

## Garmin Summary - North Sea Cycle Route 2017

Date	Country	Day	Destination	Accom.	Distance	Calories	Time	Avg Speed	Max Speed	Elev Gain	Offroad	Quiet	Traffic
19/04/2017	England	1	Kelvedon Hatch	Camp	105	3,095	06:07	17.2	38.9	577	70%	10%	10%
20/04/2017	England	2	Manningtree	House	100	3,237	05:21	18.7	45.0	507	20%	60%	20%
21/04/2017	England	3	Norwich	Camp	160	5,184	09:10	17.4	45.5	1,054	10%	80%	10%
22/04/2017	England	4	Holbeach	Camp	119	3,517	06:49	17.5	41.2	473	30%	50%	20%
23/04/2017	England	5	Woodhall Spa	Camp	78	2,286	04:03	19.1	30.3	94	20%	70%	10%
24/04/2017	England	6	Beverley	YHA	111	3,498	06:27	17.1	48.2	668	10%	70%	20%
25/04/2017	England	7	Scarborough	YHA	88	2,884	06:13	14.1	37.4	788	10%	70%	20%
26/04/2017	England	8	Great Ayton	B&B	80	3,087	06:13	12.9	49.6	1,330	40%	50%	10%
27/04/2017	England	9	South Shields	B&B	98	2,867	06:42	14.6	40.6	631	80%	10%	10%
28/04/2017	England	10	Beadnell Bay	Camp	95	2,916	06:18	15.0	43.4	604	60%	30%	10%
<b>England</b>	<b>10</b>				<b>1,033</b>	<b>32,571</b>	<b>63:27</b>	<b>16.4</b>		<b>6,726</b>	<b>35%</b>	<b>50%</b>	<b>14%</b>
29/04/2017	Scotland	11	Dunbar	Camp	97	3,676	06:11	15.7	53.3	1,110	10%	70%	20%
30/04/2017	Scotland	12	Kinross	Camp	113	3,949	07:27	15.2	41.3	1,061	30%	50%	20%
01/05/2017	Scotland	13	Inverbervie	Camp	134	4,390	09:14	14.5	44.5	1,100	10%	70%	20%
02/05/2017	Scotland	14	Turriff	Camp	121	4,413	08:06	14.9	50.1	1,319	10%	40%	50%
03/05/2017	Scotland	15	Nairn	Camp	133	4,485	08:22	15.9	46.3	1,029	20%	60%	20%
04/05/2017	Scotland	16	Bonar Bridge	B&B	114	3,801	06:58	16.4	41.8	886	20%	40%	40%
05/05/2017	Scotland	17	Bettyhill	Camp	91	2,891	05:59	15.2	40.2	716	0%	80%	20%
06/05/2017	Scotland	18	John O'Groats	Camp	81	2,975	04:55	16.3	49.1	841	0%	70%	30%
07/05/2017	Orkney	19	Kirkwall	Ferry	34	1,199	03:09	10.9	31.6	390	0%	60%	40%
08/05/2017	Shetland	20	Uyeasound	YHA	83	2,917	07:06	11.7	42.8	948	0%	50%	50%
09/05/2017	Shetland	21	Norwick	Ferry	19	713	01:16	14.7	43.0	236	0%	80%	20%
<b>Scotland</b>	<b>10.5</b>				<b>1,021</b>	<b>31,733</b>	<b>62:37</b>	<b>14.6</b>		<b>8,526</b>	<b>9%</b>	<b>60%</b>	<b>31%</b>
13/06/2017	Norway	22	Heathrow to Fitjar	Camp	97	3,318	05:10	18.7	52.6	840	60%	30%	10%
14/06/2017	Norway	23	Haugesund	Camp	100	3,879	06:20	15.8	48.4	1,204	20%	60%	20%
15/06/2017	Norway	24	Stavanger	Camp	58	2,217	03:33	16.3	52.2	666	30%	50%	20%
16/06/2017	Norway	25	Egersund	Camp	111	4,160	06:18	17.5	45.9	941	60%	20%	20%
17/06/2017	Norway	26	Feda	Camp	91	4,196	06:05	14.9	60.1	1,630	20%	70%	10%
18/06/2017	Norway	27	Mandal	Camp	116	5,139	07:26	15.6	60.2	1,889	20%	50%	30%
19/06/2017	Norway	28	Kristiansand	Camp	83	3,217	04:51	17.1	51.0	891	20%	60%	20%
20/06/2017	Norway	29	Gjeving	Camp	129	4,894	07:07	18.1	52.4	1,219	30%	30%	40%
21/06/2017	Norway	30	Eidanger	Camp	121	5,077	07:24	16.3	55.2	1,618	10%	30%	60%
