



The TCC Challenge Final Route – April 2010

Day	Date	Country	Start City/ Town	End City/ Town	Km	Miles	Calories	Time	Av. MPH	Total ascent	Cycle day
1	09/10/2009	UK	London	Dover	124	76	3,315	6.11	12.5	653	1
2	10/10/2009	Travel	Dover	Boulogne	n/a	n/a					
2	10/10/2009	France	Boulogne	Abbeville	81	50	2,168	3.93	12.7	436	1
3	11/10/2009	France	Abbeville	Beauvais	106	65	2,838	5.15	12.7	656	1
4	12/10/2009	France	Beauvais	Lizy	104	64	2,775	5.03	12.7	335	1
5	13/10/2009	France	Lizy	Troys	126	78	3,386	6.14	12.7	420	1
6	14/10/2009	France	Troys	Ancy-le-Franc	77	48	2,070	3.75	12.7	331	1
7	15/10/2009	France	Ancy-le-Franc	Vitreaux	60	37	1,609	2.92	12.7	253	1
8	16/10/2009	France	Vitreaux	Cruisery	128	79	3,432	6.23	12.7	508	1
9	17/10/2009	France	Cruisery	Lyon	115	71	3,076	5.58	12.7	233	1
10	18/10/2009	France	Rest day in Lyon	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
11	19/10/2009	France	Lyon	Voulte-sur-Rhone	136	84	3,633	6.59	12.7	230	1
12	20/10/2009	France	Voulte-sur-Rhone	Chateaux-Neuf-du-Pape	101	62	2,694	4.89	12.7	49	1
13	21/10/2009	France	Chateaux-Neuf-du-Pape	Pertuis	88	54	2,352	4.27	12.7	528	1
14	22/10/2009	France	Pertuis	Draguignan	138	85	3,703	6.72	12.7	663	1
15	23/10/2009	France	Draiguignan	Menton	123	76	3,302	5.99	12.7	1446	1
16	24/10/2009	Italy	Menton	Ventimiglia	11	7	288	0.51	13	200	1
17	25/10/2009	Italy	Ventimiglia	Savona	118	73	3,171	5.62	13	633	1
18	26/10/2009	Italy	Savona	Chiavari	85	52	2,271	4.02	13	659	1
19	27/10/2009	Italy	Chiavari	Sarzana	68	42	1,815	3.22	13	1840	1
20	28/10/2009	Italy	Sarzana	Antignano	85	52	2,266	4.02	13	141	1
21	29/10/2009	Italy	Antignano	Grosetto	122	75	3,264	5.78	13	157	1
22	30/10/2009	Italy	Grosetto	Vetralla	102	63	2,722	4.82	13	3831	1
23	31/10/2009	Italy	Vetralla	Rome	69	42	1,836	3.25	13	180	1



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24	01/11/2009	Italy	Rest day in Rome	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a			
25	02/11/2009	Italy	Rest day in Rome	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a			
26	03/11/2009	Italy	Rest day in Rome	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a			
27	04/11/2009	Italy	Rome	Pontinia	76	47	2,040	3.62	13	1332	1			
28	05/11/2009	Italy	Pontinia	Napoli	172	106	4,601	8.15	13	544	1			
29	06/11/2009	Italy	Napoli	Agropoli	104	64	2,778	4.92	13	459	1			
30	07/11/2009	Italy	Agropoli	Policastro	97	60	2,604	4.62	13	2529	1			
31	08/11/2009	Italy	Policastro	Paola	113	70	3,038	5.38	13	1430	1			
32	09/11/2009	Italy	Paola	Rosarno	128	79	3,429	6.08	13	1607	1			
33	10/11/2009	Italy	Rosarno	Rodia	92	57	2,474	4.38	13	1558	1			
34	11/11/2009	Italy	Rodia	S. Agata di Militello	109	67	2,908	5.15	13	577	1			
35	12/11/2009	Italy	S. Agata di Militello	Palermo	138	85	3,690	6.54	13	479	1			
36	13/11/2009	Italy	Rest day in Palermo	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a			
Total							40							
Palermo	14/11/2009													
Tunis	14/11/2009													
Boat														
Total cost	£47.72													
37	14/11/2009	Travel	Palermo	Tunis	n/a	n/a								
38	15-Nov-09	Tunisia	Rest day in Tunis	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a			
39	16-Nov-09	Tunisia	Tunis	Nabeuil	66	41	1,780	2.93	14	371	1			
40	17-Nov-09	Tunisia	Nabeuil	Monastir	125	77	3,342	5.50	14	233	1			
41	18-Nov-09	Tunisia	Monastir	Sfax	130	81	3,494	5.75	14	338	1			
42	19-Nov-09	Tunisia	Rest day in Sfax	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a			
43	20-Nov-09	Tunisia	Sfax	Gabes	139	86	3,733	6.14	14	112	1			
44	21-Nov-09	Tunisia	Gabes	Houmet Essouk	107	66	2,865	4.71	14	82	1			
45	22-Nov-09	Tunisia	Rest day in Houmet Essouk	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a			
46	23-Nov-09	Tunisia	Rest day in Teguermess	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a			
47	24-Nov-09	Tunisia	Rest day in Teguermess	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a			
48	25-Nov-09	Tunisia	Rest day in Teguermess	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a			
49	26-Nov-09	Tunisia	Rest day in Teguermess	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a			



