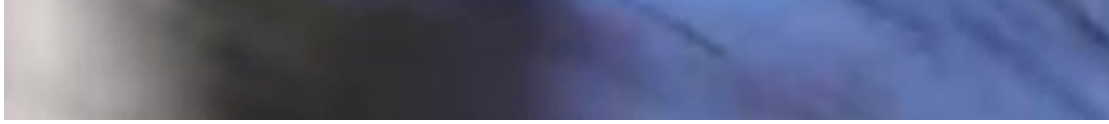

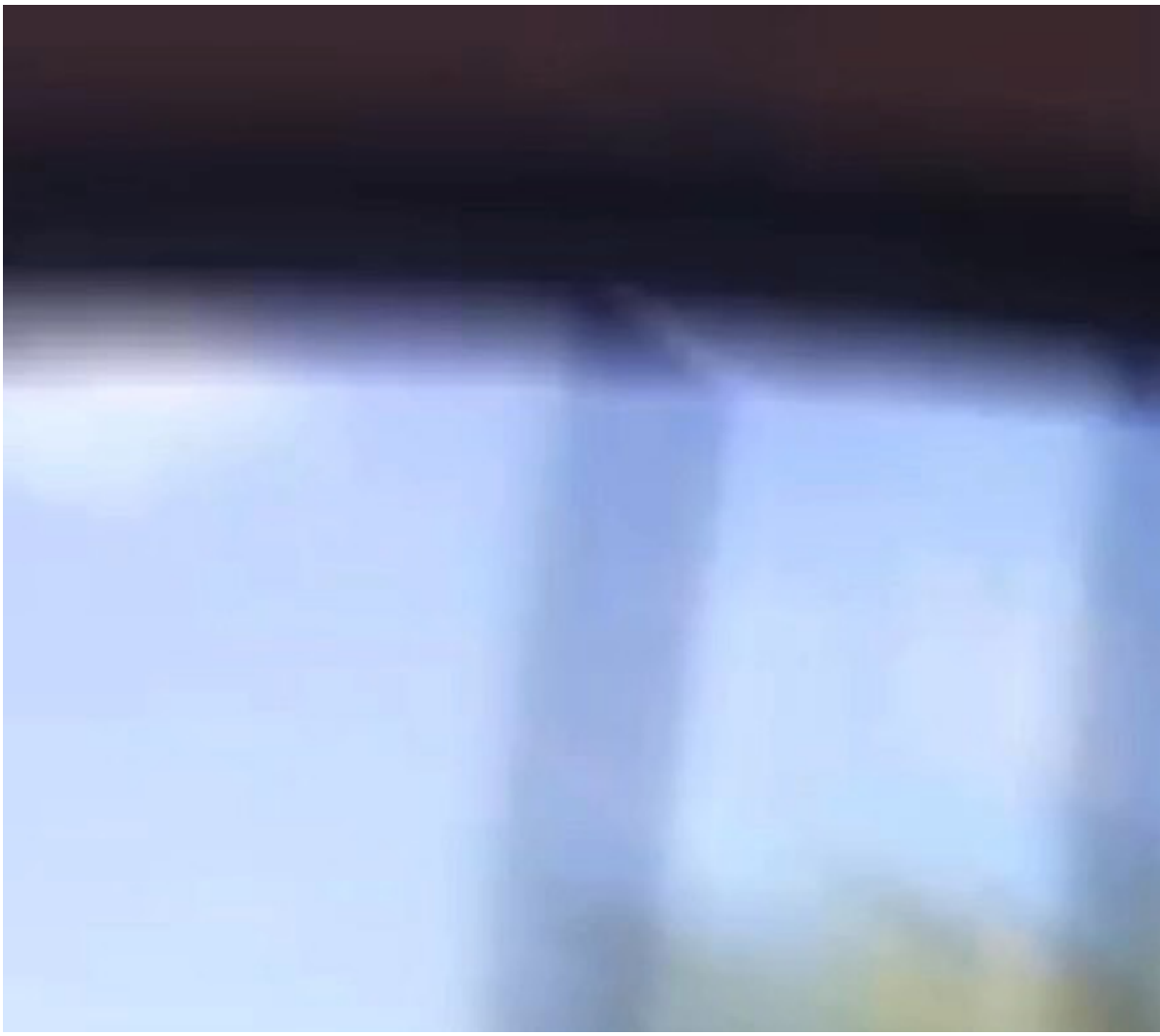

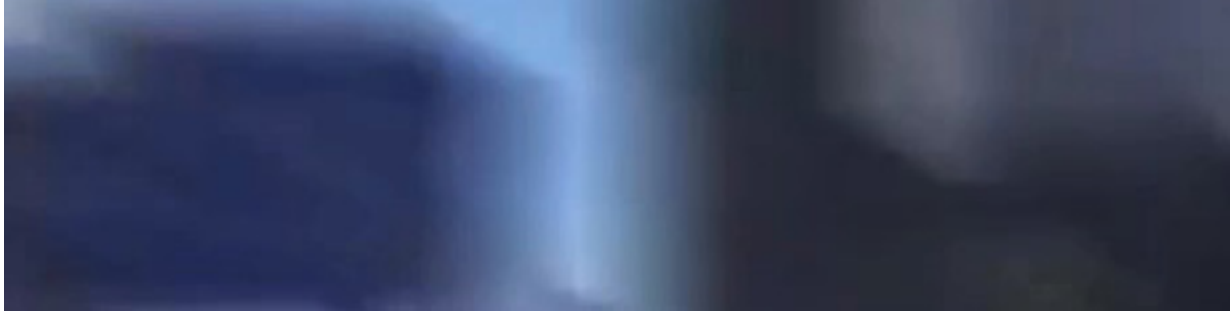

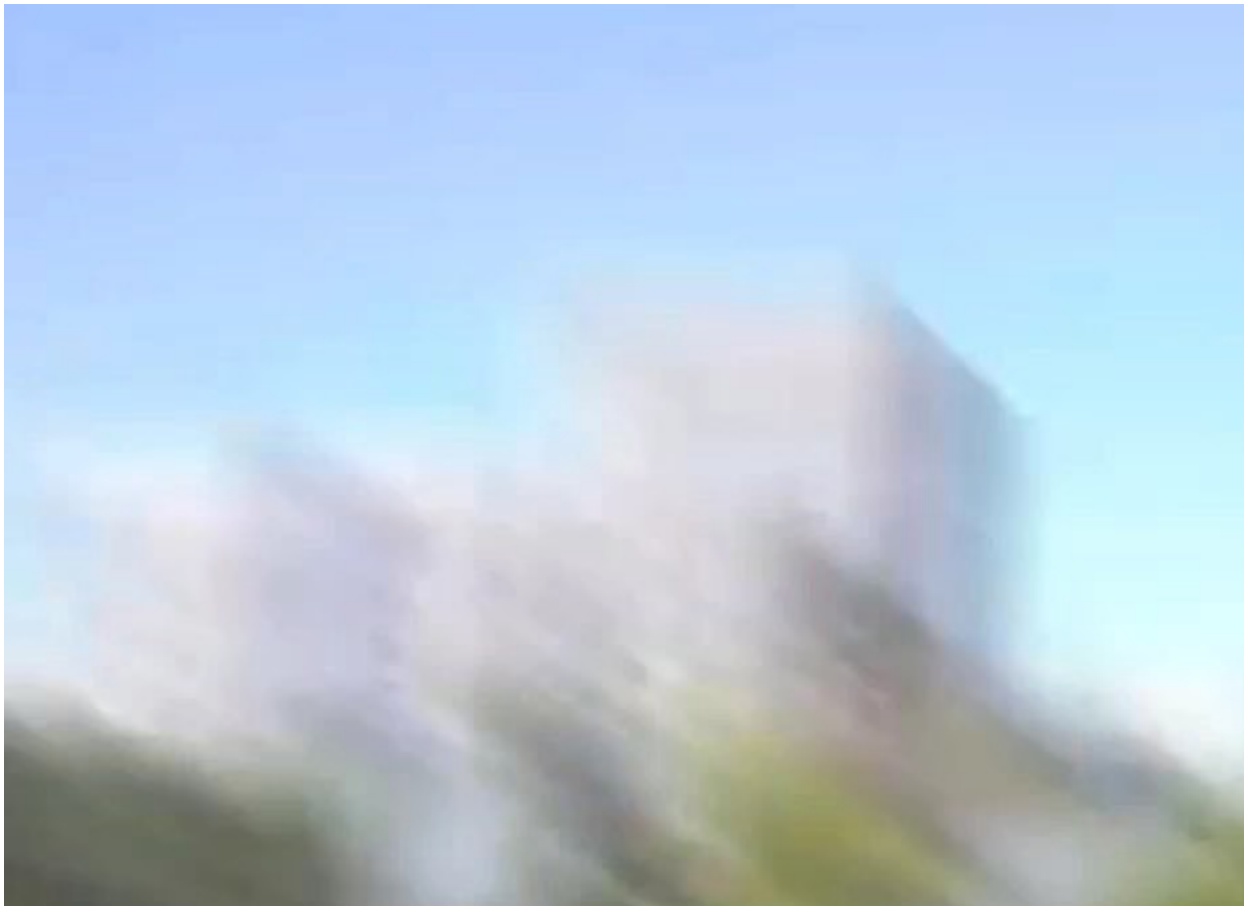

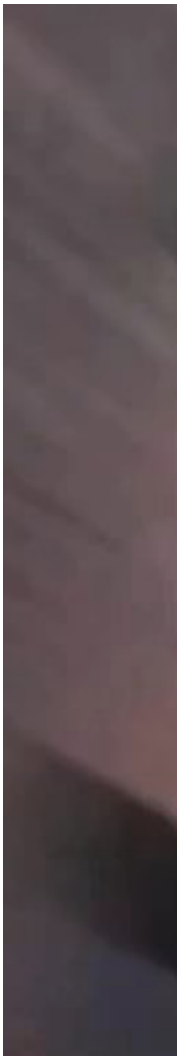

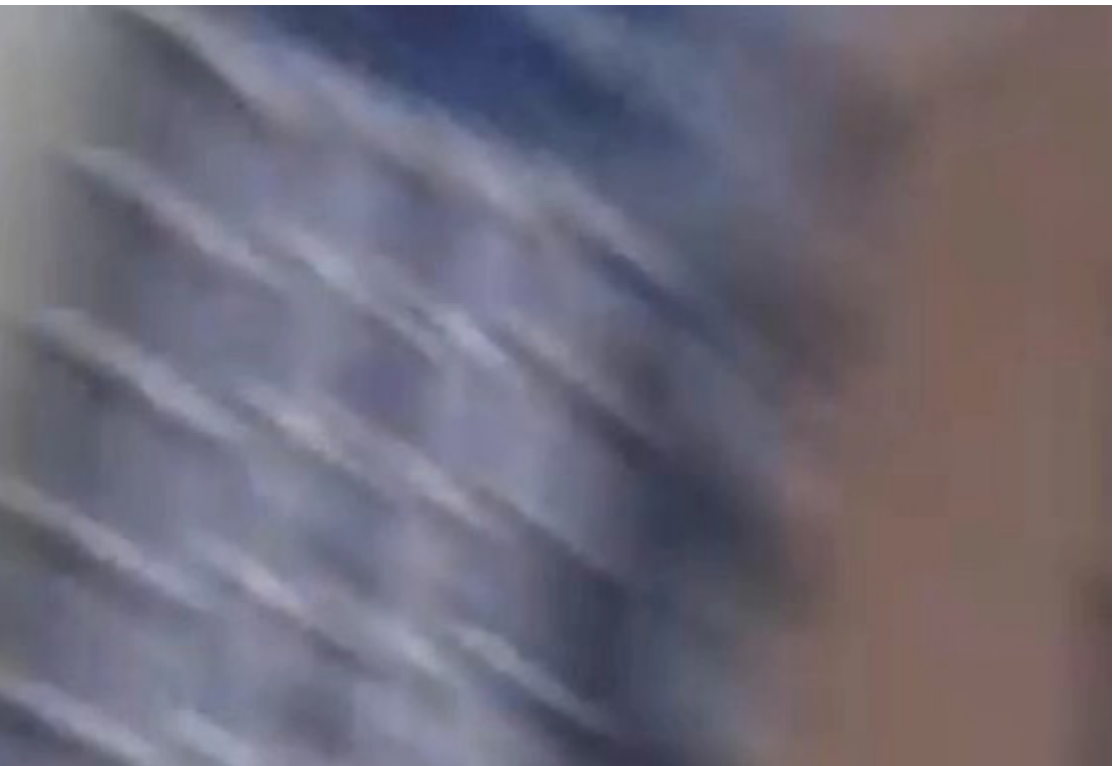

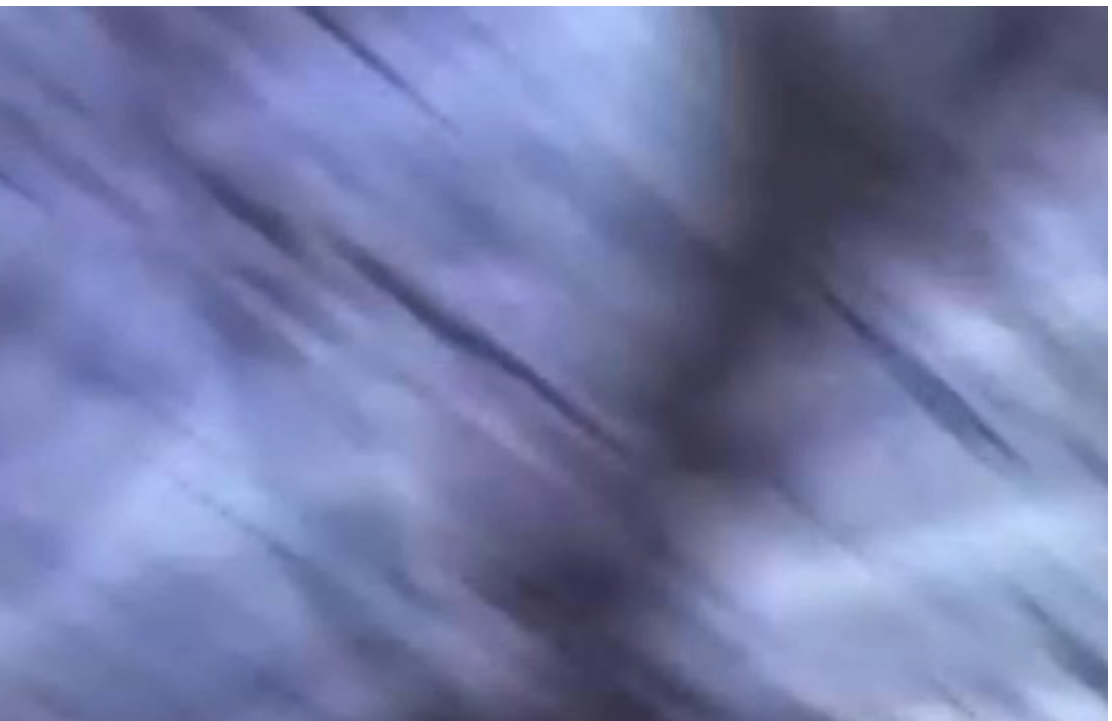

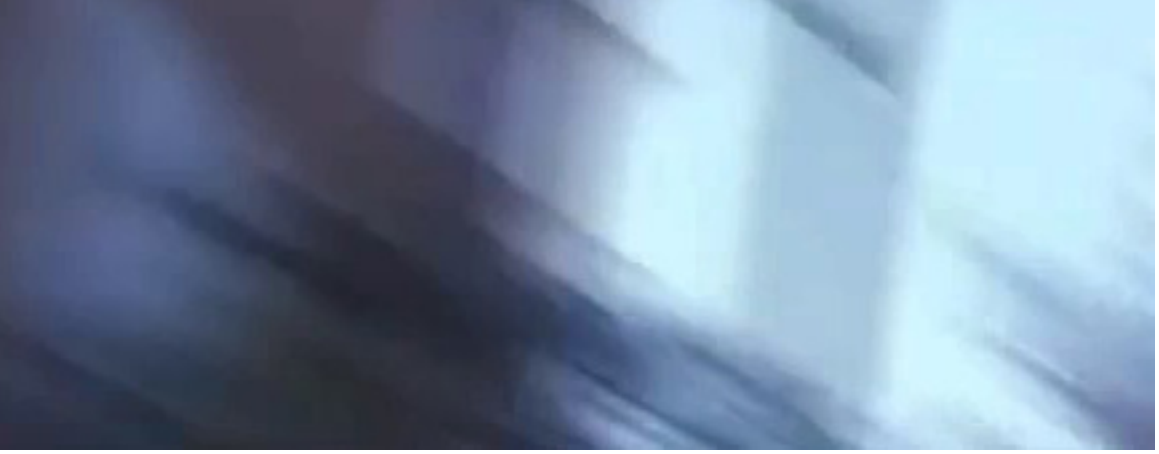

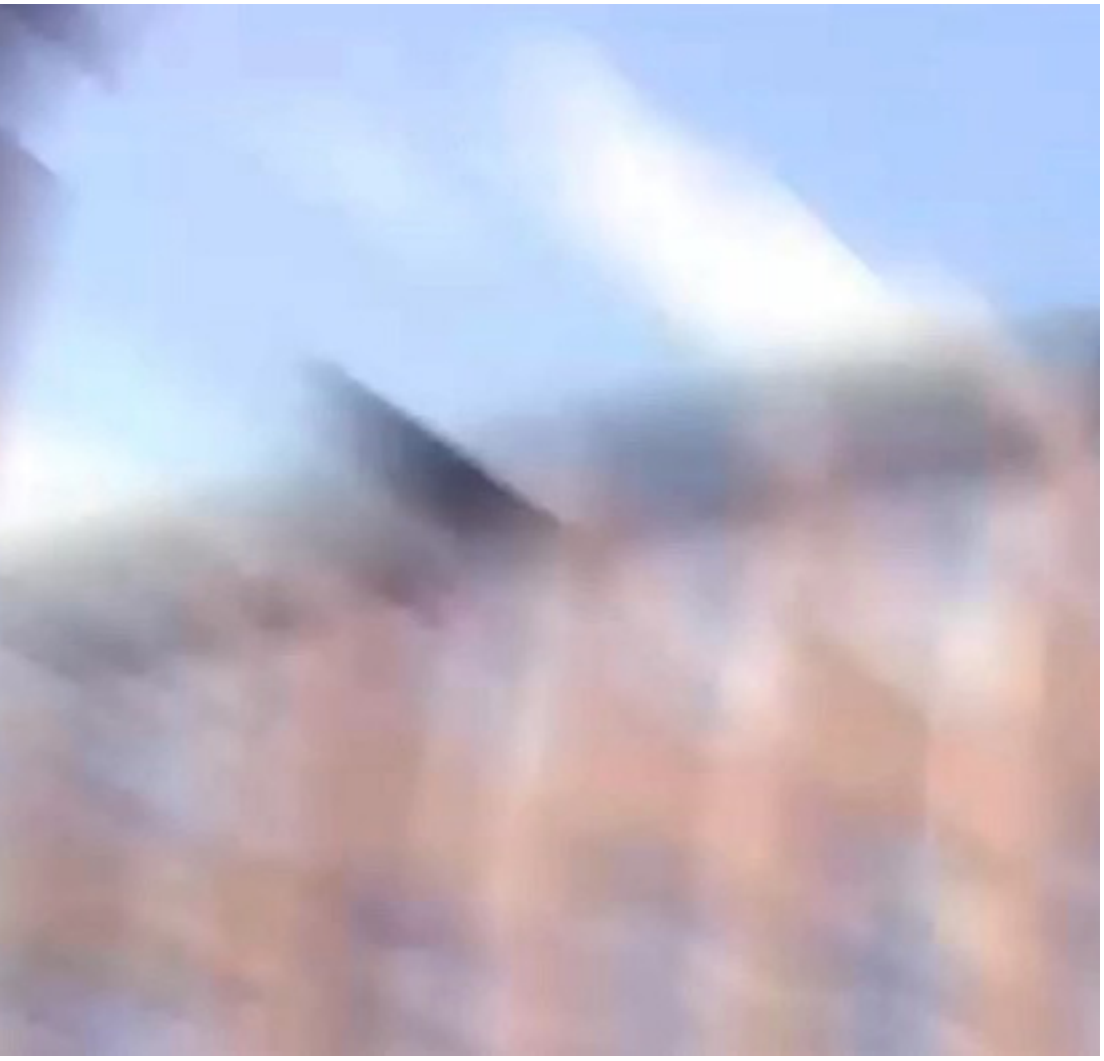

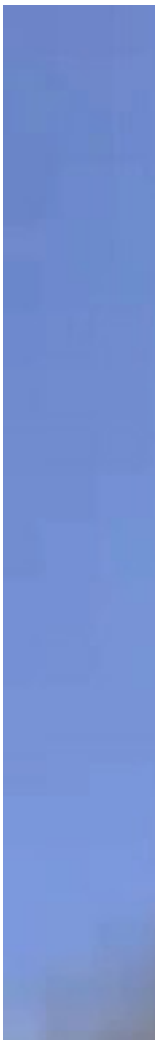

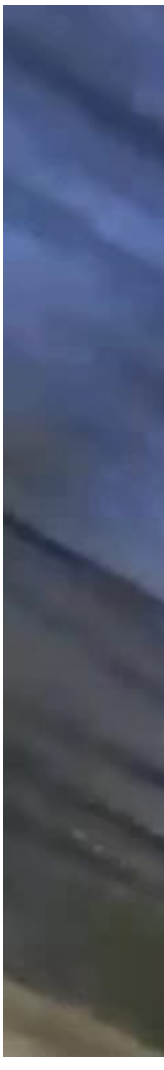

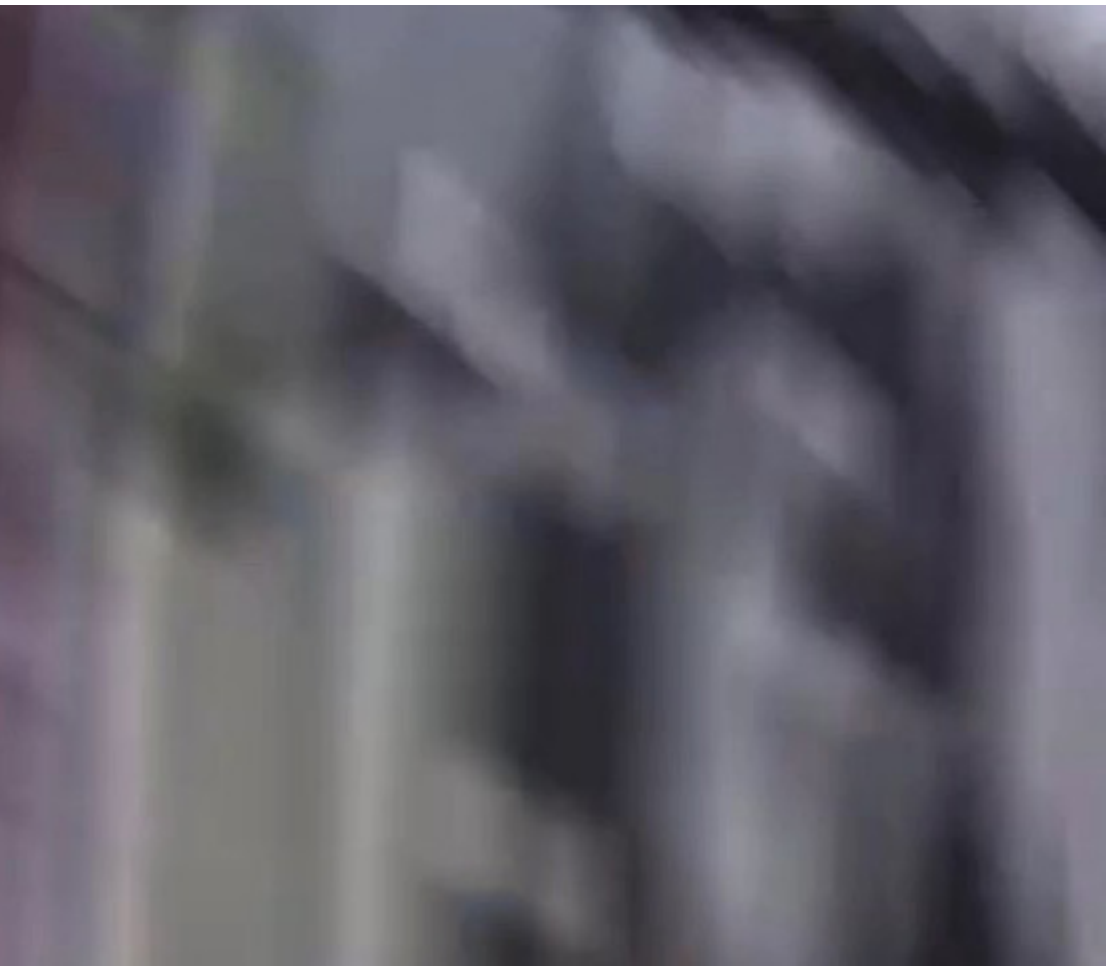

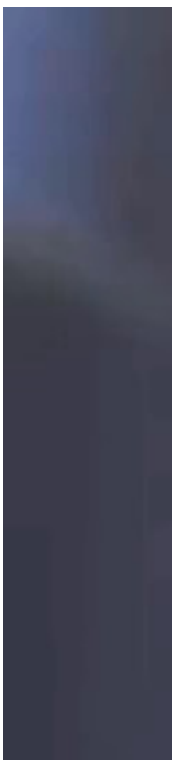

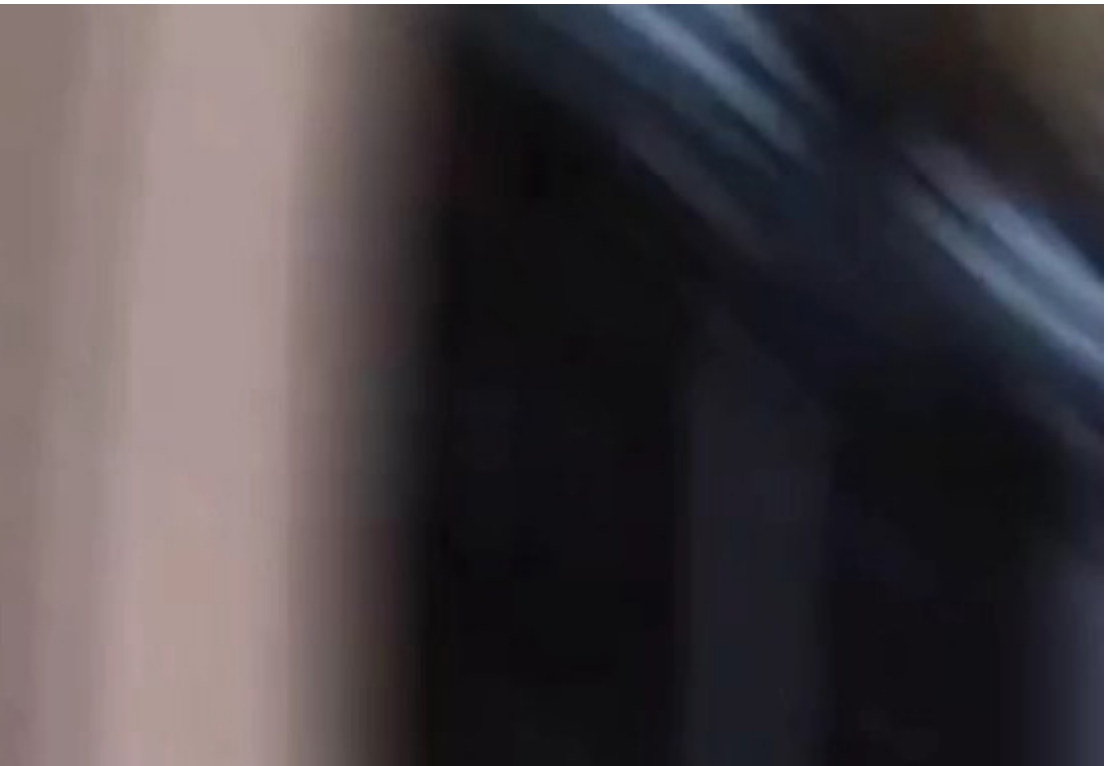

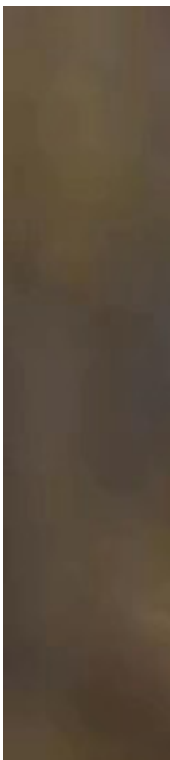

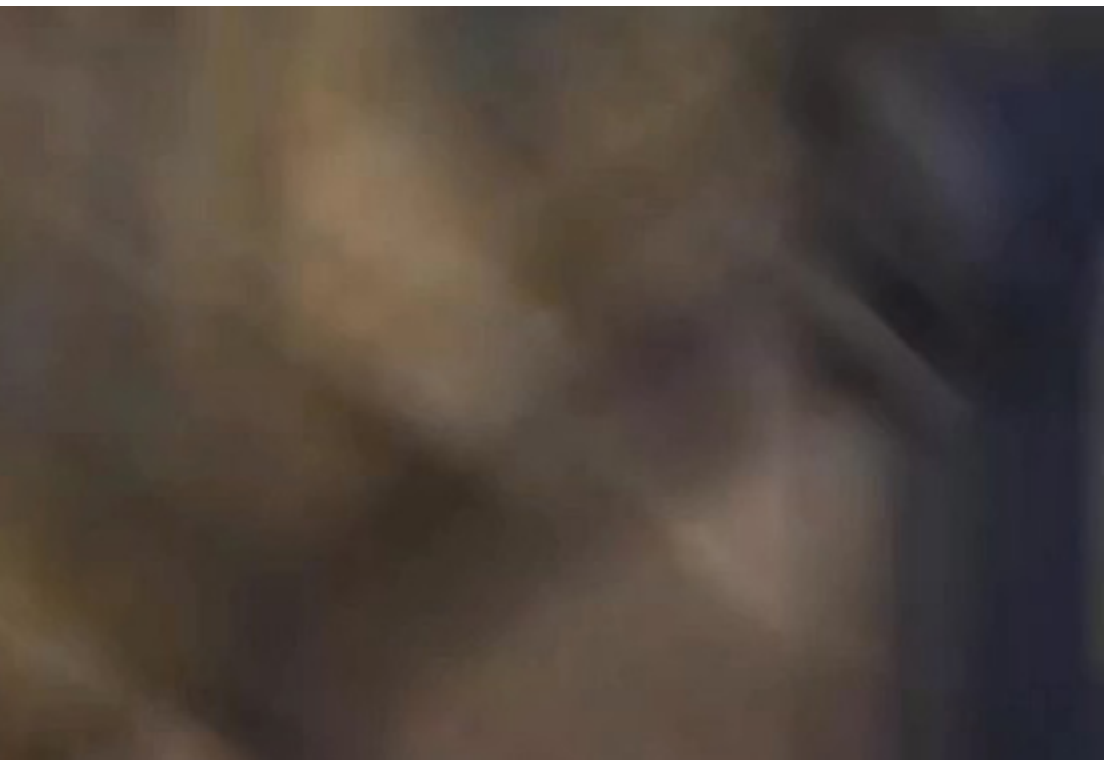

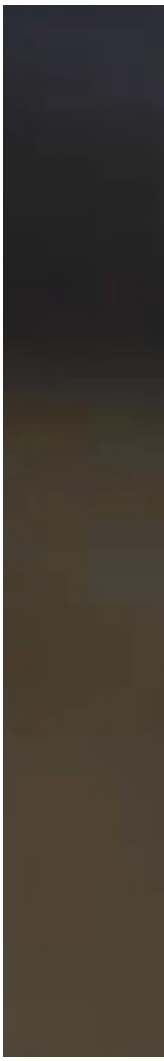

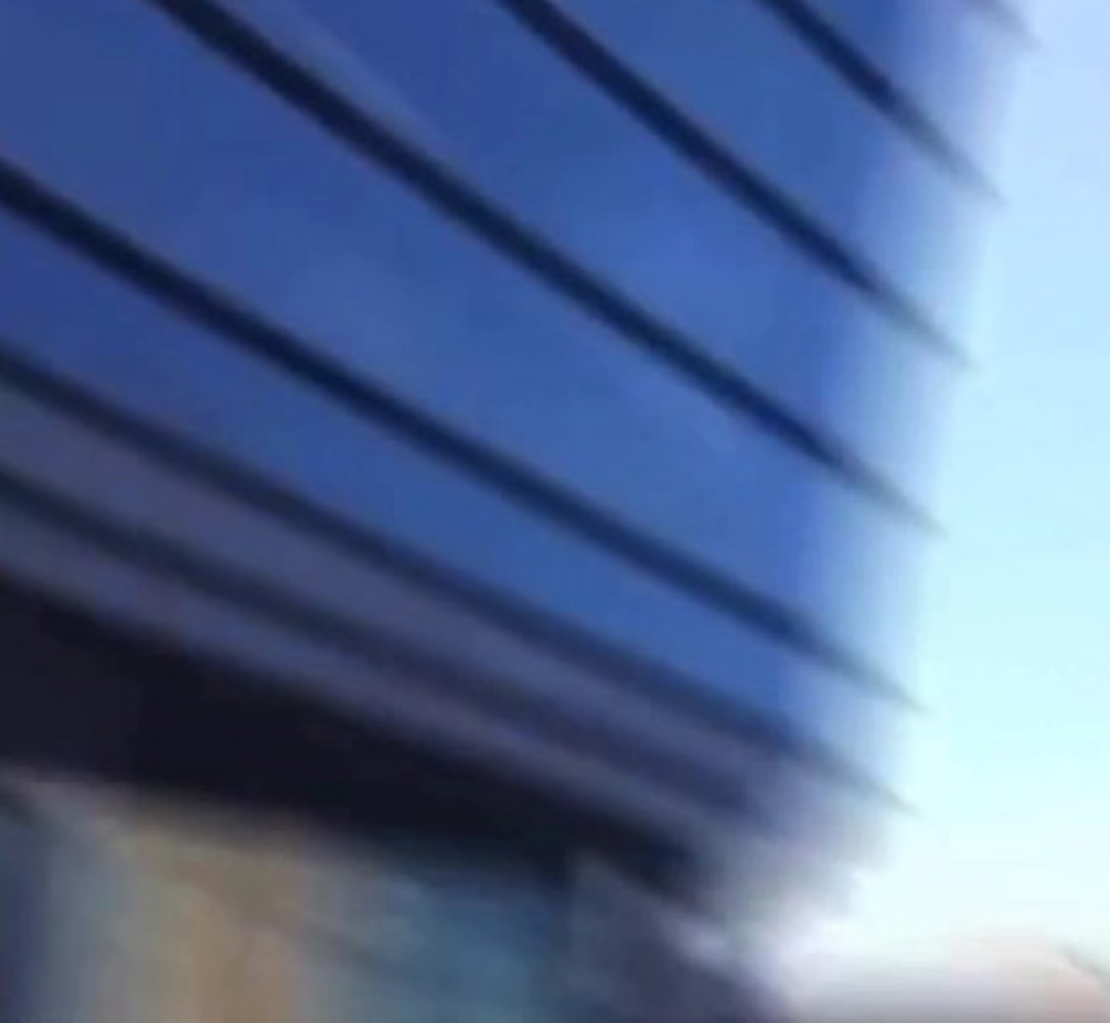

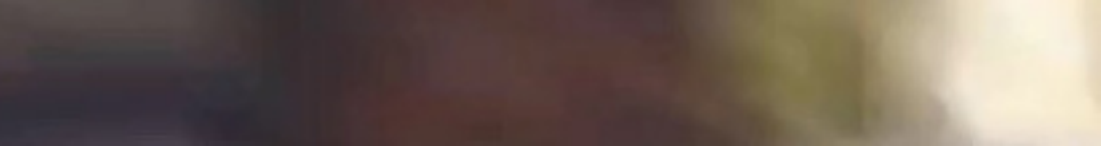

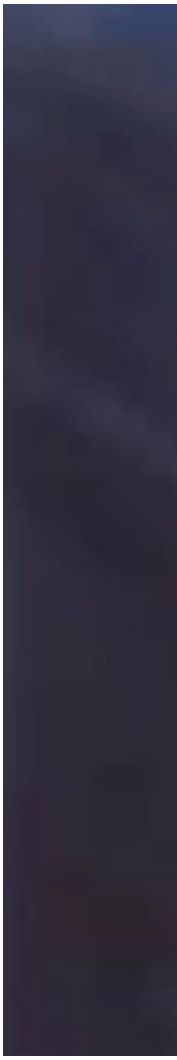

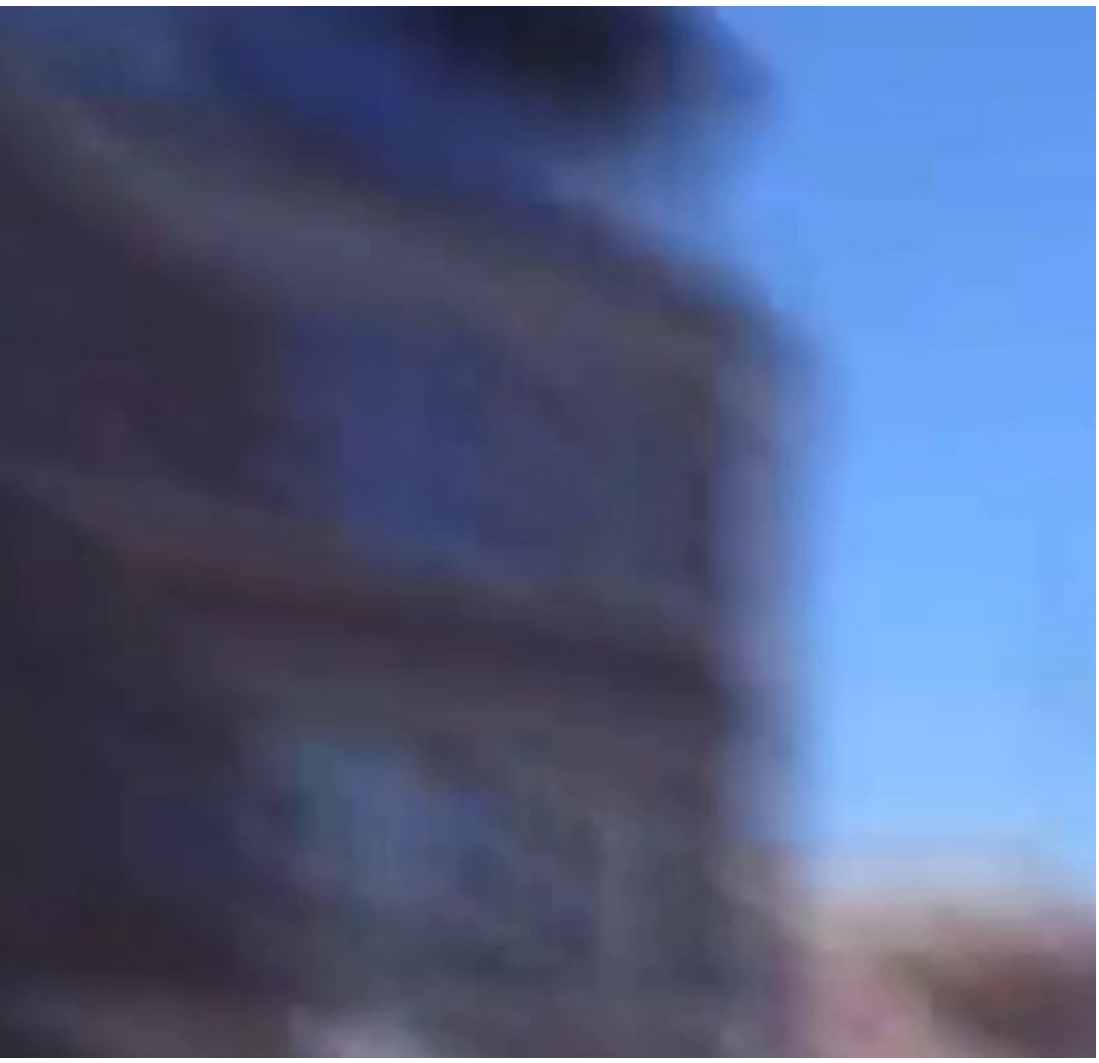

