

Track: sarrion_pueblavalverde_camarena_javalambre_camarena_pueblavalverde_sarrion.gpx

These speeds are average for = BYC

IBP index reliability= A

IBP = 103 BYC

Total length	91.14 Km
Analyzed distance	91.14 Km
Lineal distance	0.05 Km

Accumulated climb	1775.68 m
Accumulated descent	1776.68 m
Maximum height	1840.2 m
Minimal height	966.2 m
Climb rate	4.55 %
Descent rate	4.44 %
Positive climb difference per km	19.48 m
Negative descent difference per km	19.49 m

Total time	5:47:16 h
Time in movement	4:12:50 h
Stopped time	1:34:26 h

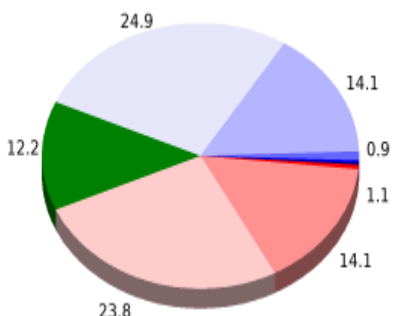
Total speed average	15.75 Km/h
Average speed in movement	21.63 Km/h
Maximum held speed	63.74 Km/h

Max slope filter	~30 %
Min. points separation	~30 m
Number of points	7107 (cad. 12.82 m)
Significant points	2573 (cad. 35.44 m / 36.2 %)
Aberrant points	2 (0.03 % d. total)

Direction changes per km	9.73
Direction changes >5° per km	4.29
Accumulated straight stretches	36.98 Km
Straight stretches per km	405.75 m
Penalizable slope changes	13
Penalizable slope changes per km	0.143

Find The Best bike routes



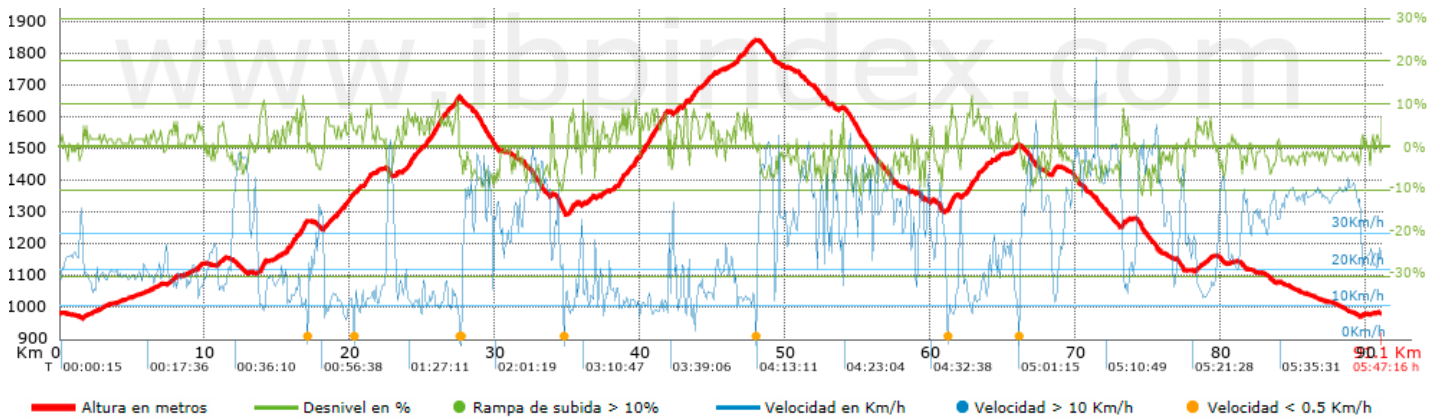
Summary of slopes	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 15 and 30%	0	0	0	0:00:00
	Between 10 and 15%	1.13	1.24	10.62	0:06:23
	Between 5 and 10%	14.053	15.42	12.21	1:09:03
	Between 1 and 5%	23.816	26.13	17.34	1:22:25
	Total :	38.998	42.79	14.82	2:37:51
	Plain				
	Difference of 1%	12.156	13.34	24.14	0:30:13
	Breakdown descents				
	Between 1 and 5%	24.942	27.37	35.66	0:41:58
	Between 5 and 10%	14.128	15.5	41.22	0:20:34
Between 10 and 15%	0.879	0.96	31.34	0:01:41	
Between 15 and 30%	0.036	0.04	3.92	0:00:33	
Total :	39.986	43.87	37.04	1:04:46	
Total track :	91.14	100 %	21.63	4:12:50	

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Steep slopes > 10%

Steep slope	Average point	Average slope	Interval
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High altitude parameters, data above

Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
1750	4467.504	4.9	0:12:07	22.12	0:09:40	0:21:47	12.31
1500	16820.643	18.46	0:52:28	19.24	0:18:53	1:11:21	14.14
Total :	21.288 Km	23.36 %	1:04:35 h	19.78 Km/h	0:28:33 h	1:33:08 h	13.71 Km/h

Stops

Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
17.032	0:02:32	1271	0:51:50	0:51:50	17.032
20.216	0:05:20	1356	1:07:33	0:15:43	3.184
27.487	0:02:10	1659	1:43:36	0:36:03	7.271
27.626	0:11:04 > 10´	1658	1:46:31	0:02:55 < 10´	0.139
34.715	0:55:22 > 10´	1303	2:09:39	0:23:08	7.089
47.937	0:09:40	1840	4:03:18	1:53:39	13.222
61.12	0:02:39	1306	4:34:55	0:31:37	13.183
65.961	0:05:39	1508	4:55:15	0:20:20	4.841
Total :	1:34:26 h				