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| Track: especialcaminoaros_etapa05_dia25_laxe-darolaxe-camelle-arou.gpx |
| Detected modality = HKG |
| IBP index reliability= D |

IBP = 51 HKG

| | |
|-------------------|----------|
| Total length | 19.44 Km |
| Analyzed distance | 19.44 Km |
| Lineal distance | 9.337 Km |

| | |
|---------------------------------|----------|
| Accumulated climb | 176.43 m |
| Accumulated descent | 164.55 m |
| Maximum height | 61.45 m |
| Minimal height | -1.73 m |
| Climb rate | 3.74 % |
| Descent rate | 3.21 % |
| Positive climb difference per | 9.08 m |
| Negative descent difference per | 8.46 m |

| | |
|------------------|-----------|
| Total time | 7:32:30 h |
| Time in movement | 5:38:10 h |
| Stopped time | 1:54:20 h |

| | |
|---------------------------|-----------|
| Total speed average | 2.58 Km/h |
| Average speed in movement | 3.45 Km/h |
| Maximum held speed | 5.58 Km/h |

| | |
|------------------------|------------------------------|
| Max slope filter | ~55 % |
| Min. points separation | ~30 m |
| Number of points | 2695 (cad. 7.21 m) |
| Significant points | 556 (cad. 35.03 m / 20.63 %) |
| Aberrant points | 1 (0.04 % d. total) |

| | |
|--------------------------------|----------|
| Direction changes per | 15.02 |
| Direction changes >5° per | 11.32 |
| Accumulated straight stretches | 2.615 Km |
| Straight stretches per | 134.52 m |
| Penalizable slope changes | 0 |
| Penalizable slope changes per | 0 |

Find The Best bike routes

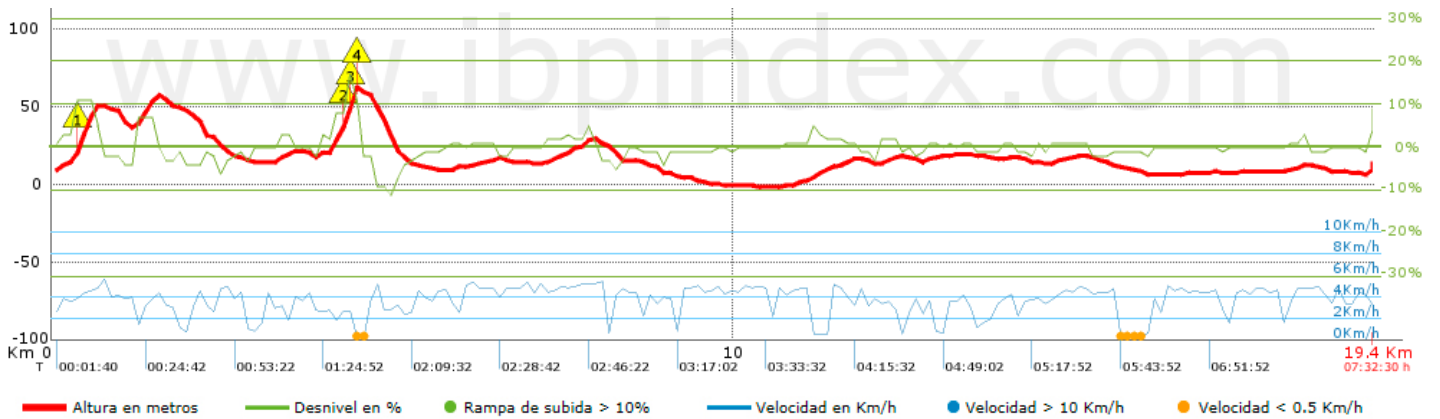


| Summary of slopes | Climbs | Distance in km | above the total in % | Speed in | Time h:m:s |
|----------------------|---------------------------|----------------|----------------------|----------------|----------------|
| | Between 30% and 55% | 0 | 0 | 0 | 0:00:00 |
| | Between 15 and 30% | 0.096 | 0.5 | 2.17 | 0:02:40 |
| | Between 10 and 15% | 0.3 | 1.54 | 3.72 | 0:04:50 |
| | Between 5 and 10% | 0.67 | 3.45 | 2.47 | 0:16:18 |
| | Between 1 and 5% | 3.654 | 18.8 | 3.68 | 0:59:32 |
| | Total : | 4.72 | 24.28 | 3.4 | 1:23:20 |
| | Plain | | | | |
| | Difference of 1% | 9.598 | 49.37 | 3.72 | 2:34:50 |
| | Breakdown descents | | | | |
| | Between 1 and 5% | 4.543 | 23.37 | 3.03 | 1:30:00 |
| Between 5 and 10% | 0.382 | 1.96 | 3.62 | 0:06:20 | |
| Between 10 and 15% | 0.199 | 1.02 | 3.25 | 0:03:40 | |
| Between 15 and 30% | 0 | 0 | 0 | 0:00:00 | |
| Between 30% and 55% | 0 | 0 | 0 | 0:00:00 | |
| Total : | 5.123 | 26.35 | 3.07 | 1:40:00 | |
| Total track : | 19.44 | 100 % | 3.45 | 5:38:10 | |




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Steep slopes > 10%

| Steep slope | Slipage point | Average slope | Interval |
|--|---------------|---------------|----------|
|  | 0.335 | 11 % | 239 m |
|  | 4.31 | 12 % | 31 m |
|  | 4.341 | 17 % | 96 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 |
|--------------------------|---------------|----------|--------------|------------------------|--------------------|
| 1.874 | 0:02:30 | 49 | 0:35:42 | 0:35:42 | 1.874 |
| 2.871 | 0:02:20 | 15 | 0:58:42 | 0:23:00 | 0.998 |
| 4.437 | 0:15:00 > 10´ | 58 | 1:37:12 | 0:38:30 | 1.566 |
| 8.061 | 0:04:20 | 26 | 2:48:22 | 1:11:10 | 3.624 |
| 9.095 | 0:02:20 | 6 | 3:13:52 | 0:25:30 | 1.034 |
| 11.117 | 0:24:10 > 10´ | 2 | 3:43:52 | 0:30:00 | 2.022 |
| 12.424 | 0:03:20 | 18 | 4:27:22 | 0:43:30 | 1.307 |
| 12.973 | 0:02:50 | 17 | 4:45:02 | 0:17:40 | 0.549 |
| 15.596 | 0:57:30 > 10´ | 11 | 5:37:02 | 0:52:00 | 2.624 |
| Total : 1:54:20 h | | | | | |