

Track: anna_enguera_ayora_enguera_anna.gpx

These speeds are average for = BYC

IBP index reliability= A

IBP = 109 BYC

Total length	109.93 Km
Analyzed distance	109.93 Km
Lineal distance	0.18 Km

Accumulated climb	1879.6 m
Accumulated descent	1875.6 m
Maximum height	1098.6 m
Minimal height	205.2 m
Climb rate	4.19 %
Descent rate	4.22 %
Positive climb difference per km	17.1 m
Negative descent difference per km	17.06 m

Total time	6:31:04 h
Time in movement	5:14:49 h
Stopped time	1:16:15 h

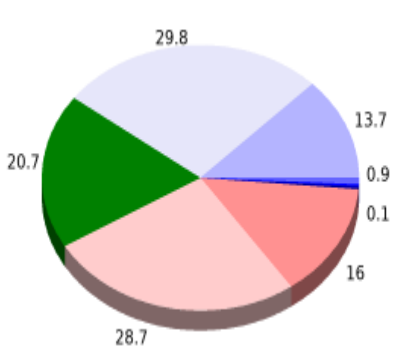
Total speed average	16.87 Km/h
Average speed in movement	20.95 Km/h
Maximum held speed	64.81 Km/h

Max slope filter	~30 %
Min. points separation	~30 m
Number of points	4716 (cad. 23.31 m)
Significant points	2519 (cad. 43.66 m / 53.41 %)
Aberrant points	1 (0.02 % d. total)

Direction changes per km	6.5
Direction changes >5° per km	3.52
Accumulated straight stretches	47.49 Km
Straight stretches per km	432 m
Penalizable slope changes	14
Penalizable slope changes per km	0.127

