

Track: Rubielos\_Cedrillas\_Alcala\_Linares-track.gpx

Date: 13/02/2015

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Detected modality = BYC

IBP index reliability= A

**IBP = 132 BYC**

Total length	112.033 Km
Analyzed distance	112.033 Km
Lineal distance	0.046 Km

Accumulated climb	2064.6 m
Accumulated descent	2047.4 m
Maximum height	1953.2 m
Minimal height	929.8 m
Climb rate	5.49 %
Descent rate	4.75 %
Positive climb difference per	18.43 m
Negative descent difference per	18.27 m

Total time	6:59:38 h
Time in movement	5:38:58 h
Stopped time	1:20:40 h

Total speed average	16.02 Km/h
Average speed in movement	19.83 Km/h
Maximum held speed	65.35 Km/h

Max slope filter	~30 %
Min. pons separation	~30 m
Number of points	10236 (cad. 10.94 m)
Significant points	2910 (cad. 38.51 m / 28.43 %)
Aberrant points	105 (1.03 % d. total)

Direction changes per	7.53
Direction changes >5° per	3.66
Accumulated straight stretches	37.882 Km
Straight stretches per	338.13 m
Penalizable slope changes	19
Penalizable slope changes per	0.17

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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%	2.282	2.04	8.27	0:16:33	
	Between 5 and 10%	18.444	16.46	10.9	1:41:32	
	Between 1 and 5%	16.871	15.06	14.61	1:09:18	
	<b>Total :</b>	<b>37.596</b>	<b>33.56</b>	<b>12.04</b>	<b>3:07:23</b>	
	<b>Plain</b>					
	Difference of 1%	31.321	27.96	21.98	1:25:29	
	<b>Breakdown descents</b>					
	Between 1 and 5%	24.271	21.66	36.79	0:39:35	
	Between 5 and 10%	18.099	16.16	42.61	0:25:29	
Between 10 and 15%	0.745	0.66	43.24	0:01:02		
Between 15 and 30%	0	0	0	0:00:00		
<b>Total :</b>	<b>43.115</b>	<b>38.48</b>	<b>39.14</b>	<b>1:06:06</b>		
<b>Total track :</b>	<b>112.033</b>	<b>100 %</b>	<b>19.83</b>	<b>5:38:58</b>		

