

Track: Casinos\_Abejuela\_LaYesa-track.gpx

Date: 13/02/2015

Track: Casinos\_Abejuela\_LaYesa-track.gpx  
 Detected modality = BYC  
 IBP index reliability= A

**IBP = 121 BYC**

Total length	111.548 Km
Analyzed distance	111.548 Km
Lineal distance	0.023 Km
Accumulated climb	1898.4 m
Accumulated descent	1886.8 m
Maximum height	1477.4 m
Minimal height	319.4 m
Climb rate	4.85 %
Descent rate	4.66 %
Positive climb difference per	17.02 m
Negative descent difference per	16.91 m

Max slope filter	~30 %
Min. pons separation	~30 m
Number of points	9755 (cad. 11.43 m)
Significant points	2843 (cad. 39.25 m / 29.14 %)
Aberrant points	31 (0.32 % d. total)

Direction changes per	8.55
Direction changes >5° per	3.93
Accumulated straight stretches	48.384 Km
Straight stretches per	433.75 m
Penalizable slope changes	14
Penalizable slope changes per	0.126

Total time	4:59:56 h
Time in movement	4:59:56 h
Stopped time	0:00:00 h

Total speed average	22.31 Km/h
Average speed in movement	22.31 Km/h
Maximum held speed	25.67 Km/h

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Summary of slopes	Climbs	Distance in Km	above the total in %	Speed in	Time h:m:s	
	Between 15 and 30%	0	0	0	0:00:00	
	Between 10 and 15%	0.695	0.62	22.55	0:01:51	
	Between 5 and 10%	18.208	16.32	22.28	0:49:02	
	Between 1 and 5%	20.277	18.18	22.29	0:54:35	
	<b>Total :</b>	<b>39.18</b>	<b>35.12</b>	<b>22.29</b>	<b>1:45:28</b>	
	<b>Plain</b>					
	Difference of 1%	31.843	28.55	22.27	1:25:47	
	<b>Breakdown descents</b>					
	Between 1 and 5%	25.195	22.59	22.36	1:07:37	
	Between 5 and 10%	14.221	12.75	22.4	0:38:06	
	Between 10 and 15%	0.903	0.81	22.26	0:02:26	
	Between 15 and 30%	0.207	0.19	23.29	0:00:32	
	<b>Total :</b>	<b>40.526</b>	<b>36.33</b>	<b>22.37</b>	<b>1:48:41</b>	
	<b>Total track :</b>	<b>111.548</b>	<b>100 %</b>	<b>22.31</b>	<b>4:59:56</b>	