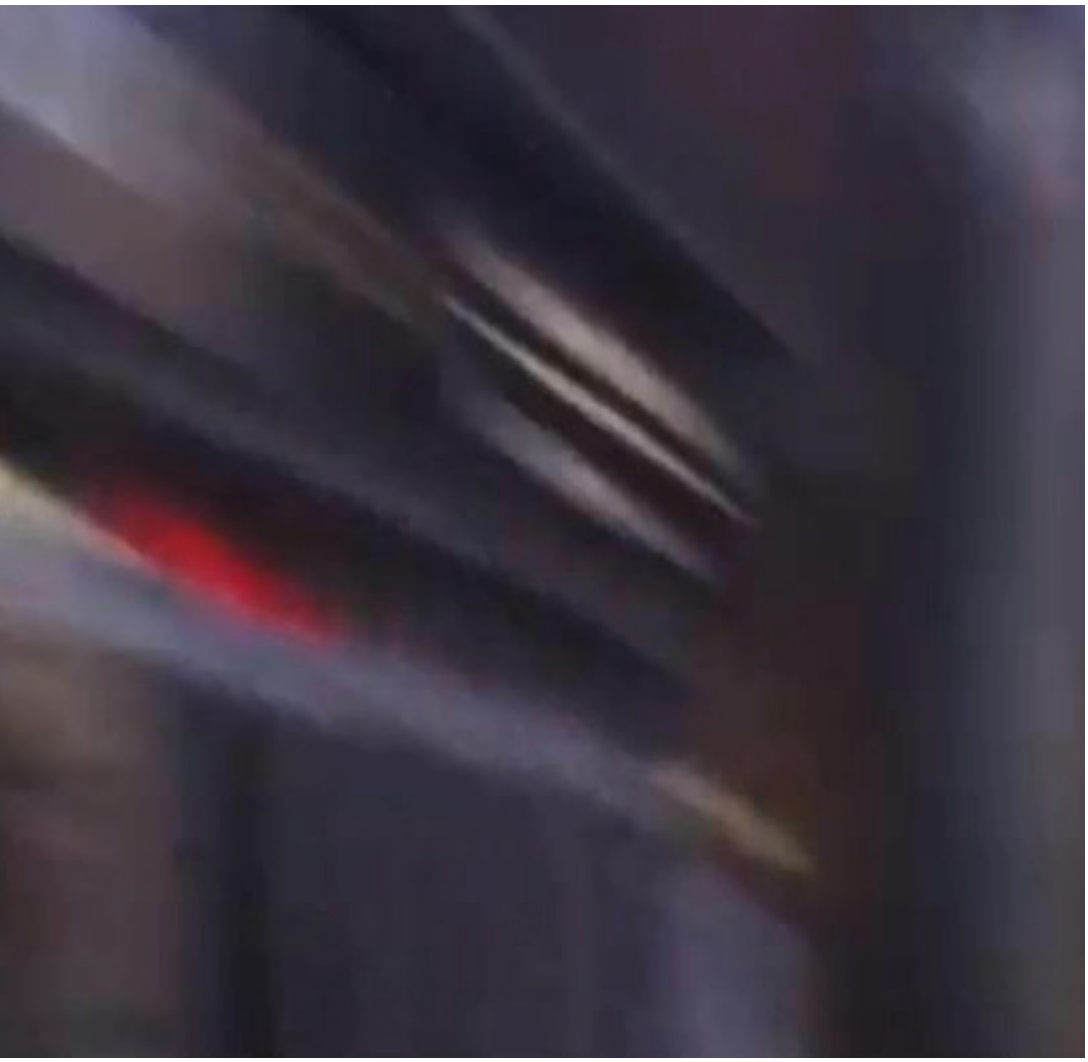

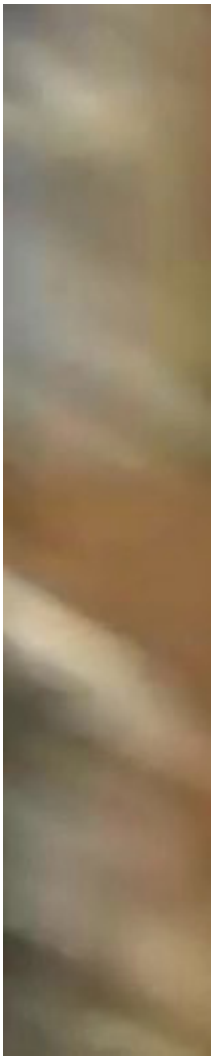

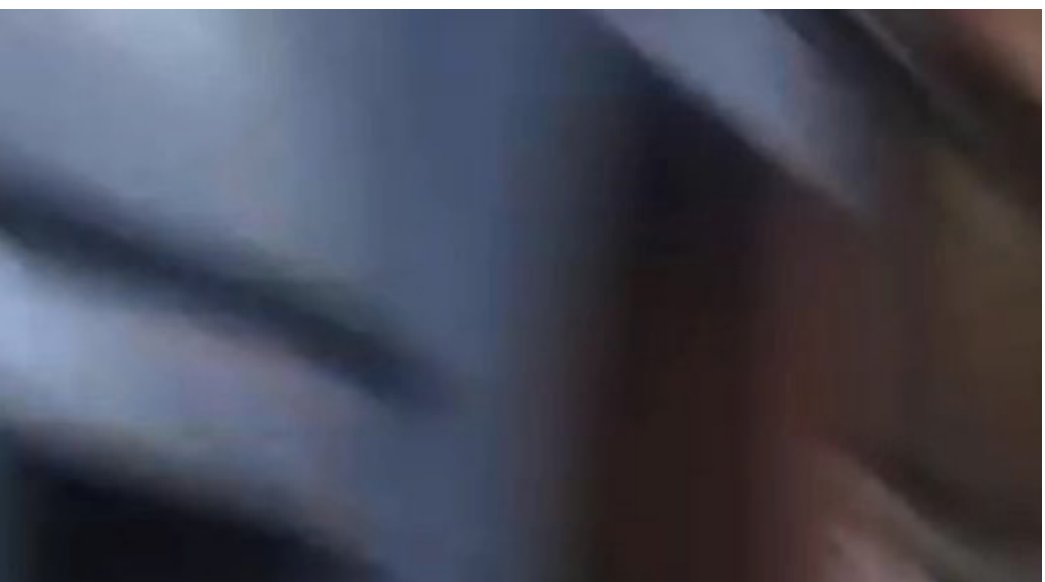

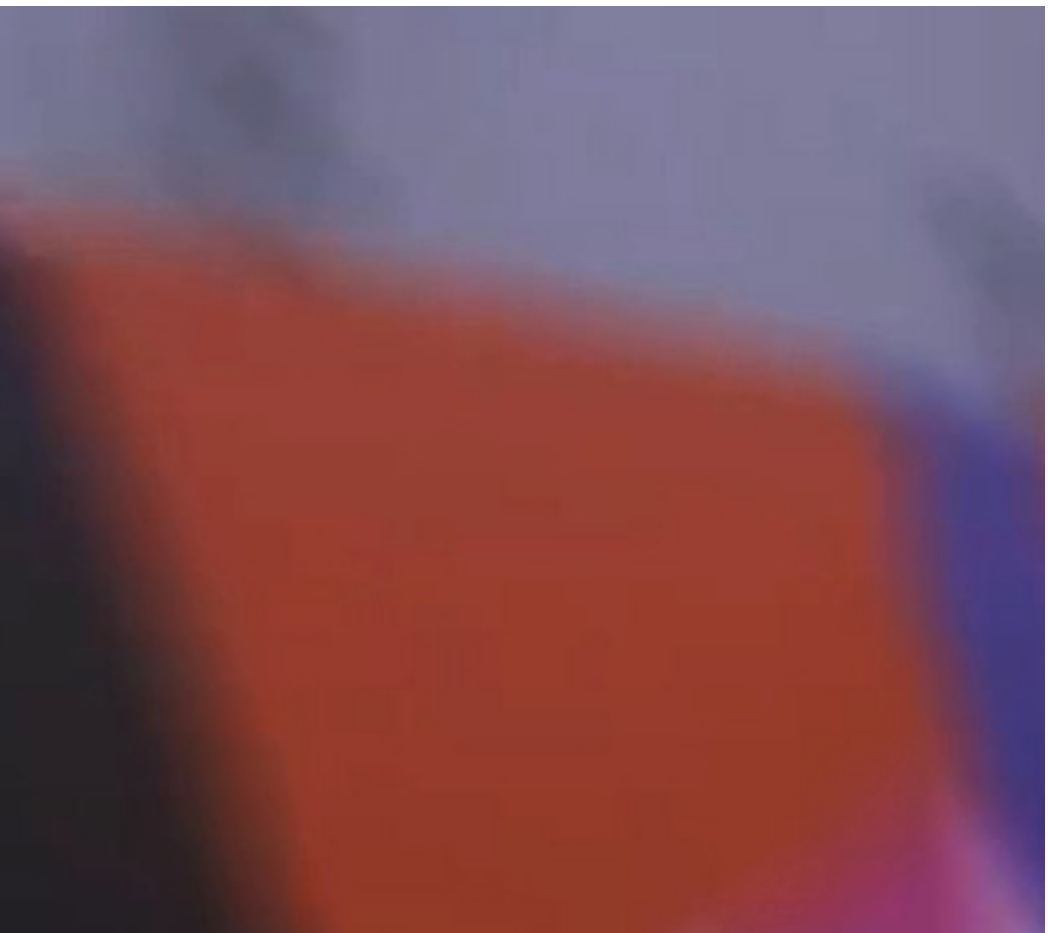

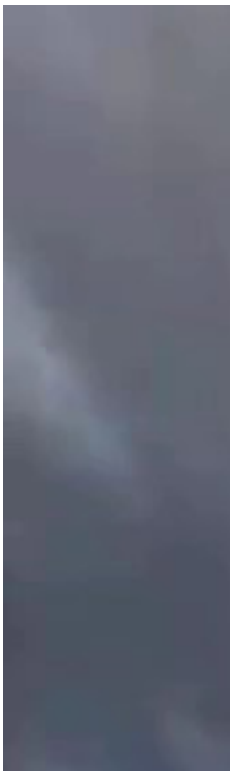

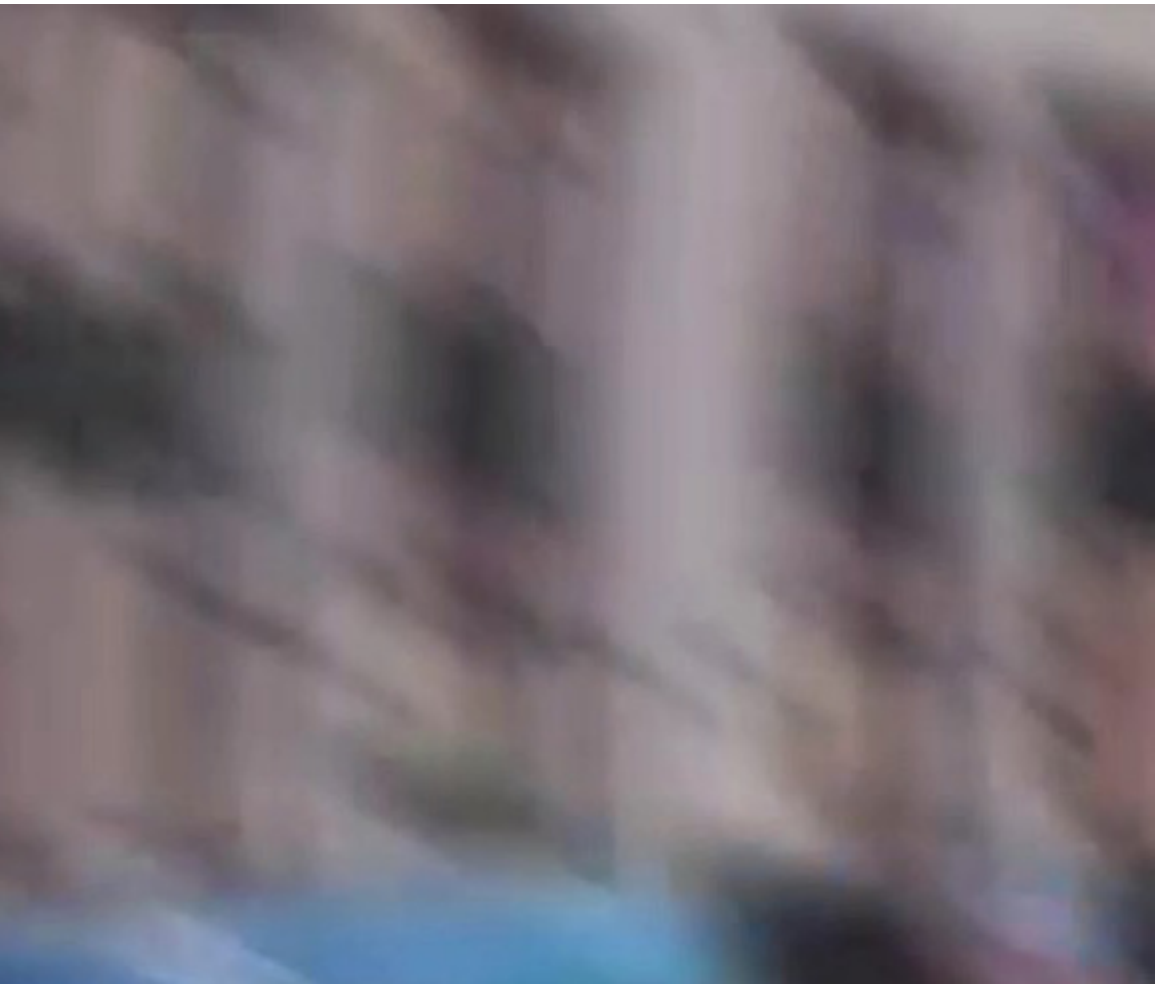

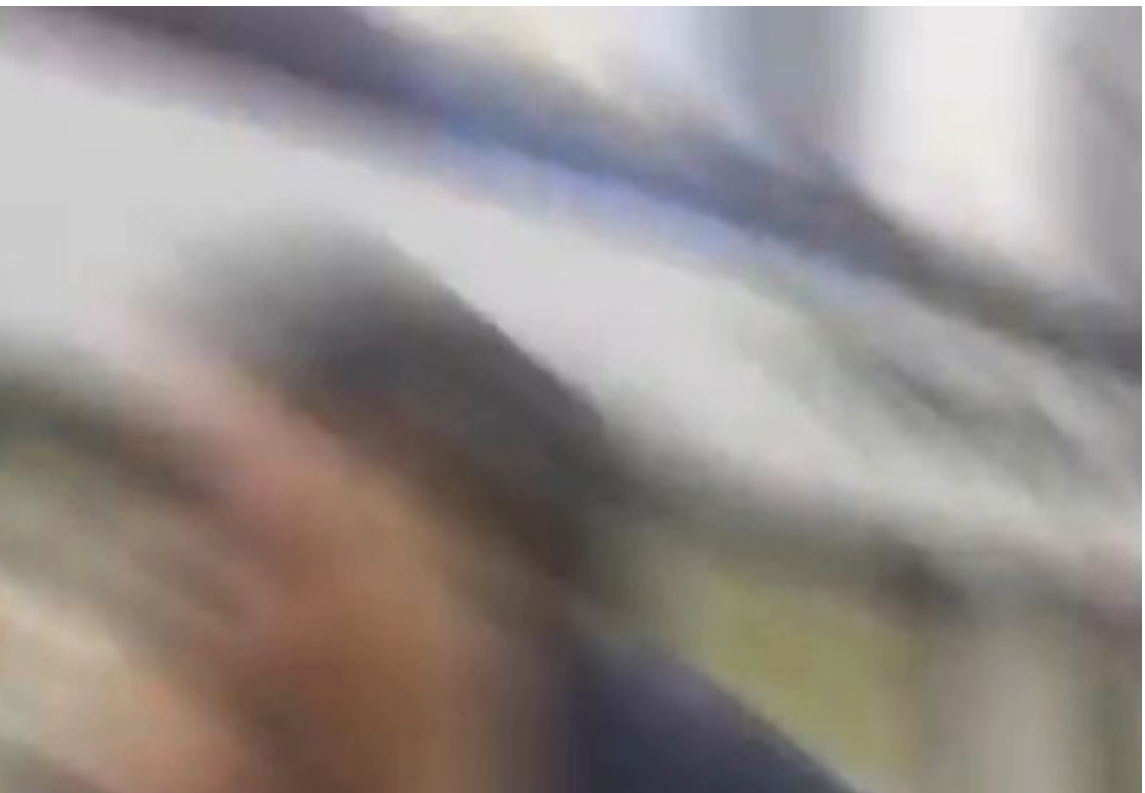

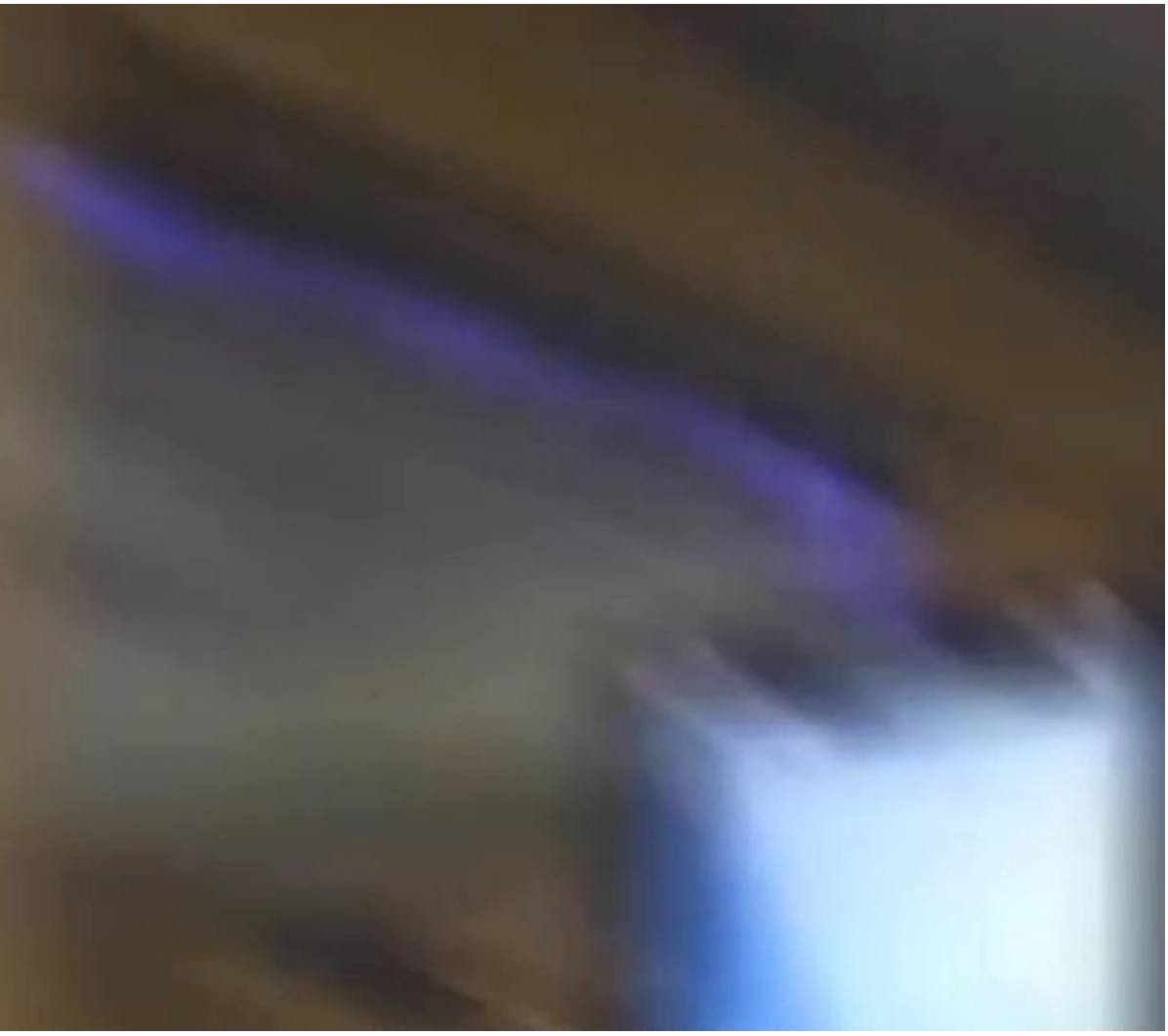

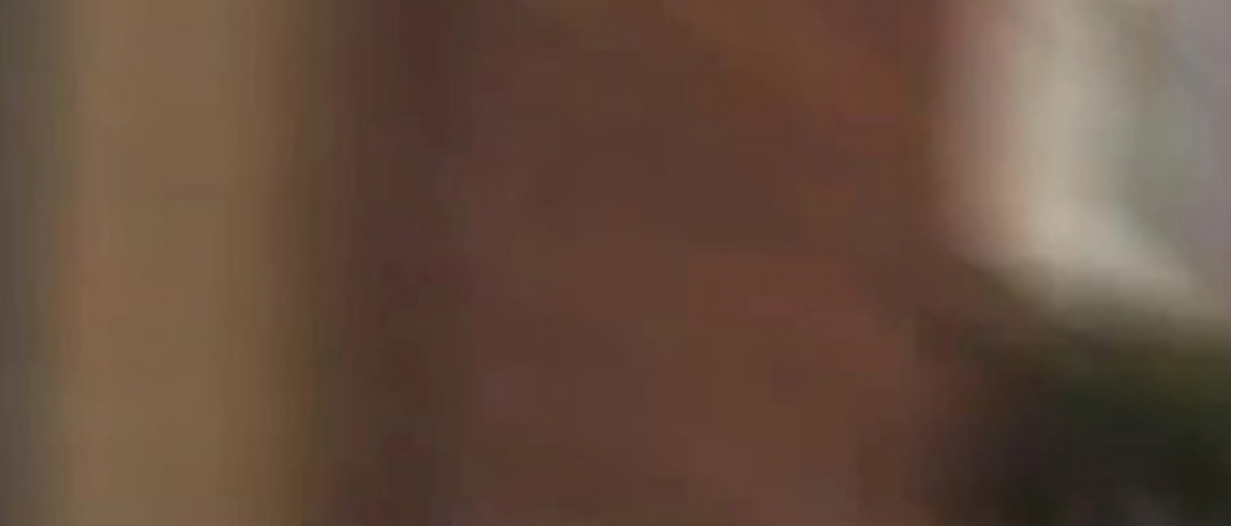

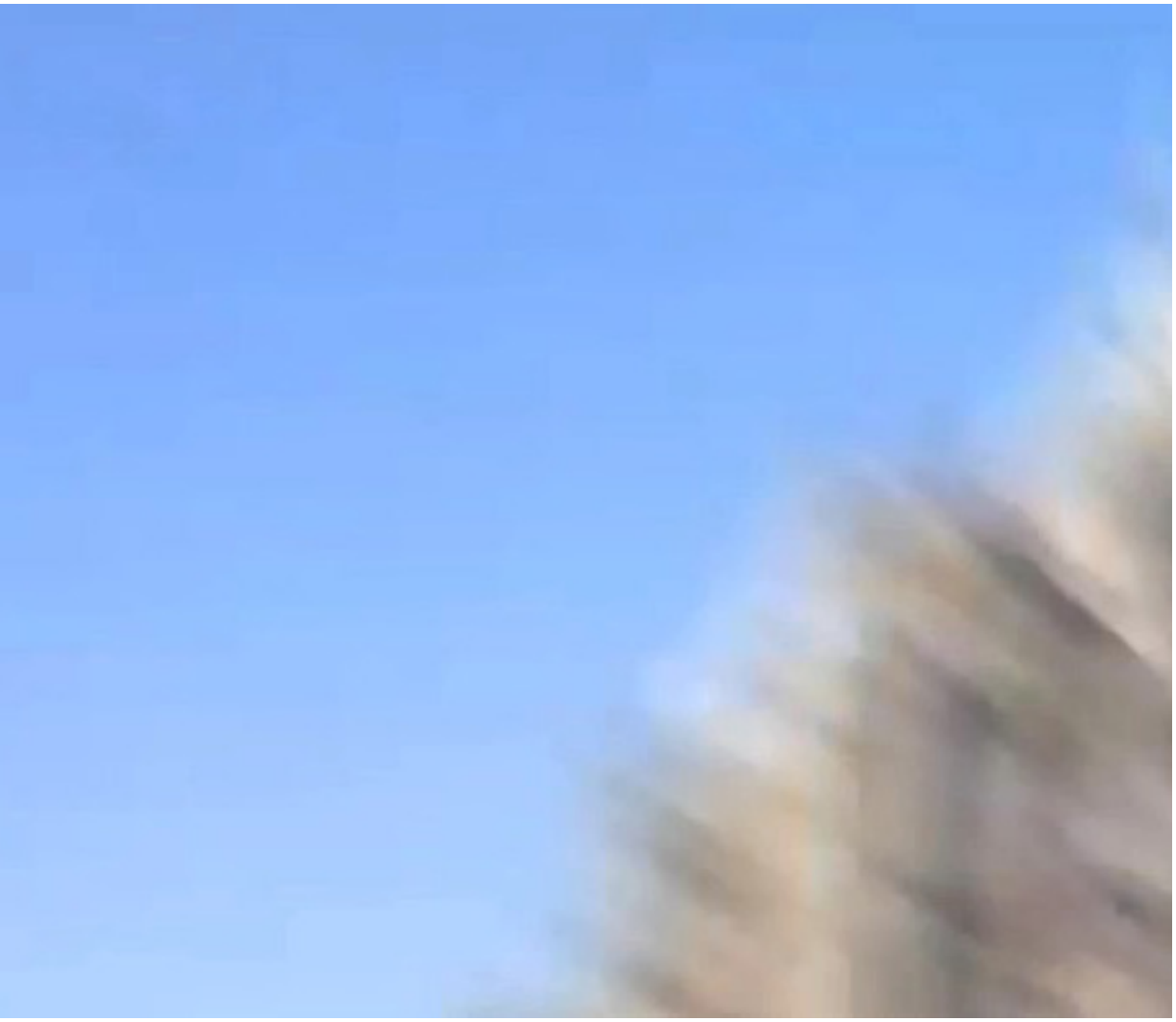

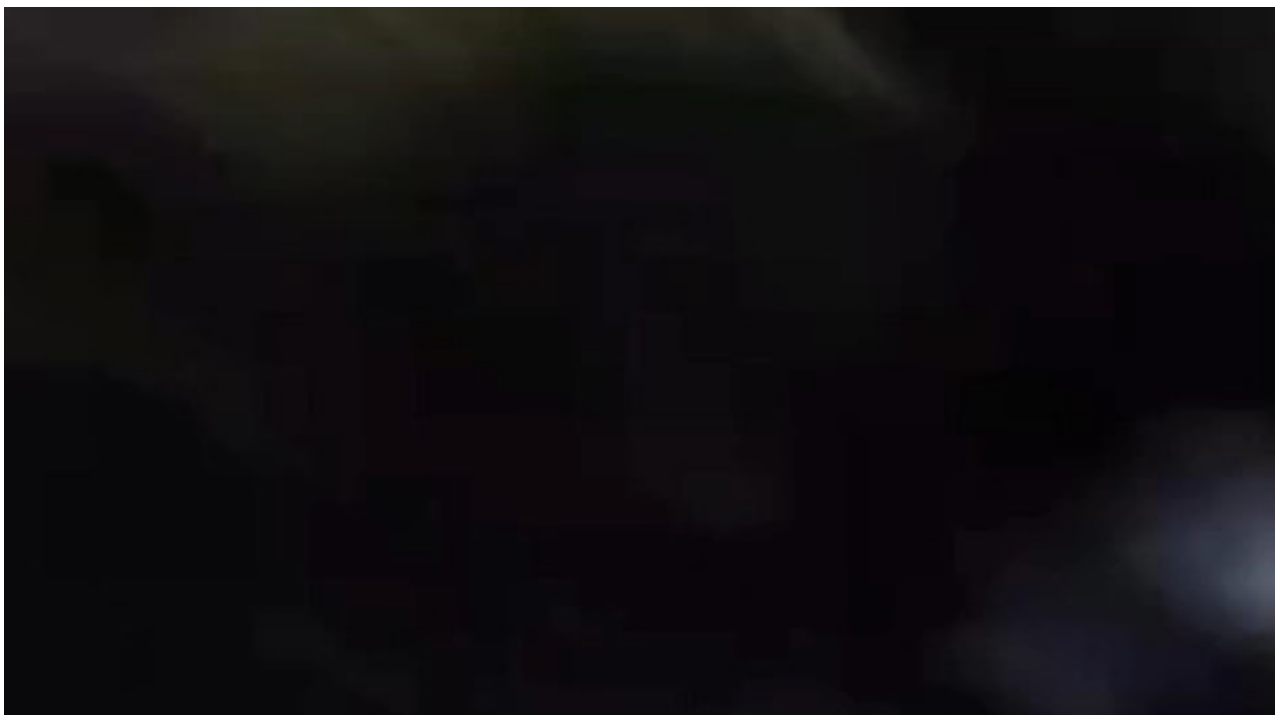

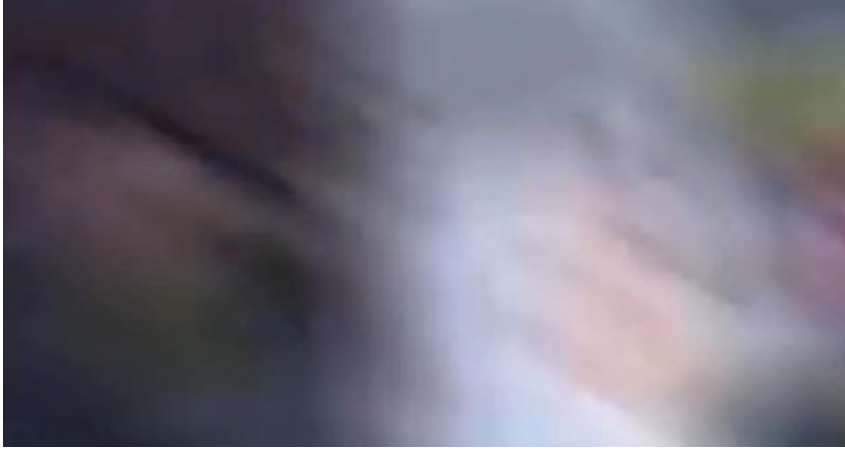

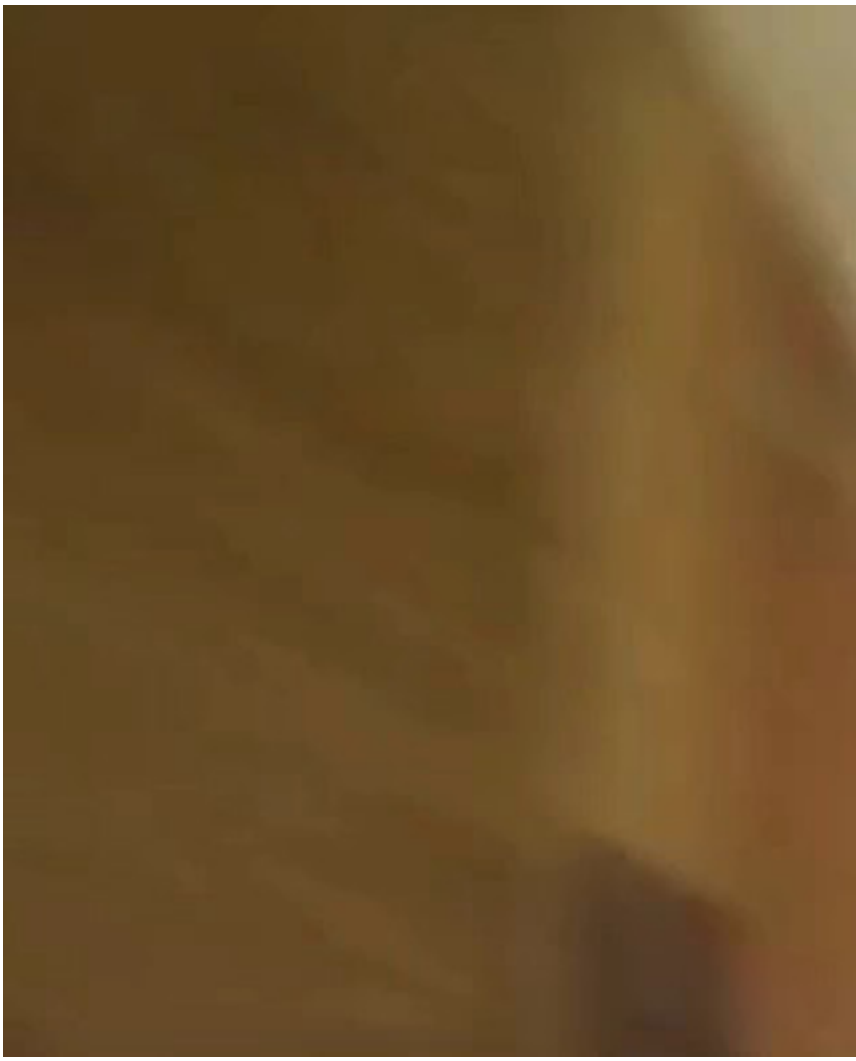

T	latitude	longitude	altitude (m)	course	slope (%)	distance (km)	distance_interval (m)
01	53.805998000	-1.549639000	68.3	136.4	-4.6	0.130	130.33
02	53.805998000	-1.549639000	68.3	136.4	-4.6	0.130	130.33
03	53.804174000	-1.547834000	64.0	138.9	-4.4	0.532	50.39
04	53.805126000	-1.548801000	64.2	221.2	-6.2	0.407	75.18
05	53.803964000	-1.547108000	61.7	105.0	-4.8	0.587	30.68
