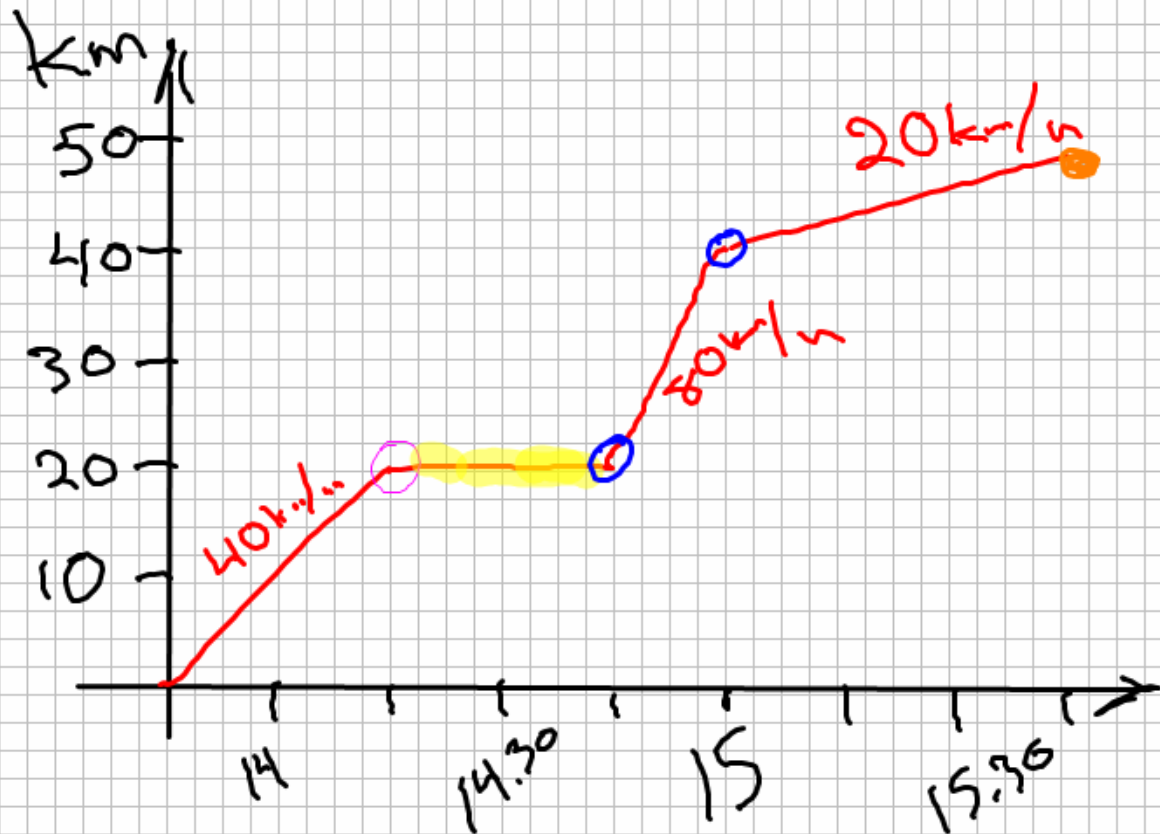


Diagram,



1/1

Start: 13:45

○ = 20 km / 30 min

(40 km/h)

■ = paus 30 min

○ = 20 km / 15 min
(80 km/h)

○ = From 15:45 (50 km)