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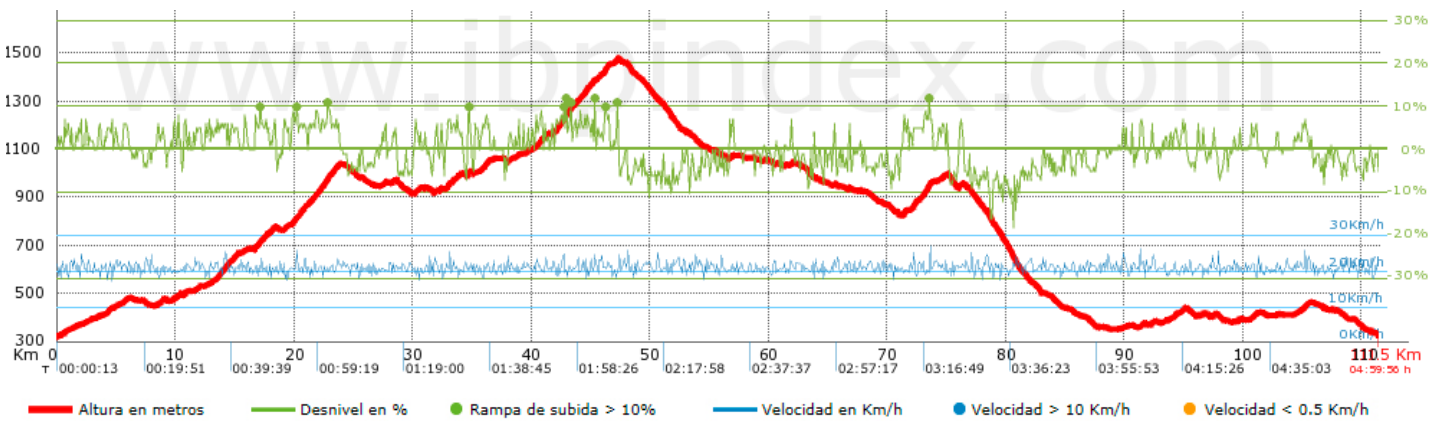
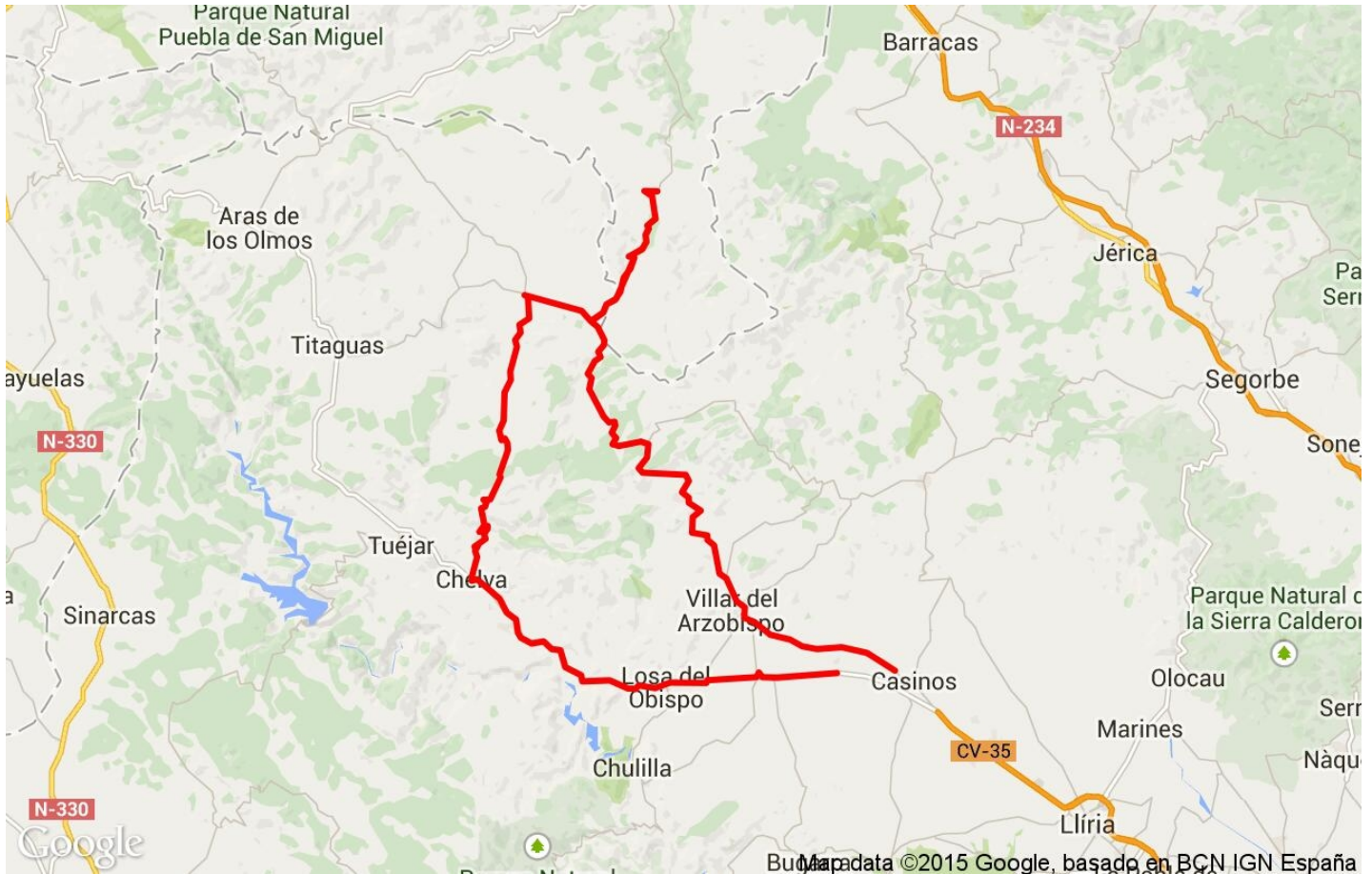
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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
	Total : 0 Km	--- %	--- h	--- Km/h	--- h	--- h	--- Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
Total : 0:00:00 h					