

Track: especialcaminoaragones_etapa6_monrealpuentelareina-track.gpx

Date: 17/09/2015

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 Detected modality = HKG
 IBP index reliability= D

IBP = 82 HKG

Total length	32.011 Km
Analyzed distance	32.011 Km
Lineal distance	25.204 Km
Accumulated climb	317.21 m
Accumulated descent	495.15 m
Maximum height	611.67 m
Minimal height	349 m
Climb rate	3.6 %
Descent rate	3.83 %
Positive climb difference per	9.91 m
Negative descent difference per	15.47 m

Max slope filter	~55 %
Min. pnts separation	~30 m
Number of points	2674 (cad. 11.97 m)
Significant points	897 (cad. 35.73 m / 33.55 %)
Aberrant points	0 (0 % d. total)

Direction changes per	13
Direction changes >5° per	8
Accumulated straight stretches	7.302 Km
Straight stretches per	228.11 m
Penalizable slope changes	4
Penalizable slope changes per	0.125

Total time	8:43:32 h
Time in movement	7:02:12 h
Stopped time	1:41:20 h

Total speed average	3.67 Km/h
Average speed in movement	4.55 Km/h
Maximum held speed	7.12 Km/h

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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%	0.073	0.23	4.2	0:01:03	
	Between 10 and 15%	0.193	0.6	4.6	0:02:31	
	Between 5 and 10%	1.557	4.86	3.99	0:23:26	
	Between 1 and 5%	6.989	21.83	4.39	1:35:26	
	Total :	8.813	27.53	4.32	2:02:26	
	Plain					
	Difference of 1%	10.272	32.09	4.72	2:10:40	
	Breakdown descents					
	Between 1 and 5%	9.986	31.19	4.56	2:11:26	
Between 5 and 10%	2.151	6.72	4.61	0:28:00		
Between 10 and 15%	0.719	2.25	4.98	0:08:40		
Between 15 and 30%	0.07	0.22	4.2	0:01:00		
Between 30% and 55%	0	0	0	0:00:00		
Total :	12.926	40.38	4.59	2:49:06		
Total track :	32.011	100 %	4.55	7:02:12		

