

Track: especialcaminoaragones_etapa1_somportjaca-track.gpx

Date: 17/09/2015

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 Detected modality = HKG
 IBP index reliability= D

IBP = 80 HKG

Total length	32.272 Km
Analyzed distance	32.272 Km
Lineal distance	25.09 Km

Accumulated climb	124.32 m
Accumulated descent	886.34 m
Maximum height	1617.7 m
Minimal height	798.32 m
Climb rate	3.21 %
Descent rate	4.63 %
Positive climb difference per	3.85 m
Negative descent difference per	27.46 m

Total time	9:11:47 h
Time in movement	7:30:32 h
Stopped time	1:41:15 h

Total speed average	3.51 Km/h
Average speed in movement	4.3 Km/h
Maximum held speed	8.32 Km/h

Max slope filter	~55 %
Min. pnts separation	~30 m
Number of points	2724 (cad. 11.85 m)
Significant points	895 (cad. 36.1 m / 32.86 %)
Aberrant points	0 (0 % d. total)

Direction changes per	13.42
Direction changes >5° per	9.61
Accumulated straight stretches	4.943 Km
Straight stretches per	153.17 m
Penalizable slope changes	4
Penalizable slope changes per	0.124

Find The Best bike routes



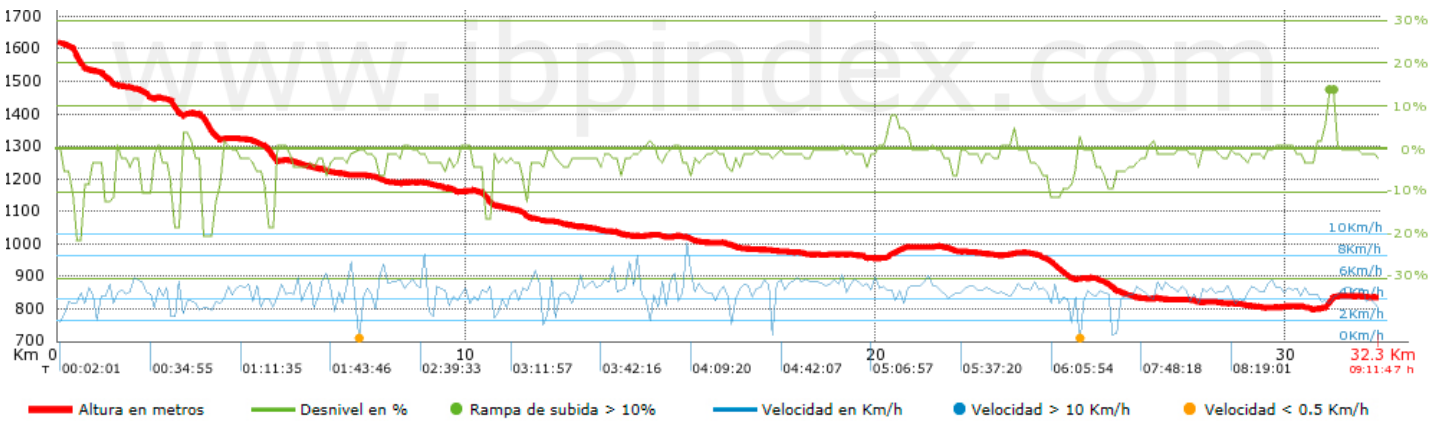
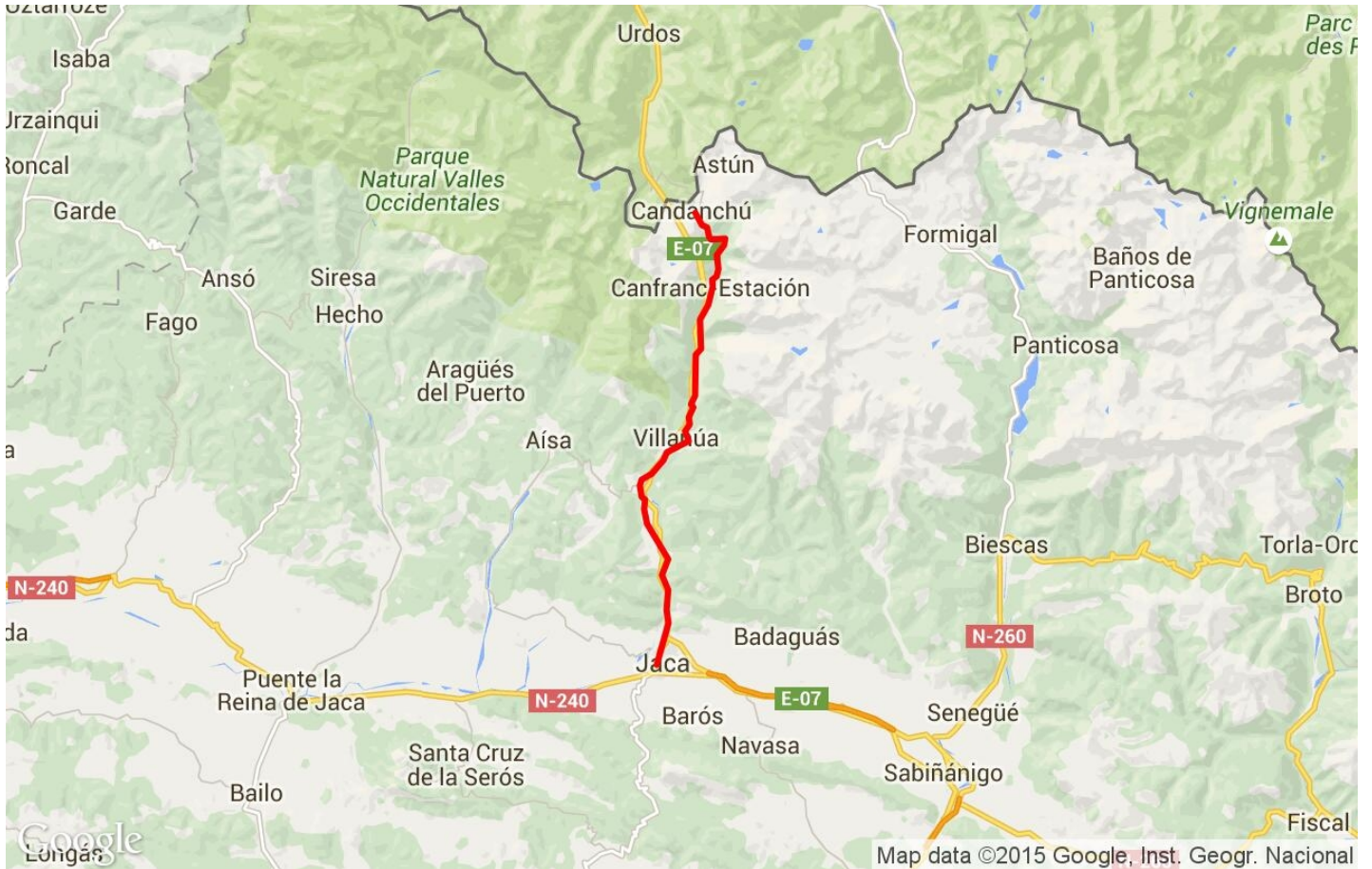
