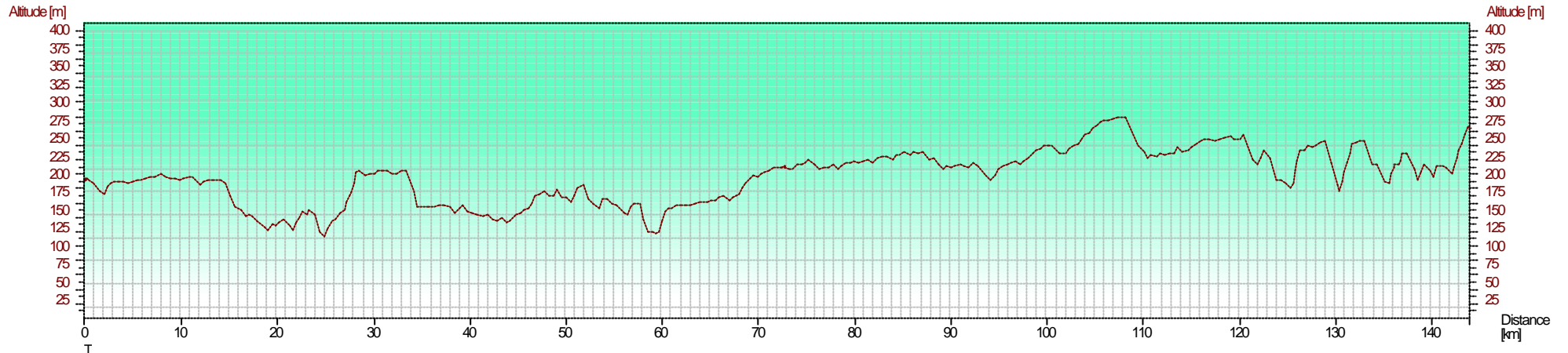




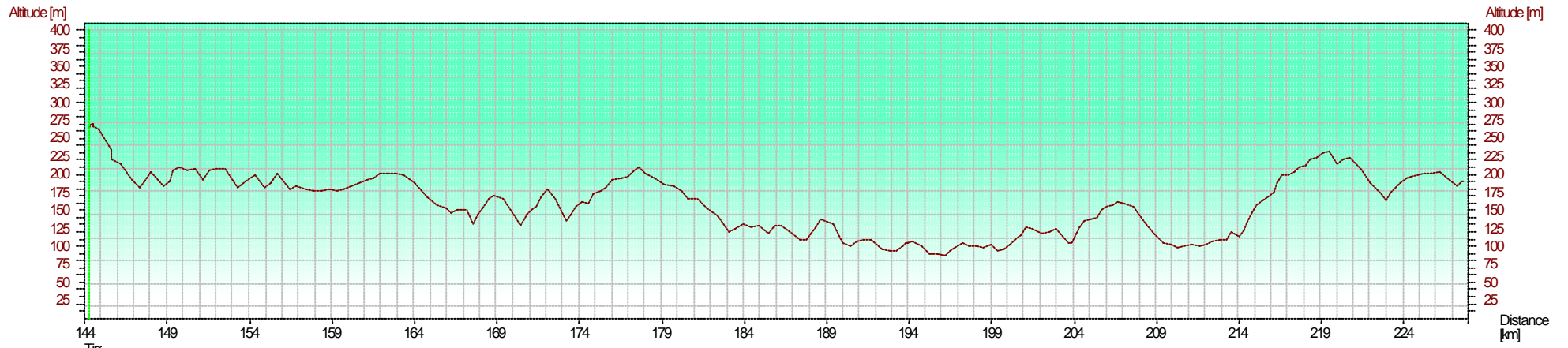
Paris-Brest-Paris Elevation Profiles *St Quentin en Yvelines to Mortagne au Perche*

ACP Distance 141.0km, HRM odometer 144.6km. Metres climbed 860m.



