

Track: macastre_lachufa_ventagaeta_castilblanques_cortes.gpx

These speeds are average for = BYC

IBP index reliability= B

IBP = 107 BYC

Total length	89.44 Km
Analyzed distance	89.44 Km
Lineal distance	0.03 Km

Accumulated climb	1782.74 m
Accumulated descent	1771.54 m
Maximum height	694.6 m
Minimal height	284.4 m
Climb rate	4.8 %
Descent rate	4.58 %
Positive climb difference per km	19.93 m
Negative descent difference per km	19.81 m

Total time	6:36:25 h
Time in movement	4:50:32 h
Stopped time	1:45:53 h

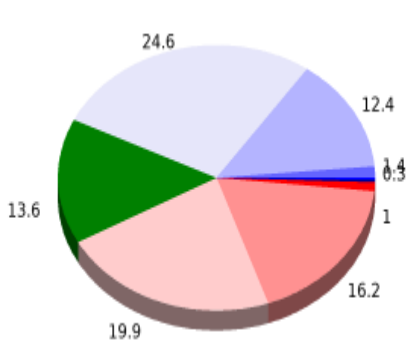
Total speed average	13.54 Km/h
Average speed in movement	18.47 Km/h
Maximum held speed	72.92 Km/h

Max slope filter	~30 %
Min. points separation	~30 m
Number of points	4164 (cad. 21.48 m)
Significant points	2132 (cad. 41.97 m / 51.2 %)
Aberrant points	4 (0.1 % d. total)

Direction changes per km	8.05
Direction changes >5° per km	5.02
Accumulated straight stretches	29.034 Km
Straight stretches per km	324.62 m
Penalizable slope changes	17
Penalizable slope changes per km	0.19

