

Track: especialcaminoaragones\_etapa4\_ruestasanguesa-track.gpx

Date: 17/09/2015

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 Detected modality = HKG  
 IBP index reliability= C

**IBP = 73 HKG**

Total length	22.289 Km
Analyzed distance	22.289 Km
Lineal distance	17.028 Km

Accumulated climb	532.1 m
Accumulated descent	632.3 m
Maximum height	860.2 m
Minimal height	399.7 m
Climb rate	6.92 %
Descent rate	5.9 %
Positive climb difference per	23.87 m
Negative descent difference per	28.37 m

Total time	6:18:58 h
Time in movement	5:32:56 h
Stopped time	0:46:02 h

Total speed average	3.53 Km/h
Average speed in movement	4.02 Km/h
Maximum held speed	5.56 Km/h

Max slope filter	~55 %
Min. pnts separation	~30 m
Number of points	2035 (cad. 10.95 m)
Significant points	626 (cad. 35.66 m / 30.76 %)
Aberrant points	2 (0.1 % d. total)

Direction changes per	12.43
Direction changes >5° per	6.86
Accumulated straight stretches	5.42 Km
Straight stretches per	243.17 m
Penalizable slope changes	5
Penalizable slope changes per	0.224

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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%	0.452	2.03	3.07	0:08:50	
	Between 10 and 15%	1.346	6.04	3.64	0:22:10	
	Between 5 and 10%	2.666	11.96	3.84	0:41:40	
	Between 1 and 5%	3.229	14.49	4.15	0:46:40	
	<b>Total :</b>	<b>7.693</b>	<b>34.51</b>	<b>3.87</b>	<b>1:59:20</b>	
	<b>Plain</b>					
	Difference of 1%	3.874	17.38	4.16	0:55:54	
	<b>Breakdown descents</b>					
	Between 1 and 5%	5.505	24.7	4.26	1:17:32	
Between 5 and 10%	3.469	15.57	4.15	0:50:10		
Between 10 and 15%	1.391	6.24	3.53	0:23:40		
Between 15 and 30%	0.357	1.6	3.38	0:06:20		
Between 30% and 55%	0	0	0	0:00:00		
<b>Total :</b>	<b>10.722</b>	<b>48.1</b>	<b>4.08</b>	<b>2:37:42</b>		
<b>Total track :</b>	<b>22.289</b>	<b>100 %</b>	<b>4.02</b>	<b>5:32:56</b>		

