

Track: soneja\_chovar\_eslida\_ain\_aveo\_artesa\_sueras\_aveo\_almedijar\_soneja.gpx

These speeds are average for = BYC

IBP index reliability= A

**IBP = 106 BYC**

Total length	85.15 Km
Analyzed distance	85.15 Km
Lineal distance	0.01 Km

Accumulated climb	1742 m
Accumulated descent	1749.2 m
Maximum height	804 m
Minimal height	210.2 m
Climb rate	4.58 %
Descent rate	4.72 %
Positive climb difference per km	20.46 m
Negative descent difference per km	20.54 m

Total time	5:33:08 h
Time in movement	4:14:09 h
Stopped time	1:18:59 h

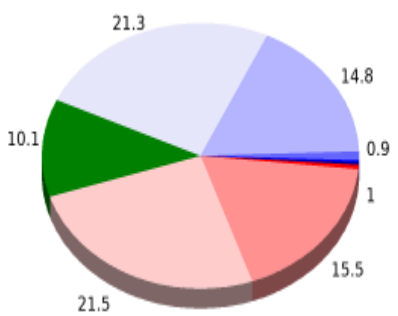
Total speed average	15.34 Km/h
Average speed in movement	20.1 Km/h
Maximum held speed	55.37 Km/h

Max slope filter	~30 %
Min. points separation	~30 m
Number of points	6543 (cad. 13.01 m)
Significant points	2379 (cad. 35.81 m / 36.36 %)
Aberrant points	0 (0 % d. total)

Direction changes per km	8.87
Direction changes >5° per km	6.28
Accumulated straight stretches	18.769 Km
Straight stretches per km	220.42 m
Penalizable slope changes	11
Penalizable slope changes per km	0.129