06	53.804273000	-1.545430000	63.0	45.3	2.6	0.769	124.94
07	53.803452000	-1.544082000	61.1	175.6	-0.6	0.901	17.19
08	53.802956000	-1.542773000	60.6	125.5	-0.9	1.004	62.41
09	53.802588000	-1.541171000	56.0	108.3	-3.3	1.117	25.19
10	53.802068000	-1.541863000	57.0	226.2	1.4	1.200	72.18
11	53.801759000	-1.540540000	48.9	107.7	-9.7	1.295	83.09
12	53.800880000	-1.540498000	47.0	192.2	-0.1	1.394	23.01
13	53.800675000	-1.540582000	47.0	154.1	-2.0	1.420	9.65
14	53.800195000	-1.539525000	40.9	190.6	-2.4	1.536	37.25
15	53.799043000	-1.537586000	31.1	188.2	-3.0	1.779	97.62
16	53.798922000	-1.536502000	29.0	100.7	-2.9	1.852	72.68
17	53.798784000	-1.536212000	29.0	112.8	0.0	1.877	10.93
18	53.798724000	-1.536140000	29.0	144.7	0.0	1.885	8.19
19	53.798638000	-1.536102000	29.0	105.1	0.0	1.902	7.71
20	53.798713000	-1.535984000	29.0	42.9	0.0	1.913	11.41
21	53.798824000	-1.535614000	29.0	38.8	0.0	1.945	18.58