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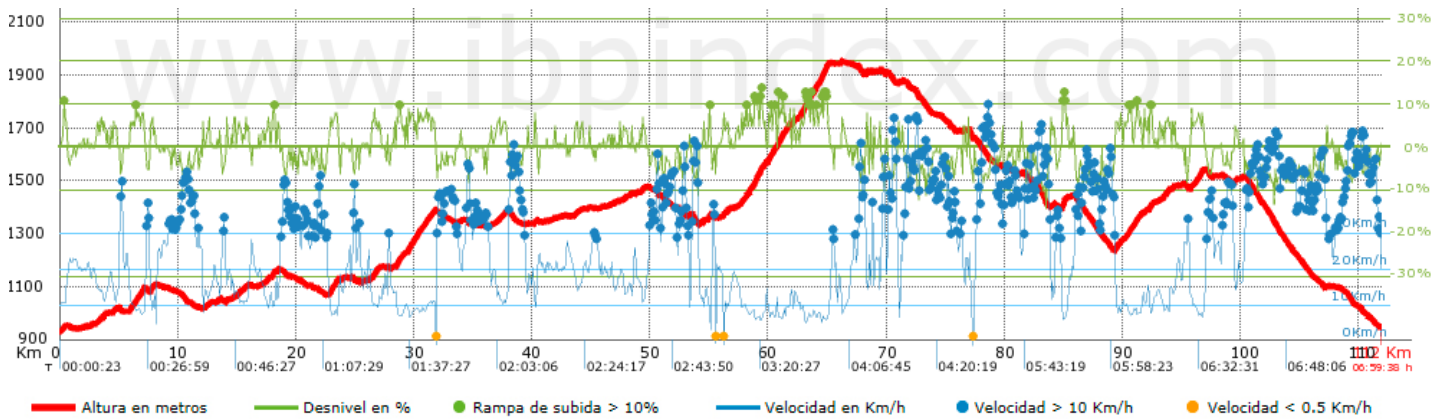
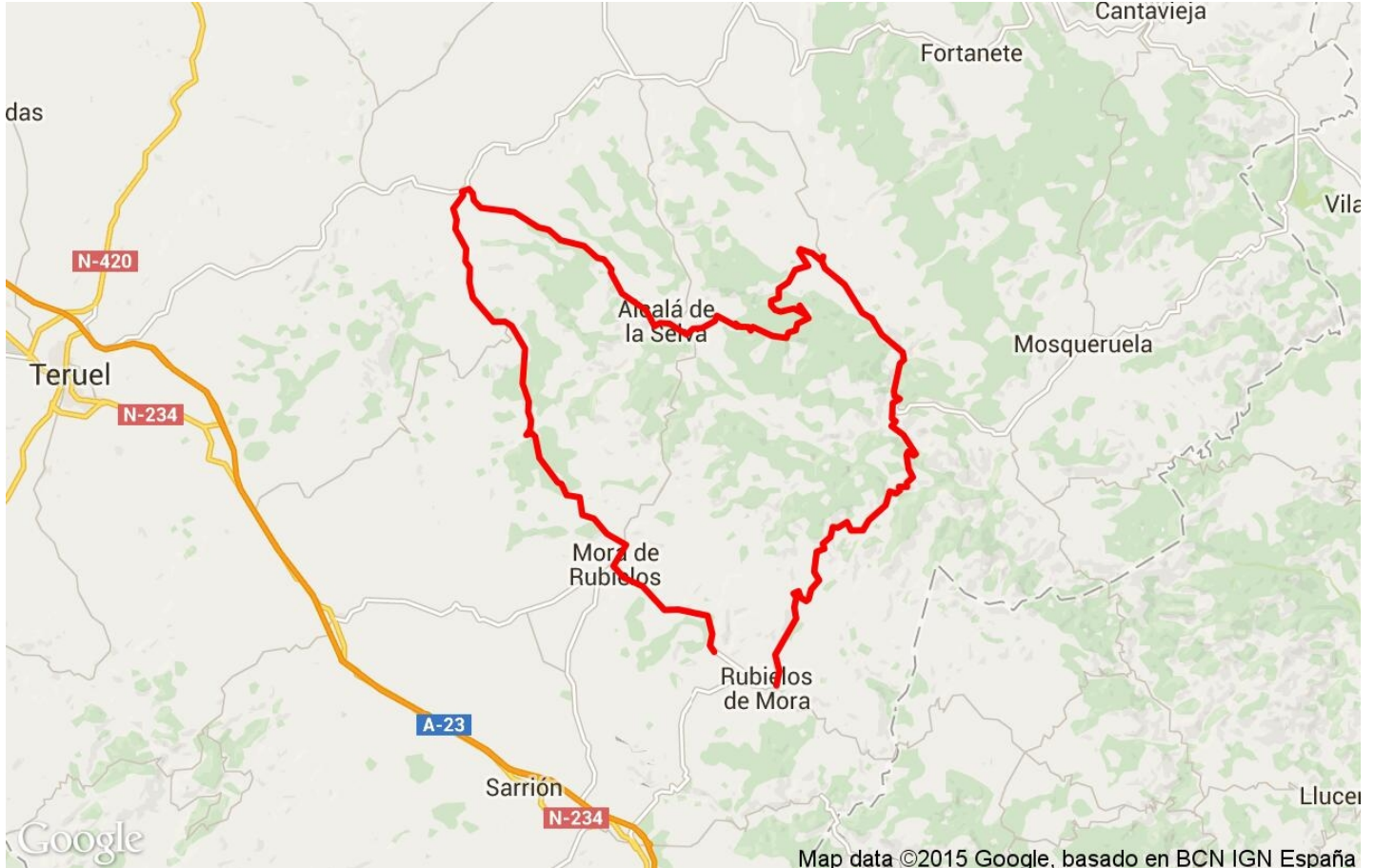
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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
1750	11419.131	10.19	0:38:49	17.65		0:38:49	17.65
1500	15792.243	14.1	0:48:39	19.48	1:10:41	1:59:20	7.94
<b>Total :</b>	<b>27.211 Km</b>	<b>24.29 %</b>	<b>1:27:28 h</b>	<b>18.67 Km/h</b>	<b>1:10:41 h</b>	<b>2:38:09 h</b>	<b>10.32 Km/h</b>

Stops						
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance	
31.799	0:03:31	1387	1:49:39	1:49:39	31.799	

56.239	0:06:28	1368	2:58:23	1:08:44	24.44
77.095	1:10:41 > 10´	1687	4:26:34	1:28:11	20.855
<b>Total : 1:20:40 h</b>					