Mortagne au Perche to Villaines la Juhel

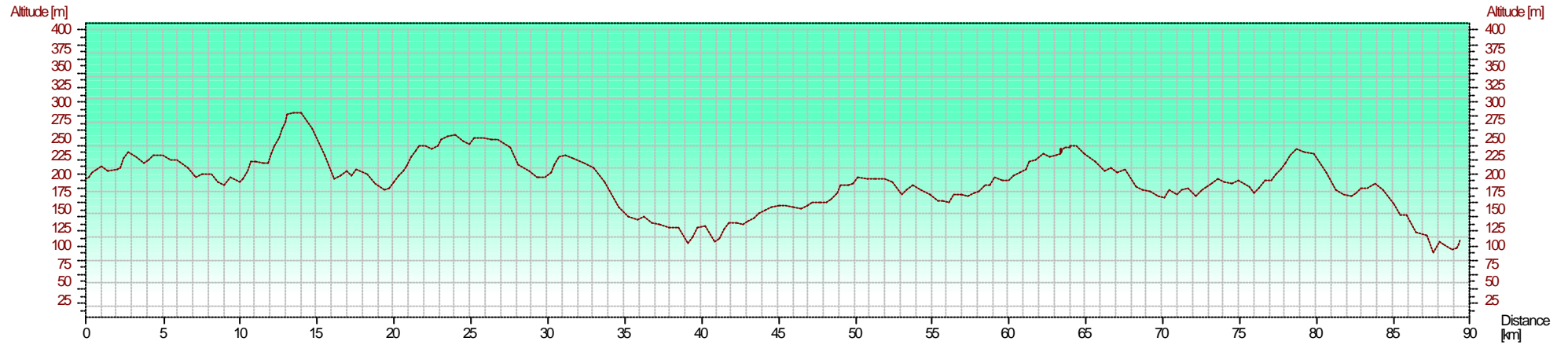
ACP Distance 82.0km, HRM odometer 83.3km. Metres climbed 635m.





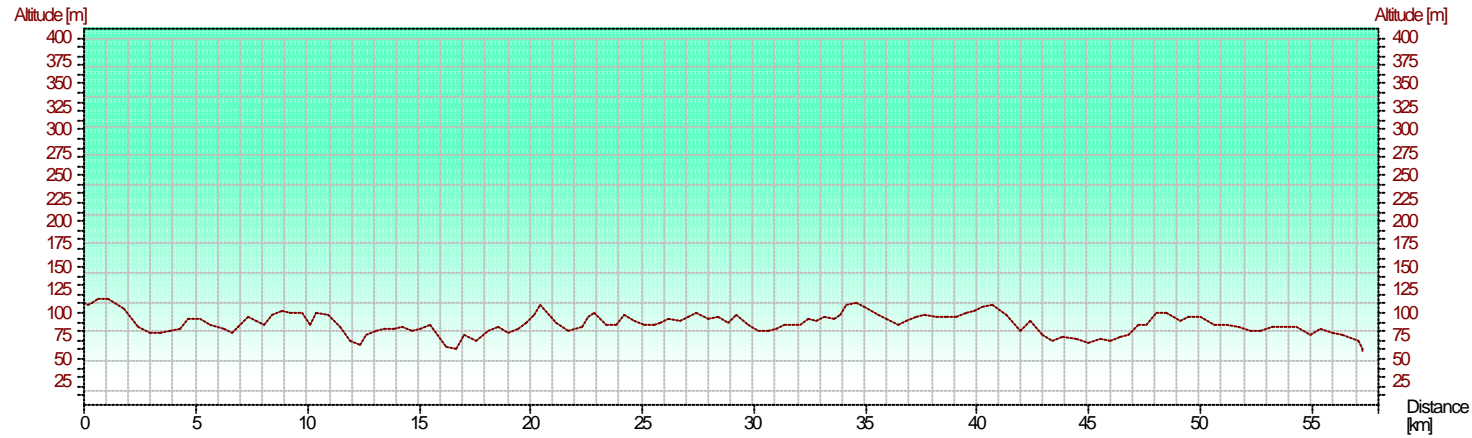
Villaines la Juhel to Fourgeres

ACP Distance 88.0km, HRM odometer 89.5km. Metres climbed 625m.



