

Track: j_rica_benafer_pinamontalgrao_pueblaarenoso_barracas_bej_s_teresa_j_rica.gpx

These speeds are average for = BYC

IBP index reliability= A

IBP = 105 BYC

Total length	107.8 Km
Analyzed distance	107.8 Km
Lineal distance	0.05 Km

Accumulated climb	1683.2 m
Accumulated descent	1658 m
Maximum height	1062.6 m
Minimal height	501.8 m
Climb rate	3.85 %
Descent rate	3.71 %
Positive climb difference per km	15.61 m
Negative descent difference per km	15.38 m

Total time	6:18:19 h
Time in movement	5:07:19 h
Stopped time	1:11:00 h

Total speed average	17.1 Km/h
Average speed in movement	21.05 Km/h
Maximum held speed	59.8 Km/h

Max slope filter	~30 %
Min. points separation	~30 m
Number of points	4510 (cad. 23.9 m)
Significant points	2488 (cad. 43.34 m / 55.17 %)
Aberrant points	1 (0.02 % d. total)

Direction changes per km	7.32
Direction changes >5° per km	4.55
Accumulated straight stretches	35.839 Km
Straight stretches per km	332.46 m
Penalizable slope changes	14
Penalizable slope changes per km	0.13

Find The Best bike routes

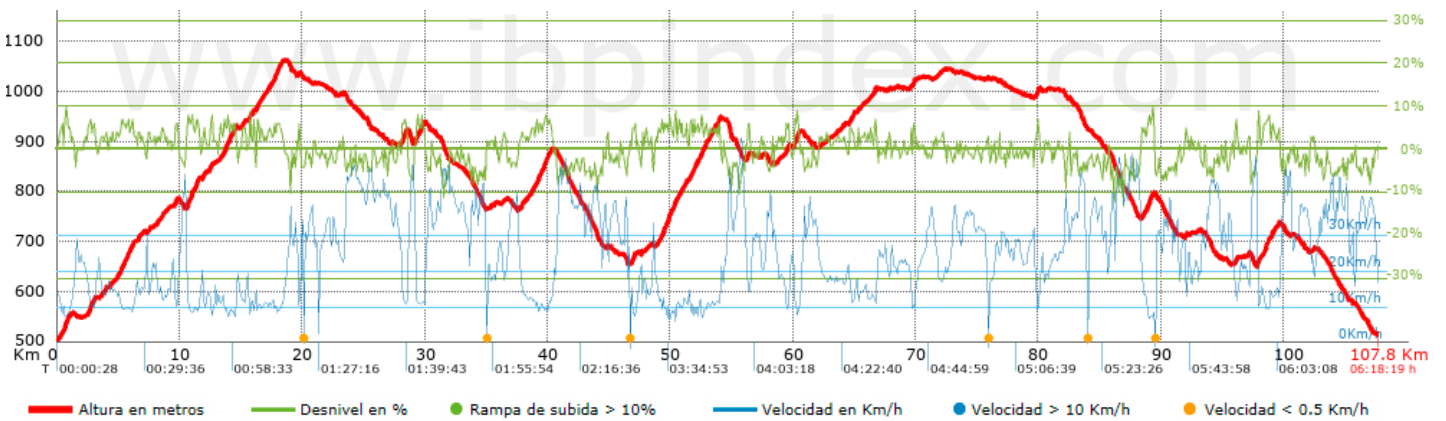


Summary of slopes	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s	
	Between 15 and 30%	0	0	0	0:00:00	
	Between 10 and 15%	0.102	0.09	7.95	0:00:46	
	Between 5 and 10%	12.575	11.66	11.36	1:06:24	
	Between 1 and 5%	31.084	28.84	16.29	1:54:28	
	Total :	43.76	40.59	14.46	3:01:38	
	Plain					
	Difference of 1%	19.347	17.95	24.96	0:46:31	
	Breakdown descents					
	Between 1 and 5%	33.737	31.3	33.03	1:01:17	
	Between 5 and 10%	10.569	9.8	40.18	0:15:47	
Between 10 and 15%	0.349	0.32	10.23	0:02:03		
Between 15 and 30%	0.036	0.03	42.95	0:00:03		
Total :	44.691	41.46	33.87	1:19:10		
Total track :	107.8	100 %	21.05	5:07:19		

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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
20.099	0:01:24	1032	1:22:57	1:22:57	20.099
34.967	0:01:24	764	1:52:49	0:29:52	14.868
46.695	0:57:03 > 10´	655	2:25:04	0:32:15	11.728
75.913	0:06:20	1027	4:54:54	2:29:50	29.218
83.966	0:01:22	929	5:19:48	0:24:54	8.053
89.465	0:03:27	798	5:34:10	0:14:22	5.499
Total : 1:11:00 h					