22	53.798657000	-1.535360000	29.0	190.7	0.0	1.974	8.84
23	53.798631000	-1.534979000	31.2	96.6	8.5	2.000	25.27
24	53.798433000	-1.534737000	31.6	96.4	7.0	2.036	16.05
25	53.798487000	-1.534439000	32.2	72.9	2.8	2.056	20.54
26	53.798349000	-1.532669000	38.0	97.5	4.9	2.174	117.64
27	53.798559000	-1.531616000	38.8	100.4	1.6	2.273	63.77
28	53.798484000	-1.531426000	38.9	123.8	0.6	2.288	15.05
29	53.797535000	-1.531645000	36.1	187.8	-2.6	2.395	106.61
30	53.797440000	-1.530755000	34.1	89.6	-3.3	2.456	30.51
31	53.797494000	-1.530414000	33.0	75.0	-4.7	2.479	23.26
32	53.797077000	-1.530463000	31.5	199.9	-3.0	2.527	22.97
33	53.796927000	-1.530397000	31.0	165.4	-2.8	2.544	17.25
34	53.796620000	-1.530755000	30.3	257.6	-2.9	2.598	24.42
35	53.796492000	-1.530930000	29.8	218.9	-2.7	2.616	18.33
36	53.796242000	-1.531091000	29.1	181.8	-0.2	2.646	8.35