Find The Best bike routes



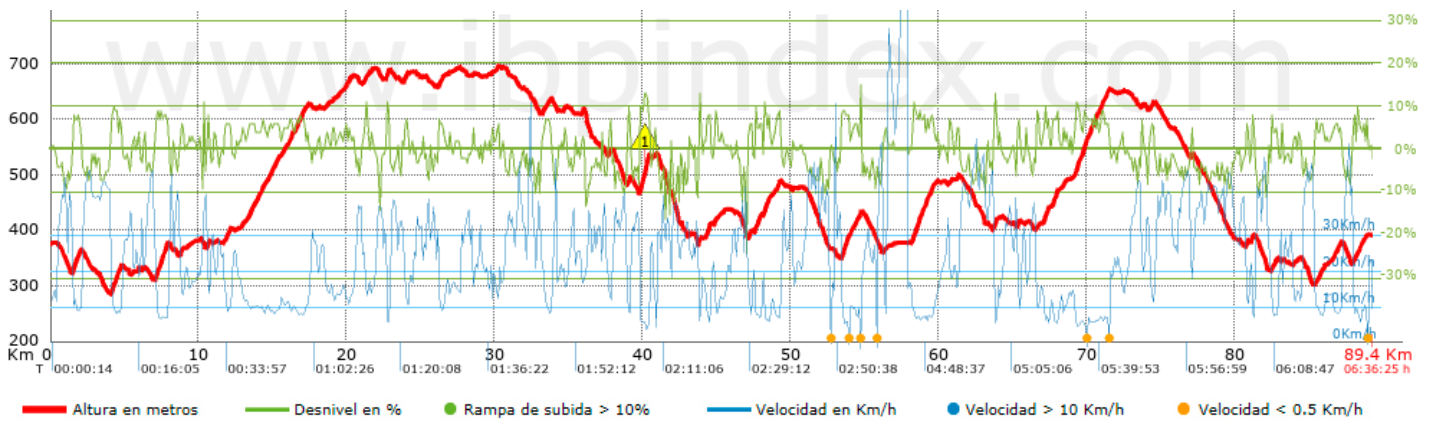
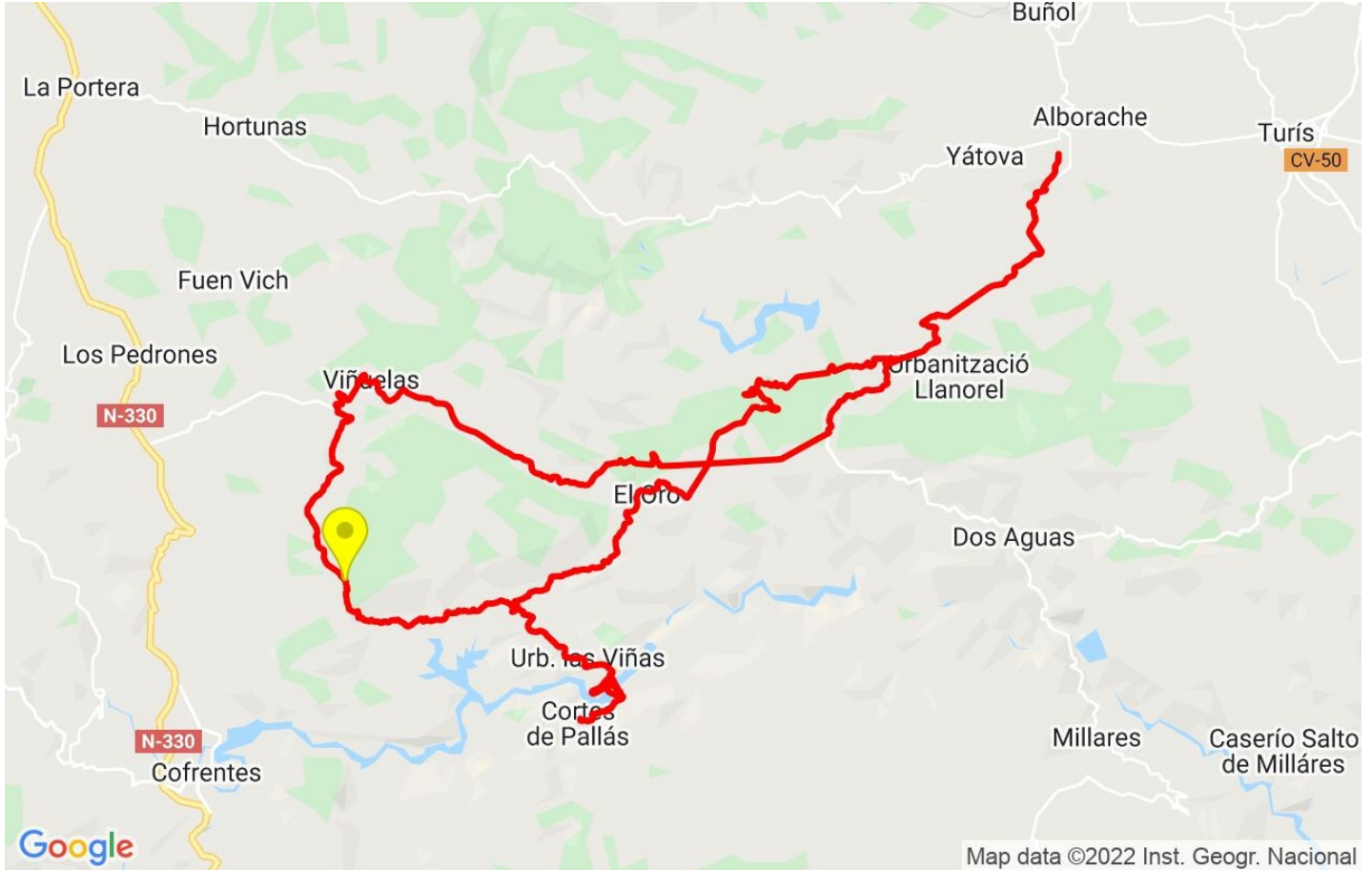
Summary of slopes	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 15 and 30%	0.035	0.04	0	0:00:00
	Between 10 and 15%	0.971	1.09	7.78	0:07:29
	Between 5 and 10%	16.245	18.16	9.94	1:38:06
	Between 1 and 5%	19.908	22.26	14.68	1:21:21
	Total :	37.158	41.55	11.93	3:06:56
	Plain				
	Difference of 1%	13.636	15.25	24.23	0:33:46
	Breakdown descents				
	Between 1 and 5%	24.581	27.48	31.46	0:46:53
	Between 5 and 10%	12.396	13.86	37.47	0:19:51
	Between 10 and 15%	1.376	1.54	33.92	0:02:26
	Between 15 and 30%	0.289	0.32	26.04	0:00:40
	Total :	38.643	43.21	33.2	1:09:50
	Total track :	89.44	100 %	18.47	4:50:32

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Steep slopes > 10%

Steep slope	Slipage point	Average slope	Interval
	40.116	13 %	248 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
52.688	0:01:48	367	2:47:39	2:47:39	52.688
53.914	0:01:58	386	2:54:34	0:06:55 < 10´	1.226
54.725	1:30:12 > 10´	427	3:00:59	0:06:25 < 10´	0.811
55.761	0:05:50	388	4:33:37	1:32:38	1.036
70.046	0:03:46	561	5:30:14	0:56:37	14.285
88.995	0:02:19	391	6:32:57	1:02:43	18.948
Total : 1:45:53 h					