

Track: requena_cofrentes_jarafuel_jalance_campichuelillo_casasdelrio_laportera_requena.gpx

These speeds are average for = BYC

IBP index reliability= B

IBP = 127 BYC

Total length	108.04 Km
Analyzed distance	108.04 Km
Lineal distance	0.09 Km

Accumulated climb	1874.05 m
Accumulated descent	1874.8 m
Maximum height	771.2 m
Minimal height	336.4 m
Climb rate	4.4 %
Descent rate	4.2 %
Positive climb difference per km	17.35 m
Negative descent difference per km	17.35 m

Total time	5:53:52 h
Time in movement	4:45:08 h
Stopped time	1:08:44 h

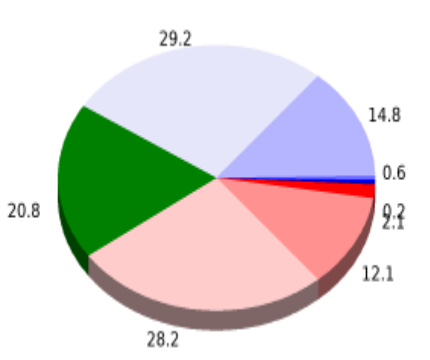
Total speed average	18.32 Km/h
Average speed in movement	22.73 Km/h
Maximum held speed	70.08 Km/h

Max slope filter	~30 %
Min. points separation	~30 m
Number of points	7599 (cad. 14.22 m)
Significant points	2930 (cad. 36.89 m / 38.56 %)
Aberrant points	2 (0.03 % d. total)

Direction changes per km	9.32
Direction changes >5° per km	4.82
Accumulated straight stretches	37.847 Km
Straight stretches per km	350.31 m
Penalizable slope changes	16
Penalizable slope changes per km	0.148