Fourgeres to Tinteniac

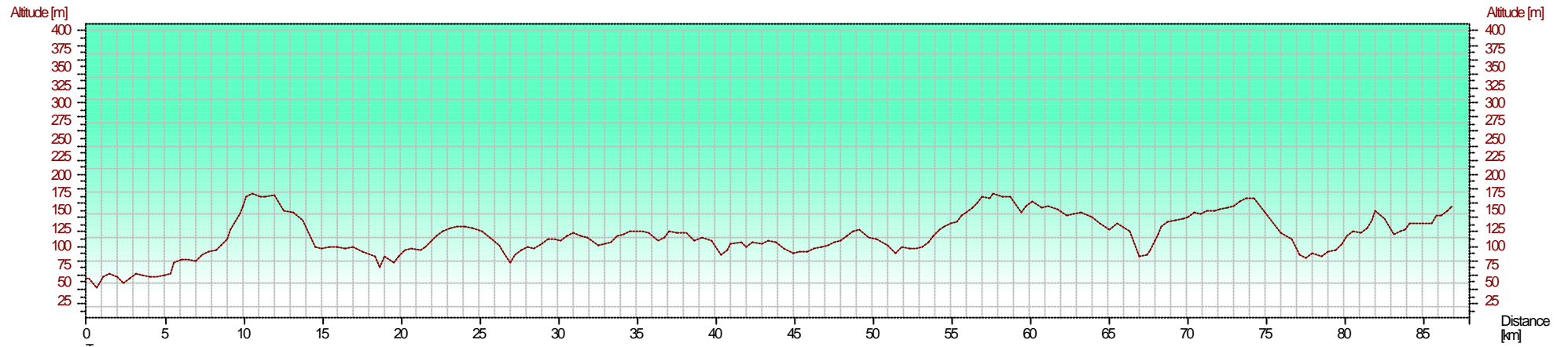
ACP Distance 55.0km, HRM odometer 57.4km. Metres climbed 375m.





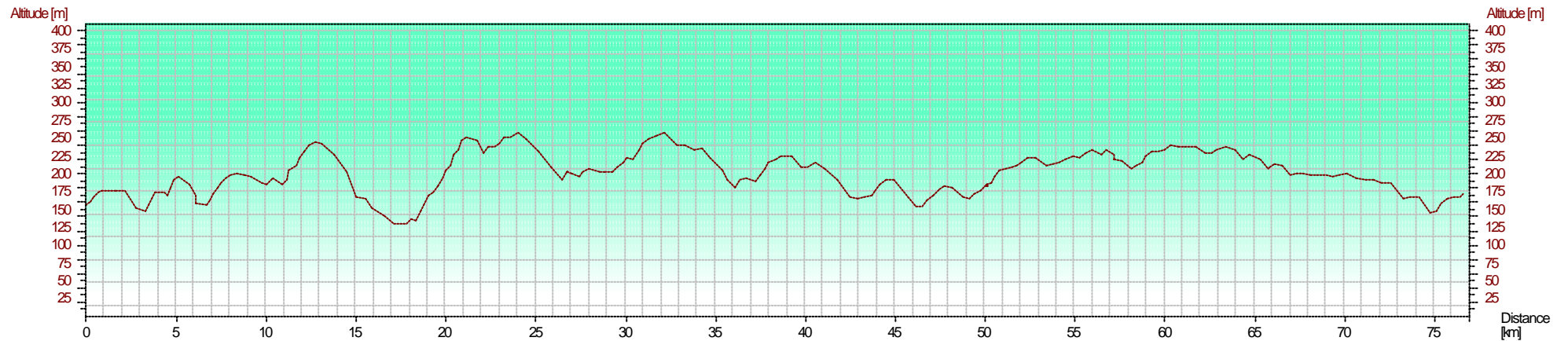
Tinteniac to Loudeac

ACP Distance 86.0km, HRM odometer 87.1km. Metres climbed 615m.



