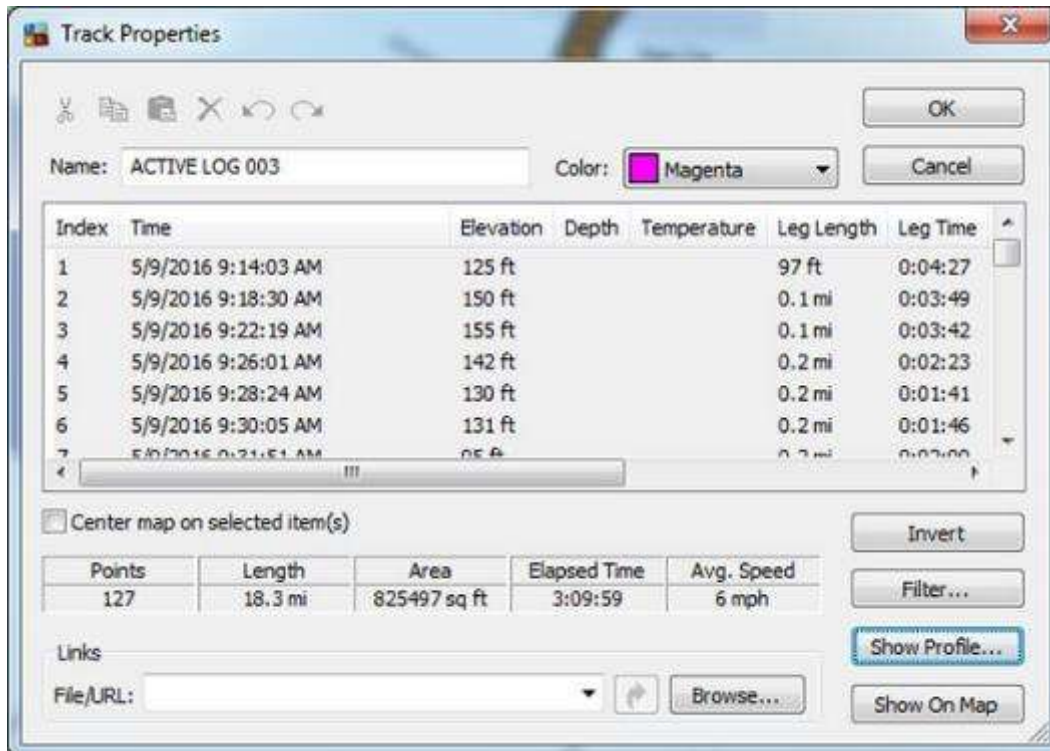




Day 3, Monday, May 9, 2016 – Cycling Track -Reykjavik, Iceland



Day 3, Monday, May 9, 2016 – Altitude Profile - Reykjavik, Iceland



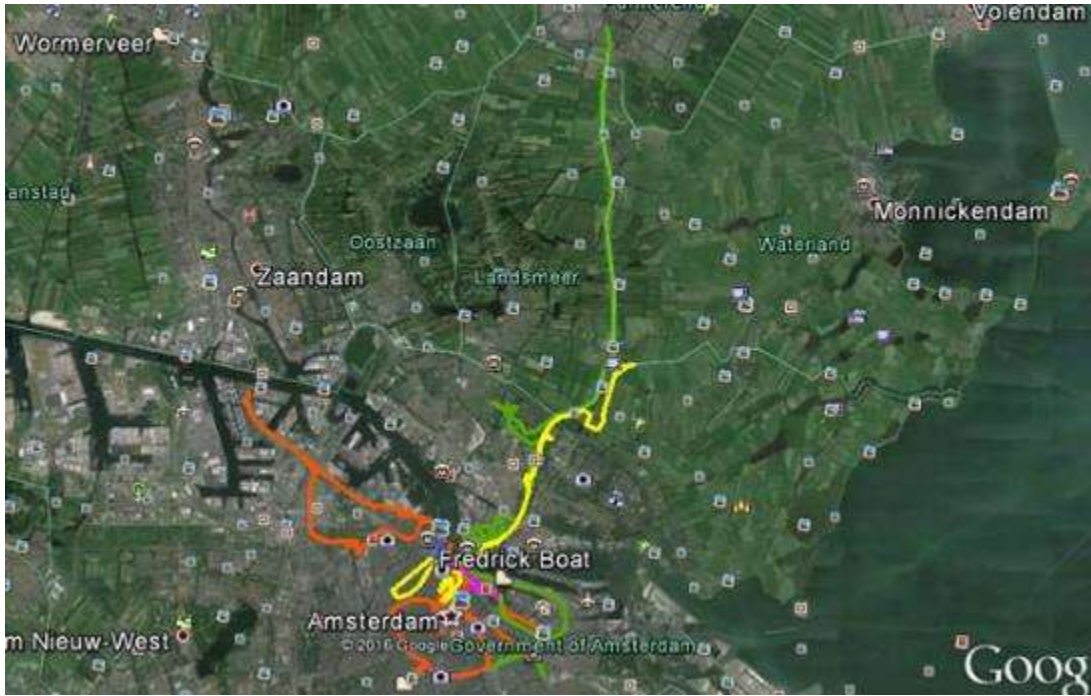
**Day 3, Monday, May 9, 2016 – Distance/ Speed - Reykjavik, Iceland**



**Red – Amsterdam, Netherlands (Day04 to Day07), Lilli, France (Day 22, Saturday, May 28, 2016) and Brussels, Belgium (Day03)**

**Purple – Day08, Day10, Day12, Day15, Day17 and day19 (North Sea)**

**Green – Day09, Day11, Day13, Day16, Day18, Day19 (Train) and Day20\_21**



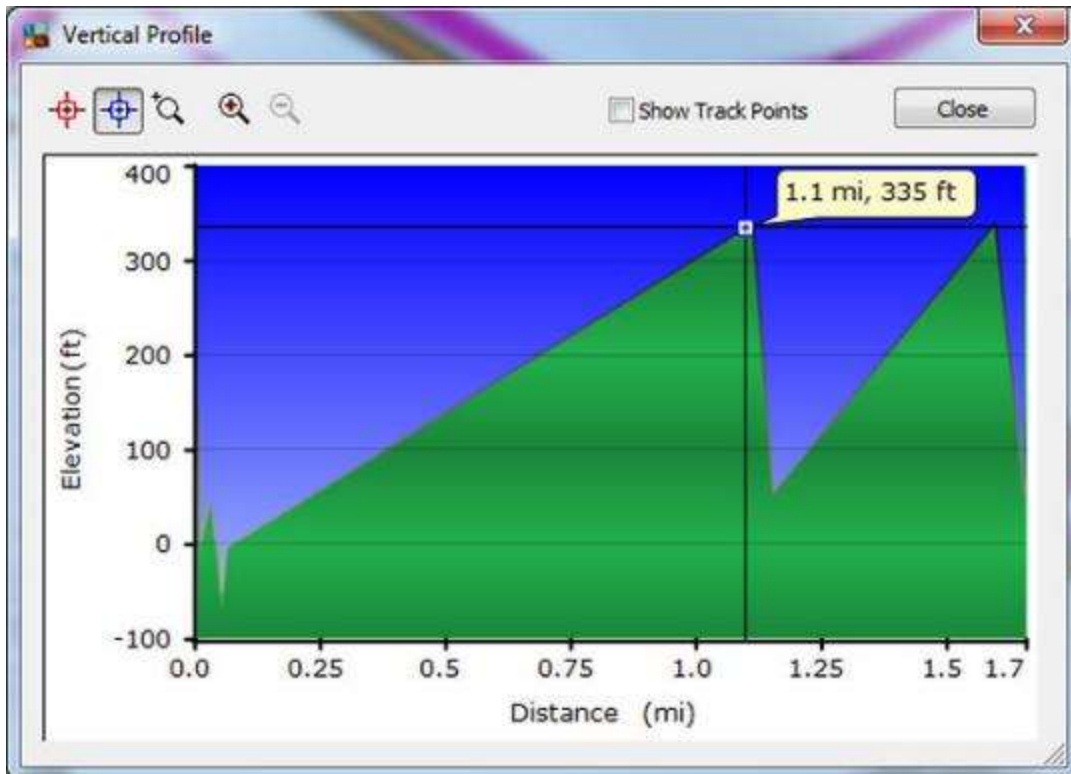
**Day 4, Tuesday, May 10, 2016 to Day 7, Friday, May 13, 2016 - Cycling Track –  
Amsterdam, Netherlands**

**Day 4 – Purple**

**Day 5 – Orange**

**Day 6 – Green**

**Day 7 - Yellow**



Day 4, Tuesday, May 10, 2016 = Altitude Profile – Amsterdam, Netherlands

The Track Properties window shows the following track details:

Name: t27\_Day04\_Amsterdam Color: Magenta

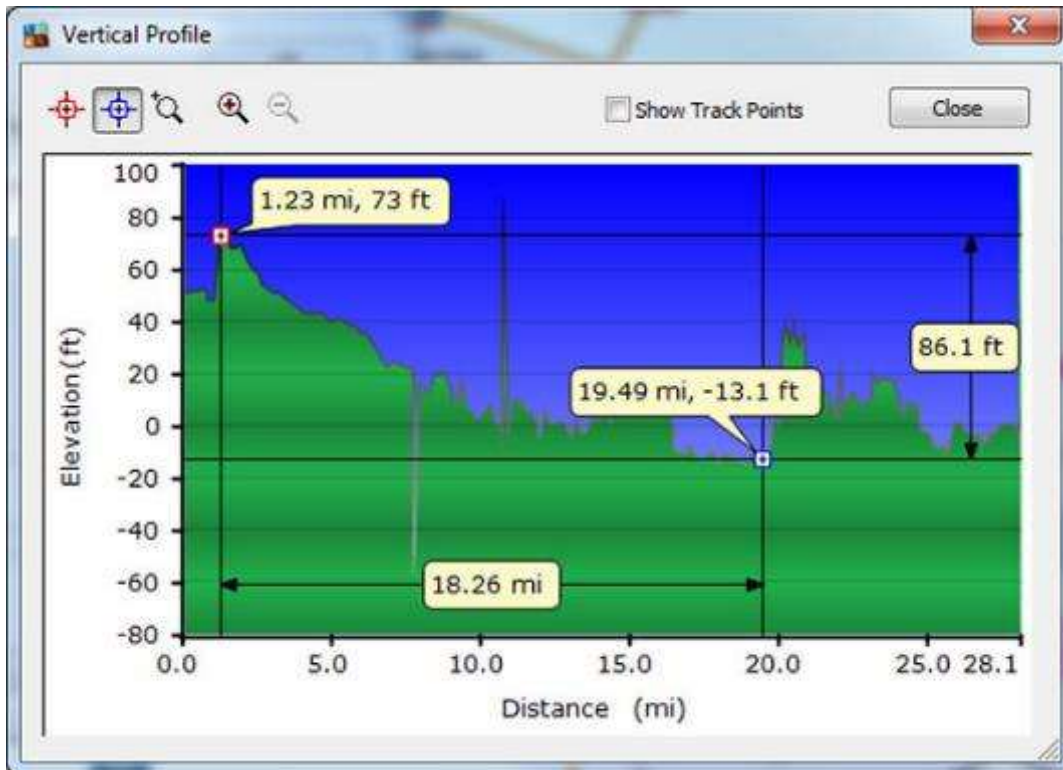
Index	Time	Elevation	Depth	Temperature	Leg Length	Leg Time
8	5/10/2016 8:31:49 AM	-4 ft			1.1 mi	0:37:34
9	5/10/2016 9:09:23 AM	339 ft			220 ft	0:03:57
10	5/10/2016 9:13:20 AM	54 ft			0.4 mi	1:46:37
11	5/10/2016 10:59:57 AM	339 ft			316 ft	0:01:16
12	5/10/2016 11:01:13 AM	51 ft				

Summary statistics for 11 points:

Points	Length	Area	Elapsed Time	Avg. Speed
11	1.7 mi	0.1 sq mi	2:49:39	0.6 mph

Buttons: OK, Cancel, Invert, Filter..., Show Profile..., Show On Map, Browse...