37	53.796116000	-1.531297000	28.3	224.0	-3.7	2.666	19.52
38	53.795941000	-1.531688000	28.0	207.0	-0.6	2.708	27.37
39	53.796034000	-1.531933000	28.0	302.7	0.0	2.727	19.18
40	53.795926000	-1.532493000	27.4	297.3	-2.5	2.770	10.45
41	53.796034000	-1.531933000	28.0	302.7	0.0	2.727	19.18
42	53.795926000	-1.532493000	27.4	297.3	-2.5	2.770	10.45
43	53.796683000	-1.532783000	30.0	347.3	3.1	2.856	86.39
44	53.796657000	-1.534125000	28.0	319.3	-0.0	2.956	23.94
45	53.796628000	-1.534279000	28.0	252.3	0.0	2.966	10.65
46	53.796681000	-1.534482000	28.1	250.4	1.3	2.987	10.28
47	53.796578000	-1.534541000	28.2	198.7	0.8	2.999	12.11
48	53.796467000	-1.534981000	29.0	234.8	1.4	3.034	27.87
49	53.796476000	-1.535720000	28.3	271.2	-1.3	3.083	48.71
50	53.795466000	-1.536634000	27.9	271.3	1.7	3.250	53.85
51	53.795294000	-1.537241000	28.0	244.4	0.2	3.295	44.34
52	53.794966000	-1.538658000	28.7	262.9	2.0	3.396	33.53