Find The Best bike routes



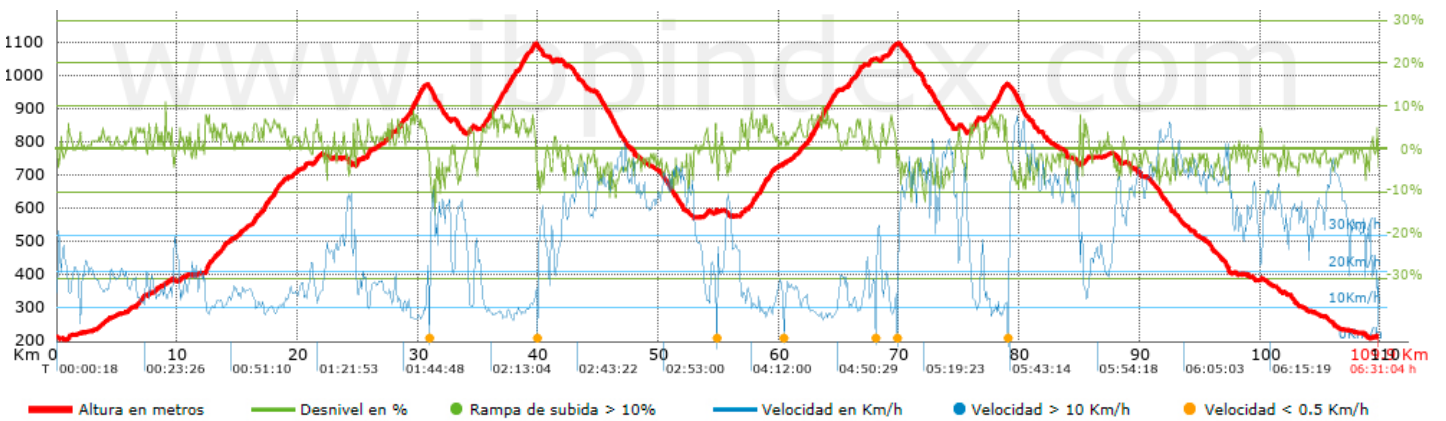
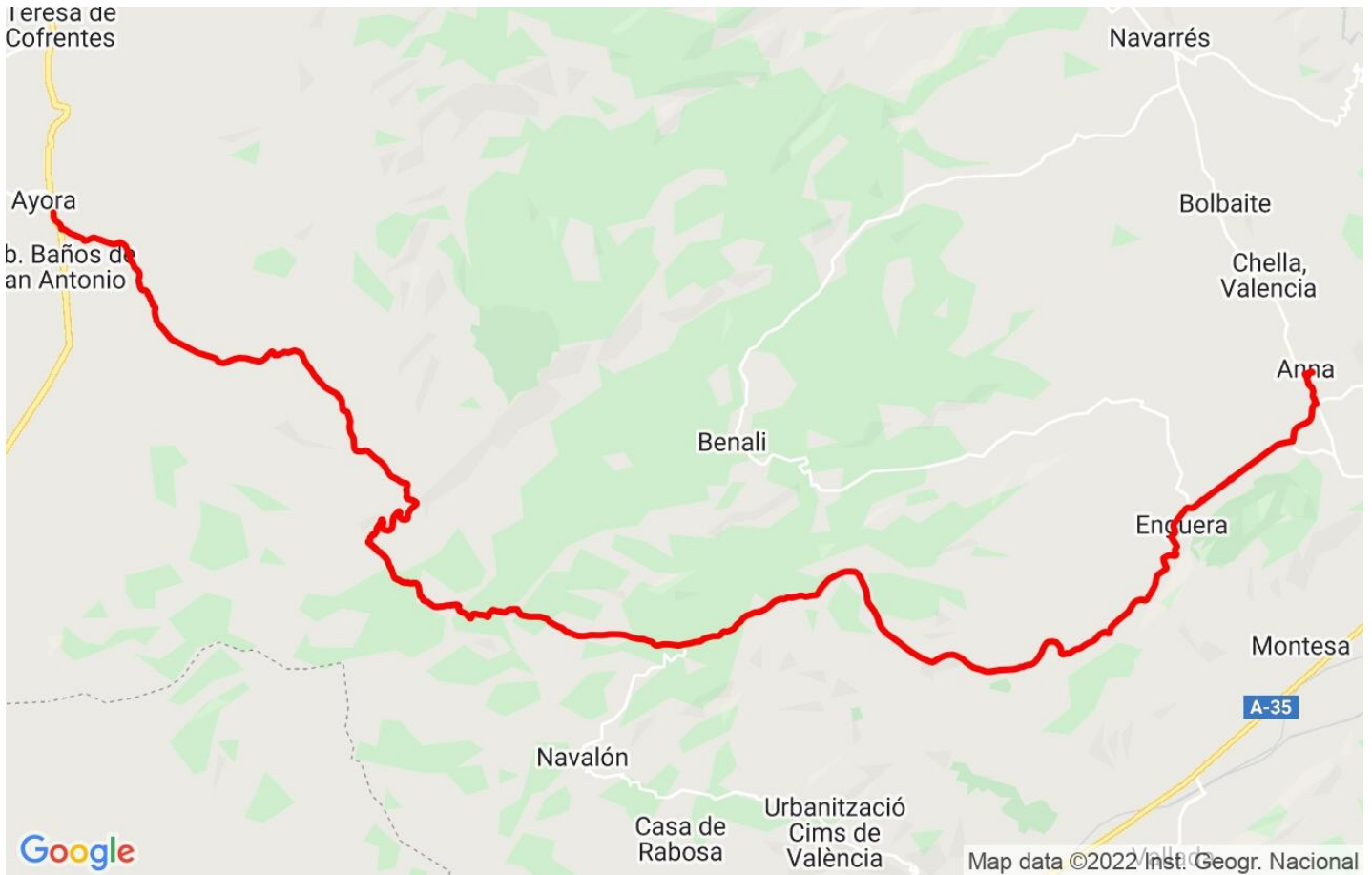
Summary of slopes	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 15 and 30%	0.031	0.03	0	0:00:00
	Between 10 and 15%	0.067	0.06	10.41	0:00:23
	Between 5 and 10%	16.032	14.58	10.83	1:28:50
	Between 1 and 5%	28.729	26.13	15.34	1:52:23
	Total :	44.859	40.8	13.35	3:21:36
	Plain				
	Difference of 1%	20.651	18.78	25.88	0:47:53
	Breakdown descents				
	Between 1 and 5%	29.787	27.1	39.77	0:44:56
	Between 5 and 10%	13.719	12.48	42.8	0:19:14
Between 10 and 15%	0.92	0.84	47.29	0:01:10	
Between 15 and 30%	0	0	0	0:00:00	
Total :	44.426	40.41	40.8	1:05:20	
Total track :	109.93	100 %	20.95	5:14:49	

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High altitude parameters, data above

Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
	Total : 0 Km	--- %	--- h	--- Km/h	--- h	--- h	--- Km/h

Stops

Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
30.886	0:02:31	974	1:56:51	1:56:51	30.886
54.783	1:02:41 > 10´	589	3:01:32	1:04:41	23.897
60.358	0:01:53	733	4:25:19	1:23:47	5.575
68.003	0:01:53	1051	5:02:59	0:37:40	7.645
69.833	0:04:04	1098	5:12:16	0:09:17 < 10´	1.83
79.03	0:03:13	975	5:39:35	0:27:19	9.197
Total : 1:16:15 h					