Day 4, Tuesday, May 10, 2016 - Distance/ Speed – Amsterdam, Netherlands



Day 5, Wednesday, May 11, 2016 - Altitude Profile – Amsterdam, Netherlands

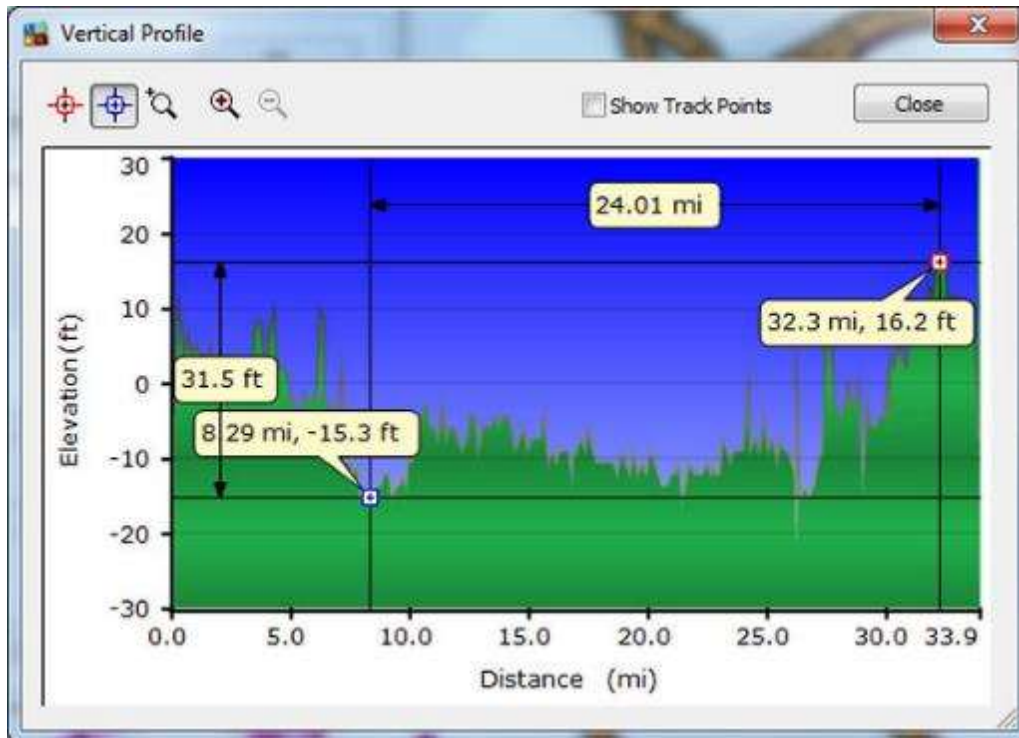
Track Properties window for "ACTIVE LOG 012" showing track details. The table below lists individual track segments with their time, elevation, depth, temperature, leg length, and leg time. Summary statistics at the bottom show 181 points, 28.1 miles length, 0.4 sq mi area, 22:03:38 elapsed time, and 1.3 mph average speed.

Index	Time	Elevation	Depth	Temperature	Leg Length	Leg Time
1	5/11/2016 1:38:27 AM	51 ft			0.7 mi	0:01:02
2	5/11/2016 1:39:29 AM	52 ft			395 ft	0:04:00
3	5/11/2016 1:43:29 AM	48 ft			0.2 mi	0:02:02
4	5/11/2016 1:45:31 AM	48 ft			0.2 mi	0:01:14
5	5/11/2016 1:46:45 AM	73 ft			0.2 mi	0:01:20
6	5/11/2016 1:48:05 AM	73 ft			0.2 mi	0:01:02
7	5/11/2016 1:49:07 AM	58 ft			0.2 mi	0:01:18

Points	Length	Area	Elapsed Time	Avg. Speed
181	28.1 mi	0.4 sq mi	22:03:38	1.3 mph

Day 5, Wednesday, May 11, 2016 - Distance/ Speed – Amsterdam, Netherlands



Day 6, Thursday, May 12, 2016 - Altitude Profile – Amsterdam, Netherlands

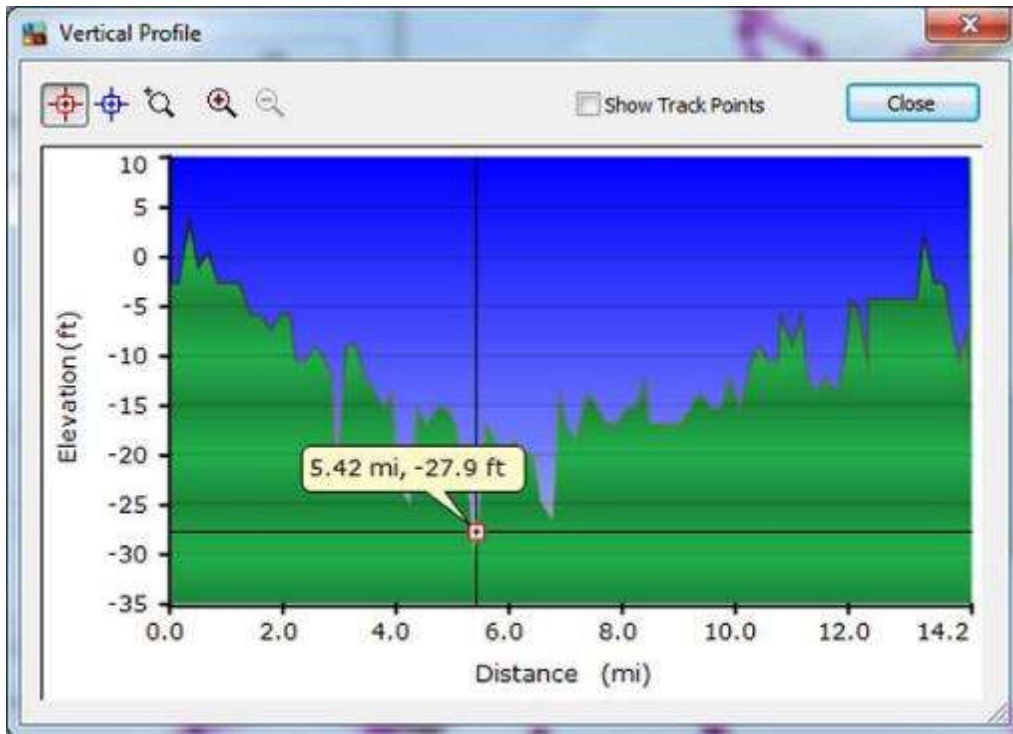
Track Properties window for track t27\_Day6\_Amsterdam. The track is colored Magenta. Summary statistics for 217 points are shown below the table.

Index	Time	Elevation	Depth	Temperature	Leg Length	Leg Time
214	5/12/2016 5:30:16 AM	5 ft			0.1 mi	0:02:50
215	5/12/2016 5:33:06 AM	-4 ft			0 ft	9:49:25
216	5/12/2016 3:22:31 PM	-4 ft			0 ft	0:00:53
217	5/12/2016 3:23:24 PM	-7 ft			0 ft	7:33:40
218	5/12/2016 10:57:04 PM	-4 ft				

Points	Length	Area	Elapsed Time	Avg. Speed
217	33.9 mi	0.9 sq mi	23:14:29	1.5 mph

Day 6, Thursday, May 12, 2016 - Distance/ Speed – Amsterdam, Netherlands



**Day 7, Friday, May 13, 2016 - Altitude Profile – Amsterdam, Netherlands**

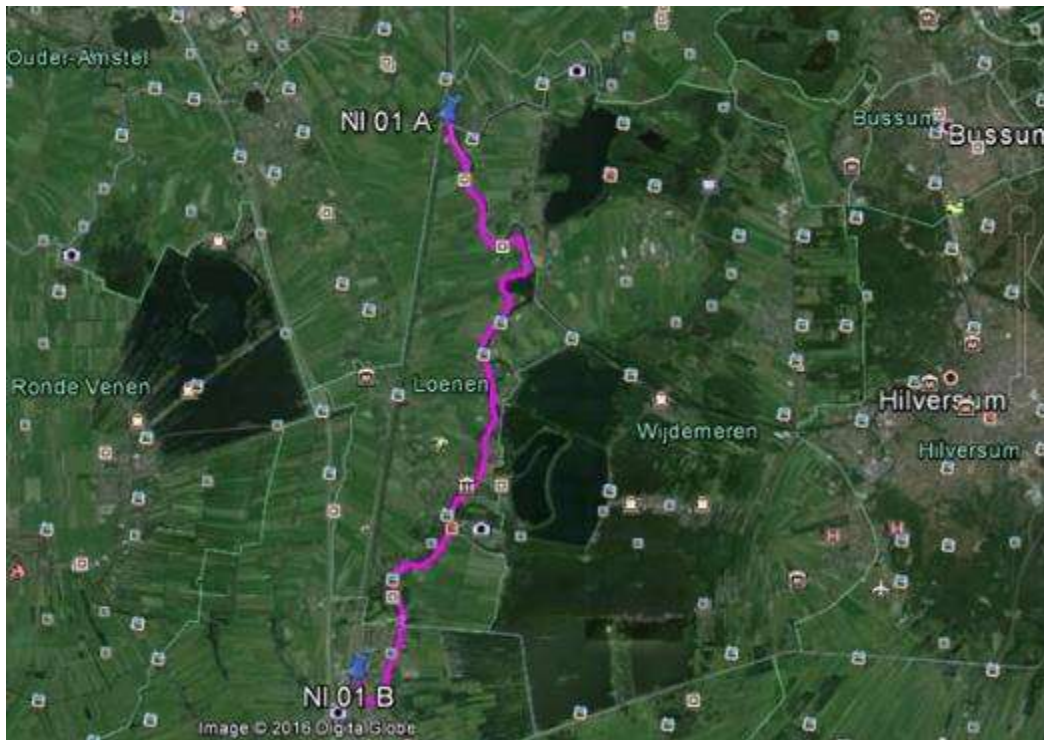
The Track Properties window shows details for the track 't27\_Day7\_Amsterdam'. The track is colored Magenta. Below the track name is a table of track points. Summary statistics are provided at the bottom of the window.

Index	Time	Elevation	Depth	Temperature	Leg Length	Leg Time
87	5/14/2016 2:56:05 AM	-7 ft			320 ft	0:01:40
88	5/14/2016 2:57:45 AM	-14 ft			0 ft	1:35:10
89	5/14/2016 4:32:55 AM	-14 ft			0 ft	0:01:24
90	5/14/2016 4:34:19 AM	-14 ft			0 ft	1:14:23
91	5/14/2016 5:48:42 AM	-14 ft				

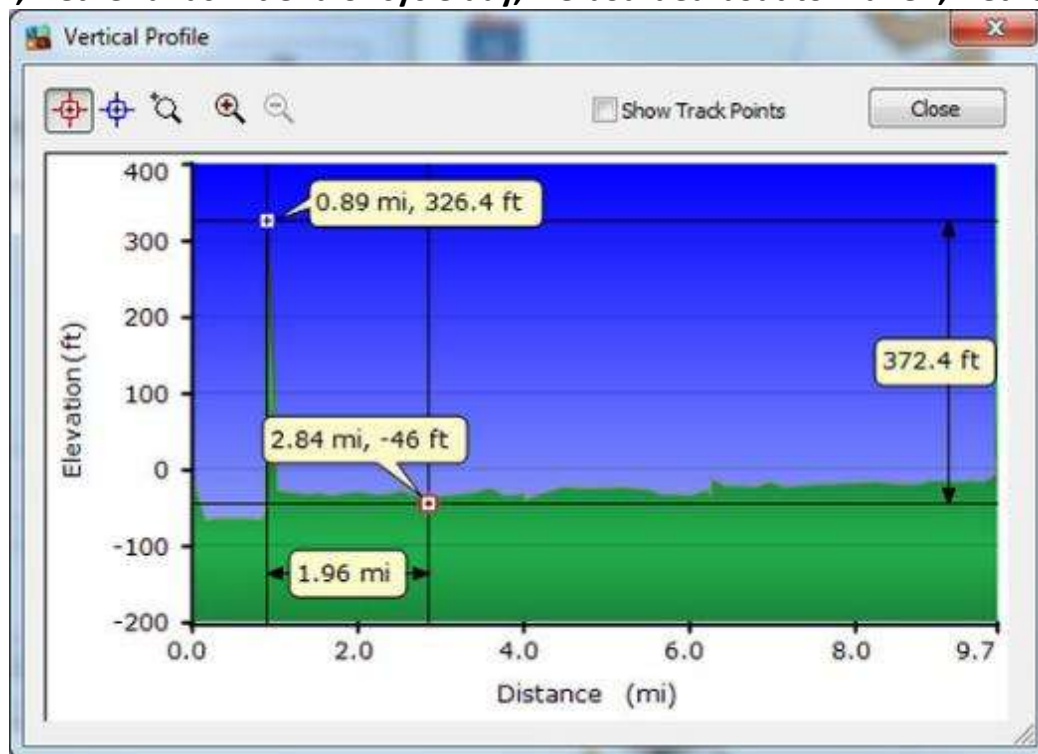
  

Points	Length	Area	Elapsed Time	Avg. Speed
90	14.2 mi	0.1 sq mi	1 day 6:51:09	0.5 mph