50	27-Nov-09	Tunisia	Teguermess	Ben Guerdane	105	65	2,821	4.64	14	62	1			
51	28-Nov-09	Tunisia	Ben Guerdane	Ras Adjar	32	20	868	1.43	14	13	1			
51	28-Nov-09	Libya	Ras Adjar	Zuara	55	34	1,467	2.25	15	7	1			
52	29-Nov-09	Libya	Zuara	Tripoli	123	76	3,299	5.07	15	82	1			
53	30-Nov-09	Libya	Tripoli	Al Khums	127	78.3	3,993	5.25	14.4	1173	1			
54	01-Dec-09	Libya	Al Khums	Misratah	94	58	3,219	3.35	16.2	229	1			
55	02-Dec-09	Libya	Misratah	Somewhere in Libyan Desert	149	92	5,015	5.37	16.4	890	1			
56	03-Dec-09	Libya	Somewhere in Libyan Desert	Sirte	99	61	3,453	3.43	17.8	68	1			
57	04-Dec-09	Libya	Sirte	Somewhere in Libyan Desert	131	81	4,219	4.58	16.3	803	1			
58	05-Dec-09	Libya	Somewhere in Libyan Desert	Somewhere in Libyan Desert	162	100	6,012	5.14	19.1	410	1			
59	06-Dec-09	Libya	Somewhere in Libyan Desert	Ajdabiya	117	72	3,106	5.54	12.3	1402	1			
60	07-Dec-09	Libya	Ajdabiya	Benghazi	170	105	4,493	8.20	12.8	388	1			
61	08-Dec-09	Libya	Rest day in Benghazi	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a			
62	09-Dec-09	Libya	Benghazi	Al Marj	108	67	3,584	4.27	15.6	1262	1			
63	10-Dec-09	Libya	Al Marj	Al Bayda	108	66	3,450	5.12	12.96875	3220	1			
64	11-Dec-09	Libya	Al Bayda	Darnah	90	55	2,499	3.29	15.8	1084	1			
65	12-Dec-09	Libya	Darnah	Tubruq	175	108	n/a	n/a	n/a	n/a	1			
66	13-Dec-09	Libya	Rest day in Tubruq	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a			
67	14-Dec-09	Libya	Tubruq	Somewhere in Libyan Desert	107	66	2,796	5.32	11.9	736	1			
68	15-Dec-09	Libya	Somewhere in Libyan Desert	Ummsa'ad	34	21	n/a	n/a	n/a	n/a	1			
68	15-Dec-09	Egypt	Ummsa'ad	As Sallum	11	7	n/a	n/a	n/a	n/a	1			
69	16-Dec-09	Egypt	As Sallum	Sidi Barrani	77	48	2,770	2.30	19.1	1077	1			
70	17-Dec-09	Egypt	Sidi Barrani	Mersa Matruh	145	89.6	4,879	5.02	17.8486056	329	1			
71	18-Dec-09	Egypt	Mersa Matruh	El Alamein	191	118	5,816	8.30	14.2168675	2016	1			
72	19-Dec-09	Egypt	El Alamein	Adham Resort (Alexandra)	81	50	2,398	3.26	15.2760736	343	1			
73	20-Dec-09	Egypt	Adham Resort (Alexandra)	Cairo	183	113	4,752	9.40	12.0212766	927	1			
74	21-Dec-09	Egypt	Rest day in Cairo	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a			
75	22-Dec-09	Egypt	Rest day in Cairo	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a			
76	23-Dec-09	Egypt	Rest day in Cairo	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a			
77	24-Dec-09	Egypt	Rest day in Cairo	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a			
78	25-Dec-09	Egypt	Rest day in Cairo	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a			
79	26-Dec-09	Egypt	Rest day in Cairo	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a			
80	27-Dec-09	Egypt	Rest day in Cairo	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a			
81	28-Dec-09	Egypt	Rest day in Cairo	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a			



