

Track: Marcha Siete Picos 2012-track.gpx

Date: 13/02/2015

Track: Marcha Siete Picos 2012-track.gpx

Detected modality = BYC

IBP index reliability= A

IBP = 225 BYC

Total length	185.054 Km
Analyzed distance	185.054 Km
Lineal distance	0.025 Km

Accumulated climb	3312 m
Accumulated descent	3291 m
Maximum height	1239.6 m
Minimal height	237 m
Climb rate	5.18 %
Descent rate	4.61 %
Positive climb difference per	17.9 m
Negative descent difference per	17.78 m

Total time	8:30:00 h
Time in movement	8:24:53 h
Stopped time	0:05:07 h

Total speed average	21.77 Km/h
Average speed in movement	21.99 Km/h
Maximum held speed	69.1 Km/h

Max slope filter	~30 %
Min. ponts separation	~30 m
Number of points	16361 (cad. 11.31 m)
Significant points	4809 (cad. 38.49 m / 29.39 %)
Aberrant points	87 (0.53 % d. total)

Direction changes per	8.54
Direction changes >5° per	4.72
Accumulated straight stretches	63.855 Km
Straight stretches per	345.06 m
Penalizable slope changes	28
Penalizable slope changes per	0.151

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%	2.338	1.26	8.28	0:16:57
	Between 5 and 10%	31.189	16.85	12.19	2:33:32
	Between 1 and 5%	30.364	16.41	15.7	1:56:03
	Total :	63.891	34.53	13.38	4:46:32
	Plain				
	Difference of 1%	49.749	26.88	25.63	1:56:29
	Breakdown descents				
	Between 1 and 5%	42.786	23.12	40.51	1:03:22
	Between 5 and 10%	27.829	15.04	44.74	0:37:19
Between 10 and 15%	0.777	0.42	39.4	0:01:11	
Between 15 and 30%	0	0	0	0:00:00	
Total :	71.392	38.58	42.05	1:41:52	
Total track :	185.054	100 %	21.99	8:24:53	

Track: Marcha Siete Picos 2012-track.gpx

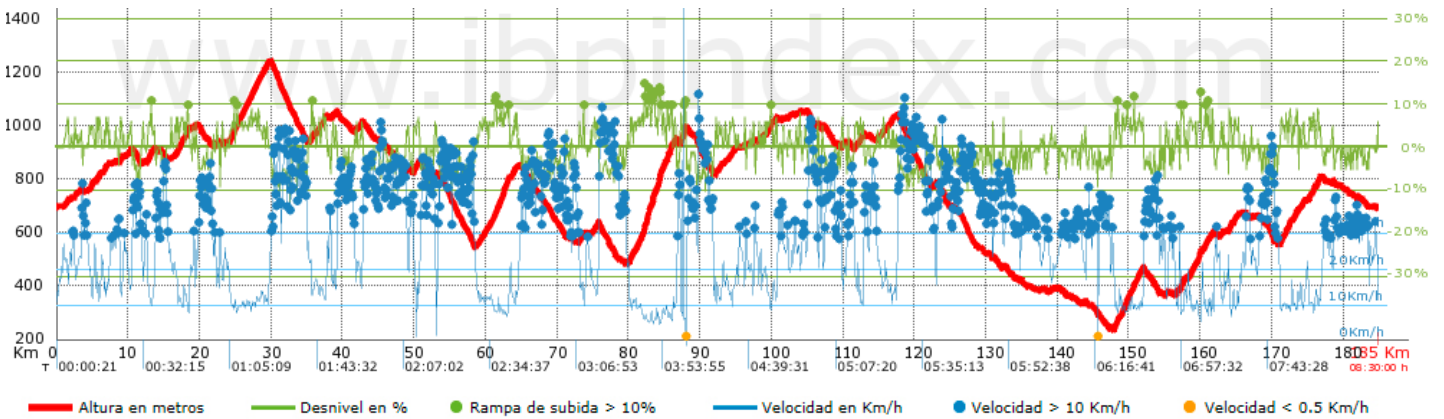
Date: 13/02/2015

Track: Marcha Siete Picos 2012-track.gpx

Detected modality = BYC

IBP index reliability= A

IBP = 225 BYC



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	
88.028	0:05:07	993	4:12:01	4:12:01	88.028	
Total : 0:05:07 h						