

Track: oliva_rafol_sagra_valld_ebo_planes_forna.gpx

These speeds are average for = BYC

IBP index reliability= A

IBP = 110 BYC

Total length	91.03 Km
Analyzed distance	91.03 Km
Lineal distance	0.11 Km

Accumulated climb	1691.9 m
Accumulated descent	1678.6 m
Maximum height	655.5 m
Minimal height	3.7 m
Climb rate	4.93 %
Descent rate	4.22 %
Positive climb difference per km	18.59 m
Negative descent difference per km	18.44 m

Total time	5:23:40 h
Time in movement	4:21:55 h
Stopped time	1:01:45 h

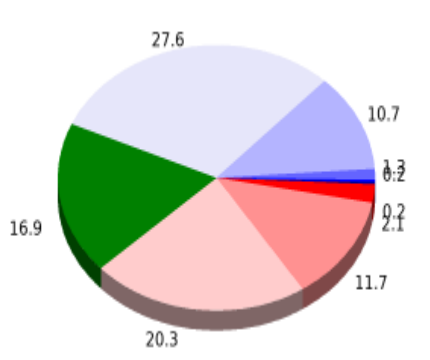
Total speed average	16.88 Km/h
Average speed in movement	20.85 Km/h
Maximum held speed	61.98 Km/h

Max slope filter	~30 %
Min. points separation	~30 m
Number of points	3976 (cad. 22.9 m)
Significant points	2124 (cad. 42.88 m / 53.42 %)
Aberrant points	1 (0.03 % d. total)

Direction changes per km	6.95
Direction changes >5° per km	5.26
Accumulated straight stretches	24.078 Km
Straight stretches per km	264.51 m
Penalizable slope changes	17
Penalizable slope changes per km	0.187

Find The Best bike routes



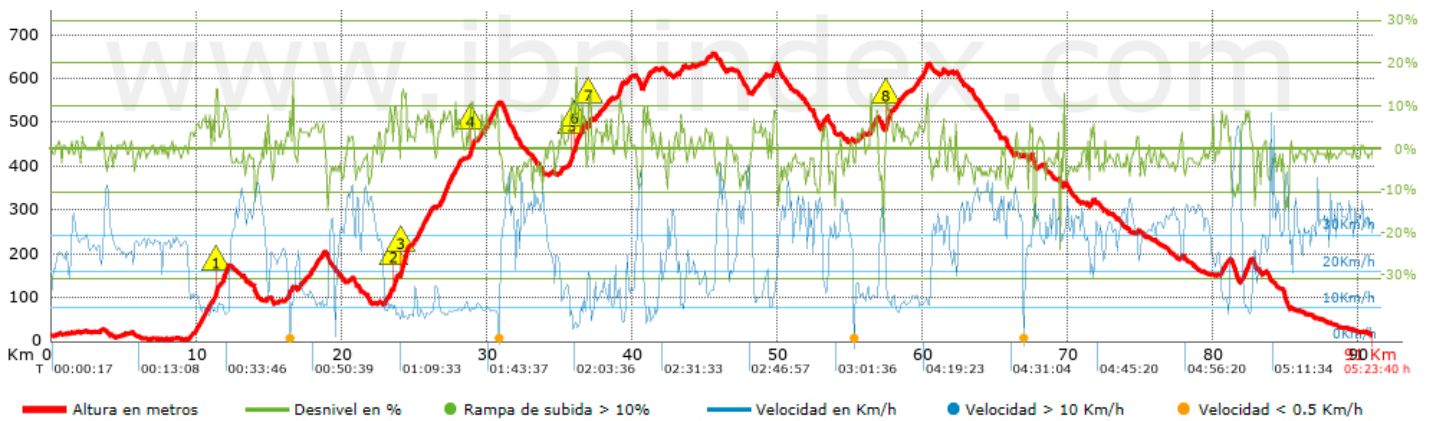
Summary of slopes	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 15 and 30%	0.18	0.2	9.27	0:01:10
	Between 10 and 15%	2.119	2.33	10.62	0:11:58
	Between 5 and 10%	11.673	12.82	11.48	1:01:00
	Between 1 and 5%	20.334	22.34	16.64	1:13:18
	Total :	34.307	37.69	13.96	2:27:26
	Plain				
	Difference of 1%	16.924	18.59	25.82	0:39:20
	Breakdown descents				
	Between 1 and 5%	27.6	30.32	30.69	0:53:58
	Between 5 and 10%	10.66	11.71	34.23	0:18:41
Between 10 and 15%	1.314	1.44	37.26	0:02:07	
Between 15 and 30%	0.228	0.25	35.7	0:00:23	
Total :	39.802	43.72	31.78	1:15:09	
Total track :	91.03	100 %	20.85	4:21:55	

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Steep slopes > 10%

Steep slope point	Average slope	Interval
 11.311	13 %	186 m
 23.562	11 %	104 m
 24.105	13 %	435 m
 28.904	11 %	163 m
 35.835	12 %	151 m
 36.09	14 %	172 m
 36.994	12 %	157 m
 57.484	11 %	159 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
30.802	0:02:48	544	1:47:57	1:47:57	30.802
55.184	0:55:47 > 10´	460	3:03:37	1:15:40	24.382
66.946	0:03:10	425	4:32:28	1:28:51	11.762
Total : 1:01:45 h					