Find The Best bike routes



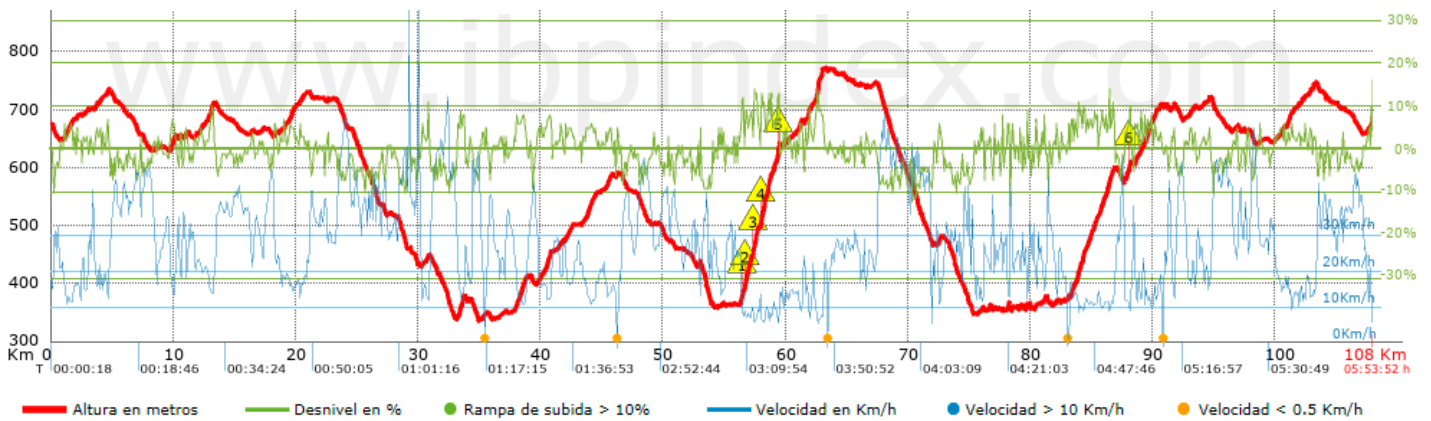
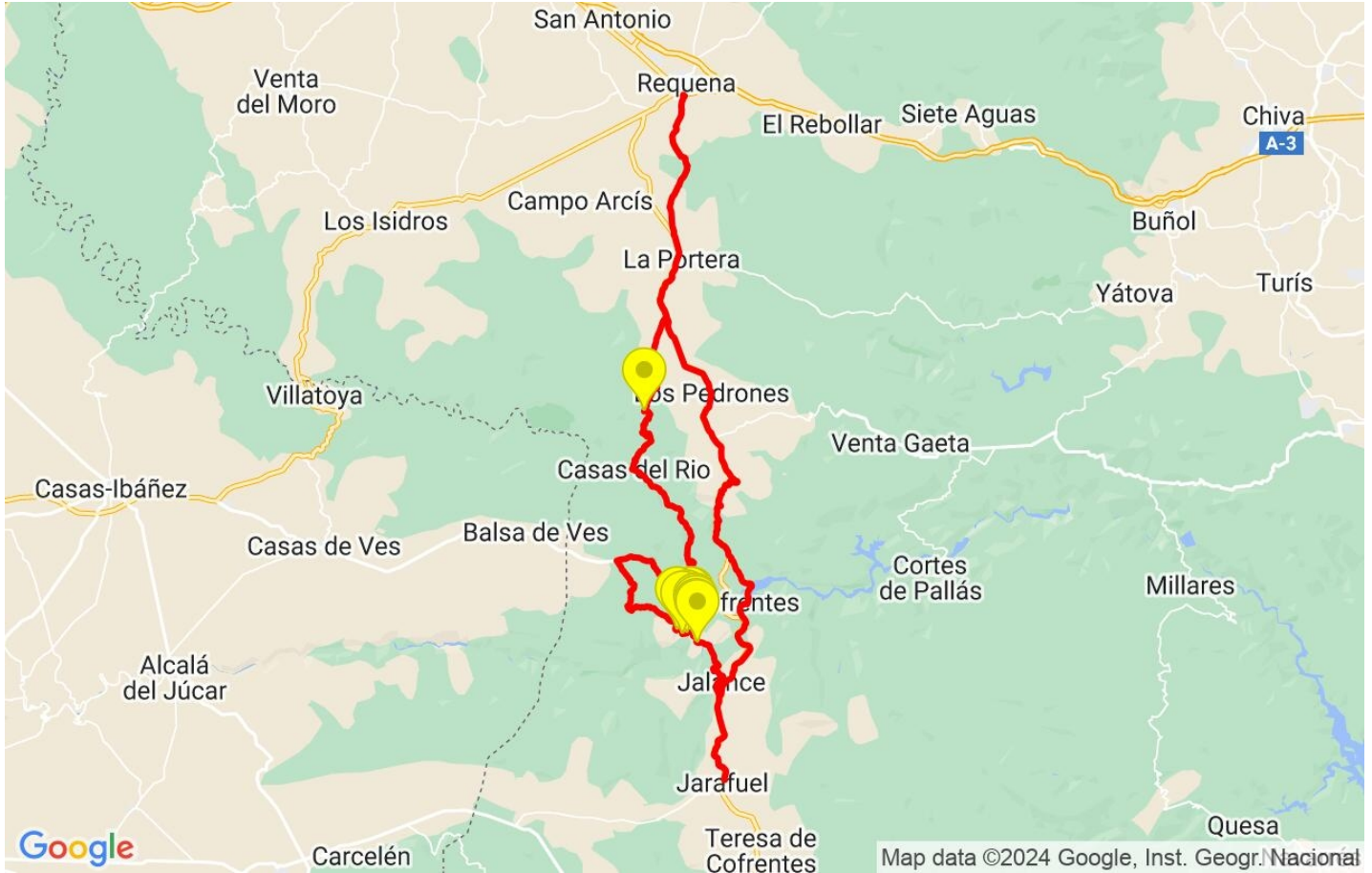
Summary of slopes	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s	
	Between 15 and 30%	0.19	0.18	7.26	0:01:34	
	Between 10 and 15%	2.074	1.92	9.49	0:13:07	
	Between 5 and 10%	12.101	11.2	13.24	0:54:50	
	Between 1 and 5%	28.235	26.13	18.71	1:30:32	
	Total :	42.599	39.43	15.97	2:40:03	
	Plain					
	Difference of 1%	20.833	19.28	25.97	0:48:08	
	Breakdown descents					
	Between 1 and 5%	29.212	27.04	32.68	0:53:38	
	Between 5 and 10%	14.845	13.74	39.35	0:22:38	
Between 10 and 15%	0.555	0.51	48.74	0:00:41		
Between 15 and 30%	0	0	0	0:00:00		
Total :	44.612	41.29	34.79	1:16:57		
Total track :	108.04	100 %	22.73	4:45:08		

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Steep slopes > 10%

Steep slope	Page point	Average slope	Interval
	56.421	11 %	107 m
	56.663	11 %	209 m
	57.385	12 %	235 m
	58.003	12 %	298 m
	59.324	13 %	179 m

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
46.175	0:57:19 > 10´	584	1:48:59	1:48:59	46.175
63.397	0:04:06	771	3:45:24	1:56:25	17.223
83.01	0:02:42	372	4:33:32	0:48:08	19.612
90.762	0:04:37	709	5:08:55	0:35:23	7.752
Total :	1:08:44 h				