Loudeac to Carhaix-Plouguer

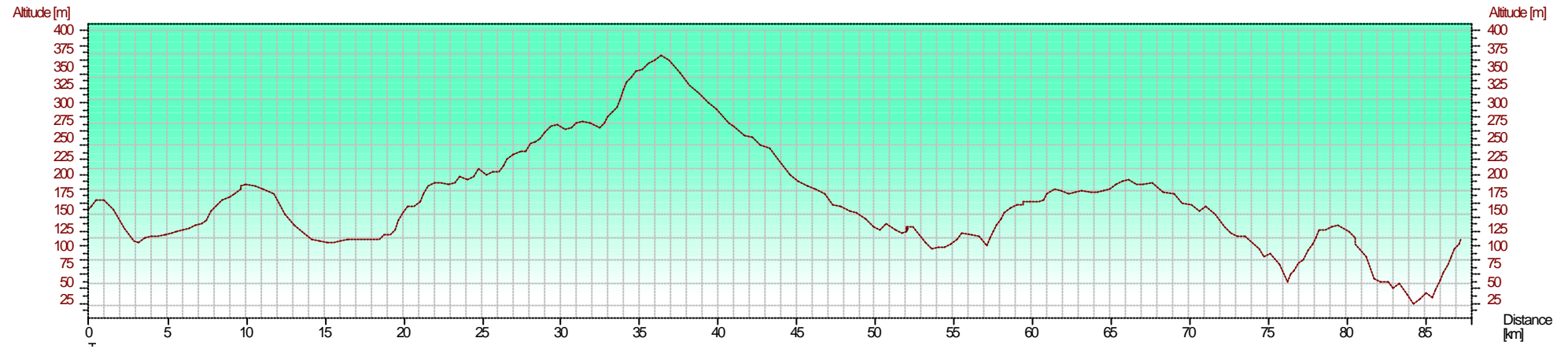
ACP Distance 77.0km, HRM odometer 76.8km. Metres climbed 645m.





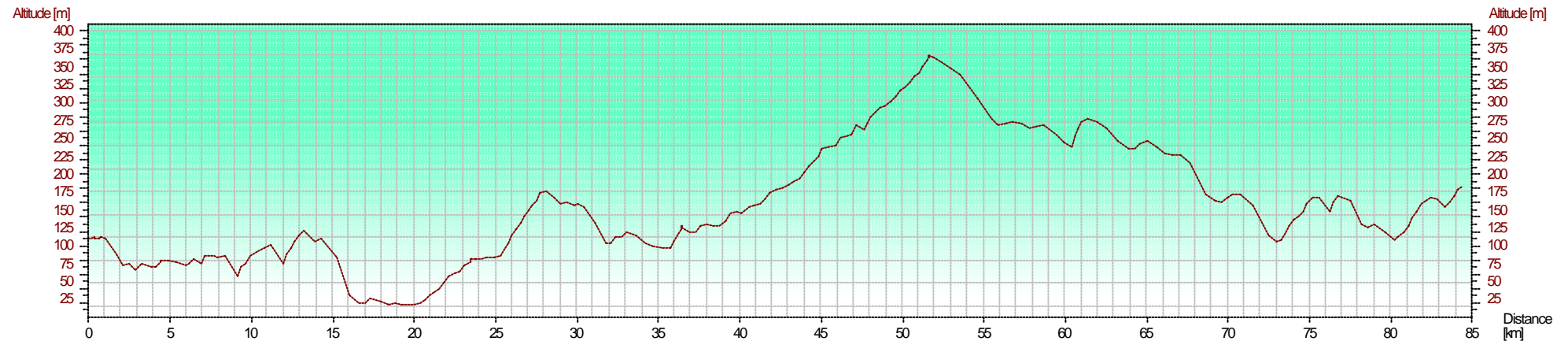
Carhaix-Plouguer to Brest

ACP Distance 86.0km, HRM odometer 87.8km. Metres climbed 680m.



