

Track: especialpicoseuropa_etapa1_dia_03_poncebos_cain_rutadelcares-track.gpx

These speeds are average for = BYC

IBP index reliability= C

IBP = 86 HKG

Total length	25.34 Km
Analyzed distance	25.34 Km
Lineal distance	0.01 Km

Accumulated climb	548.38 m
Accumulated descent	647.23 m
Maximum height	662.81 m
Minimal height	310.62 m
Climb rate	6.44 %
Descent rate	8.01 %
Positive climb difference per	21.64 m
Negative descent difference per	25.54 m

Total time	8:16:26 h
Time in movement	6:04:12 h
Stopped time	2:12:14 h

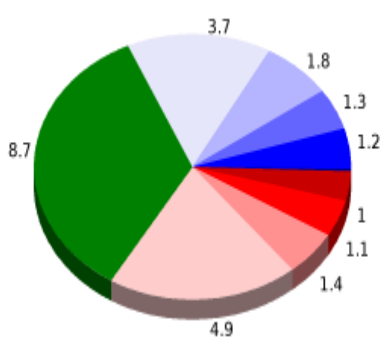
Total speed average	3.06 Km/h
Average speed in movement	4.17 Km/h
Maximum held speed	24.47 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	2200 (cad. 11.52 m)
Significant points	559 (cad. 45.41 m / 25.41 %)
Aberrant points	87 (3.95 % d. total)

Direction changes per	11.13
Direction changes >5° per	10.18
Accumulated straight stretches	1.6 Km
Straight stretches per	63.14 m
Penalizable slope changes	8
Penalizable slope changes per	0.316