Summary of slopes	Climbs	Distance in Km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0	0	0	0:00:00
	Between 15 and 30%	0	0	0	0:00:00
	Between 10 and 15%	0.252	0.78	3.36	0:04:30
	Between 5 and 10%	0.326	1.01	4.34	0:04:30
	Between 1 and 5%	3.298	10.22	4.17	0:47:25
	Total :	3.875	12.01	4.12	0:56:25
	Plain				
	Difference of 1%	9.268	28.72	4.59	2:01:04
	Breakdown descents				
	Between 1 and 5%	14.052	43.54	4.4	3:11:37
Between 5 and 10%	2.923	9.06	3.9	0:45:01	
Between 10 and 15%	0.937	2.9	3.79	0:14:50	
Between 15 and 30%	1.218	3.77	3.39	0:21:35	
Between 30% and 55%	0	0	0	0:00:00	
Total :	19.129	59.27	4.2	4:33:03	
Total track :	32.272	100 %	4.3	7:30:32	

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
1500	1292.811	4.01	0:22:11	3.5		0:22:11	3.5
Total :	1.293 Km	4.01 %	0:22:11 h	3.5 Km/h	0:00:00 h	0:22:11 h	3.5 Km/h

Stops						
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance	
7.238	0:29:11 > 10'	1211	1:50:49	1:50:49	7.238	
17.428	0:03:10	980	4:36:57	2:46:08	10.191	

24.875	0:56:24 > 10´	892	6:16:24	1:39:27	7.447
25.724	0:12:30 > 10´	870	7:25:18	1:08:54	0.849
Total : 1:41:15 h					