Brest to Carhaix-Plouguer

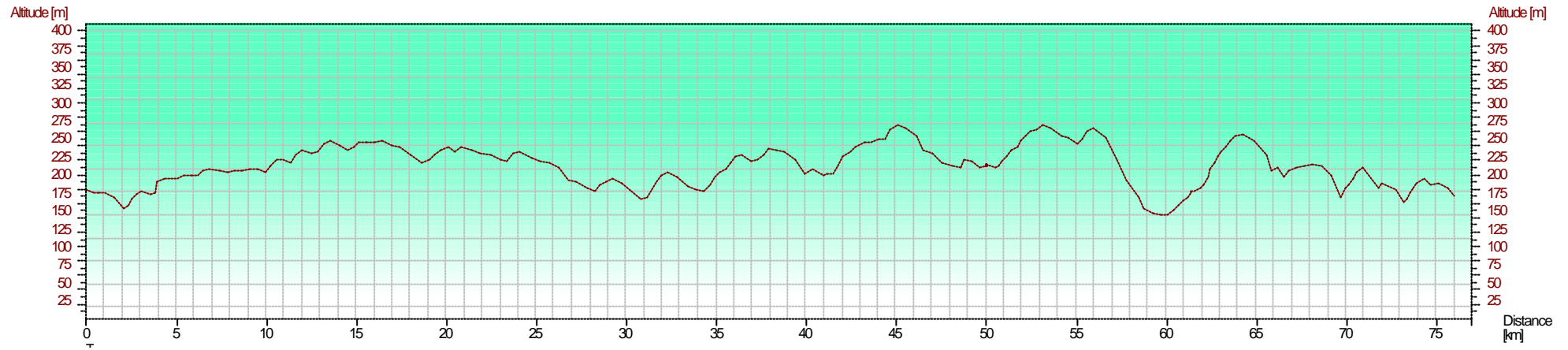
ACP Distance 81.0km, HRM odometer 84.6km. Metres climbed 805m.





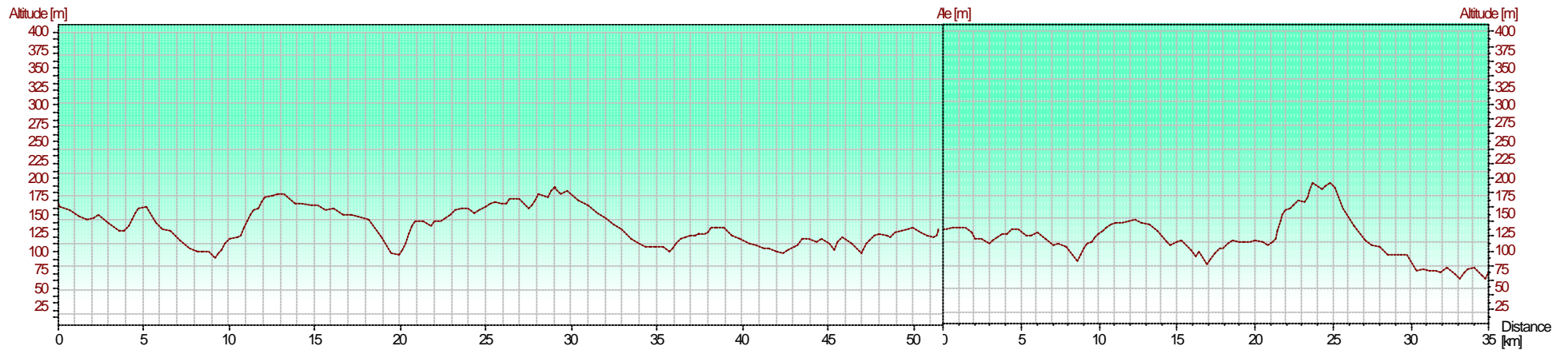
Carhaix-Plouguer to Loudeac

ACP Distance 77.0km, HRM odometer 76.2km. Metres climbed 630m.