**Day 7, Friday, May 13, 2016 - Distance/ Speed – Amsterdam, Netherlands**  
**Day 8, Saturday, May 14, 2016 Walked around Amsterdam, Netherlands before boarding boat at 12:30 PM**

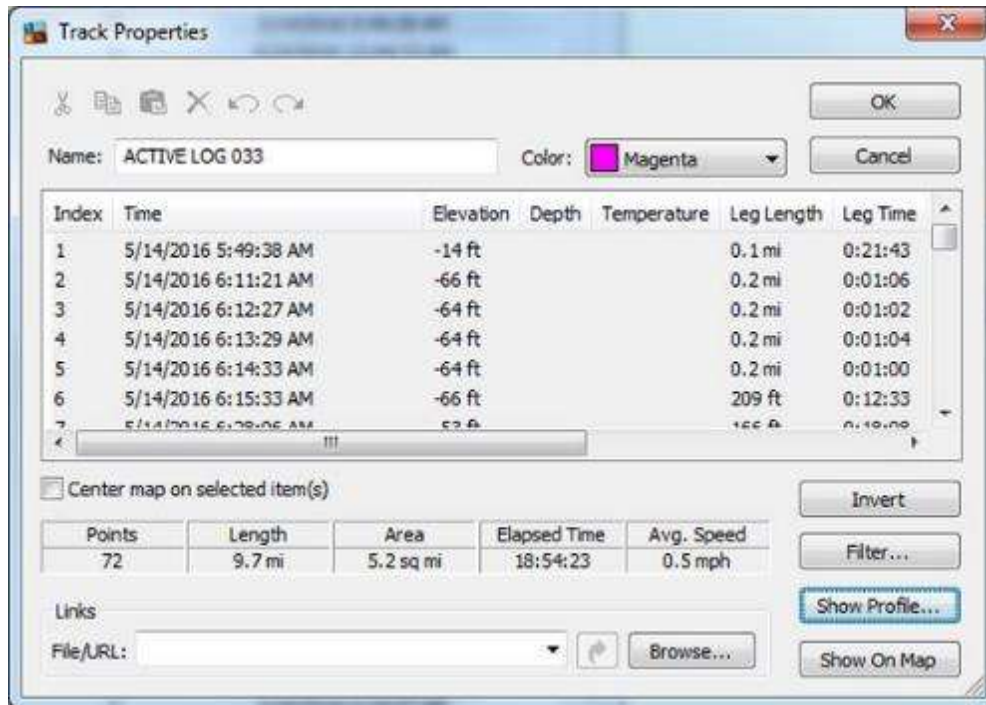


Day 8, Saturday, May 14, 2016 - Cycling Track –Nigtevecht, Netherlands to near Vianen, Netherlands. At end of cycle day, we boarded boat to Vianen, Netherlands.

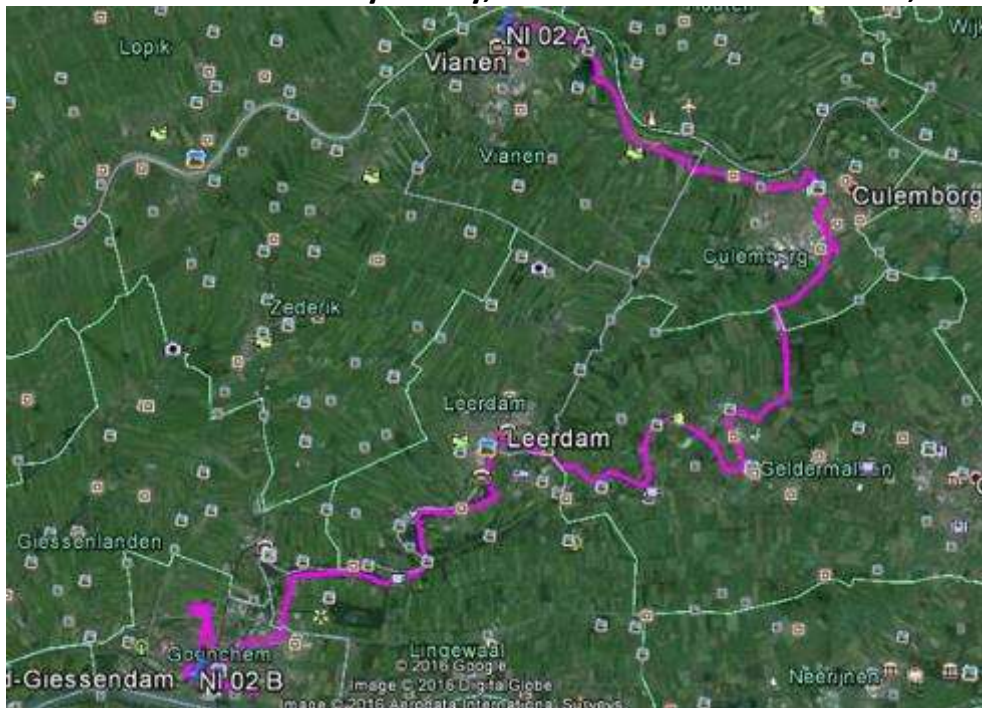


Day 8, Saturday, May 14, 2016 - Altitude Profile - Nigtevecht, Netherlands to near Vianen, Netherlands. At end of cycle day, we boarded boat to Vianen, Netherlands.

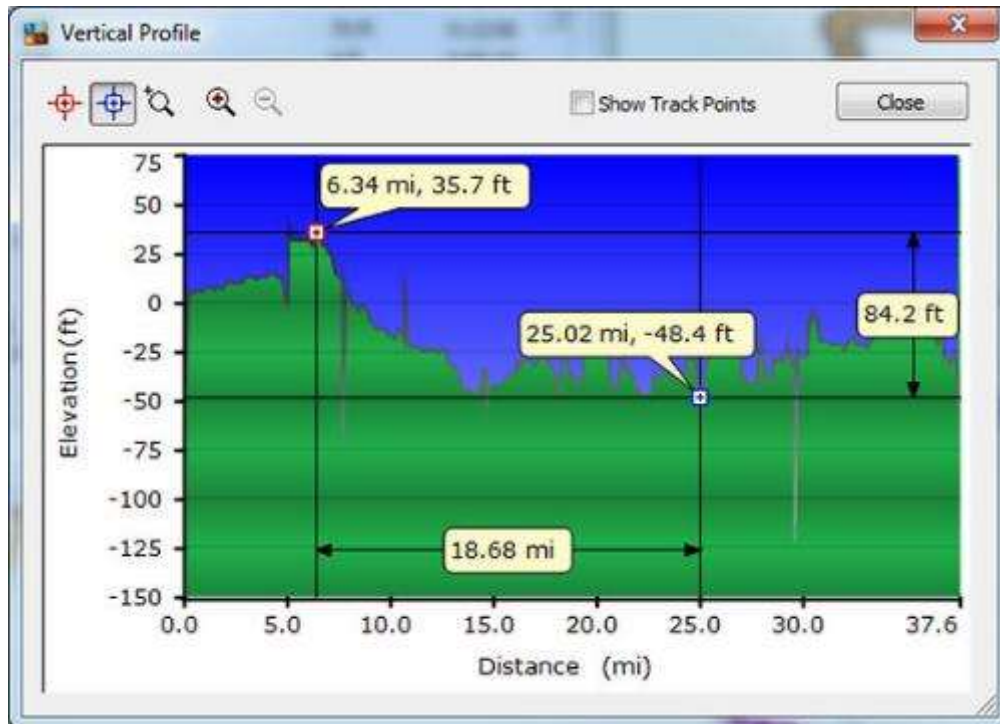




**Day 8, Saturday, May 14, 2016 - Distance/ Speed - Nigtevecht, Netherlands to near Vianen, Netherlands. At end of cycle day, we boarded boat to Vianen, Netherlands.**



**Day 9, Sunday, May 15, 2016 - Cycling Track - Vianen, Netherlands to Gorinchem, Netherlands.**



Day 9, Sunday, May 15, 2016 - Altitude Profile -- Vianen, Netherlands to Gorinchem, Netherlands.

The Track Properties window shows the following track details:

- Name: ACTIVE LOG 043
- Color: Magenta

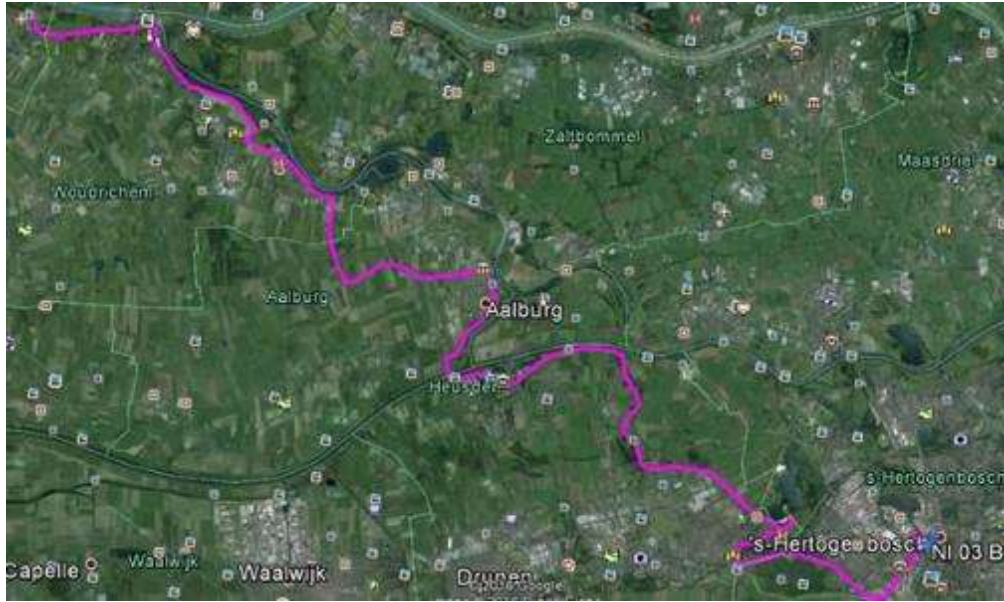
Index	Time	Elevation	Depth	Temperature	Leg Length	Leg Time
1	5/15/2016 12:44:33 AM	8 ft			75 ft	0:12:06
2	5/15/2016 12:56:39 AM	8 ft			8 ft	0:00:32
3	5/15/2016 12:57:11 AM	-42 ft			0.1 mi	0:12:39
4	5/15/2016 1:09:50 AM	4 ft			0.1 mi	0:00:58
5	5/15/2016 1:10:48 AM	5 ft			0.2 mi	0:00:45
6	5/15/2016 1:11:33 AM	5 ft			0.2 mi	0:00:49
7	5/15/2016 1:12:22 AM	7 ft			0.2 mi	0:00:46

Summary Statistics:

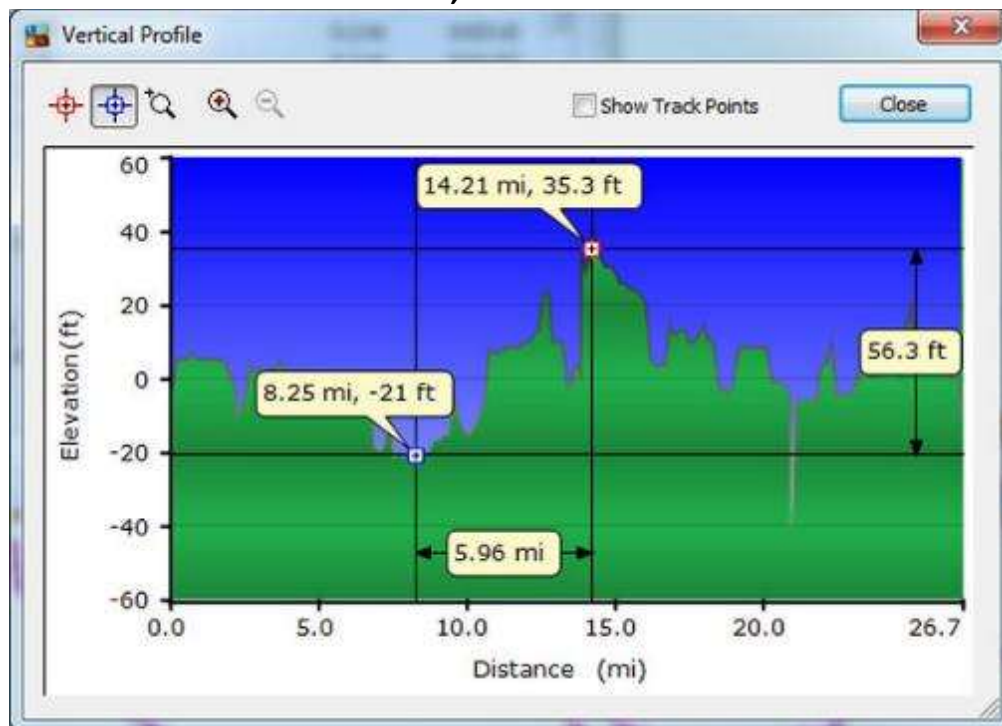
Points	Length	Area	Elapsed Time	Avg. Speed
256	37.6 mi	49.3 sq mi	23:18:38	2 mph

Additional options include: Center map on selected item(s), Invert, Filter..., Show Profile..., Show On Map, and a File/URL field with a Browse... button.

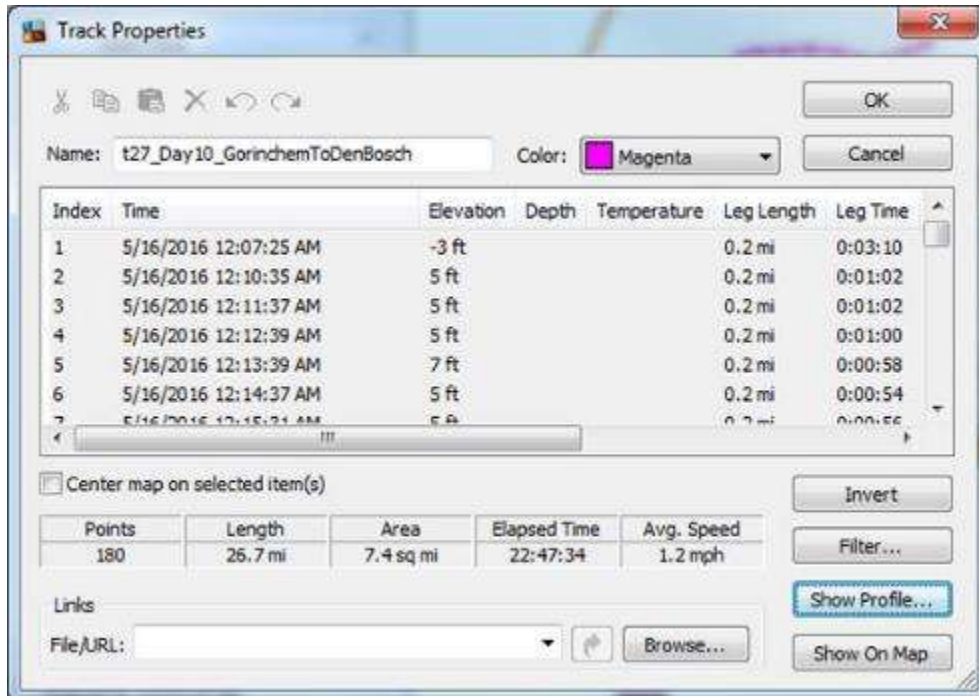
Day 9, Sunday, May 15, 2016 - Distance/ Speed -- Vianen, Netherlands to Gorinchem, Netherlands.



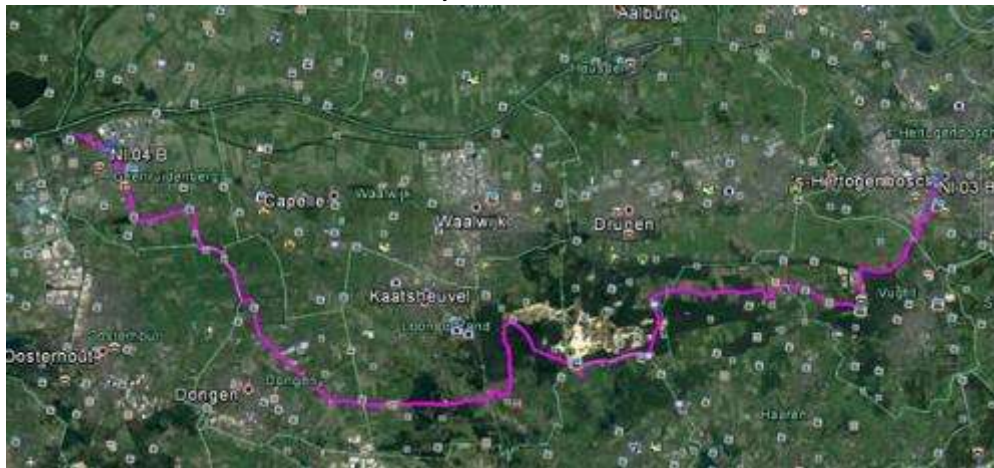
Day 10, Monday, May 16, 2016 - Cycling Track -- Gorinchem, Netherlands to Den Bosch, Netherlands.



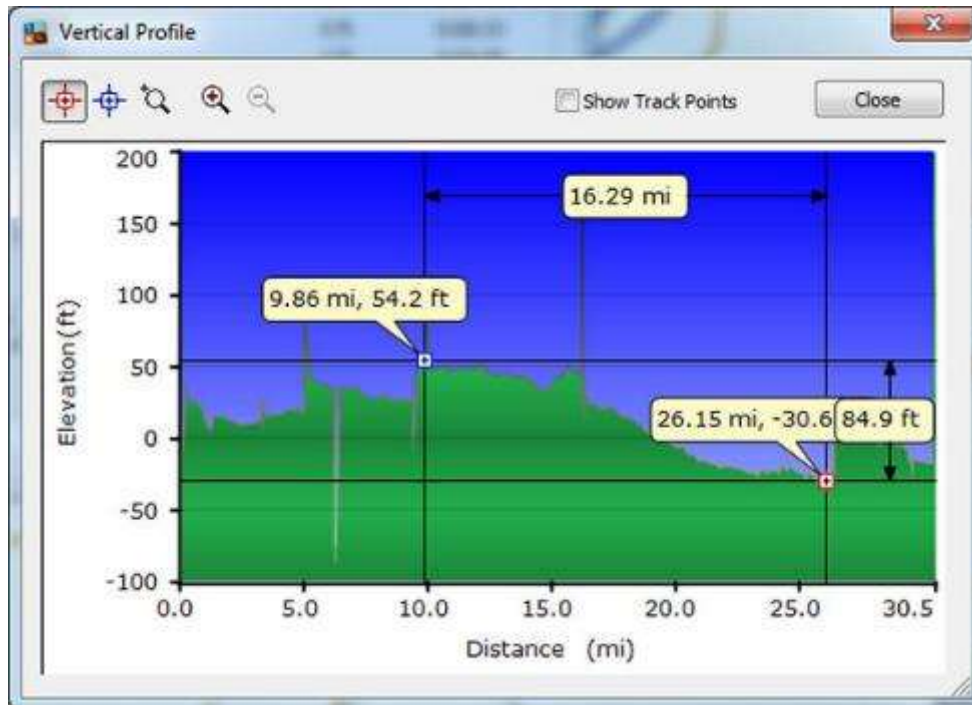
Day 10, Monday, May 16, 2016 - Altitude Profile - Gorinchem, Netherlands to Den Bosch, Netherlands.



**Day 10, Monday, May 16, 2016 - Distance/ Speed - Gorinchem, Netherlands to Den Bosch, Netherlands.**



**Day 11, Tuesday, May 17, 2016 - Cycling Track - Den Bosch, Netherlands to Geertruidenberg, Netherlands.**



Day 11, Tuesday, May 17, 2016 - Altitude Profile - Den Bosch, Netherlands to Geertruidenberg, Netherlands.

The Track Properties window shows the following details for the track 't27\_Day11\_DenBoschToGeertruidenberg' (Color: Magenta):

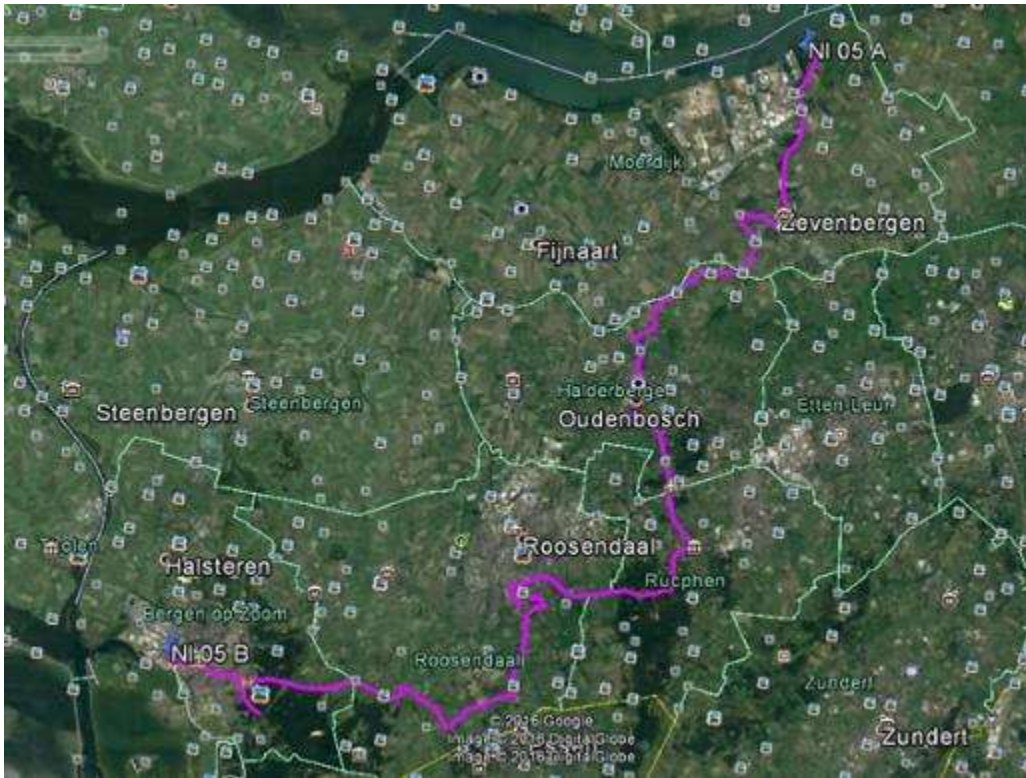
Index	Time	Elevation	Depth	Temperature	Leg Length	Leg Time
194	5/17/2016 8:25:52 AM	-23 ft			0 ft	0:08:33
195	5/17/2016 8:34:25 AM	-22 ft			0 ft	0:09:58
196	5/17/2016 8:44:23 AM	-15 ft			0.9 mi	0:00:16
197	5/17/2016 8:44:39 AM	-18 ft			17 ft	0:00:03
198	5/17/2016 8:44:42 AM	-18 ft				

Points	Length	Area	Elapsed Time	Avg. Speed
197	30.5 mi	66.9 sq mi	8:42:21	4 mph

Additional options include: Center map on selected item(s), Invert, Filter..., Show Profile..., Show On Map, and a File/URL field with a Browse... button.