Cairo	28/12/2009			14.15								
Abu Dhabi	28/12/2009			22.15								
Flight												
Total cost	£272.00											
81	28-Dec-09	UAE	Arrival in Abu Dhabi	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
82	29-Dec-09	UAE	Rest day in Abu Dhabi	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
83	30-Dec-09	UAE	Abu Dhabi	Dubai	105	65	n/a	n/a	n/a	n/a	n/a	1
84	31-Dec-09	UAE	Rest day in Dubai	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
85	01-Jan-10	UAE	Rest day in Dubai	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
86	02-Jan-10	UAE	Rest day in Dubai	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
87	03-Jan-10	UAE	Rest day in Dubai	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
88	04-Jan-10	UAE	Rest day in Dubai	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
89	05-Jan-10	UAE	Rest day in Dubai	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
90	06-Jan-10	UAE	Rest day in Dubai	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
91	07-Jan-10	UAE	Dubai	Hatta	n/a	55	2,339	5.52	9.96376812	1148	1	
92	08-Jan-10	Oman	Hatta	Somewhere	n/a	95	4,475	6.40	14.84375	459	1	
93	09-Jan-10	Oman	Sohar	As Seeb	n/a	96	4,550	6.41	14.9765991	353	1	
As Seeb	10/01/2010			01.00								
Mumbai	10/01/2010			05.30								
Flight												
Total cost	£202.00											
94	10-Jan-10	India	Rest day in Mumbai	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
95	11-Jan-10	India	Rest day in Mumbai	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
96	12-Jan-10	India	Mumbai	Iggutpuri	112	69	3,466	6.15	11.2195122	3015	1	
97	13-Jan-10	India	Iggutpuri	Nashik	71	44	1,760	4.13	10.653753	965	1	
98	14-Jan-10	India	Nashik	Dhule	134	83	3,551	6.54	12.6911315	984	1	
99	15-Jan-10	India	Dhule	Jalgaon	99	61	2,585	6.18	9.87055016	429	1	
100	16-Jan-10	India	Jalgaon	Khangaon	130	80	3,460	7.18	11.1420613	631	1	
101	17-Jan-10	India	Khangaon	Akola	49	30	n/a	n/a	n/a	n/a	1	
102	18-Jan-10	India	Akola	Amravati	96	59	2,380	4.31	13.6890951	480	1	
103	19-Jan-10	India	Amravati	Nagpur	157	97	4,386	8.00	12.125	1670	1	
104	20-Jan-10	India	Rest day in Nagpur	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
105	21-Jan-10	India	Rest day in Nagpur	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	



