



Sydhaland Runt

Distance	95.607 km	Total Ascent/Descent	662 m / 662 m
Lowest Point	5 m (at 90.90 km)	Highest Point	189 m (at 28.26 km)
Uphill	39.42 km (41.2%)	Downhill	40.50 km (42.4%)
Flat	15.66 km (16.4%)	Height Gain	184 m
Steepest Uphill	+7.8% (at 23.76 km)	Steepest Downhill	-11.1% (at 67.50 km)
Longest Uphill	3.24 km (at 12.24 km)	Longest Downhill	2.70 km (at 53.46 km)