Loudeac to St Meen Le Grand / St Meen Le Grand to Tinteniac

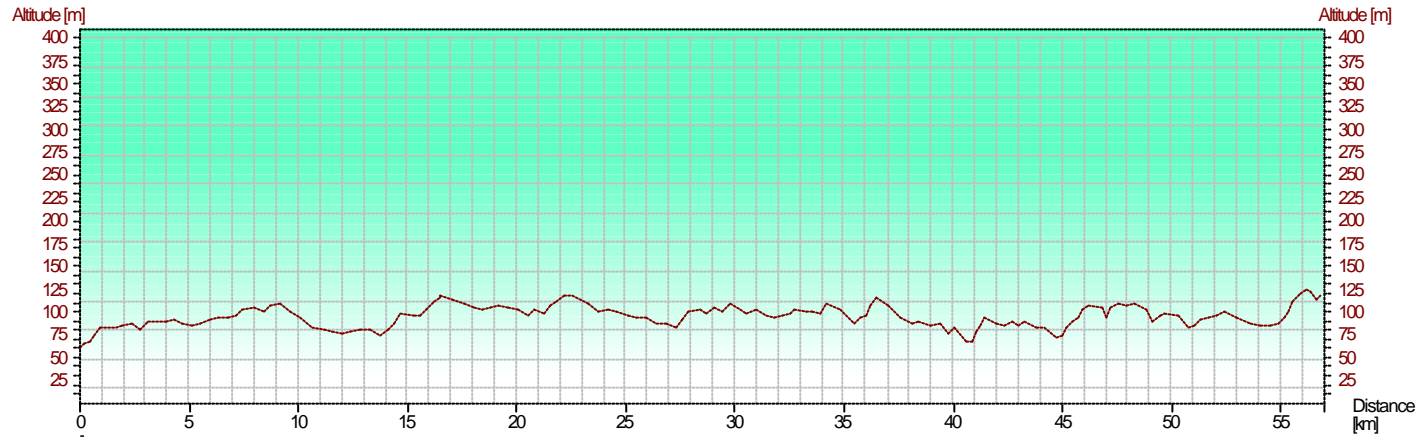
ACP Distance 86.0km, HRM odometer 86.8km. Metres climbed 580m.





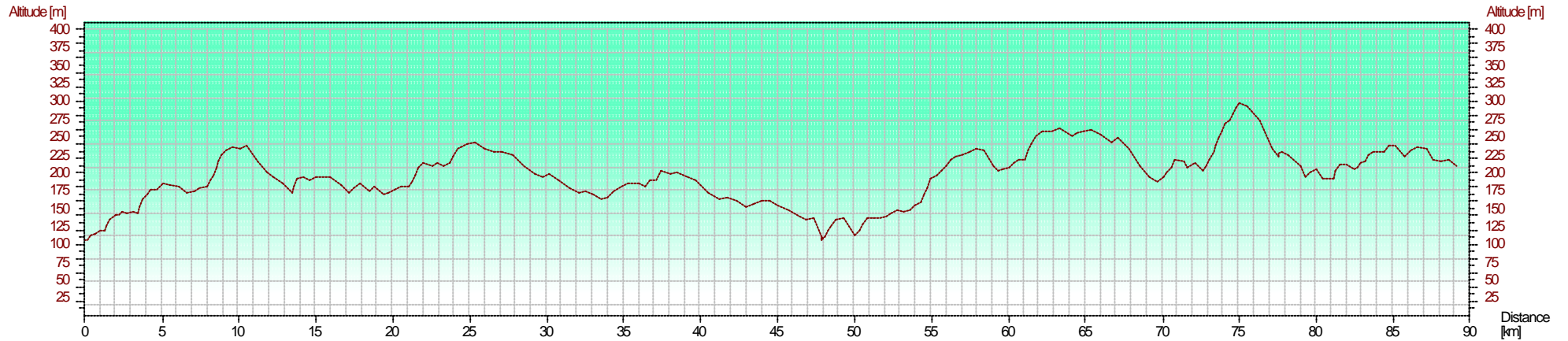
Tinteniac to Fourgeres

ACP Distance 55.0km, HRM odometer 57.0km. Metres climbed 340m.



