

## Tempo Spongdal-Rye (kun en veg vist)

Total lengde:  $2 \cdot 5,0 \text{ km} = 10,0 \text{ km}$ . Total stigning:  $28 \text{ m} + 15 \text{ m} = 43 \text{ m}$ .  
Stigningsindeks (stigning/lengde) =  $4,3 \text{ m/km}$ .