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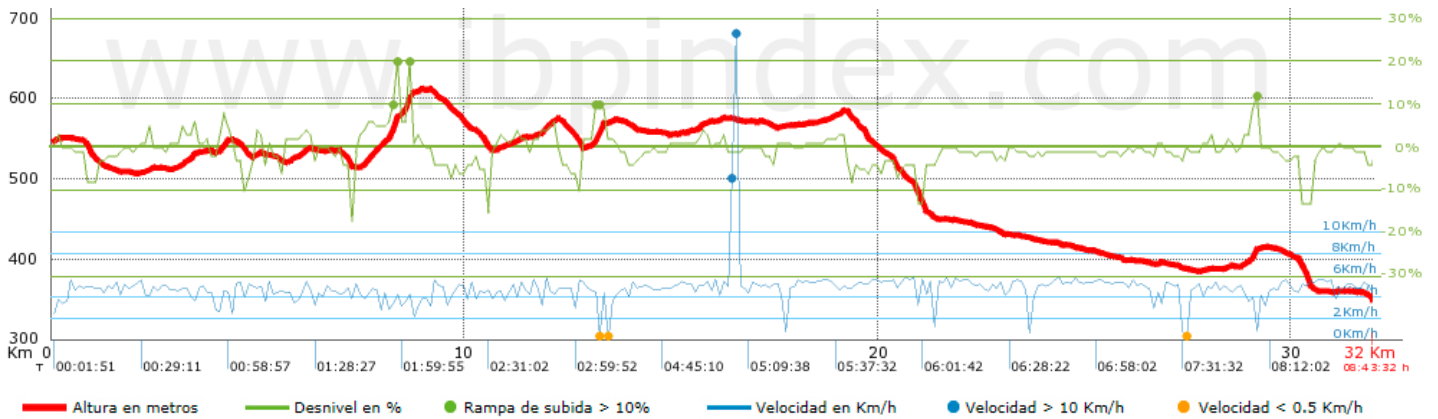
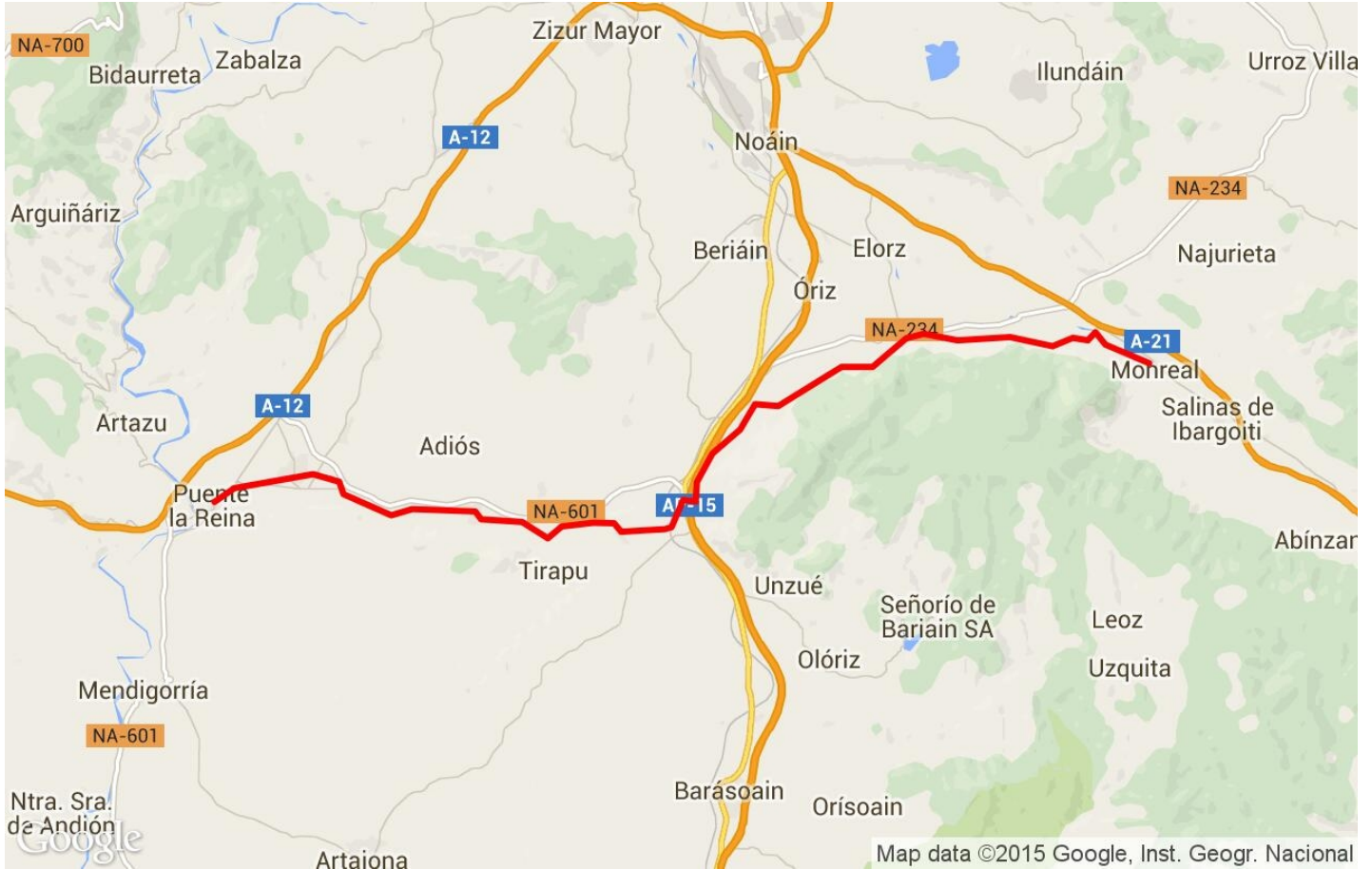
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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
	Total : 0 Km	--- %	--- h	--- Km/h	--- h	--- h	--- Km/h

Stops						
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance	
13.23	0:05:13	554	3:07:02	3:07:02	13.23	
13.444	1:12:34 > 10'	570	3:15:06	0:08:04 < 10'	0.214	
17.719	0:02:33	566	5:20:18	2:05:12	4.275	

23.645	0:02:50	428	6:34:32	1:14:14	5.926
27.281	0:03:10	391	7:24:12	0:49:40	3.636
27.342	0:12:40 > 10´	390	7:29:02	0:04:50 < 10´	0.061
29.143	0:02:20	408	8:05:12	0:36:10	1.801
Total : 1:41:20 h					