

Track: especialcamino-faros_etapa04_dia24_ponteceso-laxe-sincaastro-nidolmen.gpx

Detected modality = HKG

IBP index reliability= D

IBP = 49 HKG

Total length	16.652 Km
Analyzed distance	16.652 Km
Lineal distance	8.996 Km

Accumulated climb	227.71 m
Accumulated descent	213.98 m
Maximum height	75.89 m
Minimal height	3.72 m
Climb rate	4.43 %
Descent rate	3.89 %
Positive climb difference per	13.67 m
Negative descent difference per	12.85 m

Total time	6:04:36 h
Time in movement	5:09:14 h
Stopped time	0:55:22 h

Total speed average	2.74 Km/h
Average speed in movement	3.23 Km/h
Maximum held speed	6.34 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	2186 (cad. 7.62 m)
Significant points	478 (cad. 34.91 m / 21.87 %)
Aberrant points	0 (0 % d. total)

Direction changes per	12.79
Direction changes >5° per	10.33
Accumulated straight stretches	2.044 Km
Straight stretches per	122.75 m
Penalizable slope changes	1
Penalizable slope changes per	0.06

Find The Best bike routes

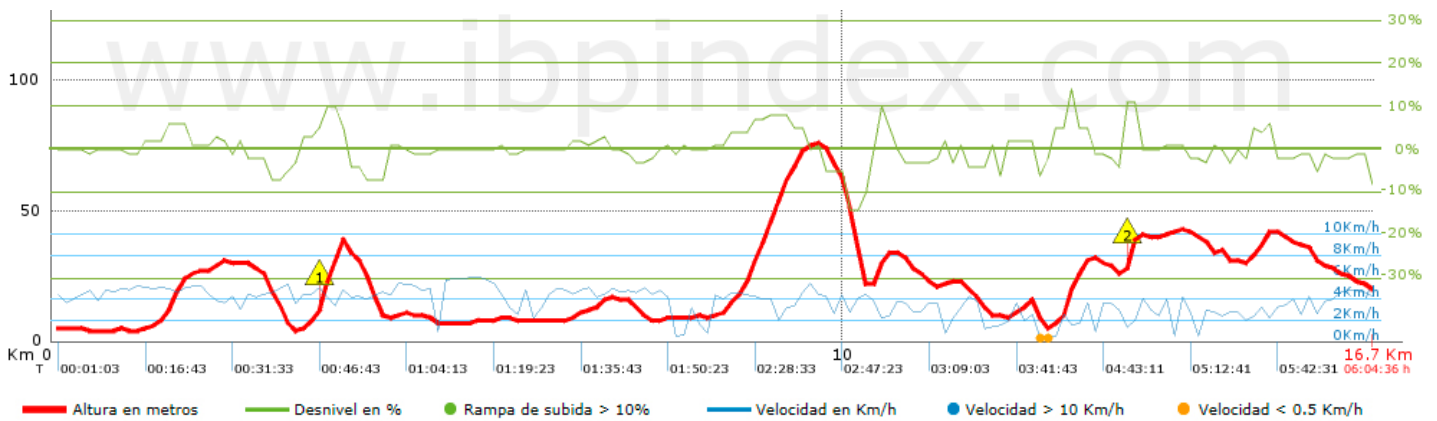


Summary of slopes	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0	0	0	0:00:00
	Between 15 and 30%	0	0	0	0:00:00
	Between 10 and 15%	0.397	2.38	2.42	0:09:50
	Between 5 and 10%	1.527	9.17	3.07	0:29:50
	Between 1 and 5%	3.215	19.3	2.88	1:06:58
	Total :	5.138	30.85	2.89	1:46:38
	Plain				
	Difference of 1%	6.008	36.08	3.53	1:42:11
	Breakdown descents				
	Between 1 and 5%	4.133	24.82	3.29	1:15:20
Between 5 and 10%	1.062	6.38	3.31	0:19:15	
Between 10 and 15%	0.278	1.67	3.57	0:04:40	
Between 15 and 30%	0.034	0.2	1.74	0:01:10	
Between 30% and 55%	0	0	0	0:00:00	
Total :	5.507	33.07	3.29	1:40:25	
Total track :	16.652	100 %	3.23	5:09:14	

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Steep slopes > 10%

Steep slope	Slipage point	Average slope	Interval
	13.537	11 %	127 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
7.796	0:06:20	9	1:51:03	1:51:03	7.796
7.89	0:02:50	9	1:59:13	0:08:10 < 10´	0.094
8.19	0:02:22	9	2:14:27	0:15:14	0.3
12.412	0:32:20 > 10´	12	3:50:19	1:35:52	4.222
14.1	0:07:20	41	5:01:21	1:11:02	1.688
14.37	0:04:10	42	5:12:41	0:11:20	0.27
Total : 0:55:22 h					