

Track: castell\_n\_desierto\_benicasim\_desierto\_cabanes\_sierraengarcer\_n\_cabanes\_desierto\_castell\_n.gpx

These speeds are average for = BYC

IBP index reliability= A

**IBP = 108 BYC**

|                   |          |
|-------------------|----------|
| Total length      | 95.13 Km |
| Analyzed distance | 95.13 Km |
| Lineal distance   | 0.03 Km  |

|                                    |          |
|------------------------------------|----------|
| Accumulated climb                  | 1790.4 m |
| Accumulated descent                | 1782.8 m |
| Maximum height                     | 745.2 m  |
| Minimal height                     | 18.2 m   |
| Climb rate                         | 4.66 %   |
| Descent rate                       | 4.71 %   |
| Positive climb difference per km   | 18.82 m  |
| Negative descent difference per km | 18.74 m  |

|                  |           |
|------------------|-----------|
| Total time       | 6:12:32 h |
| Time in movement | 5:10:33 h |
| Stopped time     | 1:01:59 h |

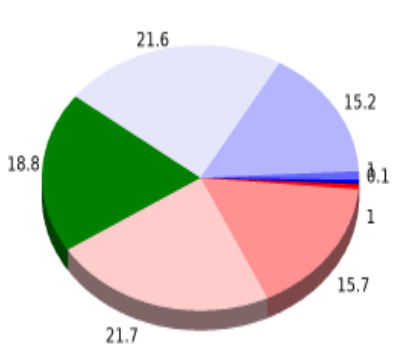
|                           |            |
|---------------------------|------------|
| Total speed average       | 15.32 Km/h |
| Average speed in movement | 18.38 Km/h |
| Maximum held speed        | 58.35 Km/h |

|                        |                               |
|------------------------|-------------------------------|
| Max slope filter       | ~30 %                         |
| Min. points separation | ~30 m                         |
| Number of points       | 4316 (cad. 22.04 m)           |
| Significant points     | 2181 (cad. 43.64 m / 50.53 %) |
| Aberrant points        | 0 (0 % d. total)              |

|                                  |           |
|----------------------------------|-----------|
| Direction changes per km         | 7.73      |
| Direction changes >5° per km     | 4.68      |
| Accumulated straight stretches   | 32.303 Km |
| Straight stretches per km        | 339.57 m  |
| Penalizable slope changes        | 11        |
| Penalizable slope changes per km | 0.116     |

Find The Best bike routes



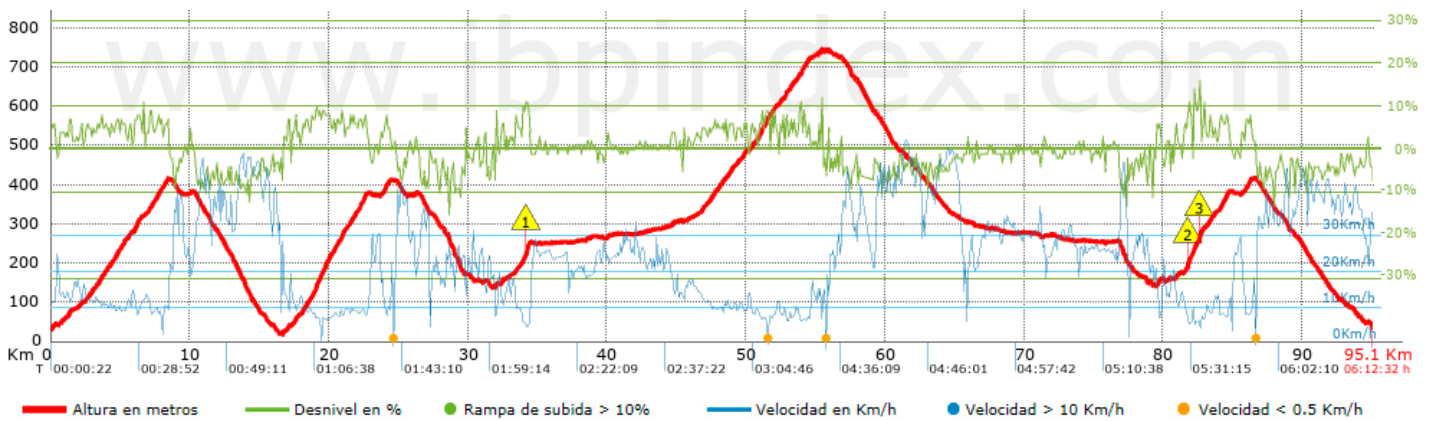
| Summary of slopes  | Climbs                    | Distance in km | above the total in % | Speed in       | Time h:m:s     |
|--|---------------------------|----------------|----------------------|----------------|----------------|
|  | Between 15 and 30%        | 0.04           | 0.04                 | 5.78           | 0:00:25        |
|  | Between 10 and 15%        | 0.984          | 1.03                 | 7.52           | 0:07:51        |
|  | Between 5 and 10%         | 15.701         | 16.51                | 9.99           | 1:34:18        |
|  | Between 1 and 5%          | 21.674         | 22.78                | 14.32          | 1:30:47        |
|  | <b>Total :</b>            | <b>38.4</b>    | <b>40.37</b>         | <b>11.92</b>   | <b>3:13:21</b> |
|  | <b>Plain</b>              |                |                      |                |                |
|  | Difference of 1%          | 18.842         | 19.81                | 24.43          | 0:46:17        |
|  | <b>Breakdown descents</b> |                |                      |                |                |
|  | Between 1 and 5%          | 21.621         | 22.73                | 30.56          | 0:42:27        |
|  | Between 5 and 10%         | 15.157         | 15.93                | 34.64          | 0:26:15        |
| Between 10 and 15%   | 0.967                     | 1.02           | 31.07                | 0:01:52        |                |
| Between 15 and 30%   | 0.143                     | 0.15           | 24.51                | 0:00:21        |                |
| <b>Total :</b>   | <b>37.888</b>             | <b>39.83</b>   | <b>32.06</b>         | <b>1:10:55</b> |                |
| <b>Total track :</b>   | <b>95.13</b>              | <b>100 %</b>   | <b>18.38</b>         | <b>5:10:33</b> |                |

Track: castell\_n\_desierto\_benicasim\_desierto\_cabanes\_sierraengarcer\_n\_cabanes\_desierto\_castell\_n.gpx

These speeds are average for = BYC

IBP index reliability= A

**IBP = 108 BYC**



**Steep slopes > 10%**

| Steep slope  | Slipage point | Average slope | Interval |
|--|---------------|---------------|----------|
|  | 34.113        | 11 %          | 215 m    |
|  | 81.762        | 12 %          | 151 m    |
|  | 82.524        | 12 %          | 146 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 |
|----------------|------------------|----------|--------------|------------------------|--------------------|
| 24.625         | 0:02:47          | 411      | 1:39:12      | 1:39:12                | 24.625             |
| 51.47          | 0:01:47          | 558      | 3:11:20      | 1:32:08                | 26.845             |
| 55.708         | 0:55:15 > 10´    | 744      | 3:38:15      | 0:26:55                | 4.238              |
| 86.621         | 0:02:10          | 417      | 5:57:15      | 2:19:00                | 30.913             |
| <b>Total :</b> | <b>1:01:59 h</b> |          |              |                        |                    |