

Track: especialcaminoafaros_etapa08_dia28_muxia-cabo_tourinan-farotourinan.gpx

Detected modality = HKG

IBP index reliability= B

IBP = 80 HKG

Total length	16.537 Km
Analyzed distance	16.537 Km
Lineal distance	8.794 Km

Accumulated climb	745.44 m
Accumulated descent	701.66 m
Maximum height	268.1 m
Minimal height	-2.5 m
Climb rate	10.33 %
Descent rate	9.94 %
Positive climb difference per	45.08 m
Negative descent difference per	42.43 m

Total time	6:43:09 h
Time in movement	5:21:13 h
Stopped time	1:21:56 h

Total speed average	2.46 Km/h
Average speed in movement	3.09 Km/h
Maximum held speed	6.13 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	2422 (cad. 6.83 m)
Significant points	481 (cad. 34.45 m / 19.86 %)
Aberrant points	108 (4.46 % d. total)

Direction changes per	13.42
Direction changes >5° per	9.8
Accumulated straight stretches	2.948 Km
Straight stretches per	178.27 m
Penalizable slope changes	11
Penalizable slope changes per	0.665

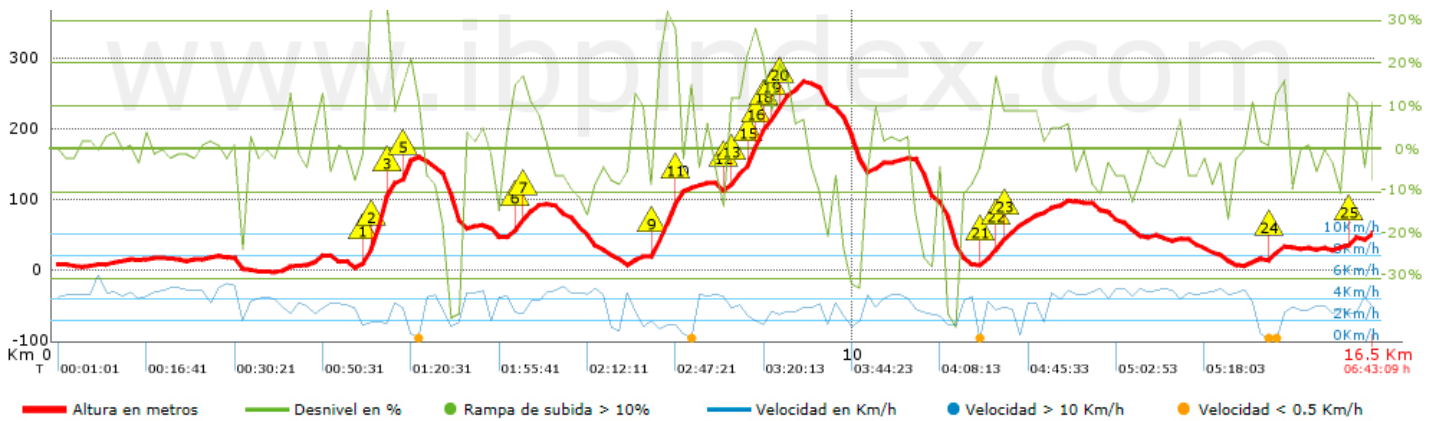
Find The Best bike routes


























Summary of slopes	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s	
	Between 30% and 55%	0.373	2.26	1.56	0:14:20	
	Between 15 and 30%	1.36	8.22	2.22	0:36:40	
	Between 10 and 15%	1.059	6.4	2.84	0:22:21	
	Between 5 and 10%	2.003	12.11	3.16	0:38:00	
	Between 1 and 5%	2.424	14.65	3.34	0:43:30	
	Total :	7.218	43.65	2.8	2:34:51	
	Plain					
	Difference of 1%	2.259	13.66	3.75	0:36:10	
	Breakdown descents					
	Between 1 and 5%	2.507	15.16	4.14	0:36:21	
	Between 5 and 10%	2.436	14.73	3.51	0:41:41	
	Between 10 and 15%	0.784	4.74	3.36	0:14:00	
Between 15 and 30%	0.858	5.19	2.55	0:20:10		
Between 30% and 55%	0.475	2.87	1.58	0:18:00		
Total :	7.06	42.69	3.25	2:10:12		
Total track :	16.537	100 %	3.09	5:21:13		

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Steep slopes > 10%

Step	Slipage point	Average slope	Interval
	3.898	24 %	32 m
	3.93	34 %	281 m
	4.211	20 %	32 m
	4.338	15 %	35 m
	4.373	28 %	95 m
	5.746	15 %	97 m
	5.843	14 %	103 m
	7.475	21 %	32 m
	7.507	28 %	216 m
	7.722	21 %	97 m
	7.819	17 %	30 m
	8.4	15 %	98 m
	8.635	23 %	69 m
	8.704	26 %	100 m
	8.804	24 %	67 m
	8.872	22 %	32 m
	8.904	13 %	68 m
	8.971	18 %	131 m
	9.103	11 %	166 m
	11.596	12 %	168 m
	11.764	12 %	142 m
	11.905	11 %	103 m
	16.13	12 %	106 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
4.438	0:16:50 > 10´	149	1:18:01	1:18:01	4.438
7.819	0:09:40	107	2:49:21	1:31:20	3.381
11.531	0:08:30	9	4:21:43	1:32:22	3.711
12.04	0:03:00	62	4:40:23	0:18:40	0.509
15.064	0:40:00 > 10´	17	5:29:43	0:49:20	3.024
16.526	0:03:56	55	6:39:13	1:09:30	1.462
Total : 1:21:56 h					