Find The Best bike routes



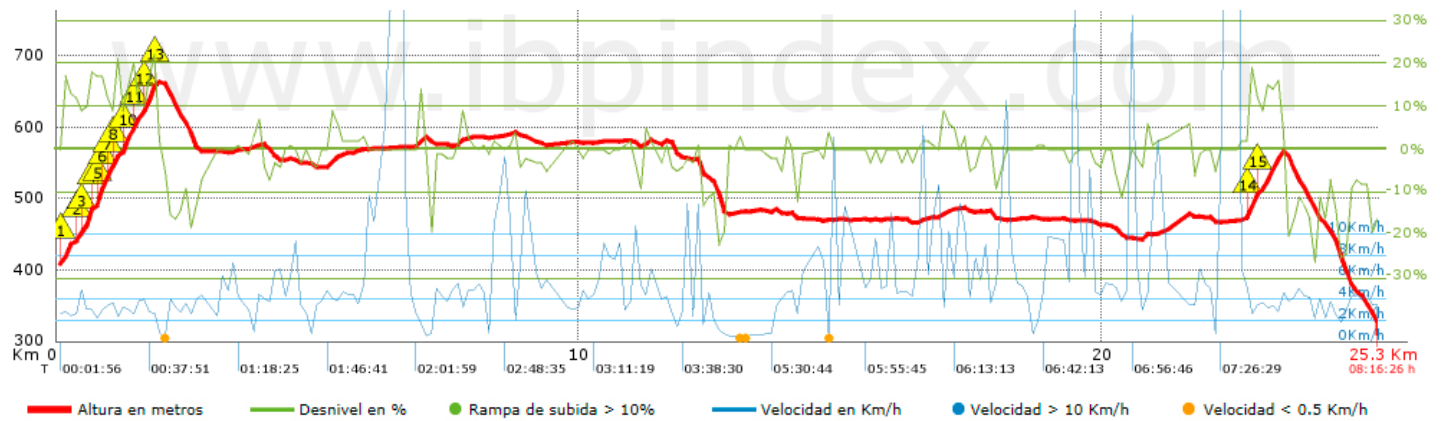
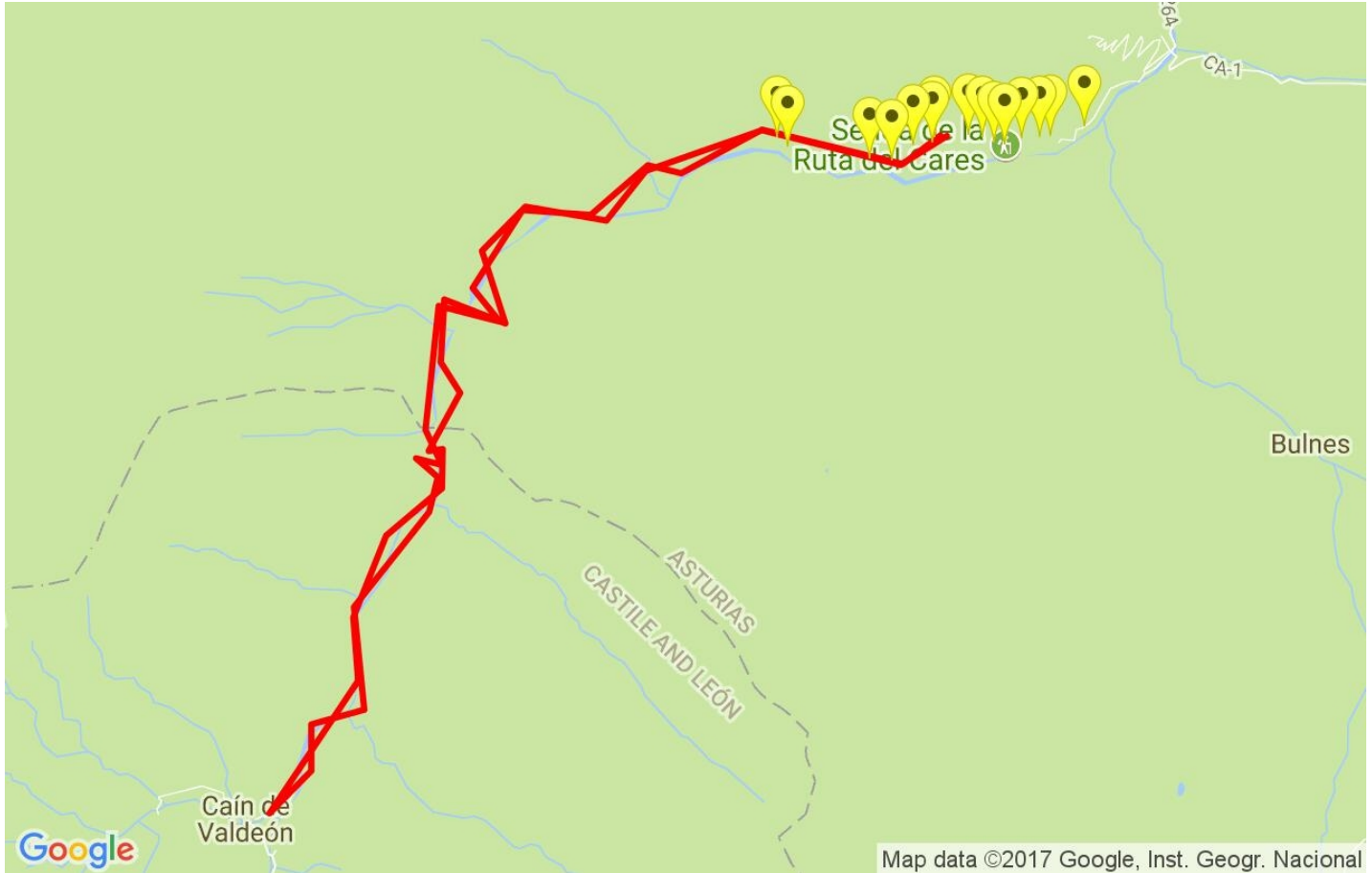
Summary of slopes	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s	
	Between 30% and 55%	0.03	0.12	1.36	0:01:20	
	Between 15 and 30%	1.015	4	2.46	0:24:42	
	Between 10 and 15%	1.084	4.28	3.02	0:21:30	
	Between 5 and 10%	1.446	5.71	3.44	0:25:13	
	Between 1 and 5%	4.941	19.5	4.53	1:05:25	
	Total :	8.515	33.61	3.7	2:18:10	
	Plain					
	Difference of 1%	8.745	34.51	6.21	1:24:32	
	Breakdown descents					
	Between 1 and 5%	3.704	14.62	4.23	0:52:32	
Between 5 and 10%	1.845	7.28	3.79	0:29:13		
Between 10 and 15%	1.29	5.09	2.57	0:30:06		
Between 15 and 30%	1.209	4.77	2.45	0:29:39		
Between 30% and 55%	0.03	0.12	0	0:00:00		
Total :	8.078	31.88	3.43	2:21:30		
Total track :		25.34	100 %	4.17	6:04:12	














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Steep slopes > 10%			
Step	Slipage point	Average slope	Interval
	0.096	11 %	276 m
	0.48	11 %	128 m
	0.609	17 %	143 m
	0.752	22 %	104 m
	0.855	17 %	98 m
	0.954	13 %	93 m
	1.286	12 %	34 m
	1.319	20 %	143 m
	1.463	12 %	215 m
	1.678	17 %	161 m
	1.839	22 %	29 m
	22.814	19 %	134 m
	22.948	13 %	404 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
1.941	0:06:34	662	0:41:31	0:41:31	1.941
4.767	0:02:40	550	1:38:28	0:56:57	2.826
6.992	0:18:52 > 10´	586	2:06:57	0:28:29	2.225
12.698	0:02:40	499	3:55:47	1:48:50	5.707
12.758	0:51:31 > 10´	482	3:59:47	0:04:00 < 10´	0.059
13.152	0:08:09	482	4:53:38	0:53:51	0.394
13.303	0:11:41 > 10´	482	5:04:35	0:10:57	0.151
13.427	0:05:34	483	5:17:46	0:13:11	0.124
13.577	0:02:40	483	5:27:04	0:09:18 < 10´	0.15
14.675	0:06:40	469	5:42:29	0:15:25	1.098
18.616	0:05:21	474	6:32:49	0:50:20	3.941
22.113	0:09:52	473	7:16:25	0:43:36	3.497
Total : 2:12:14 h					