

Altitude		Ascent / Descent	
High	4223 m	Max asc	11 m/min
Low	3403 m	Avg asc	5 m/min
Avg	3924 m	Tot asc	1014 m
Ascent	03:24.00	Max dsc	18 m/min
Flat	01:41.00	Avg dsc	7 m/min
Descent	02:19.00	Tot dsc	1031 m

Monte Rosa 2006

2006-08-22 Tue
Rif. Emiele d' Ayas – Zwillinge – Castor – Rif. Emiele d' Ayas

