

Track: Iiria_casinos_elvillar_higueruelas_lapobleta_alcublas_elvillar_casinos-track.gpx

These speeds are average for = BYC

IBP index reliability= A

IBP = 90 BYC

Total length	102.77 Km
Analyzed distance	102.77 Km
Lineal distance	0.01 Km

Accumulated climb	1423.2 m
Accumulated descent	1429.6 m
Maximum height	1088.2 m
Minimal height	167.8 m
Climb rate	3.67 %
Descent rate	3.62 %
Positive climb difference per km	13.85 m
Negative descent difference per km	13.91 m

Total time	5:56:54 h
Time in movement	4:17:52 h
Stopped time	1:39:02 h

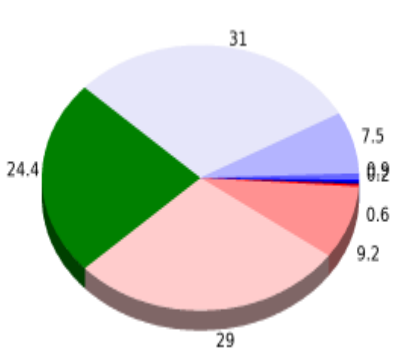
Total speed average	17.28 Km/h
Average speed in movement	23.91 Km/h
Maximum held speed	55.83 Km/h

Max slope filter	~30 %
Min. points separation	~30 m
Number of points	4047 (cad. 25.39 m)
Significant points	2263 (cad. 45.43 m / 55.92 %)
Aberrant points	3 (0.07 % d. total)

Direction changes per km	6.68
Direction changes >5° per km	3.64
Accumulated straight stretches	44.026 Km
Straight stretches per km	428.39 m
Penalizable slope changes	13
Penalizable slope changes per km	0.127

Find The Best bike routes



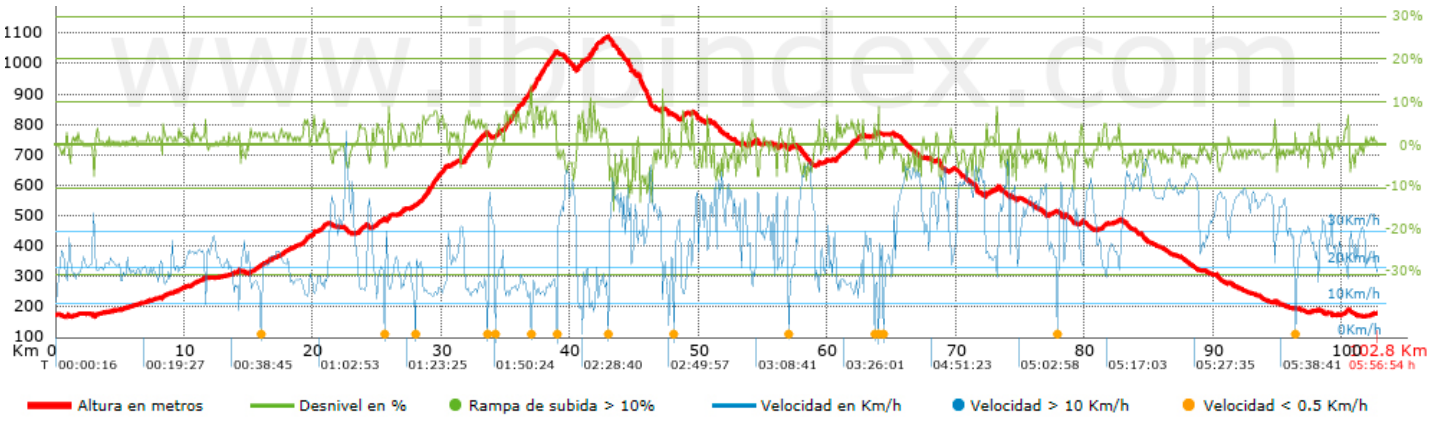
Summary of slopes	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s	
	Between 15 and 30%	0	0	0	0:00:00	
	Between 10 and 15%	0.577	0.56	14.52	0:02:23	
	Between 5 and 10%	9.227	8.98	14.72	0:37:37	
	Between 1 and 5%	29.019	28.24	18.73	1:32:59	
	Total :	38.823	37.78	17.52	2:12:59	
	Plain					
	Difference of 1%	24.399	23.74	24.84	0:58:56	
	Breakdown descents					
	Between 1 and 5%	31.036	30.2	35.79	0:52:02	
	Between 5 and 10%	7.463	7.26	38.32	0:11:41	
Between 10 and 15%	0.889	0.87	30.2	0:01:46		
Between 15 and 30%	0.156	0.15	20.04	0:00:28		
Total :	39.544	38.48	35.98	1:05:57		
Total track :	102.77	100 %	23.91	4:17:52		

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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
15.893	0:01:53	335	0:46:47	0:46:47	15.893
25.539	0:02:35	491	1:15:35	0:28:48	9.646
27.861	0:02:36	532	1:25:17	0:09:42 < 10´	2.322
33.472	0:02:35	772	1:46:52	0:21:35	5.611
34.104	0:04:00	757	1:50:29	0:03:37 < 10´	0.632
36.919	0:01:38	907	2:06:53	0:16:24	2.815
38.874	0:08:18	1037	2:16:00	0:09:07 < 10´	1.954
42.892	0:02:03	1087	2:37:41	0:21:41	4.018
48.024	0:04:10	831	2:51:27	0:13:46	5.132
63.631	0:02:26	764	3:33:37	0:42:10	15.607
63.901	1:01:38 > 10´	771	3:36:54	0:03:17 < 10´	0.27
64.35	0:05:10	767	4:39:40	1:02:46	0.449
Total : 1:39:02 h					