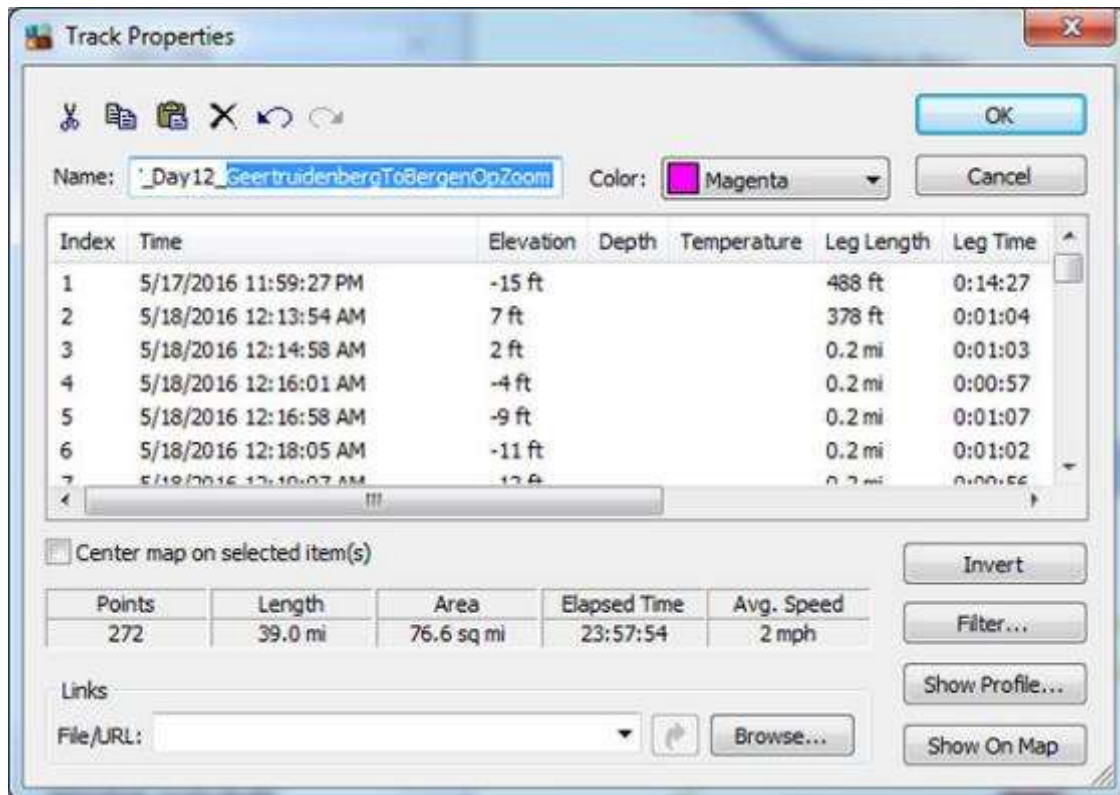
Day 11, Tuesday, May 17, 2016 - Distance/ Speed - Den Bosch, Netherlands to Geertruidenberg, Netherlands.



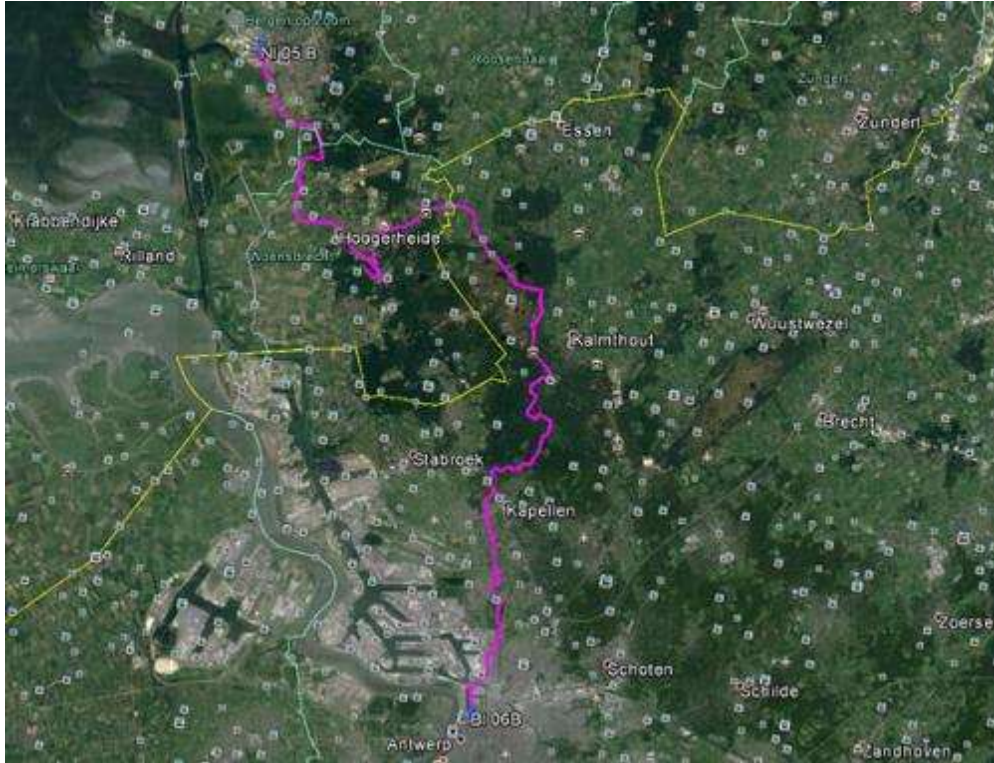
Day 12, Wednesday, May 18, 2016 – Cycling Track – Moerdijk, Netherlands to Bergen Op Zoom, Netherlands.



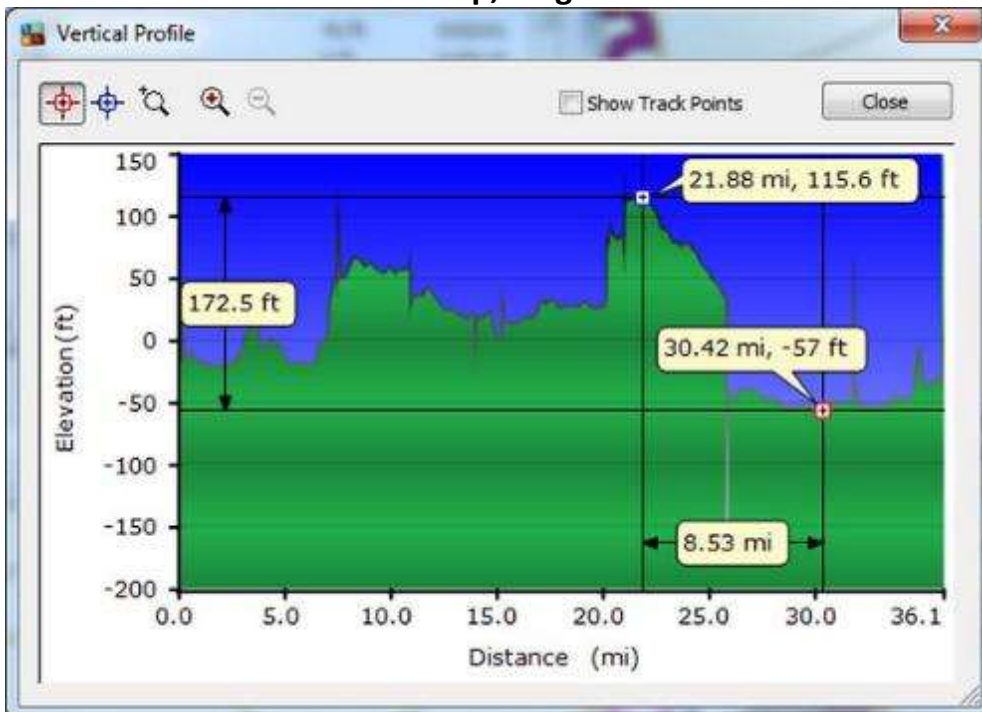
Day 12, Wednesday, May 18, 2016 – Altitude Profile - Moerdijk, Netherlands to Bergen Op Zoom, Netherlands.



**Day 12, Wednesday, May 18, 2016 – Distance/ Speed - Moerdijk, Netherlands to Bergen Op Zoom, Netherlands.**

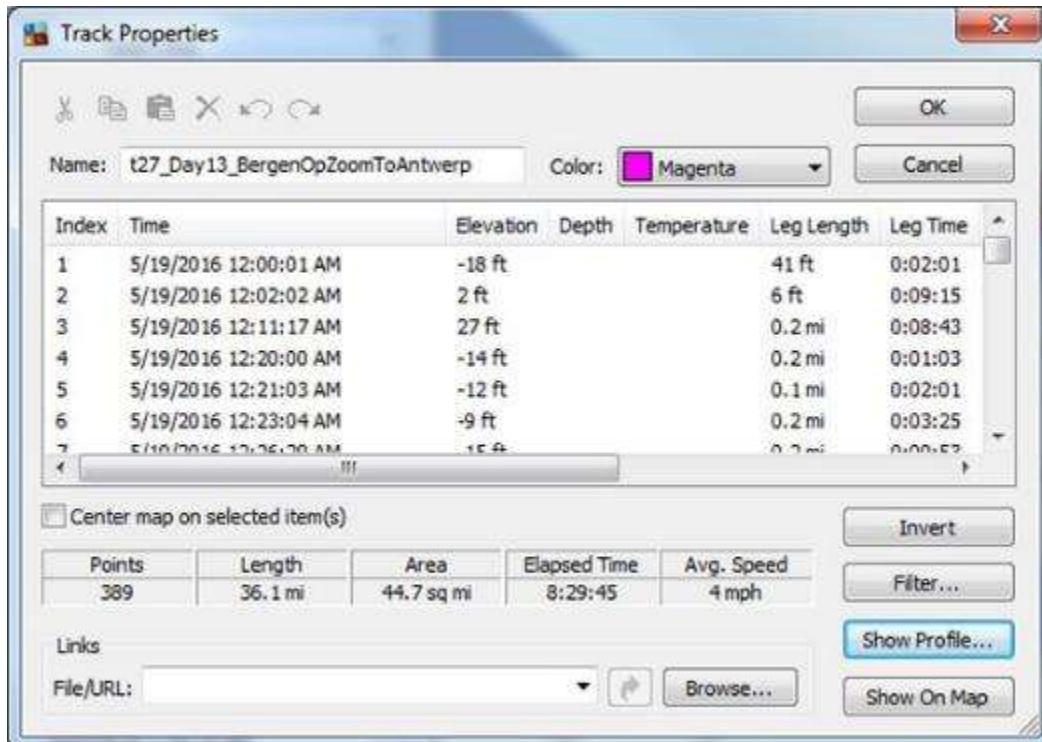


Day 13, Thursday, May 19, 2016 – Cycling Track - Bergen Op Zoom, Netherlands to Antwerp, Belgium.



Day 13, Thursday, May 19, 2016 – Altitude Profile - Bergen Op Zoom, Netherlands to Antwerp, Belgium.



