

Track: oliva_r_fol_benigembla_castell_t_rbenamurla_fleix_sagra_r_fol_oliva.gpx

These speeds are average for = BYC

IBP index reliability= A

IBP = 111 BYC

Total length	102.55 Km
Analyzed distance	102.55 Km
Lineal distance	0.04 Km

Accumulated climb	1670.8 m
Accumulated descent	1648 m
Maximum height	784.6 m
Minimal height	5.4 m
Climb rate	4.36 %
Descent rate	4.72 %
Positive climb difference per km	16.29 m
Negative descent difference per km	16.07 m

Total time	6:36:57 h
Time in movement	5:11:17 h
Stopped time	1:25:40 h

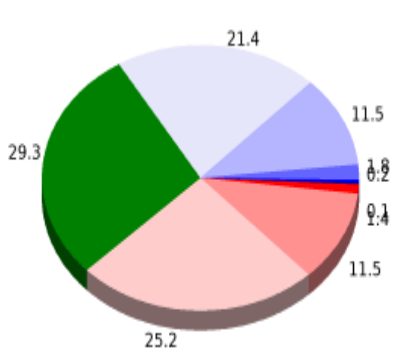
Total speed average	15.5 Km/h
Average speed in movement	19.77 Km/h
Maximum held speed	58.11 Km/h

Max slope filter	~30 %
Min. points separation	~30 m
Number of points	4536 (cad. 22.61 m)
Significant points	2365 (cad. 43.38 m / 52.14 %)
Aberrant points	3 (0.07 % d. total)

Direction changes per km	7.32
Direction changes >5° per km	4.81
Accumulated straight stretches	34.186 Km
Straight stretches per km	333.36 m
Penalizable slope changes	18
Penalizable slope changes per km	0.176