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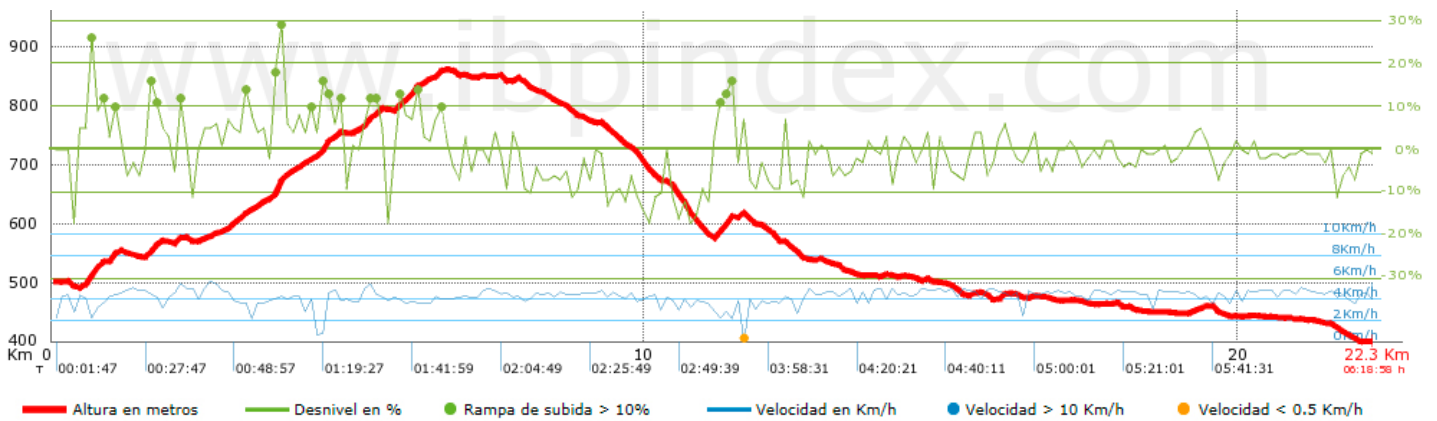
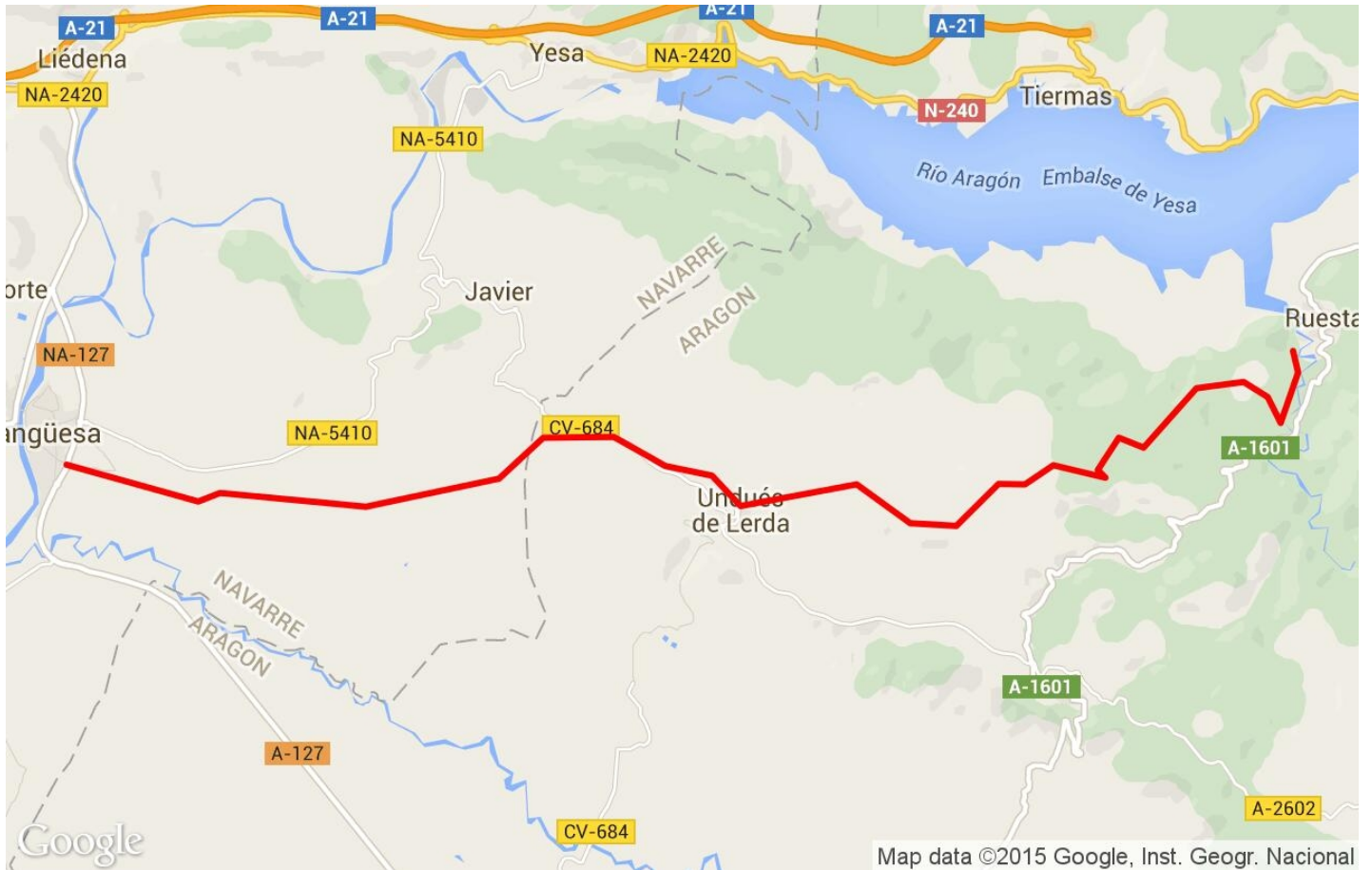
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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
	Total : 0 Km	--- %	--- h	--- Km/h	--- h	--- h	--- Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
4.446	0:05:20	713	1:12:47	1:12:47	4.446
11.639	0:40:42 > 10'	616	3:10:59	1:58:12	7.193
Total : 0:46:02 h					