53	53.795108000	-1.539811000	27.9	281.8	-1.0	3.474	77.61
54	53.794898000	-1.541185000	28.9	251.2	1.0	3.568	73.70
55	53.794475000	-1.542272000	28.1	236.6	-0.9	3.654	85.72
56	53.793586000	-1.541472000	27.0	152.0	-1.0	3.766	112.12
57	53.793365000	-1.541297000	27.0	154.9	-0.1	3.793	27.17
58	53.792877000	-1.540801000	27.0	149.0	0.1	3.857	63.39
59	53.792918000	-1.539361000	26.5	87.2	-0.5	3.952	95.01
60	53.793488000	-1.538501000	26.0	355.4	-0.7	4.052	34.39
61	53.793622000	-1.538022000	27.0	64.7	2.8	4.087	34.91
62	53.793844000	-1.538026000	26.3	359.4	-2.9	4.112	24.71
63	53.793855000	-1.538093000	26.1	285.5	-3.2	4.117	4.58
64	53.794464000	-1.537724000	26.2	19.7	0.2	4.189	72.01
65	53.794633000	-1.537710000	26.8	2.8	2.7	4.207	18.83
66	53.794735000	-1.537672000	27.0	12.4	2.5	4.219	11.63
67	53.794681000	-1.537388000	26.7	107.8	-2.0	4.239	19.66
68	53.795156000	-1.537306000	28.0	5.8	2.5	4.292	53.14