Fourgeres to Villaines la Juhel

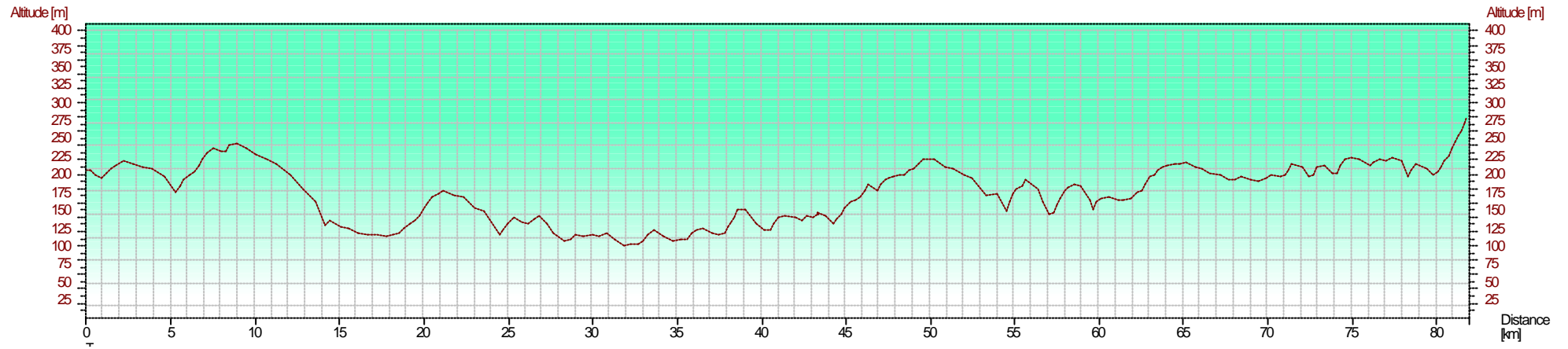
ACP Distance 88.0km, HRM odometer 89.3km. Metres climbed 700m.





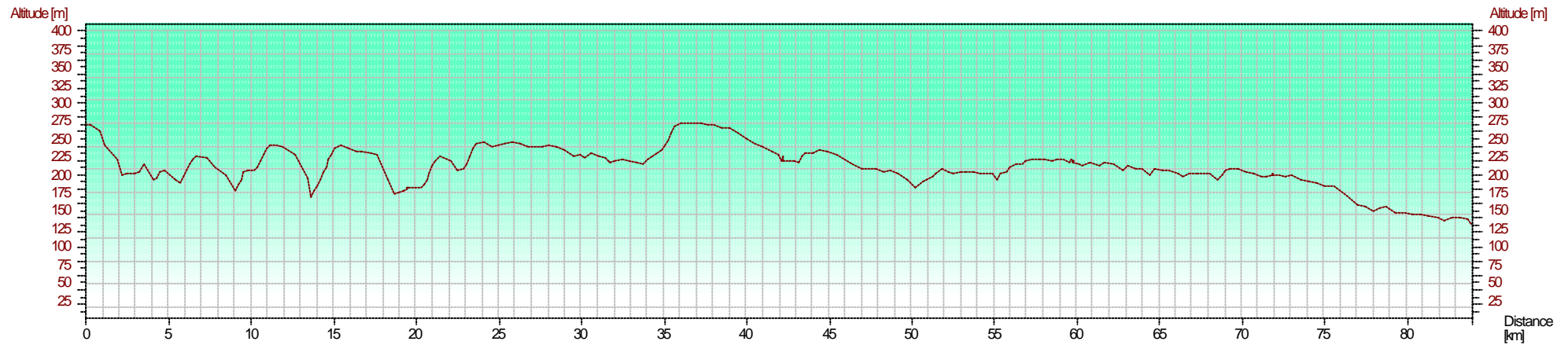
Villaines la Juhel to Mortagne au Perche

ACP Distance 82.0km, HRM odometer 81.9km. Metres climbed 675m.