22/06/2017	Norway	31	F�ynland	Camp	93	3,537	05:45	16.1	51.9	1,020	20%	30%	50%
<b>Norway</b>	<b>9.5</b>				<b>997</b>	<b>39,634</b>	<b>60:03</b>	<b>16.6</b>		<b>11,918</b>	<b>29%</b>	<b>43%</b>	<b>28%</b>
23/06/2017	Sweden	32	Fredrikstad	Camp	93	3,217	05:25	17.2	47.0	645	20%	50%	30%
24/06/2017	Sweden	33	Tanumshede	Camp	127	4,410	07:48	16.2	45.1	1,064	10%	50%	40%
25/06/2017	Sweden	34	Mal�	Camp	89	3,183	05:24	16.5	52.0	806	10%	20%	70%
26/06/2017	Sweden	35	M�lndal	Camp	117	4,046	06:46	17.2	47.9	827	30%	50%	20%
27/06/2017	Sweden	36	Varberg	Prison	102	3,273	05:43	17.9	41.7	518	40%	50%	10%
<b>Sweden</b>	<b>5</b>				<b>528</b>	<b>18,129</b>	<b>31:08</b>	<b>17.0</b>		<b>3,860</b>	<b>22%</b>	<b>44%</b>	<b>34%</b>
28/06/2017	Denmark	37	Udbyh�j	Camp	73	2,474	03:34	20.4	44.7	356	10%	80%	10%
29/06/2017	Denmark	38	Frederikshavn	Camp	134	3,658	07:51	17.0	42.8	243	20%	70%	10%
30/06/2017	Denmark	39	Hirtshals	Camp	106	3,052	05:49	18.1	34.1	147	70%	20%	10%
01/07/2017	Denmark	40	Hanstholm	Camp	157	4,738	08:48	17.8	39.4	495	70%	20%	10%
02/07/2017	Denmark	41	Harb�re	Camp	90	2,450	05:48	15.5	30.0	249	80%	10%	10%
03/07/2017	Denmark	42	Nymindegab	Camp	109	2,957	06:59	15.7	33.8	259	30%	60%	10%
04/07/2017	Denmark	43	Ribe	Camp	95	3,077	04:43	20.0	39.2	248	20%	70%	10%
<b>Denmark</b>	<b>6.5</b>				<b>763</b>	<b>22,406</b>	<b>43:36</b>	<b>17.8</b>		<b>1,997</b>	<b>43%</b>	<b>47%</b>	<b>10%</b>
05/07/2017	Germany	44	Dageb�ll	Camp	94	2,897	04:59	18.9	30.0	104	50%	40%	10%
06/07/2017	Germany	45	Meldorf	Camp	140	4,435	07:08	19.6	34.8	187	60%	30%	10%
07/07/2017	Germany	46	Butjadingen	Camp	156	4,706	08:18	18.8	33.7	239	30%	50%	20%
08/07/2017	Germany	47	Carolinensiel	Camp	127	3,552	07:08	17.7	28.7	128	20%	60%	20%
09/07/2017	Germany	48	Bad Nieweschans	Camp	149	4,698	07:31	19.8	36.4	193	50%	30%	20%
<b>Germany</b>	<b>5</b>				<b>666</b>	<b>20,288</b>	<b>35:05</b>	<b>19.0</b>		<b>851</b>	<b>42%</b>	<b>42%</b>	<b>16%</b>
10/07/2017	Netherlands	49	Nij Altoenae	Camp	165	5,100	08:15	19.9	35.4	113	20%	60%	20%
11/07/2017	Netherlands	50	Sint Marteenstee	Camp	108	2,814	06:38	16.3	error	141	20%	50%	30%
12/07/2017	Netherlands	51	Oostvoorne	Camp	161	5,198	08:16	19.4	42.3	539	20%	50%	30%
13/07/2017	Belgium/France	52	Damme	Camp	137	4,174	07:04	19.3	36.7	241	60%	20%	20%
<b>NL, BE, FR</b>	<b>4</b>				<b>570</b>	<b>17,286</b>	<b>30:15</b>	<b>18.7</b>		<b>1,034</b>	<b>30%</b>	<b>45%</b>	<b>25%</b>
14/07/2017	England	53	Kingsdown	Camp	130	3,766	07:13	17.9	29.3	297	20%	50%	30%
15/07/2017	England	54	Cuxton	Camp	128	3,945	07:54	16.2	47.9	806	10%	20%	70%
16/07/2017	England	55	Home	Bed :-)	100	2,927	06:02	16.5	37.0	441	30%	20%	50%
<b>England</b>	<b>3</b>				<b>357</b>	<b>10,638</b>	<b>21:10</b>	<b>16.9</b>		<b>1,544</b>	<b>20%</b>	<b>30%</b>	<b>50%</b>
<b>Totals</b>		<b>53.5</b>			<b>5,936</b>	<b>192,685</b>	<b>347:24</b>	<b>17.1</b>		<b>36,456</b>	<b>29%</b>	<b>45%</b>	<b>26%</b>