69	53.795486000	-1.536635000	27.9	60.3	-0.2	4.357	54.39
70	53.796559000	-1.539566000	33.3	304.1	2.9	4.584	174.57
71	53.796380000	-1.540045000	34.2	237.7	2.4	4.622	37.33
72	53.796258000	-1.540286000	34.5	229.4	1.8	4.642	20.89
73	53.796080000	-1.540688000	34.9	233.1	1.0	4.676	33.08
74	53.796007000	-1.540945000	34.6	215.6	-2.6	4.699	13.69
75	53.796390000	-1.541356000	36.0	6.1	3.2	4.777	46.34
76	53.796451000	-1.542446000	35.2	275.4	-1.1	4.849	72.15
77	53.797299000	-1.542312000	36.3	5.3	1.1	4.944	94.80
78	53.797403000	-1.543214000	37.7	281.0	2.3	5.005	60.55
79	53.797365000	-1.545146000	40.3	266.7	1.9	5.132	81.38
80	53.797760000	-1.546553000	40.9	310.0	-0.3	5.237	41.31
81	53.797750000	-1.548066000	37.9	269.4	-3.0	5.337	99.70
82	53.797942000	-1.548392000	37.8	314.9	-0.4	5.367	30.30
83	53.798074000	-1.548871000	37.1	279.3	0.5	5.406	14.49
84	53.798412000	-1.548875000	38.0	359.6	2.5	5.444	37.62