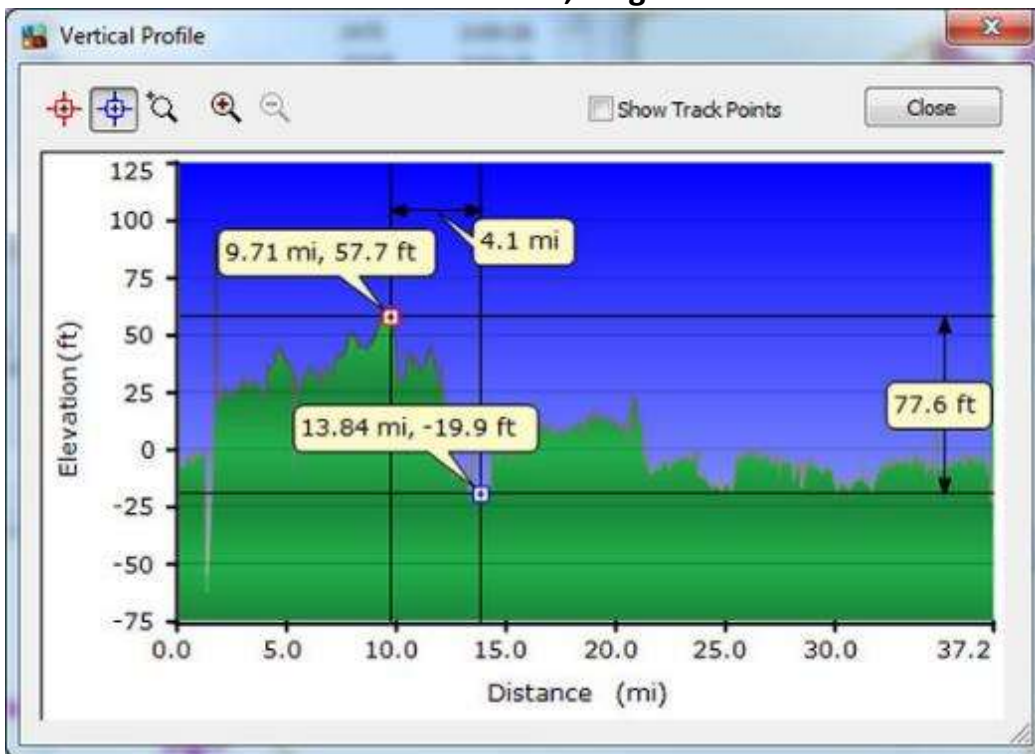


**Day 13, Thursday, May 19, 2016 – Distance/ Speed - Bergen Op Zoom, Netherlands to Antwerp, Belgium.**

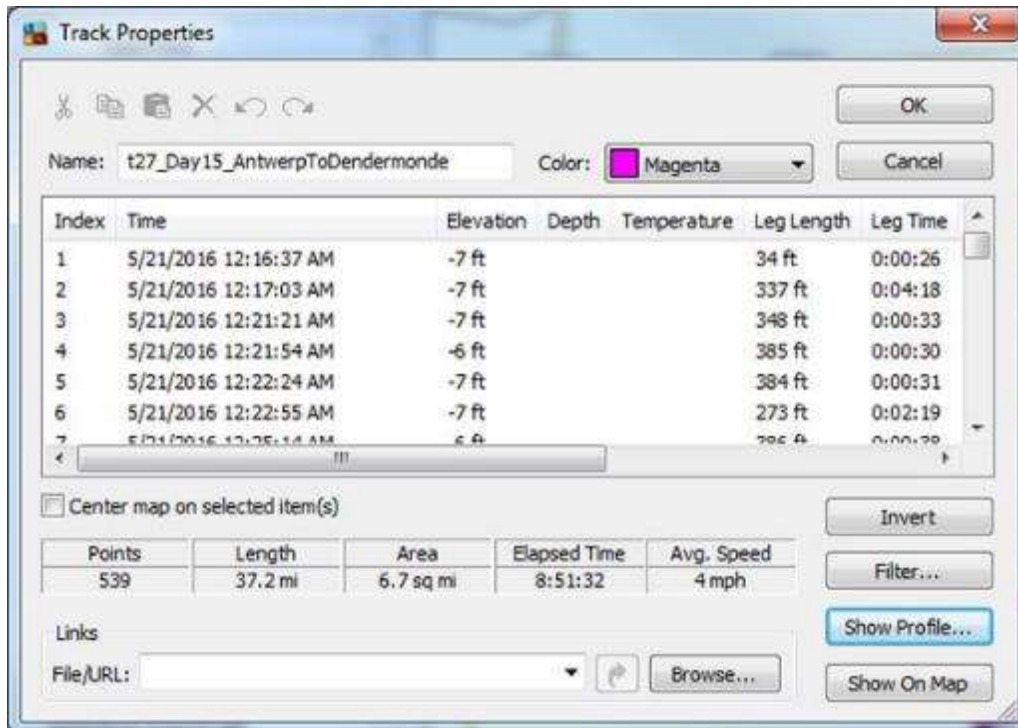
**Day 14, Friday, May 20, 2016 – No biking spent day walking around Antwerp, Belgium.**



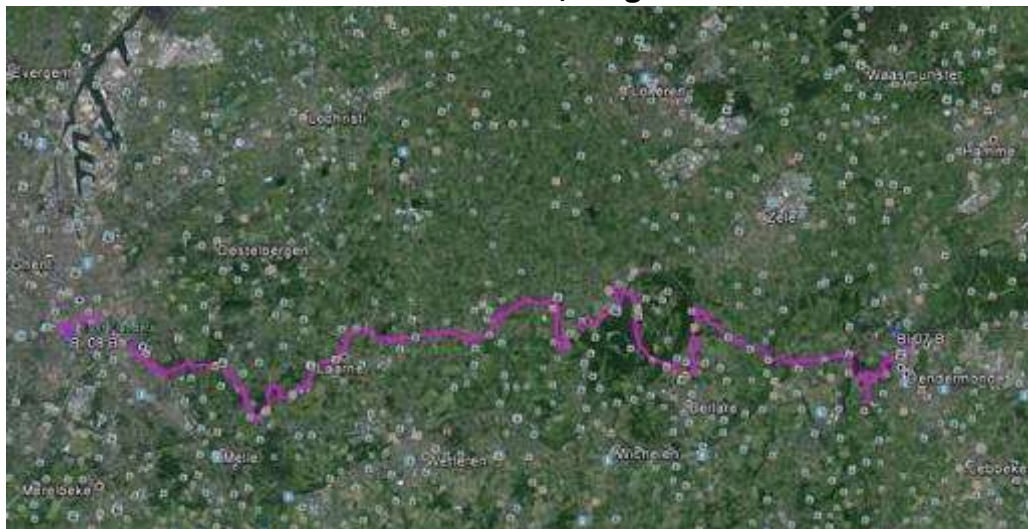
Day 15, Saturday, May 21, 2016 – Cycling Track – Antwerp, Belgium to Dendermonde, Belgium



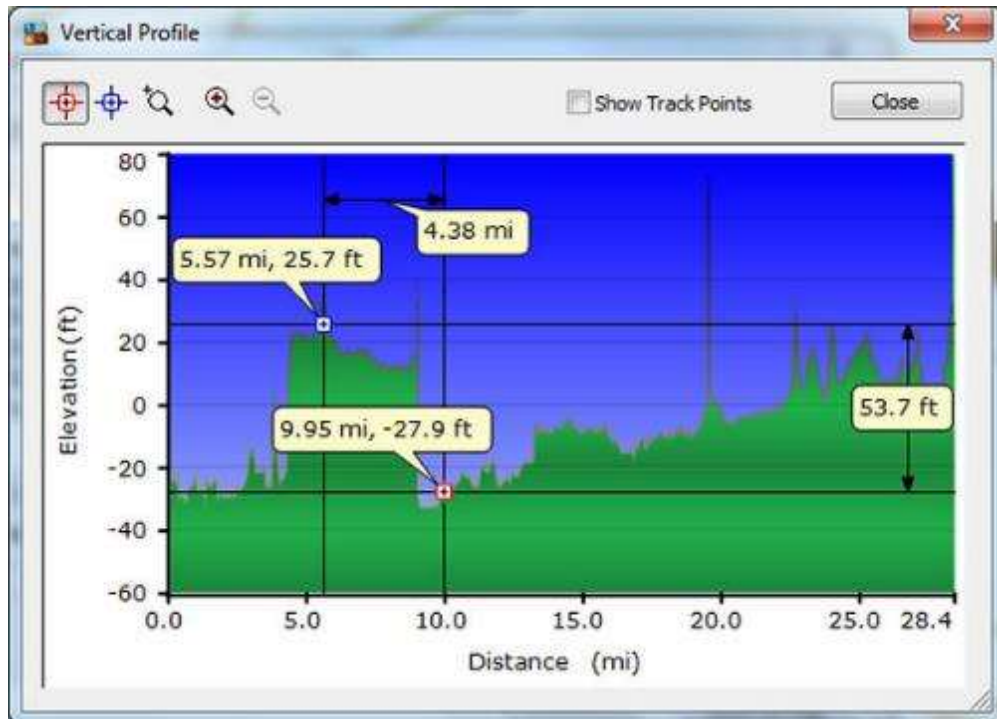
Day 15, Saturday, May 21, 2016 – Altitude Profile - Antwerp, Belgium to Dendermonde, Belgium



**Day 15, Saturday, May 21, 2016 – Distance/ Speed - Antwerp, Belgium to Dendermonde, Belgium**



**Day 16, Sunday, May 22, 2016 – Cycling Track –Dendermonde, Belgium to Ghent, Belgium**



Day 16, Sunday, May 22, 2016 – Altitude Profile - Dendermonde, Belgium to Ghent, Belgium

Track Properties window showing track details for 't27\_Day16\_DendermondeToGhent'. The track is colored Magenta.

Index	Time	Elevation	Depth	Temperature	Leg Length	Leg Time
406	5/22/2016 6:03:04 AM	11 ft			458 ft	0:01:52
407	5/22/2016 6:04:56 AM	15 ft			525 ft	0:02:03
408	5/22/2016 6:06:59 AM	23 ft			402 ft	0:01:44
409	5/22/2016 6:08:43 AM	32 ft			282 ft	0:03:10
410	5/22/2016 6:11:53 AM	30 ft				

Summary Statistics:

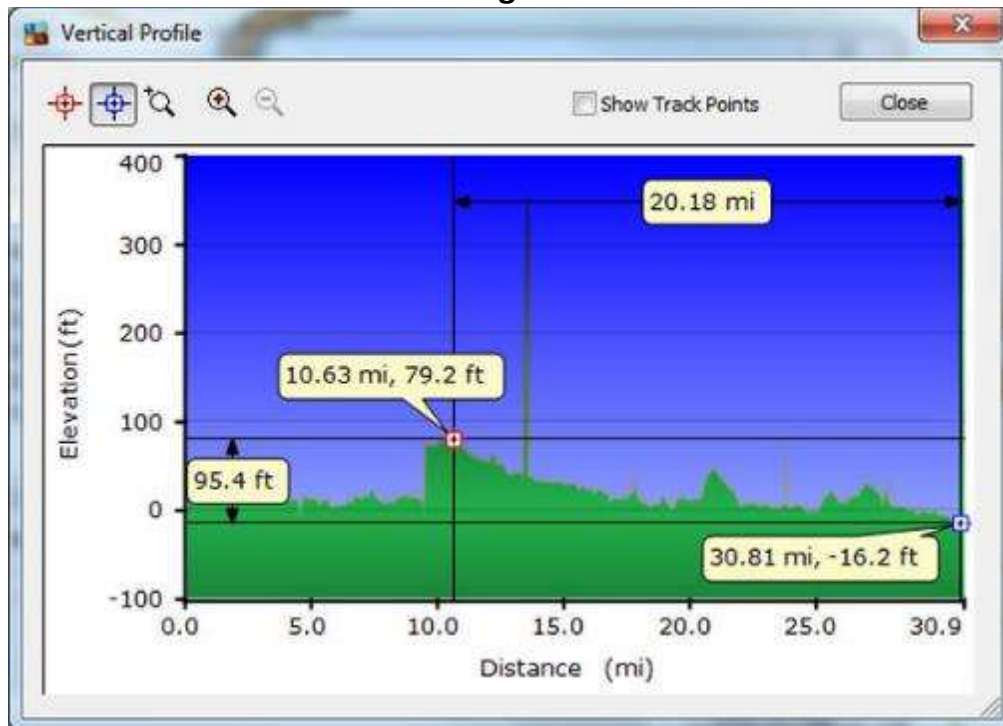
Points	Length	Area	Elapsed Time	Avg. Speed
409	28.4 mi	6.0 sq mi	6:06:01	5 mph

Buttons: OK, Cancel, Invert, Filter..., Show Profile..., Show On Map, Browse...

