

Track: especialcamino faros_etapa01_dia21_playabalares_ponteceso.gpx

Detected modality = HKG

IBP index reliability= E

IBP = 18 HKG

Total length	6.196 Km
Analyzed distance	6.196 Km
Lineal distance	3.618 Km

Accumulated climb	12.9 m
Accumulated descent	15.1 m
Maximum height	17.18 m
Minimal height	0.8 m
Climb rate	2.63 %
Descent rate	1.89 %
Positive climb difference per	2.08 m
Negative descent difference per	2.44 m

Total time	2:47:09 h
Time in movement	1:41:39 h
Stopped time	1:05:30 h

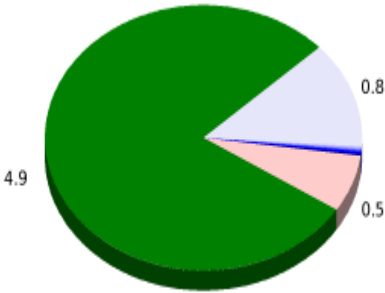
Total speed average	2.22 Km/h
Average speed in movement	3.66 Km/h
Maximum held speed	5.23 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1006 (cad. 6.16 m)
Significant points	181 (cad. 34.42 m / 17.99 %)
Aberrant points	0 (0 % d. total)

Direction changes per	14.2
Direction changes >5° per	8.39
Accumulated straight stretches	1.219 Km
Straight stretches per	196.74 m
Penalizable slope changes	0
Penalizable slope changes per	0

Find The Best bike routes



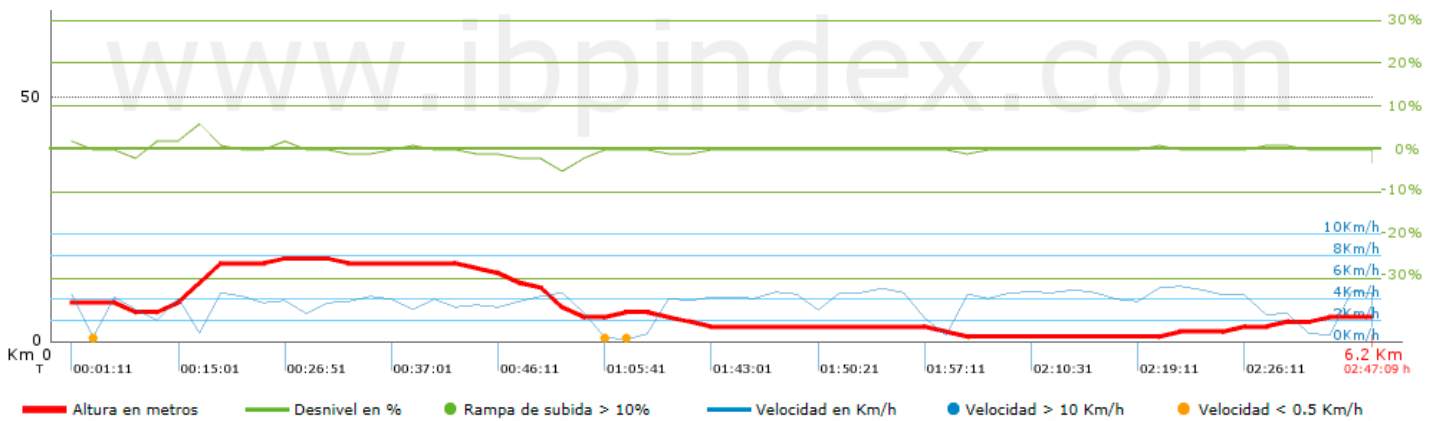
Summary of slopes	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0	0	0	0:00:00
	Between 15 and 30%	0	0	0	0:00:00
	Between 10 and 15%	0	0	0	0:00:00
	Between 5 and 10%	0.033	0.53	0	0:00:00
	Between 1 and 5%	0.458	7.39	3	0:09:10
	Total :	0.491	7.92	3.21	0:09:10
	Plain				
	Difference of 1%	4.906	79.18	3.75	1:18:31
	Breakdown descents				
	Between 1 and 5%	0.762	12.3	3.4	0:13:28
Between 5 and 10%	0.037	0.6	4.45	0:00:30	
Between 10 and 15%	0	0	0	0:00:00	
Between 15 and 30%	0	0	0	0:00:00	
Between 30% and 55%	0	0	0	0:00:00	
Total :	0.799	12.9	3.43	0:13:58	
Total track :	6.196	100 %	3.66	1:41:39	

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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
0.136	0:04:20	8	0:02:21	0:02:21 < 10´	0.136
0.625	0:02:30	10	0:16:51	0:14:30	0.489
2.467	0:45:40 > 10´	5	0:52:31	0:35:40	1.841
4.054	0:05:40	3	1:57:11	1:04:40	1.587
5.874	0:07:20	4	2:35:51	0:38:40	1.82
Total : 1:05:30 h					