

Track: moixent\_pobladoiberico\_fontanars\_beneixama\_fontanars\_fontfiguera\_navalon.gpx

These speeds are average for = BYC

IBP index reliability= B

**IBP = 122 BYC**

|                   |          |
|-------------------|----------|
| Total length      | 96.79 Km |
| Analyzed distance | 96.79 Km |
| Lineal distance   | 0.03 Km  |

|                                    |          |
|------------------------------------|----------|
| Accumulated climb                  | 2026 m   |
| Accumulated descent                | 2015.2 m |
| Maximum height                     | 975.4 m  |
| Minimal height                     | 318.4 m  |
| Climb rate                         | 4.81 %   |
| Descent rate                       | 5.19 %   |
| Positive climb difference per km   | 20.93 m  |
| Negative descent difference per km | 20.82 m  |

|                  |           |
|------------------|-----------|
| Total time       | 6:45:10 h |
| Time in movement | 5:16:09 h |
| Stopped time     | 1:29:01 h |

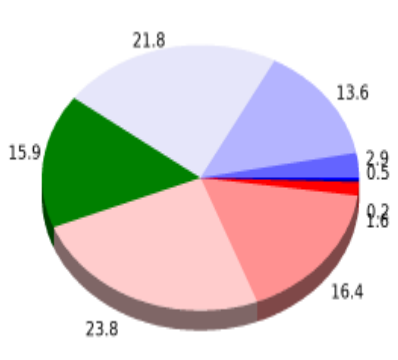
|                           |            |
|---------------------------|------------|
| Total speed average       | 14.33 Km/h |
| Average speed in movement | 18.37 Km/h |
| Maximum held speed        | 61.68 Km/h |

|                        |                               |
|------------------------|-------------------------------|
| Max slope filter       | ~30 %                         |
| Min. points separation | ~30 m                         |
| Number of points       | 4374 (cad. 22.13 m)           |
| Significant points     | 2263 (cad. 42.79 m / 51.74 %) |
| Aberrant points        | 0 (0 % d. total)              |

|                                  |          |
|----------------------------------|----------|
| Direction changes per km         | 7.39     |
| Direction changes >5° per km     | 3.85     |
| Accumulated straight stretches   | 42.85 Km |
| Straight stretches per km        | 442.71 m |
| Penalizable slope changes        | 15       |
| Penalizable slope changes per km | 0.155    |

Find The Best bike routes



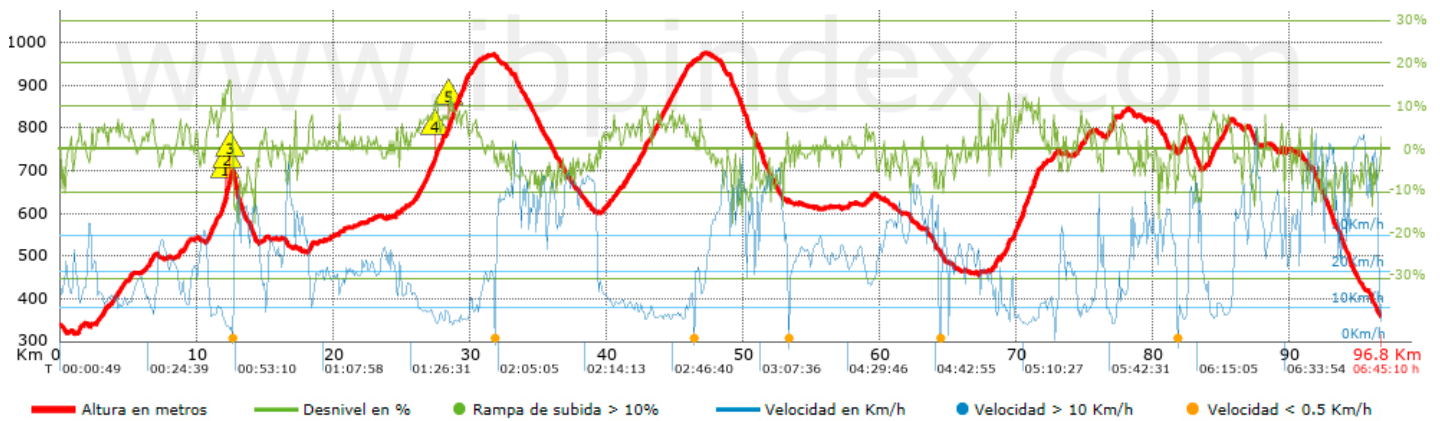
| Summary of slopes  | Climbs                    | Distance in km | above the total in % | Speed in       | Time h:m:s     |
|--|---------------------------|----------------|----------------------|----------------|----------------|
|  | Between 15 and 30%        | 0.204          | 0.21                 | 5.61           | 0:02:11        |
|  | Between 10 and 15%        | 1.637          | 1.69                 | 7.58           | 0:12:58        |
|  | Between 5 and 10%         | 16.411         | 16.96                | 10.11          | 1:37:21        |
|  | Between 1 and 5%          | 23.834         | 24.62                | 16.13          | 1:28:40        |
|  | <b>Total :</b>            | <b>42.087</b>  | <b>43.48</b>         | <b>12.55</b>   | <b>3:21:10</b> |
|  | <b>Plain</b>              |                |                      |                |                |
|  | Difference of 1%          | 15.883         | 16.41                | 22.47          | 0:42:25        |
|  | <b>Breakdown descents</b> |                |                      |                |                |
|  | Between 1 and 5%          | 21.841         | 22.57                | 29.16          | 0:44:56        |
|  | Between 5 and 10%         | 13.569         | 14.02                | 36.16          | 0:22:31        |
| Between 10 and 15%   | 2.9                       | 3              | 40.47                | 0:04:18        |                |
| Between 15 and 30%   | 0.509                     | 0.53           | 37.38                | 0:00:49        |                |
| <b>Total :</b>   | <b>38.819</b>             | <b>40.11</b>   | <b>32.1</b>          | <b>1:12:34</b> |                |
| <b>Total track :</b>   | <b>96.79</b>              | <b>100 %</b>   | <b>18.37</b>         | <b>5:16:09</b> |                |

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**Steep slopes > 10%**

| Steep slope  | Slipage point | Average slope | Interval |
|--|---------------|---------------|----------|
|  | 12.104        | 12 %          | 187 m    |
|  | 12.291        | 16 %          | 204 m    |
|  | 12.495        | 13 %          | 39 m     |
|  | 27.426        | 11 %          | 126 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 |
|--------------------------|---------------|----------|--------------|------------------------|--------------------|
| 12.622                   | 0:01:57       | 696      | 0:50:48      | 0:50:48                | 12.622             |
| 31.773                   | 0:02:17       | 972      | 2:02:18      | 1:11:30                | 19.151             |
| 46.443                   | 0:02:11       | 956      | 2:55:48      | 0:53:30                | 14.671             |
| 53.286                   | 1:09:05 > 10´ | 627      | 3:10:31      | 0:14:43                | 6.843              |
| 81.794                   | 0:13:31 > 10´ | 744      | 5:56:19      | 2:45:48                | 28.507             |
| <b>Total :</b> 1:29:01 h |               |          |              |                        |                    |