

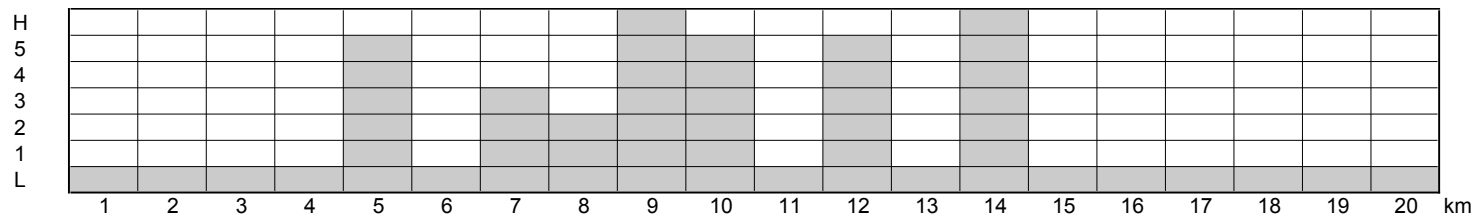
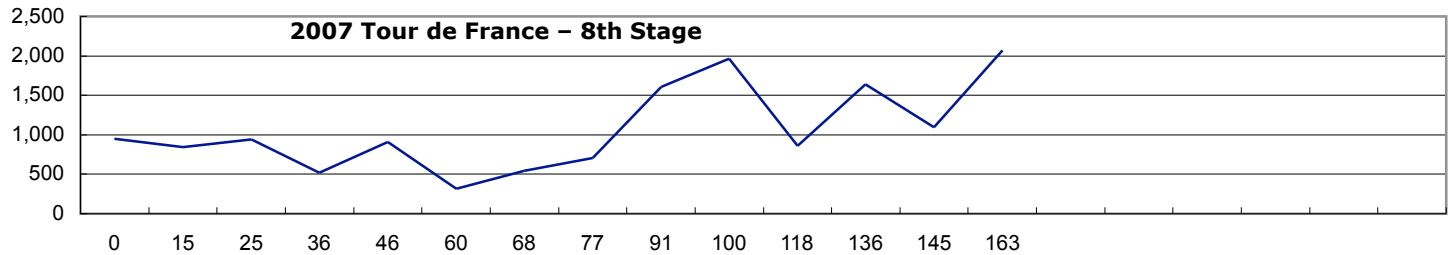


**Course Example** 2007 Tour de France – 8th Stage (Altitude Difference 1,751meters / Total Distance 163km)

Scale: 1/10

Rider Weight = 75 kgs

Distance	0	15	25	36	46	60	68	77	91	100	118	136	145	163	/	/	/	/	/	/	km
Altitude	950	843	945	517	907	317	547	709	1,605	1,967	857	1,639	1,097	2,068	/	/	/	/	/	/	m
Gradient	/	-0.7	1.0	-3.9	3.9	-4.2	2.9	1.8	6.4	4.0	-6.2	4.3	-3.0	5.4	/	/	/	/	/	/	%
Level	/	L	L	L	5	L	3	2	H	5	L	5	L	H	L	L	L	L	L	L	
Wattage	/	30	92	30	275	30	214	153	427	275	30	305	30	366	/	/	/	/	/	/	Watt



[ Calculation Formula ] Gradient (%) = Altitude Difference (meter) / Distance (meter) x 100