

Track: soneja\_eslida\_algimia\_altura\_larodana\_lamorruda\_segorbe\_castellnovo\_soneja.gpx

These speeds are average for = BYC

IBP index reliability= A

**IBP = 101 BYC**

Total length	94.08 Km
Analyzed distance	94.08 Km
Lineal distance	0.02 Km

Accumulated climb	1663.4 m
Accumulated descent	1627.4 m
Maximum height	733 m
Minimal height	249 m
Climb rate	4.07 %
Descent rate	4.46 %
Positive climb difference per km	17.68 m
Negative descent difference per km	17.3 m

Total time	5:43:21 h
Time in movement	4:36:33 h
Stopped time	1:06:48 h

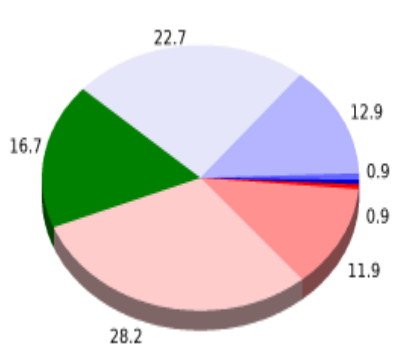
Total speed average	16.44 Km/h
Average speed in movement	20.41 Km/h
Maximum held speed	62.19 Km/h

Max slope filter	~30 %
Min. points separation	~30 m
Number of points	4126 (cad. 22.8 m)
Significant points	2165 (cad. 43.48 m / 52.47 %)
Aberrant points	1 (0.02 % d. total)

Direction changes per km	7.24
Direction changes >5° per km	5.24
Accumulated straight stretches	23.607 Km
Straight stretches per km	250.92 m
Penalizable slope changes	14
Penalizable slope changes per km	0.149

Find The Best bike routes

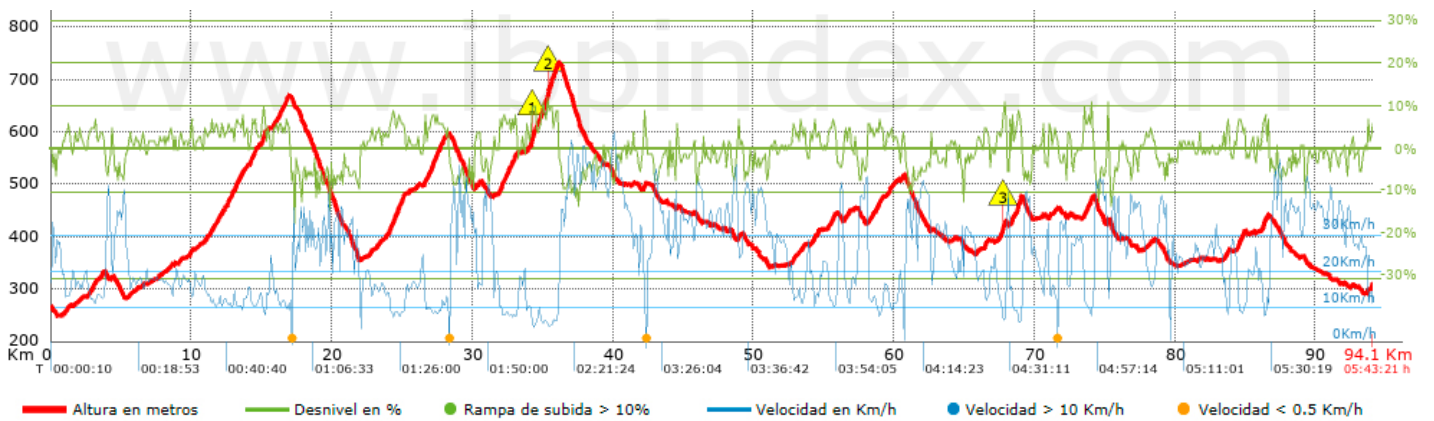


Summary of slopes	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 15 and 30%	0	0	0	0:00:00
	Between 10 and 15%	0.86	0.91	7.9	0:06:32
	Between 5 and 10%	11.885	12.63	10.75	1:06:21
	Between 1 and 5%	28.15	29.92	16.91	1:39:53
	<b>Total :</b>	<b>40.896</b>	<b>43.47</b>	<b>14.2</b>	<b>2:52:46</b>
	<b>Plain</b>				
	Difference of 1%	16.726	17.78	25.4	0:39:31
	<b>Breakdown descents</b>				
	Between 1 and 5%	22.667	24.09	32.63	0:41:41
	Between 5 and 10%	12.868	13.68	36.83	0:20:58
Between 10 and 15%	0.893	0.95	34.96	0:01:32	
Between 15 and 30%	0.03	0.03	21.67	0:00:05	
<b>Total :</b>	<b>36.459</b>	<b>38.75</b>	<b>34.04</b>	<b>1:04:16</b>	
<b>Total track :</b>	<b>94.08</b>	<b>100 %</b>	<b>20.41</b>	<b>4:36:33</b>	

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**Steep slopes > 10%**

Steep slope	Slipage point	Average slope	Interval
	34.272	11 %	146 m
	35.324	11 %	123 m

**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
17.131	0:02:07	668	1:01:35	1:01:35	17.131
28.303	0:03:22	598	1:41:35	0:40:00	11.172
42.278	0:55:25 > 10´	496	2:28:43	0:47:08	13.975
71.622	0:05:54	454	4:43:03	2:14:20	29.344
<b>Total :</b> 1:06:48 h					