

Track: PValverde_Valdelinares_Javalambre-track.gpx

Date: 13/02/2015

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Detected modality = BYC

IBP index reliability= A

IBP = 168 BYC

Total length	133.373 Km
Analyzed distance	133.373 Km
Lineal distance	0.072 Km

Max slope filter	~30 %
Min. ponts separation	~30 m
Number of points	12204 (cad. 10.93 m)
Significant points	3485 (cad. 38.28 m / 28.56 %)
Aberrant points	110 (0.9 % d. total)

Accumulated climb	2671.8 m
Accumulated descent	2646.8 m
Maximum height	1946.6 m
Minimal height	930.2 m
Climb rate	5.47 %
Descent rate	5.17 %
Positive climb difference per	20.03 m
Negative descent difference per	19.85 m

Direction changes per	6.94
Direction changes >5° per	3.33
Accumulated straight stretches	48.513 Km
Straight stretches per	363.74 m
Penalizable slope changes	22
Penalizable slope changes per	0.165

Total time	7:45:21 h
Time in movement	6:43:13 h
Stopped time	1:02:08 h

Total speed average	17.2 Km/h
Average speed in movement	19.85 Km/h
Maximum held speed	71.4 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%	0.029	0.02	6.98	0:00:15
	Between 10 and 15%	2.596	1.95	7.87	0:19:48
	Between 5 and 10%	25.921	19.44	10.76	2:24:29
	Between 1 and 5%	20.289	15.21	14.08	1:26:29
	Total :	48.835	36.62	11.67	4:11:01
	Plain				
	Difference of 1%	33.31	24.98	23.41	1:25:22
	Breakdown descents				
	Between 1 and 5%	24.696	18.52	41.62	0:35:36
	Between 5 and 10%	25.279	18.95	51.1	0:29:41
Between 10 and 15%	1.217	0.91	49.79	0:01:28	
Between 15 and 30%	0.035	0.03	24.89	0:00:05	
Total :	51.227	38.41	45.99	1:06:50	
Total track :	133.373	100 %	19.85	6:43:13	

