

Track: Macastre\_Portera\_VGaeta\_DosAguas\_Altury-track.gpx

Date: 13/02/2015

 Track: Macastre\_Portera\_VGaeta\_DosAguas\_Altury-track.gpx  
 Detected modality = BYC  
 IBP index reliability= A

**IBP = 120 BYC**

Total length	112.28 Km
Analyzed distance	112.28 Km
Lineal distance	0.088 Km
Accumulated climb	1777.14 m
Accumulated descent	1803.4 m
Maximum height	720.2 m
Minimal height	196 m
Climb rate	4.9 %
Descent rate	4.83 %
Positive climb difference per	15.83 m
Negative descent difference per	16.06 m

Max slope filter	~30 %
Min. pons separation	~30 m
Number of points	9330 (cad. 12.03 m)
Significant points	2883 (cad. 38.96 m / 30.9 %)
Aberrant points	35 (0.38 % d. total)

Direction changes per	8.83
Direction changes >5° per	4.55
Accumulated straight stretches	45.503 Km
Straight stretches per	405.26 m
Penalizable slope changes	23
Penalizable slope changes per	0.205

Total time	5:55:57 h
Time in movement	5:04:49 h
Stopped time	0:51:08 h

Total speed average	18.93 Km/h
Average speed in movement	22.1 Km/h
Maximum held speed	60.07 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	0	0	0:00:00	
	Between 10 and 15%	0.81	0.72	10.16	0:04:47	
	Between 5 and 10%	16.079	14.32	12.98	1:14:20	
	Between 1 and 5%	19.383	17.26	16.64	1:09:54	
	<b>Total :</b>	<b>36.272</b>	<b>32.31</b>	<b>14.6</b>	<b>2:29:01</b>	
	<b>Plain</b>					
	Difference of 1%	38.65	34.42	23.7	1:37:52	
	<b>Breakdown descents</b>					
	Between 1 and 5%	20.352	18.13	36.51	0:33:27	
	Between 5 and 10%	16.235	14.46	41.93	0:23:14	
Between 10 and 15%	0.733	0.65	36.66	0:01:12		
Between 15 and 30%	0.037	0.03	44.95	0:00:03		
<b>Total :</b>	<b>37.357</b>	<b>33.27</b>	<b>38.69</b>	<b>0:57:56</b>		
<b>Total track :</b>	<b>112.28</b>	<b>100 %</b>	<b>22.1</b>	<b>5:04:49</b>		