Mortagne au Perche to Nogent Le Roi

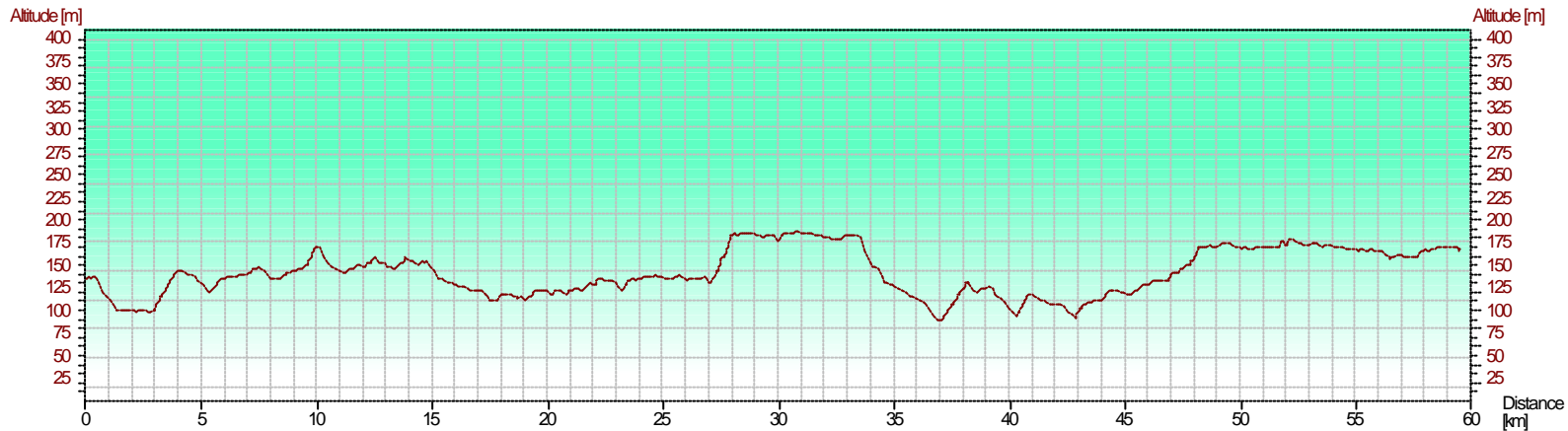
ACP Distance 83km, HRM odometer 83.9km. Metres climbed 455m.





Nogent Le Roi to St Quentin en Yvelines

ACP Distance 58km, HRM odometer 59.6km. Metres climbed 420m.



Notes:

Altitude and distances were measured and recorded using a Polar 720i heart rate monitor. Data sampling was every 60 seconds with the exception of the last sector (Nogent Le Roi to St Quentin en Yvelines) which was every 15 seconds.

Total distance as per Audax Club Parisien (ACP) route directions was 1225.0 kilometres. Total distance as measured by the HRM was 1245.8 kilometres.

Total ascent measured was 8965 metres. PBP has been noted on some websites as having 10000 metres of climbing. Due to the data sampling being only once per minute it is quite probable that some of the dips have been missed thereby slightly understating the total. Whilst some of the climbs were steep, they also tended to be fairly short (eg on the chart immediately above, the climb at the 27km mark on the final leg from Nogent Le Roi to St Quentin en Yvelines had a 5.8% gradient but last only for 900 metres). The climbs having greater elevation gains eg Roc Trevezel (on the return leg) with a height gain of 280 metres was over a much longer distance of 16.7km giving a gradient of only 1.6%.