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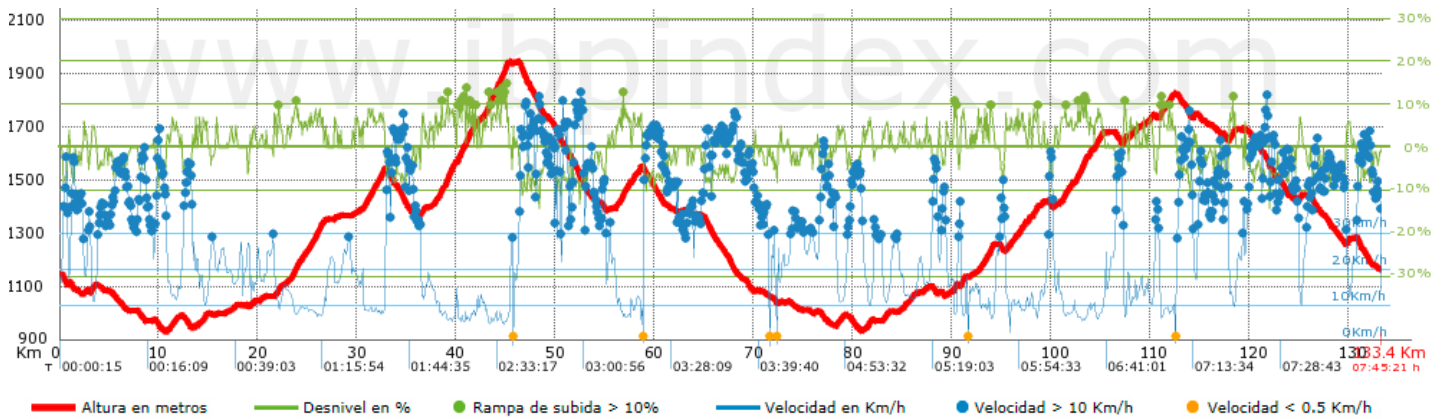
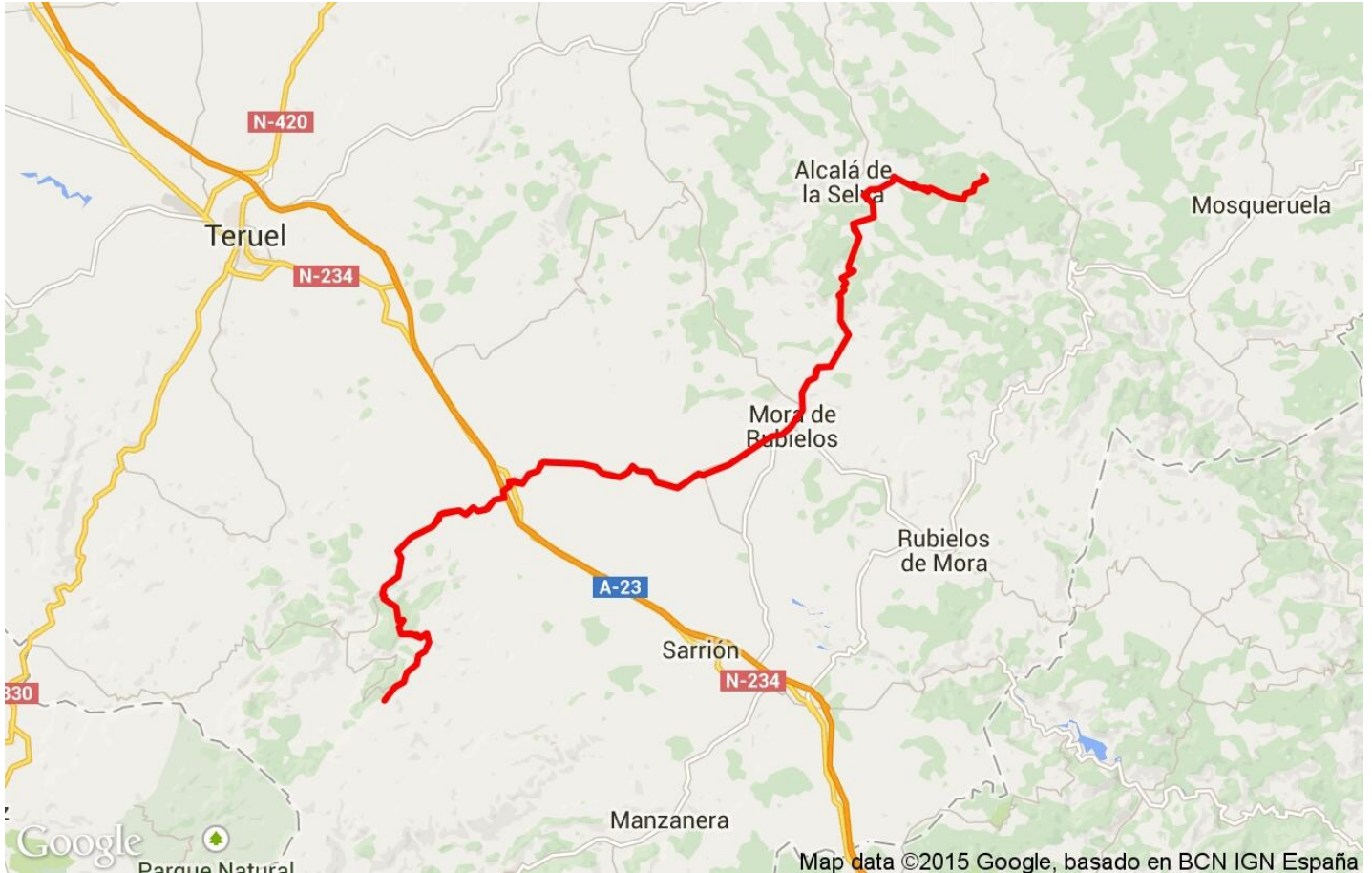
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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
1750	8788.674	6.59	0:36:46	14.34	0:07:39	0:44:25	11.87
1500	28489.818	21.36	1:37:19	17.57		1:37:19	17.57
Total	37.278 Km	27.95 %	2:14:05 h	16.68 Km/h	0:07:39 h	2:21:44 h	15.78 Km/h

Stops						
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance	
45.749	0:07:39	1940	2:44:14	2:44:14	45.749	

71.558	0:52:06 > 10'	1064	3:41:32	0:57:18	25.809
72.275	0:02:23	1046	4:35:25	0:53:53	0.717
Total : 1:02:08 h					