Find The Best bike routes

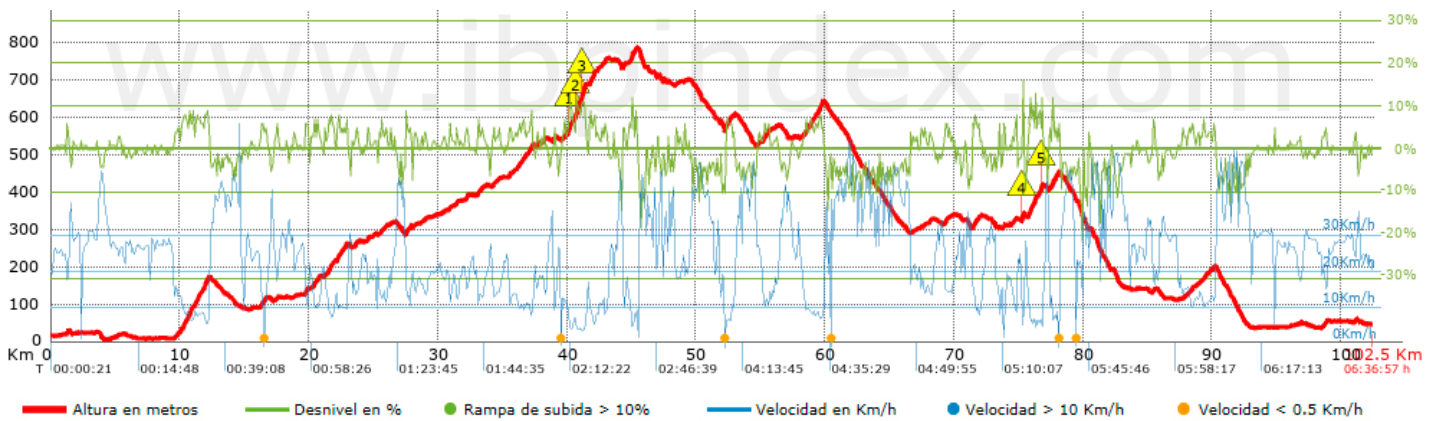
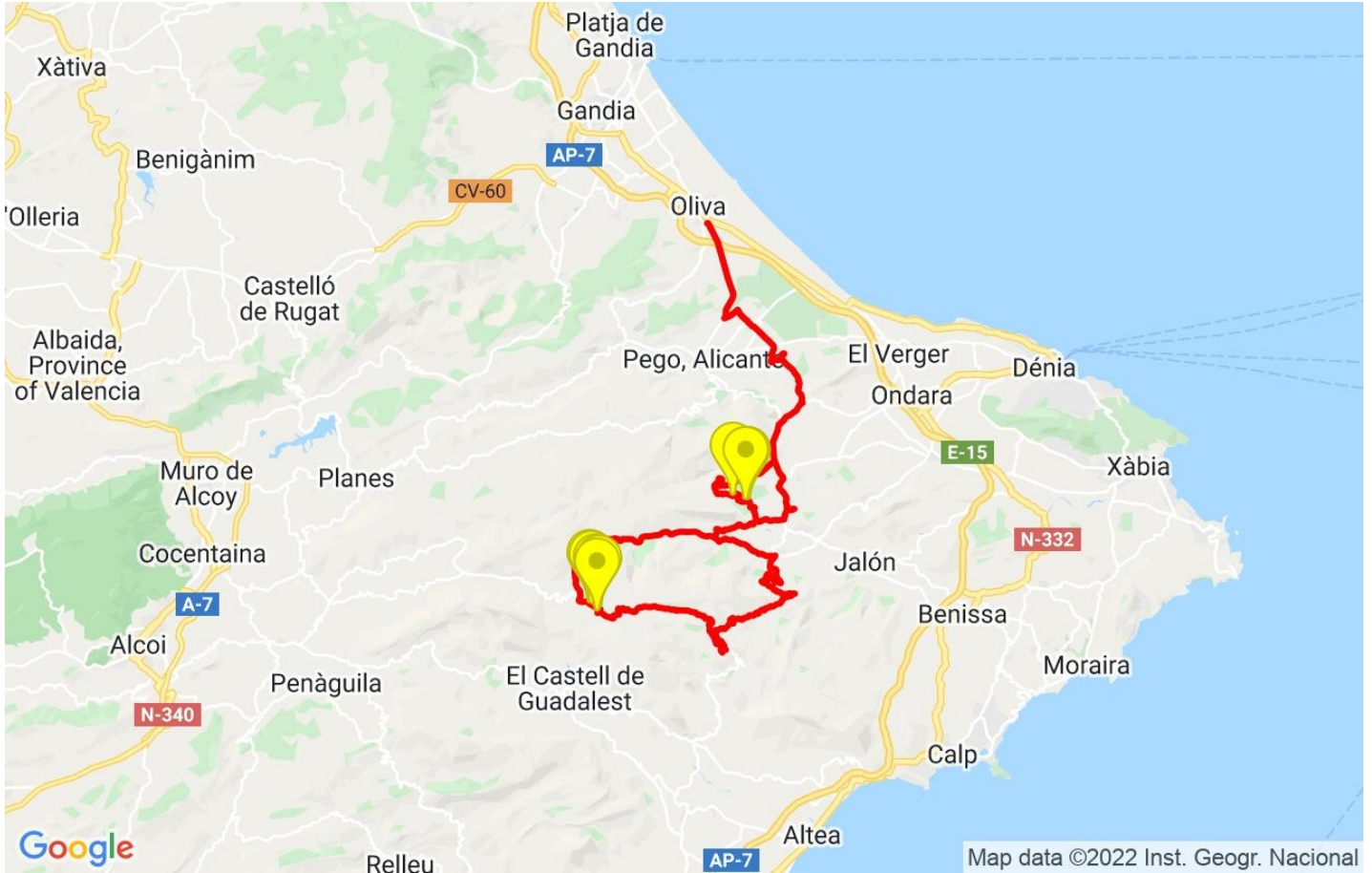


Summary of slopes	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 15 and 30%	0.126	0.12	8.43	0:00:54
	Between 10 and 15%	1.425	1.39	6.11	0:13:59
	Between 5 and 10%	11.51	11.22	10.01	1:09:00
	Between 1 and 5%	25.241	24.61	15.71	1:36:25
	Total :	38.302	37.35	12.75	3:00:18
	Plain				
	Difference of 1%	29.313	28.58	25.2	1:09:47
	Breakdown descents				
	Between 1 and 5%	21.419	20.89	32.51	0:39:32
	Between 5 and 10%	11.52	11.23	38.98	0:17:44
Between 10 and 15%	1.778	1.73	35.36	0:03:01	
Between 15 and 30%	0.218	0.21	14.27	0:00:55	
Total :	34.935	34.07	34.25	1:01:12	
Total track :	102.55	100 %	19.77	5:11:17	





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Steep slopes > 10%

Steep slope	Slipage point	Average slope	Interval
	40.682	11 %	263 m
	41.134	12 %	277 m
	75.268	14 %	130 m
	76.759	12 %	97 m

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
16.492	0:03:13	105	0:45:48	0:45:48	16.492
39.467	0:02:11	540	2:06:05	1:20:17	22.975
52.199	1:08:19 > 10´	571	2:59:11	0:53:06	12.732
60.387	0:04:20	619	4:35:29	1:36:18	8.188
78.147	0:04:31	451	5:33:19	0:57:50	17.76
79.389	0:03:06	390	5:39:44	0:06:25 < 10´	1.242
Total : 1:25:40 h					