

Track: soneja_chovar_eslida_ain_aveo_algimia_aveo_ain_almedijar_soneja.gpx

These speeds are average for = BYC

IBP index reliability= A

IBP = 96 BYC

Total length	76.77 Km
Analyzed distance	76.77 Km
Lineal distance	0.01 Km

Accumulated climb	1651.4 m
Accumulated descent	1658.4 m
Maximum height	791.8 m
Minimal height	247 m
Climb rate	4.62 %
Descent rate	5.21 %
Positive climb difference per km	21.51 m
Negative descent difference per km	21.6 m

Total time	4:01:24 h
Time in movement	3:32:20 h
Stopped time	0:29:04 h

Total speed average	19.08 Km/h
Average speed in movement	21.69 Km/h
Maximum held speed	59.57 Km/h

Max slope filter	~30 %
Min. points separation	~30 m
Number of points	5940 (cad. 12.92 m)
Significant points	2165 (cad. 35.48 m / 36.45 %)
Aberrant points	0 (0 % d. total)

Direction changes per km	8.79
Direction changes >5° per km	6.27
Accumulated straight stretches	17.563 Km
Straight stretches per km	228.77 m
Penalizable slope changes	14
Penalizable slope changes per km	0.182

Find The Best bike routes

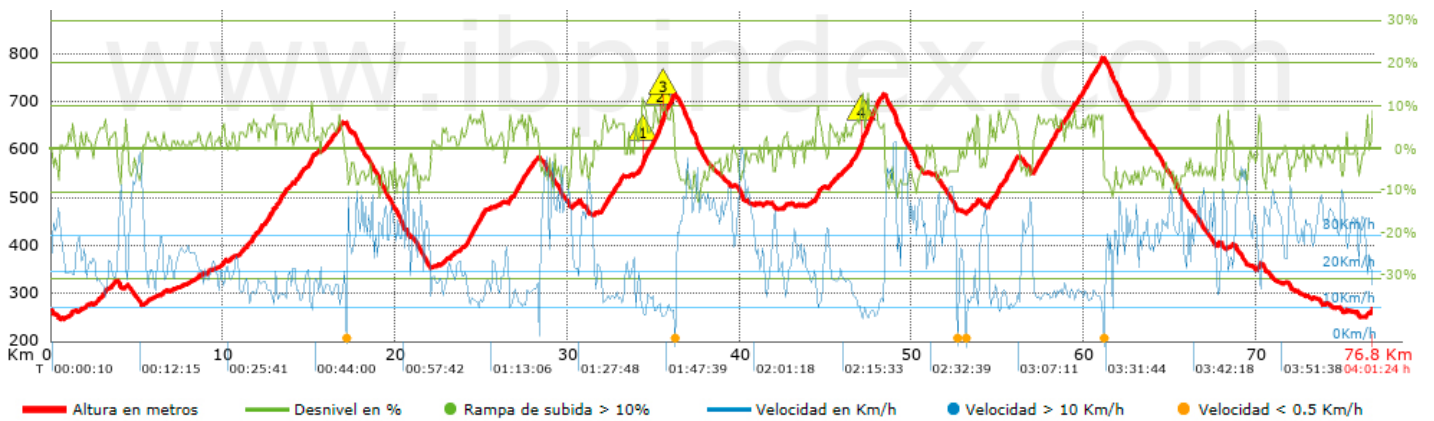


Summary of slopes	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 15 and 30%	0	0	0	0:00:00
	Between 10 and 15%	0.686	0.89	9.18	0:04:29
	Between 5 and 10%	14.553	18.96	13.62	1:04:06
	Between 1 and 5%	20.525	26.74	18.65	1:06:02
	Total :	35.764	46.58	15.94	2:14:37
	Plain				
	Difference of 1%	9.17	11.94	26.45	0:20:48
	Breakdown descents				
	Between 1 and 5%	14.7	19.15	32.21	0:27:23
	Between 5 and 10%	16.23	21.14	35.65	0:27:19
Between 10 and 15%	0.876	1.14	24.08	0:02:11	
Between 15 and 30%	0.032	0.04	57.54	0:00:02	
Total :	31.838	41.47	33.56	0:56:55	
Total track :	76.77	100 %	21.69	3:32:20	



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Steep slopes > 10%

Steep slope	Slipage point	Average slope	Interval
	34.317	11 %	139 m
	35.373	11 %	134 m
	47.062	13 %	136 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
17.141	0:01:24	656	0:50:17	0:50:17	17.141
36.234	0:04:17	714	1:50:04	0:59:47	19.093
52.596	0:02:42	479	2:35:20	0:45:16	16.362
53.092	0:15:54 > 10´	469	2:39:24	0:04:04 < 10´	0.496
61.101	0:04:47	791	3:26:04	0:46:40	8.009
Total : 0:29:04 h					