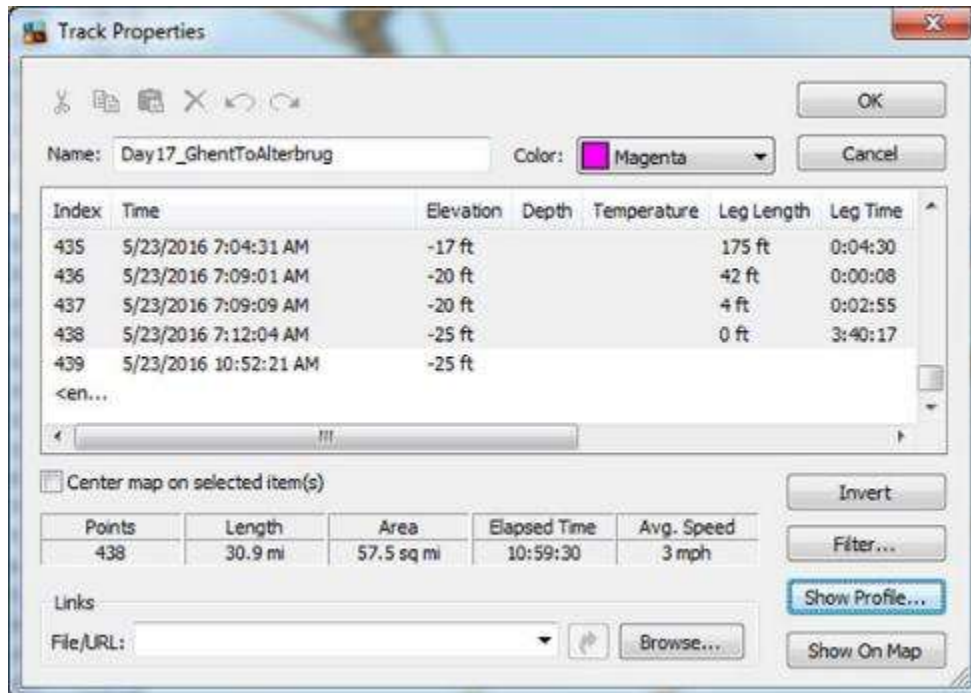
Day 16, Sunday, May 22, 2016 – Distance/ Speed - Dendermonde, Belgium to Ghent, Belgium



Day 17, Monday, May 23, 2016 – Cycling Track – Ghent, Belgium to Alterbrug, Belgium



Day 17, Monday, May 23, 2016 – Altitude Profile - Ghent, Belgium to Alterbrug, Belgium

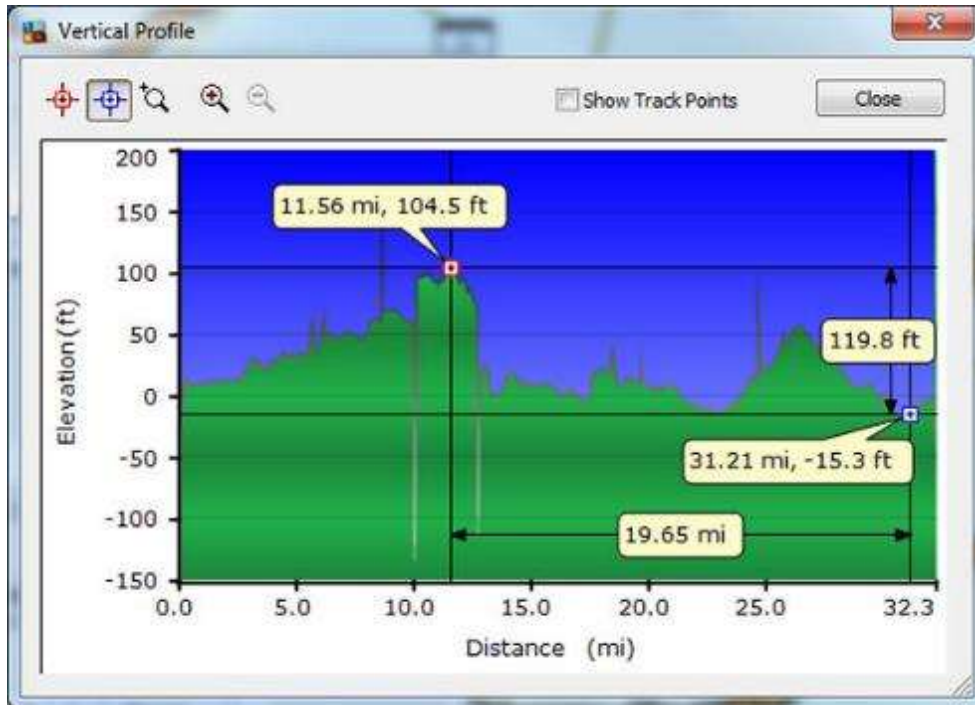


**Day 17, Monday, May 23, 2016 – Distance/ Speed - Ghent, Belgium to Alterbrug, Belgium**

**Then we floated from Alterbrug, Belgium to near Moerbrugge, Belgium. Where we stayed that night.**



**Day 18, Tuesday, May 24, 2016 – Cycling Track - Moerbrugge, Belgium to Bruges, Belgium**



Day 18, Tuesday, May 24, 2016 – Altitude Profile - Moerbrugge, Belgium to Bruges, Belgium

The Track Properties window shows the following details for the track 't27\_Day18\_AlterbrugToBruge':

- Name: t27\_Day18\_AlterbrugToBruge
- Color: Magenta
- Center map on selected item(s):
- Summary Statistics:
 

Points	Length	Area	Elapsed Time	Avg. Speed
447	32.3 mi	32.1 sq mi	22:11:04	1.5 mph

Key track points from the table:

Index	Time	Elevation	Depth	Temperature	Leg Length	Leg Time
443	5/24/2016 6:14:10 AM	-3 ft			208 ft	0:01:26
444	5/24/2016 6:15:36 AM	-6 ft			0 ft	2:46:09
445	5/24/2016 9:01:45 AM	-6 ft			0.5 mi	0:00:37
446	5/24/2016 9:02:22 AM	-1 ft			290 ft	0:01:34
447	5/24/2016 9:03:56 AM	-28 ft				

Day 18, Tuesday, May 24, 2016 – Distance/ Speed - Moerbrugge, Belgium to Bruges, Belgium

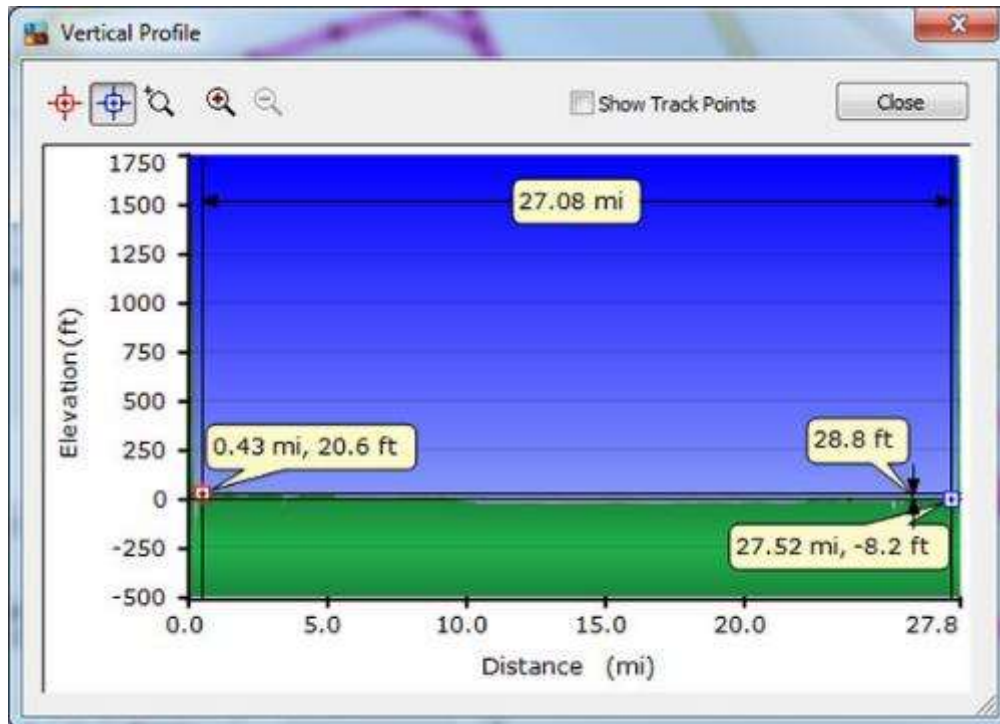


**Day 19, Wednesday, May 25, 2016 - In the morning we cycled from the boat to the train station. Then we took the train to Ostend, Belgium**



**Day 19, Wednesday, May 25, 2016 – Cycling Track - Ostend, Belgium to Bruges, Belgium**





Day 19, Wednesday, May 25, 2016 – Altitude Profile - Ostend, Belgium to Bruges, Belgium

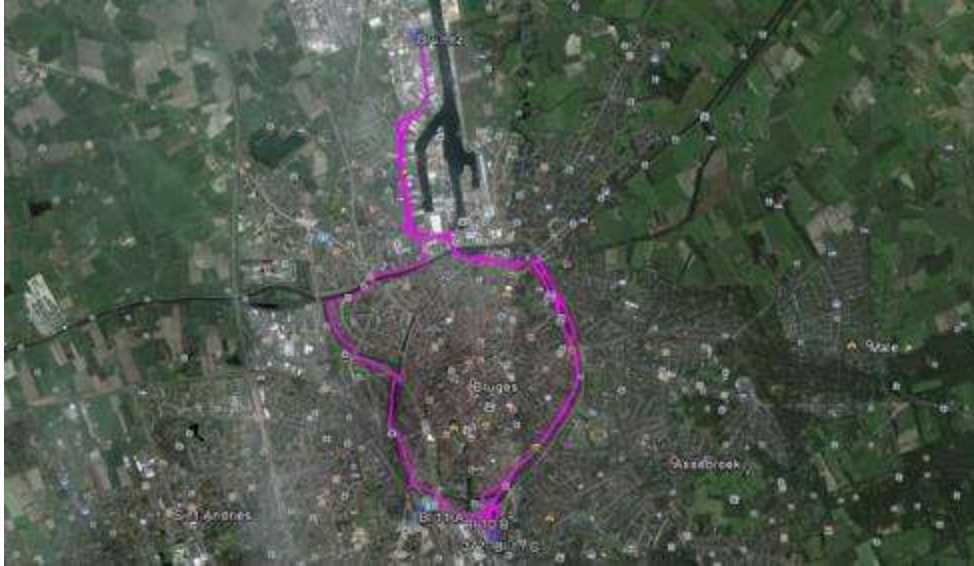
Track Properties window showing track details for "t27\_Day19\_NorthernSeaToBruges". The track is colored Magenta. The table below shows track points with time, elevation, depth, temperature, leg length, and leg time. Summary statistics include 405 points, 27.8 mi length, 24.0 sq mi area, 9:32:53 elapsed time, and 3 mph average speed.

Index	Time	Elevation	Depth	Temperature	Leg Length	Leg Time
402	5/25/2016 5:49:14 AM	-9 ft			0.1 mi	0:00:22
403	5/25/2016 5:49:36 AM	-11 ft			303 ft	0:04:02
404	5/25/2016 5:53:38 AM	-15 ft			0 ft	3:58:43
405	5/25/2016 9:52:21 AM	-15 ft			0 ft	0:01:09
406	5/25/2016 9:53:30 AM	-17 ft				