106	22-Jan-10	India	Nagpur	Bhandara	58	36	1,591	2.51	14.3426295	149	1			
107	23-Jan-10	India	Bhandara	Raj Nandgaon	151	93	4,054	7.59	12.2529644	4054	1			
108	24-Jan-10	India	Raj Nandgaon	Raipur	75	46	2,102	3.50	13.1428571	250	1			
109	25-Jan-10	India	Rest day in Raipur	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a			
110	26-Jan-10	India	Rest day in Raipur	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a			
111	27-Jan-10	India	Raipur	SaraiPuri	157	97	4,394	8.02	12.0947631	622	1			
112	28-Jan-10	India	SaraiPuri	Sambalpur	112	69	2,871	5.56	12.4100719	393	1			
113	29-Jan-10	India	Sambalpur	Deogarh	94	58	2,525	5.54	10.4693141	1405	1			
114	30-Jan-10	India	Deogarh	Keongarh	122	75	3,515	6.51	11.5207373	2771	1			
115	31-Jan-10	India	Keongarh	Bangriposi	128	79	3,086	6.41	12.324493	1535	1			
116	01-Feb-10	India	Bangriposi	Mednipur	102	63	2,640	5.16	12.2093023	362	1			
117	02-Feb-10	India	Mednipur	Kolkata	123	76	3,590	5.56	13.6690647	287	1			
118	03-Feb-10	India	Rest day in Sunderbans	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a			
119	04-Feb-10	India	Rest day in Sunderbans	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a			
120	05-Feb-10	India	Rest day in Kolkata	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a			
121	06-Feb-10	India	Rest day in Kolkata	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a			
Kolkata					07/02/2010									
Chiang Mai					07/02/2010									
Flight														
Total cost					£368.00									
122	07-Feb-10	Thailand	Rest day in Chiang Mai	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a			
123	08-Feb-10	Thailand	Rest day in Chiang Mai	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a			
124	09-Feb-10	Thailand	Rest day in Chiang Mai	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a			
125	10-Feb-10	Thailand	Chiang Mai	Suanthip Vana Resort	114	71	3,760	6.18	11.4239482	3426	1			
126	11-Feb-10	Thailand	Suanthip Vana Resort	Chiang Rai	75	46	2,093	3.38	13.6094675	595	1			
127	12-Feb-10	Thailand	Chiang Rai	Chiang Khong	120	74	2,778	6.17	12	764	1			
132	13-Feb-10	Travel	Chiang Khong	Huay Xai										
133	14-Feb-10	Laos	Huay Xai	Vieng Phoukha	120	74	4,084	9.10	8.13186813	6025	1			
134	15-Feb-10	Laos	Vieng Phoukha	Luang Namtha	60	37	1,704	3.07	12.0521173	1493	1			
135	16-Feb-10	Laos	Luang Namtha	Oudom Xai	117	72		10.00	7.2	4200	1			
136	17-Feb-10	Laos	Rest day in Oudom Xai	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a			



137	18-Feb-10	Travel	Oudom Xai	Hanoi	n/a	n/a	n/a	n/a	n/a	n/a	n/a		
Oudom Xai													
	18/02/2010											07.00	
Hanoi													
	19/02/2010											05.00	
Jeep & Coach													
Total cost												£180.00	
138	19-Feb-10	Vietnam	Rest day in Hanoi	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
139	20-Feb-10	Vietnam	Rest day in Hanoi	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
140	21-Feb-10	Vietnam	Rest day in Hanoi	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
141	22-Feb-10	Vietnam	Rest day in Hanoi	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
142	23-Feb-10	Vietnam	Hanoi	Halong	162	100	4,685	7.48	13.368984	561	1		
143	24-Feb-10	Vietnam	Halong	Mong Cai	172	106	4,739	11.35	9.33920705	2435	1		
144	25-Feb-10	China	Mong Cai	Qinzhou	89	55	2,327	4.42	12.4434389	570	1		
145	26-Feb-10	China	Qinzhou	Hepu	75	46	2,129	3.29	13.9817629	450	1		
146	27-Feb-10	China	Hepu	Zhang Jiang	157	97	4,150	8.26	11.7433414	1118	1		
147	28-Feb-10	China	Zhang Jiang	Shuidong	125	77	3,356	7.30	10.5479452	751	1		
148	01-Mar-10	China	Shuidong	Yangjiang	133	82	3,829	6.31	12.9952456	358	1		
149	02-Mar-10	China	Yangjiang	Jiangmen	170	105	5,317	7.50	14	425	1		
150	03-Mar-10	China	Jiangmen	Ferry port	13	8	n/a	n/a	n/a	n/a	n/a		
151	04-Mar-10	Hong Kong	Rest day in Hong Kong	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a		
152	05-Mar-10	Hong Kong	Rest day in Hong Kong	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a		
153	06-Mar-10	USA	Travel to Los Angeles (via Tapei)	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a		
Hong Kong												13.10	
	06/03/2010												
Los Angeles												12.00	
	06/03/2010												
Flight													
Total cost												£881.00	
154	07-Mar-10	Mexico	Travel to Mazatlan	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a		
Los Angeles												11.45	
	07/03/2010												
Matazlan												14.30	
	07/03/2010												
Flight													
Total cost												£204.00	