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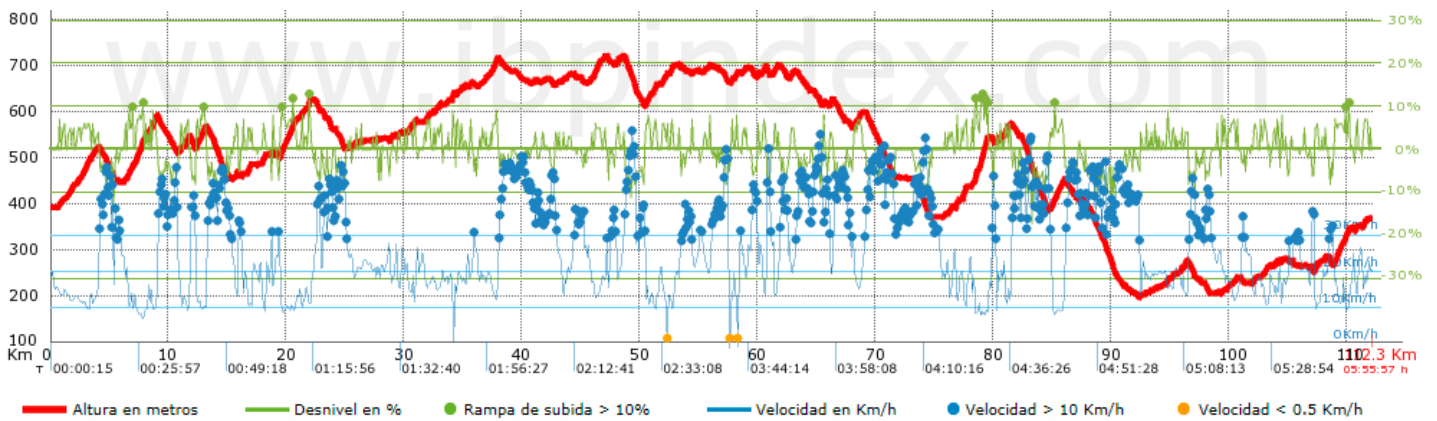
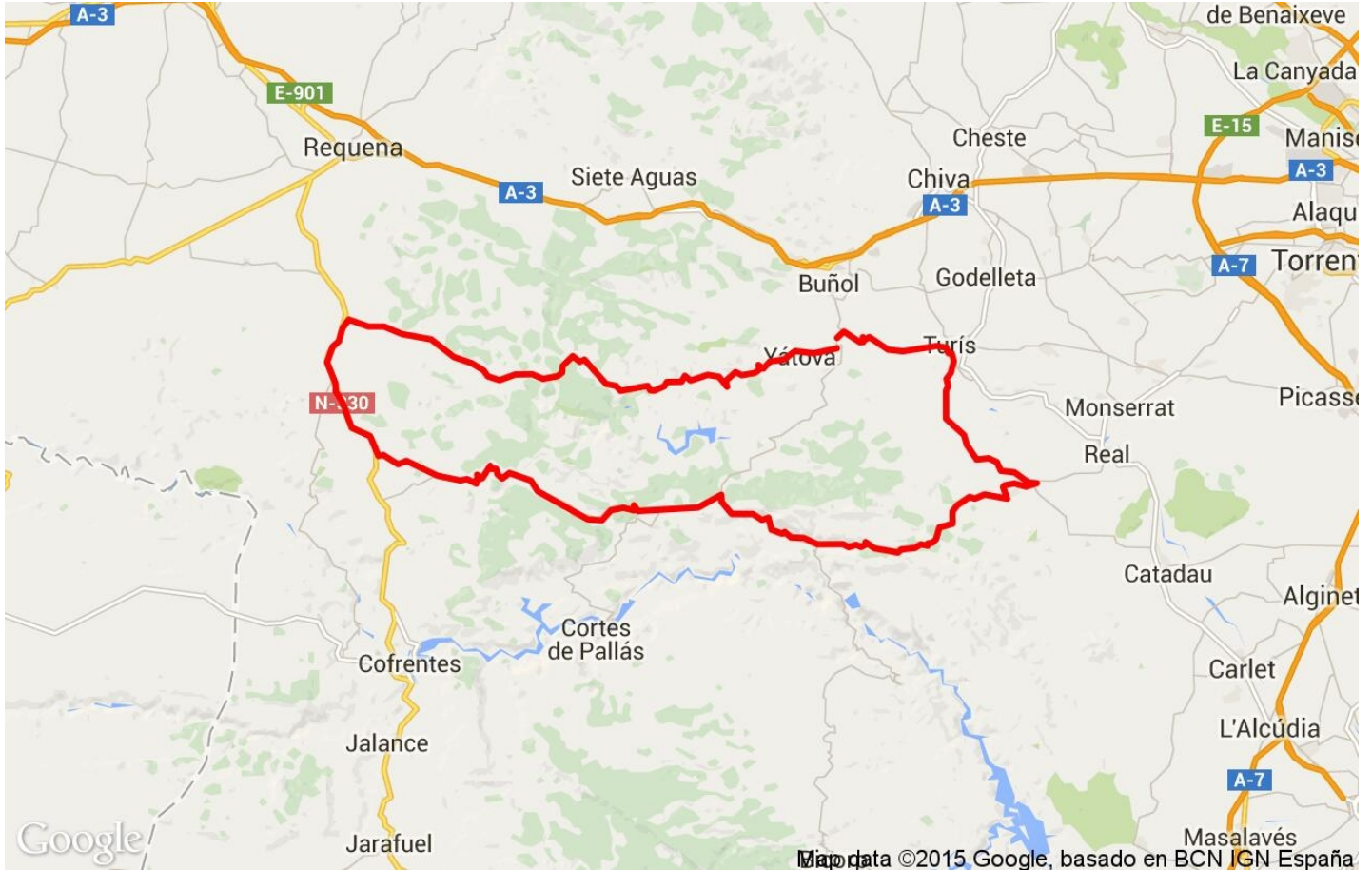
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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
	Total : 0 Km	--- %	--- h	--- Km/h	--- h	--- h	--- Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
57.634	0:48:20 > 10'	668	2:48:22	2:48:22	57.634
58.29	0:02:48	684	3:38:58	0:50:36	0.656
Total : 0:51:08 h					