Find The Best bike routes



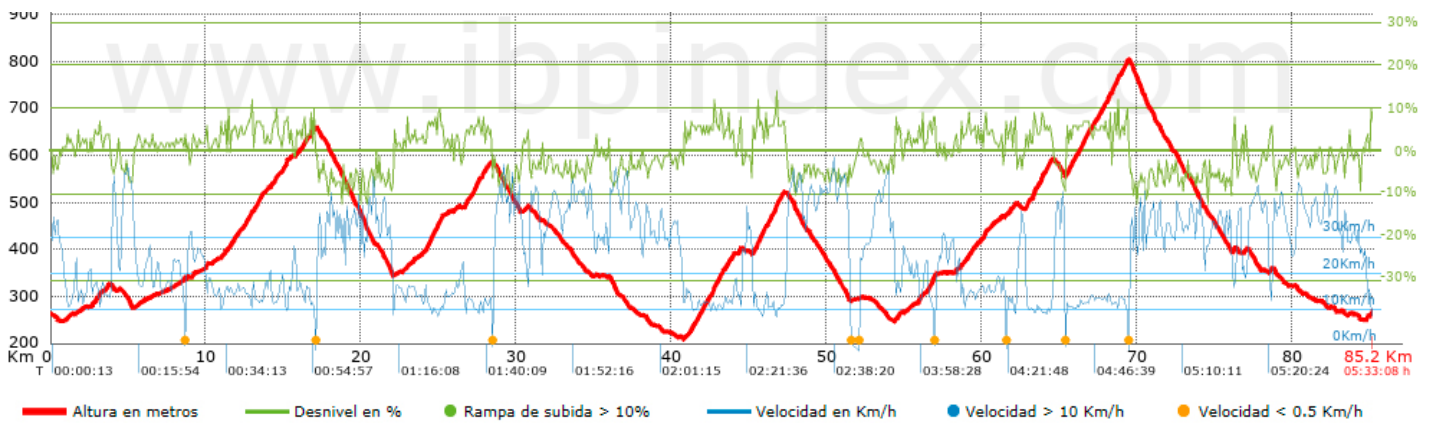
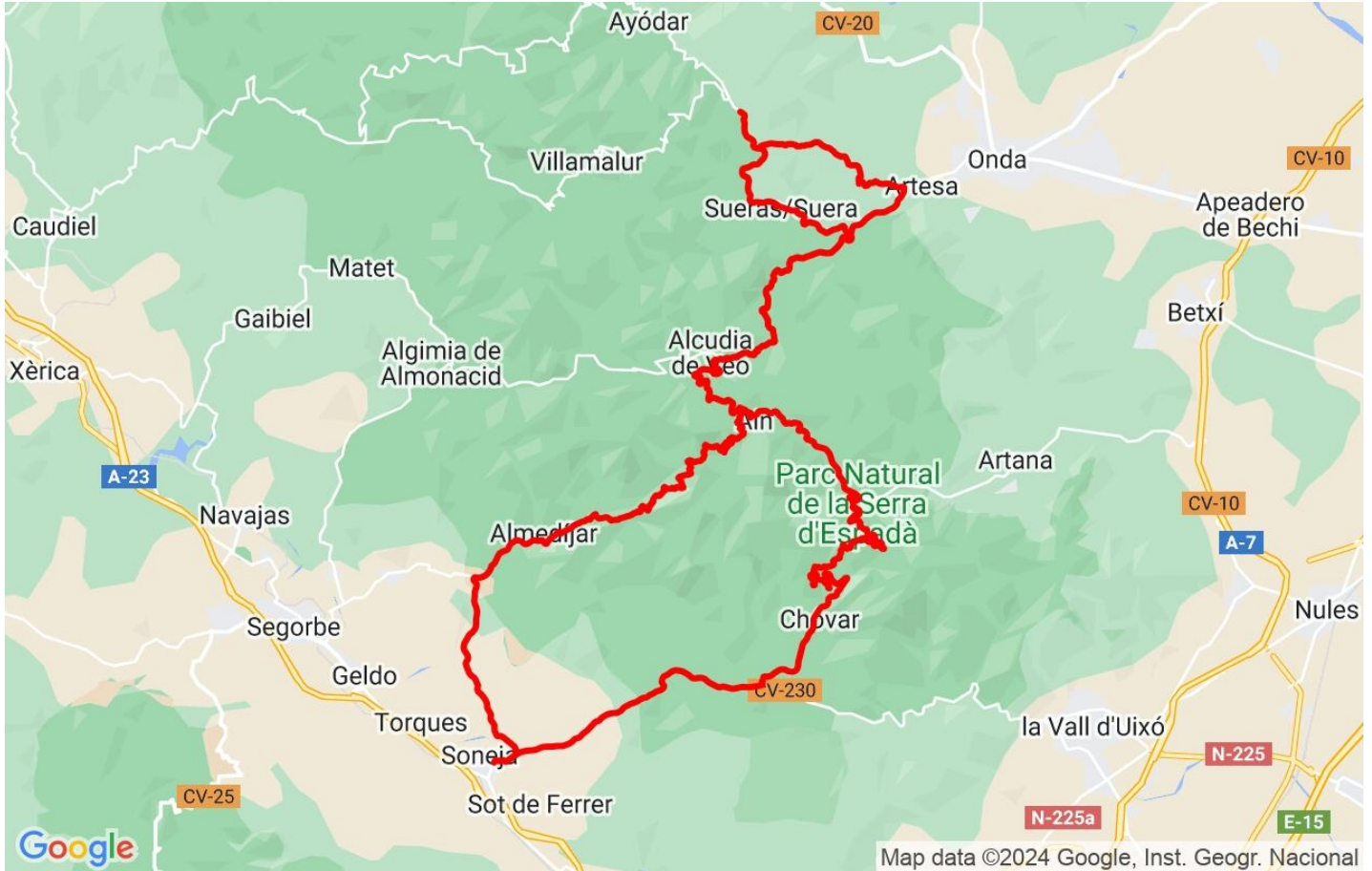
Summary of slopes	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s	
	Between 15 and 30%	0	0	0	0:00:00	
	Between 10 and 15%	0.992	1.17	12.19	0:04:53	
	Between 5 and 10%	15.478	18.18	13.35	1:09:35	
	Between 1 and 5%	21.535	25.29	17.05	1:15:47	
	<b>Total :</b>	<b>38.005</b>	<b>44.63</b>	<b>15.18</b>	<b>2:30:15</b>	
	<b>Plain</b>					
	Difference of 1%	10.077	11.83	15.16	0:39:53	
	<b>Breakdown descents</b>					
	Between 1 and 5%	21.341	25.06	34.07	0:37:35	
	Between 5 and 10%	14.835	17.42	36.16	0:24:37	
Between 10 and 15%	0.893	1.05	29.5	0:01:49		
Between 15 and 30%	0	0	0	0:00:00		
<b>Total :</b>	<b>37.069</b>	<b>43.53</b>	<b>34.74</b>	<b>1:04:01</b>		
<b>Total track :</b>	<b>85.15</b>	<b>100 %</b>	<b>20.1</b>	<b>4:14:09</b>		

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**High altitude parameters, data above**

Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
	<b>Total :</b> 0 Km	--- %	--- h	--- Km/h	--- h	--- h	--- Km/h

**Stops**

Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
8.646	0:01:33	338	0:24:46	0:24:46	8.646
16.964	0:10:06 > 10´	660	0:55:25	0:30:39	8.318
28.424	0:01:54	587	1:41:43	0:46:18	11.46
51.588	0:51:15 > 10´	287	2:41:22	0:59:39	23.165
56.938	0:01:31	341	4:01:43	1:20:21	5.35
61.465	0:03:40	469	4:17:22	0:15:39	4.527
65.325	0:01:46	559	4:35:57	0:18:35	3.86
69.431	0:07:14	804	4:56:48	0:20:51	4.107
<b>Total :</b> 1:18:59 h					