

Date	Day	Destination	Transport	Walk day	Distance	Total distance	Average distance	Height gain	Total height gain	Average height gain
7-Sep-2009	Monday	Aachen	train	0	0	0		0	0	
8-Sep-2009	Tuesday	Linz	train	0	0	0		0	0	
9-Sep-2009	Wednesday	Molln	walk	1	16	16	16.00	200	200	200.00
10-Sep-2009	Thursday	Ternberg	walk	2	20	36	18.00	800	1000	500.00
11-Sep-2009	Friday	Maira Neustift	walk	3	27	63	21.00	800	1800	600.00
12-Sep-2009	Saturday	St Leonhard	walk	4	30	93	23.25	450	2250	562.50
13-Sep-2009	Sunday	Reinsberg	w	5	20	113	22.60	250	2500	500.00
14-Sep-2009	Monday	Plankenstein	w	6	28	141	23.50	860	3360	560.00
15-Sep-2009	Tuesday	Plankenstein	rest	6	0	141	23.50	0	3360	560.00
16-Sep-2009	Wednesday	Kirchberg a d Pielach	w	7	19	160	22.86	300	3660	522.86
17-Sep-2009	Thursday	Lilienfeld	w	8	23	183	22.88	850	4510	563.75
18-Sep-2009	Friday	Hainfeld	w	9	24	207	23.00	650	5160	573.33
19-Sep-2009	Saturday	Thenneberg	w	10	22	229	22.90	450	5610	561.00
20-Sep-2009	Sunday	Sittendorf	w	11	24	253	23.00	300	5910	537.27
21-Sep-2009	Monday	Purkersdorf	w	12	28	281	23.42	620	6530	544.17
22-Sep-2009	Tuesday	Purkersdorf	r	12	0	281	23.42	0	6530	544.17
23-Sep-2009	Wednesday	Grinzing	w	13	27	308	23.69	550	7080	544.62
24-Sep-2009	Thursday	Orth a d Donau	w	14	39	347	24.79	20	7100	507.14
25-Sep-2009	Friday	Hainburg	w	15	27	374	24.93	50	7150	476.67
26-Sep-2009	Saturday	Deutsch Jahrndorf	w	16	33	407	25.44	220	7370	460.63
27-Sep-2009	Sunday	Frauenkirchen	w	17	31	438	25.76	50	7420	436.47
28-Sep-2009	Monday	Moerbisch	w	18	31	469	26.06	0	7420	412.22
29-Sep-2009	Tuesday	Moerbisch	r	18	0	469	26.06	0	7420	412.22
30-Sep-2009	Wednesday	Drassburg	w	19	27	496	26.11	120	7540	396.84
1-Oct-2009	Thursday	Sopron	r	19	0	496	26.11	0	7540	396.84
2-Oct-2009	Friday	Kobersdorf	w	20	33	529	26.45	600	8140	407.00
3-Oct-2009	Saturday	Lockenhaus	w	21	32	561	26.71	470	8610	410.00
4-Oct-2009	Sunday	Koseg	w	22	22	583	26.50	120	8730	396.82
5-Oct-2009	Monday	Koseg	w	23	29	612	26.61	100	8830	383.91
6-Oct-2009	Tuesday	Budapest	t							
7-Oct-2009	Wednesday	Budapest								
8-Oct-2009	Thursday	Budapest								
9-Oct-2009	Friday	Ljubliana	t							
10-Oct-2009	Saturday	Ljubliana								
11-Oct-2009	Sunday	Bolzano	t							
12-Oct-2009	Monday	St Anton	t							
13-Oct-2009	Tuesday	Arlon	t							
14-Oct-2009	Wednsday	Home	t							