

Track: elponton_losidros_casamoya_villargordo_contreras_villargordo_fuenterrobles_caudete_elponton.gpx

These speeds are average for = BYC

IBP index reliability= A

IBP = 103 BYC

Total length	116.12 Km
Analyzed distance	116.12 Km
Lineal distance	0.01 Km

Accumulated climb	1570.6 m
Accumulated descent	1523 m
Maximum height	921.4 m
Minimal height	560.8 m
Climb rate	3.79 %
Descent rate	3.42 %
Positive climb difference per km	13.53 m
Negative descent difference per km	13.12 m

Total time	6:55:21 h
Time in movement	5:21:36 h
Stopped time	1:33:45 h

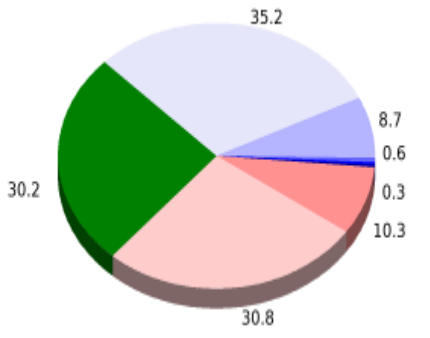
Total speed average	16.77 Km/h
Average speed in movement	21.66 Km/h
Maximum held speed	61.86 Km/h

Max slope filter	~30 %
Min. points separation	~30 m
Number of points	4792 (cad. 24.23 m)
Significant points	2612 (cad. 44.47 m / 54.51 %)
Aberrant points	2 (0.04 % d. total)

Direction changes per km	6.91
Direction changes >5° per km	3.31
Accumulated straight stretches	54.596 Km
Straight stretches per km	470.17 m
Penalizable slope changes	18
Penalizable slope changes per km	0.155

Find The Best bike routes

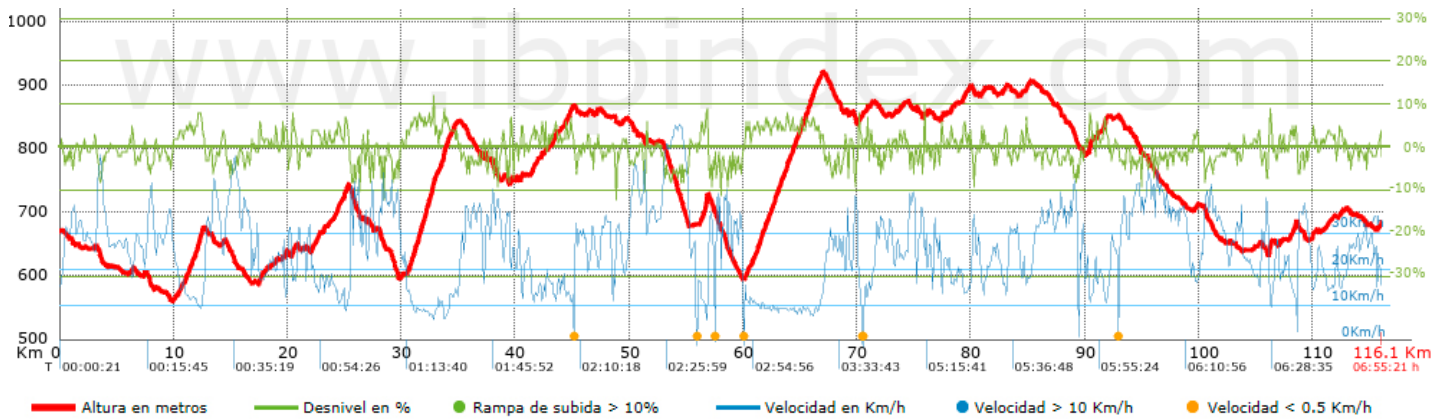


Summary of slopes	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s	
	Between 15 and 30%	0	0	0	0:00:00	
	Between 10 and 15%	0.262	0.23	14.52	0:01:05	
	Between 5 and 10%	10.322	8.89	11.52	0:53:47	
	Between 1 and 5%	30.814	26.54	16.16	1:54:26	
	Total :	41.399	35.65	14.67	2:49:18	
	Plain					
	Difference of 1%	30.242	26.04	25.26	1:11:50	
	Breakdown descents					
	Between 1 and 5%	35.235	30.34	32.22	1:05:37	
	Between 5 and 10%	8.692	7.49	37.57	0:13:53	
Between 10 and 15%	0.556	0.48	34.5	0:00:58		
Between 15 and 30%	0	0	0	0:00:00		
Total :	44.484	38.31	33.17	1:20:28		
Total track :	116.12	100 %	21.66	5:21:36		

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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
55.864	0:04:42	681	2:29:35	2:29:35	55.864
57.485	0:01:16	703	2:40:38	0:11:03	1.62
59.992	0:04:39	595	2:46:21	0:05:43 < 10´	2.507
70.447	1:23:08 > 10´	851	3:38:27	0:52:06	10.455
Total : 1:33:45 h					