85	53.798418000	-1.549340000	36.9	271.3	-3.5	5.475	30.65
86	53.799063000	-1.549141000	38.9	10.3	2.8	5.548	72.98
87	53.799736000	-1.550032000	39.1	285.4	-1.6	5.668	61.83
88	53.799749000	-1.550371000	38.2	273.7	-4.1	5.690	22.38
89	53.800265000	-1.550413000	39.5	350.1	-0.9	5.748	19.89
90	53.800718000	-1.550281000	41.6	9.8	4.0	5.799	51.16
91	53.801223000	-1.553575000	42.3	275.0	0.2	6.030	145.11
92	53.801444000	-1.554025000	42.8	330.9	2.1	6.069	11.35
93	53.801614000	-1.555674000	46.0	277.7	5.3	6.180	74.52
94	53.801784000	-1.555655000	47.1	3.8	5.3	6.199	18.96
95	53.802358000	-1.556434000	53.1	277.6	9.2	6.308	52.05
96	53.802613000	-1.556673000	56.3	249.0	3.9	6.344	3.74
97	53.802784000	-1.556341000	55.6	48.9	-2.4	6.373	28.99
98	53.802860000	-1.556383000	56.8	341.9	14.4	6.382	8.90
99	53.807557000	-1.558607000	86.2	22.4	2.8	7.181	108.61
C	53.807665000	-1.559088000	86.9	290.8	2.0	7.215	33.89