

Track: jerica_barracas_lasalada_montanejos-track.gpx

These speeds are average for = BYC

IBP index reliability= B

IBP = 141 BYC

Total length	117.54 Km
Analyzed distance	117.54 Km
Lineal distance	0 Km

Accumulated climb	2223.6 m
Accumulated descent	2196.2 m
Maximum height	1556.8 m
Minimal height	472.8 m
Climb rate	4.5 %
Descent rate	4.74 %
Positive climb difference per	18.92 m
Negative descent difference per	18.68 m

Total time	7:21:26 h
Time in movement	5:48:14 h
Stopped time	1:33:12 h

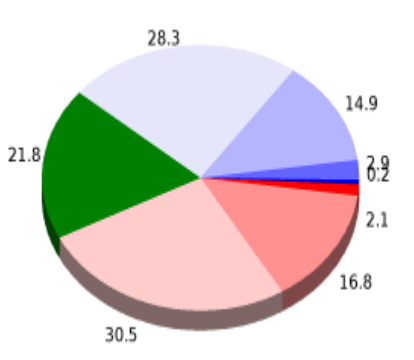
Total speed average	15.98 Km/h
Average speed in movement	20.25 Km/h
Maximum held speed	61.82 Km/h

Max slope filter	~30 %
Min. points separation	~30 m
Number of points	5162 (cad. 22.77 m)
Significant points	2721 (cad. 43.21 m / 52.71 %)
Aberrant points	0 (0 % d. total)

Direction changes per	7
Direction changes >5° per	4.55
Accumulated straight stretches	38.767 Km
Straight stretches per	329.82 m
Penalizable slope changes	18
Penalizable slope changes per	0.153

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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%	2.087	1.78	7.64	0:16:23
	Between 5 and 10%	16.838	14.32	10.93	1:32:24
	Between 1 and 5%	30.517	25.96	16.71	1:49:34
	Total :	49.442	42.06	13.59	3:38:21
	Plain				
	Difference of 1%	21.799	18.55	26.67	0:49:03
	Breakdown descents				
	Between 1 and 5%	28.252	24.03	32.06	0:52:52
	Between 5 and 10%	14.918	12.69	38.94	0:22:59
Between 10 and 15%	2.921	2.49	37.43	0:04:41	
Between 15 and 30%	0.212	0.18	42.46	0:00:18	
Total :	46.303	39.39	34.37	1:20:50	
Total track :	117.54	100 %	20.25	5:48:14	

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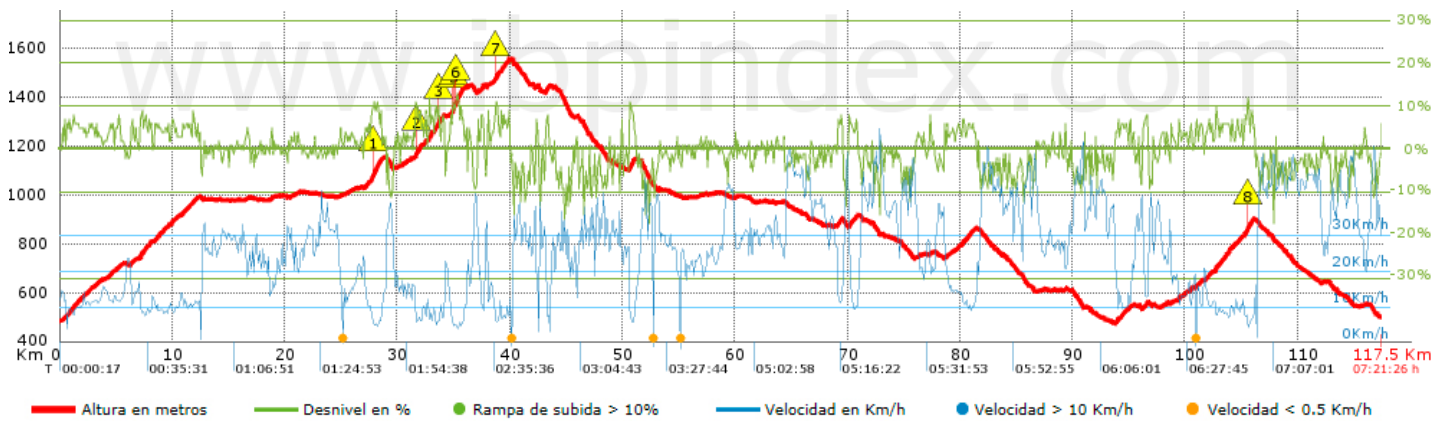
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Steep slopes > 10%

Steep slope	Slipage point	Average slope	Interval
	27.845	11 %	372 m
	33.622	11 %	126 m
	35.146	12 %	287 m
	105.544	12 %	153 m

High altitude parameters, data above

Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed	
1500	2000.319	1.7	0:08:26	14.23	0:03:26	0:11:52	10.11	
Total :		2 Km	1.7 %	0:08:26 h	14.23 Km/h	0:03:26 h	0:11:52 h	10.11 Km/h

Stops

Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
25.064	0:02:05	999	1:28:31	1:28:31	25.064
40.097	0:03:26	1555	2:45:25	1:16:54	15.033
52.683	0:05:30	1046	3:19:54	0:34:29	12.586
55.103	1:17:59 > 10´	996	3:30:19	0:10:25	2.42
100.93	0:04:12	622	6:30:38	3:00:19	45.827
Total :					1:33:12 h