155	08-Mar-10	Mexico	Rest day in Mazatlan	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a			
156	09-Mar-10	Mexico	Mazatlan	Acaponeta	163	100.5	4,559	7.41	13.562753	1795	1			
157	10-Mar-10	Mexico	Acaponeta	Tepic	126	78	4,321	7.53	10.3519256	4259	1			
158	11-Mar-10	Mexico	Tepic	Jala	68	42	2,115	4.28	9.81308411	2726	1			
159	12-Mar-10	Mexico	Jala	Tequila	83	51	2,569	5.52	9.23913043	2569	1			
160	13-Mar-10	Mexico	Tequila	Guadalajara	60	37	2,021	4.04	9.15841584	2653	1			
161	14-Mar-10	Mexico	Rest day in Guadalajara	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a			
162	15-Mar-10	Mexico	Guadalajara	La Barca	102	63	3,010	5.25	12	2302	1			
163	16-Mar-10	Mexico	La Barca	Panindicuaro	100	62	2,905	6.13	10.1141925	3472	1			
164	17-Mar-10	Mexico	Panindicuaro	Cuitzeo	79	49	2,281	4.31	11.3689095	2474	1			
165	18-Mar-10	Mexico	Cuitzeo	Maravatio	87	54	2,714	5.11	10.5675147	3280	1			
166	19-Mar-10	Mexico	Maravatio	Toluca	136	84	4,240	8.19	10.2564103	4311	1			
167	20-Mar-10	Mexico	Toluca	Cuaulta	146	90	4,228	9.30	9.67741935	4228	1			
168	21-Mar-10	Mexico	Cuaulta	Puebla	100	62	3,284	6.23	9.95184591	4345	1			
169	22-Mar-10	Mexico	Rest day in Puebla	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a			
170	23-Mar-10	Mexico	Puebla	Orizaba	159	98	3,841	7.32	13.3879781	1613	1			
171	24-Mar-10	Mexico	Orizaba	Cosamaloapan	164	101	3,865	7.20	14.0277778	1021	1			
172	25-Mar-10	Mexico	Cosamaloapan	Minatitlan	154	95	4,475	6.35	14.9606299	1617	1			
173	26-Mar-10	Mexico	Minatitlan	Villahermosa	185	114	5,279	8.19	13.9194139	1383	1			
174	27-Mar-10	Mexico	Villahermosa	Ciudad del Carmen	181	112	4,568	9.25	12.1081081	437	1			
175	28-Mar-10	Mexico	Rest day in Ciudad del Carmen	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a			
176	29-Mar-10	Mexico	Ciudad del Carmen	Champoton	147	91	3,596	7.50	12.1333333	373	1			
177	30-Mar-10	Mexico	Champoton	Campeche	66	41	1,704	3.36	12.202381	796	1			
178	31-Mar-10	Mexico	Campeche	Merida	170	105	4,418	8.04	13.0597015	414	1			
179	01-Apr-10	Mexico	Merida	Valladolid	177	109	4,523	9.20	11.8478261	580	1			
180	02-Apr-10	Mexico	Valladolid	Cancun	160	99	3,934	8.41	11.7717004	295	1			
181	03-Apr-10	Mexico	Rest day in Cancun	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a			
182	04-Apr-10	Cuba	Travel to Havana	n/a	n/a	10	n/a	n/a	n/a	n/a	n/a			
Cancun	04/04/2010				13.10									
Havana	04/04/2010				15.20									
Flight														
Total cost	£397.00													



183	05-Apr-10	Cuba	Rest day in Varadero	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a					
184	06-Apr-10	Cuba	Rest day in Varadero	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a					
185	07-Apr-10	Cuba	Rest day in Varadero	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a					
186	08-Apr-10	Cuba	Rest day in Varadero	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a					
187	09-Apr-10		Travel to London	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a					
Havana	04/04/2010			13.10													
London	04/04/2010			15.20													
Flight																	
Total cost	£1,151.00																
Final Totals	Dates	Countries	Start	Finish	Total km	Total miles	Total calories	Total hours	Av. MPH	Total ascent (ft)	Total cycling days	Total ascent (m)	Total days on bike	Overall Av. Miles per day			
187	9/10/09 to 9/4/10	17	London, UK	Havana, Cuba	13,023	8,295	362,432	638	13.00	134,630	118	41,046	27	70			

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