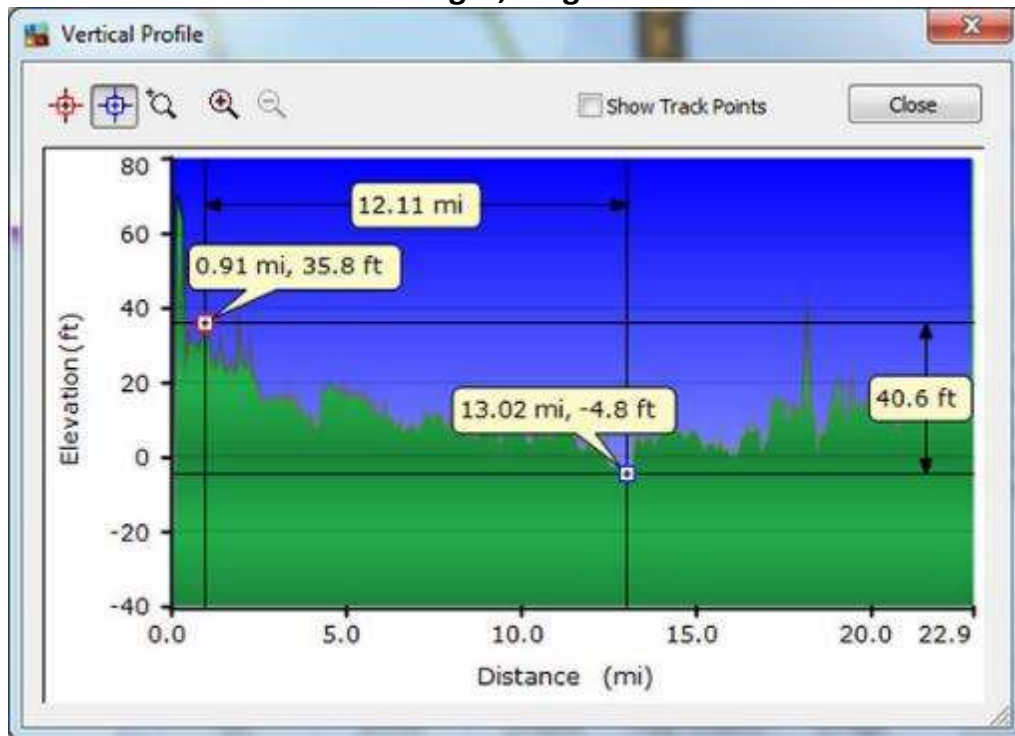
  

Points	Length	Area	Elapsed Time	Avg. Speed
405	27.8 mi	24.0 sq mi	9:32:53	3 mph

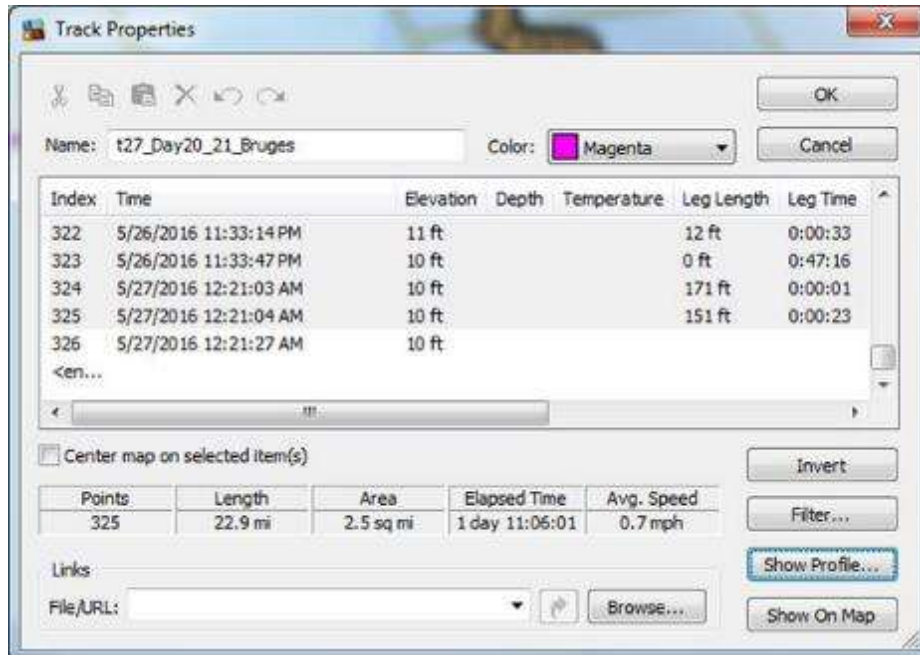
Day 19, Wednesday, May 25, 2016 – Distance/ Speed - Ostend, Belgium to Bruges, Belgium



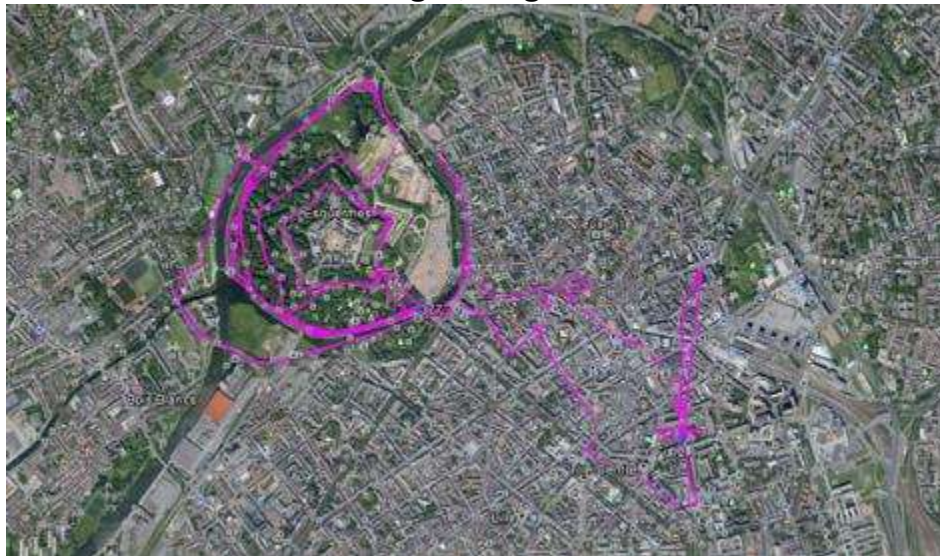
**Day 20, Thursday, May 26, 2016 to Day 21, Friday, May 27, 2016 – Cycling Track – Cycled the loop trail around Bruges, Belgium and to the rental car location in Bruges, Belgium**



**Day 20, Thursday, May 26, 2016 to Day 21, Friday, May 27, 2016 – Altitude Profile - Cycled the loop trail around Bruges, Belgium and to the rental car location in Bruges, Belgium**



**Day 20, Thursday, May 26, 2016 to Day 21, Friday, May 27, 2016 – Distance/ Speed - Cycled the loop trail around Bruges, Belgium and to the rental car location in Bruges, Belgium**



**Day 22, Saturday, May 28, 2016 – Cycling Track – Lilli, France**



Day 22, Saturday, May 28, 2016 – Altitude Profile – Lilli, France

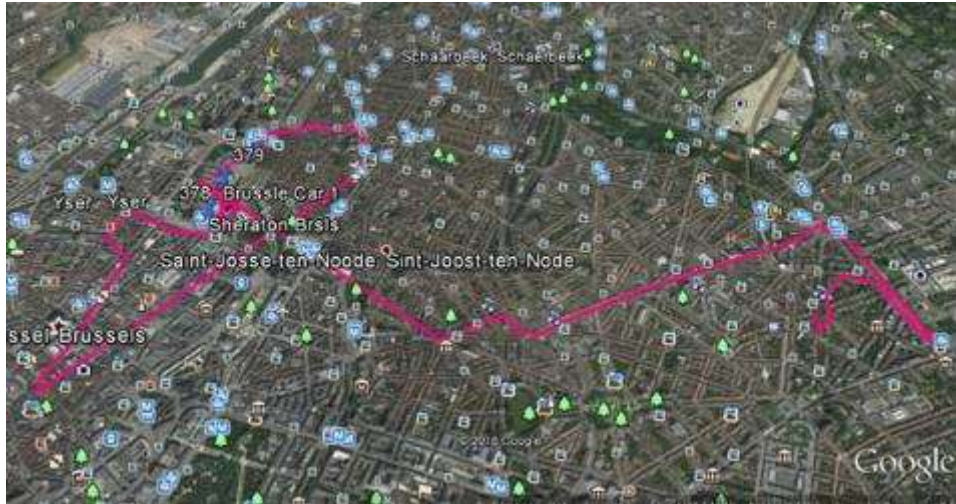
Track Properties window showing track details for 't27\_Day22\_LillFrance'. The track is colored Magenta. The table below shows the track's progress over time.

Index	Time	Elevation	Depth	Temperature	Leg Length	Leg Time
201	5/27/2016 10:48:55 AM	133 ft			224 ft	0:02:12
202	5/27/2016 10:51:07 AM	133 ft			186 ft	0:01:52
203	5/27/2016 10:52:59 AM	128 ft			0 ft	0:17:27
204	5/27/2016 11:10:26 AM	128 ft			0 ft	0:00:21
205	5/27/2016 11:10:47 AM	125 ft				

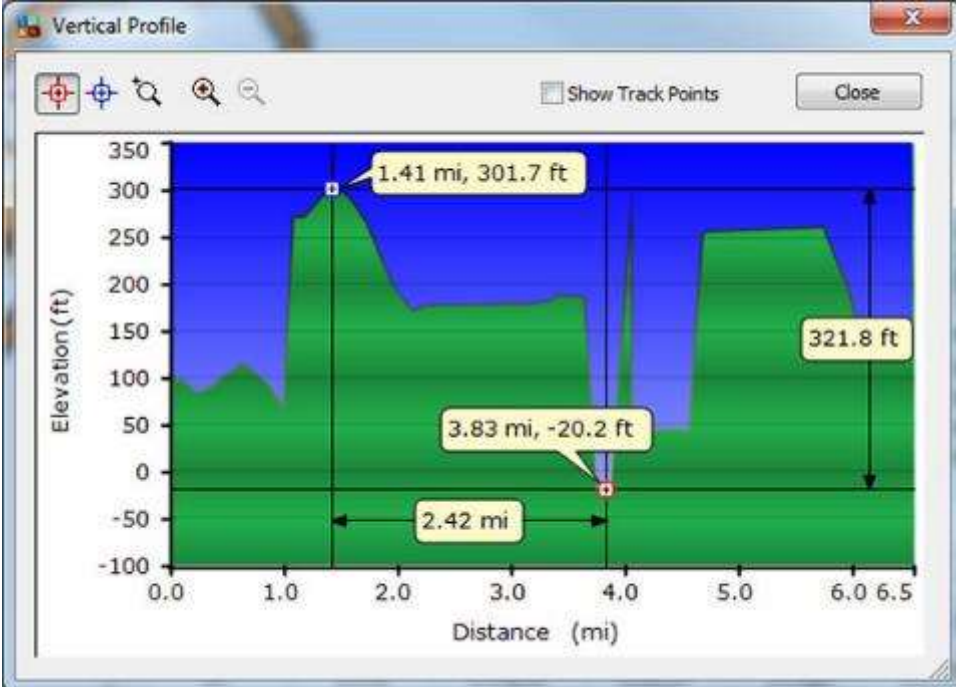
Summary statistics for 204 points:

Points	Length	Area	Elapsed Time	Avg. Speed
204	15.3 mi	577744 sq ft	3:27:14	4 mph

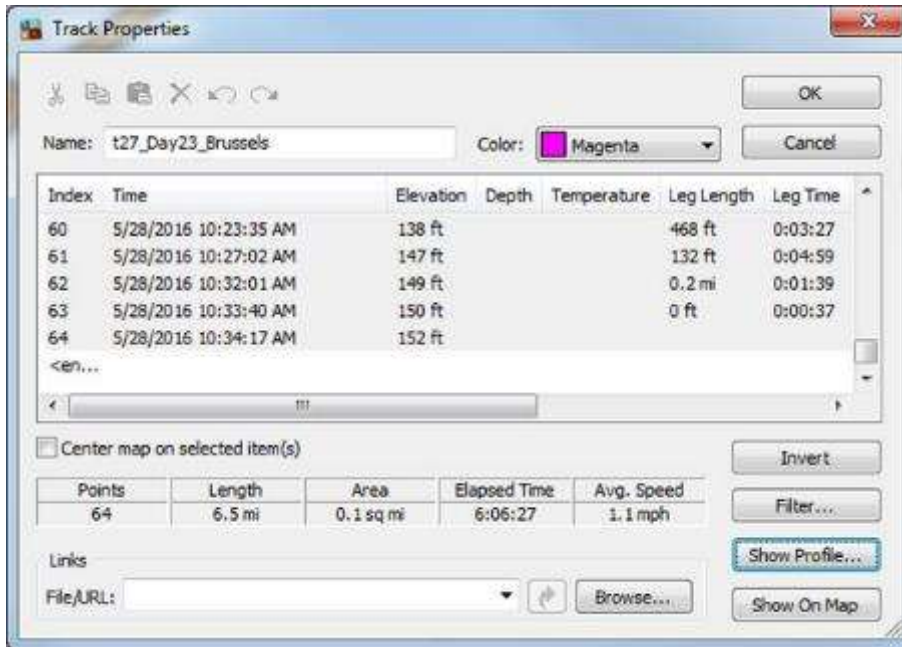
Day 22, Saturday, May 28, 2016 – Distance/ Speed - Lilli, France



Day 23, Sunday, May 29, 2016 – Cycling Track – Brussels, Belgium



Day 23, Sunday, May 29, 2016 – Altitude Profile - Brussels, Belgium



**Day 23, Sunday, May 29, 2016 – Distance/ Speed - Brussels, Belgium**