

Track: especialcamino faros\_etapa07\_dia27\_playalires-farofisterra.gpx

Detected modality = HKG

IBP index reliability= C

**IBP = 89 HKG**

Total length	21.232 Km
Analyzed distance	21.232 Km
Lineal distance	13.224 Km

Accumulated climb	879.84 m
Accumulated descent	748.84 m
Maximum height	232.4 m
Minimal height	-3.1 m
Climb rate	9.08 %
Descent rate	9.13 %
Positive climb difference per	41.44 m
Negative descent difference per	35.27 m

Total time	8:25:28 h
Time in movement	6:54:18 h
Stopped time	1:31:10 h

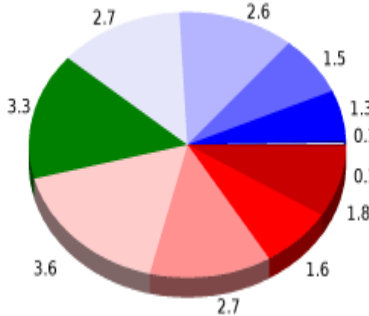
Total speed average	2.52 Km/h
Average speed in movement	3.07 Km/h
Maximum held speed	6.65 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	3005 (cad. 7.07 m)
Significant points	617 (cad. 34.47 m / 20.53 %)
Aberrant points	140 (4.66 % d. total)

Direction changes per	14.84
Direction changes >5° per	11.35
Accumulated straight stretches	2.974 Km
Straight stretches per	140.07 m
Penalizable slope changes	8
Penalizable slope changes per	0.377

Find The Best bike routes



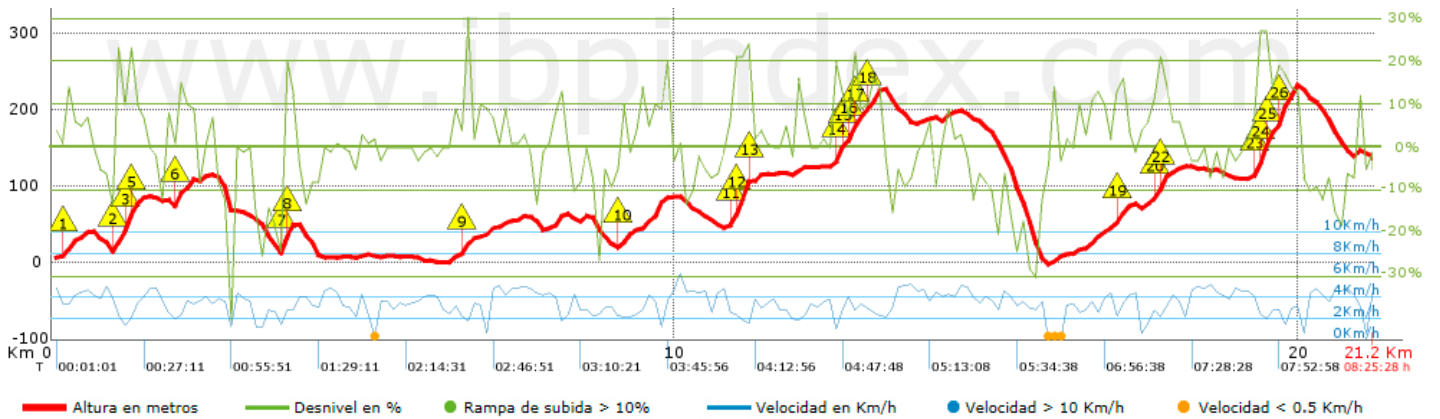
Summary of slopes	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s	
	Between 30% and 55%	0.061	0.29	1.47	0:02:30	
	Between 15 and 30%	1.761	8.3	2.1	0:50:20	
	Between 10 and 15%	1.585	7.47	2.7	0:35:10	
	Between 5 and 10%	2.711	12.77	2.85	0:57:07	
	Between 1 and 5%	3.575	16.84	3.44	1:02:20	
	<b>Total :</b>	<b>9.694</b>	<b>45.66</b>	<b>2.8</b>	<b>3:27:27</b>	
	<b>Plain</b>					
	Difference of 1%	3.335	15.71	3.51	0:57:01	
	<b>Breakdown descents</b>					
	Between 1 and 5%	2.665	12.55	3.69	0:43:20	
	Between 5 and 10%	2.648	12.47	3.63	0:43:50	
	Between 10 and 15%	1.451	6.83	3.02	0:28:50	
Between 15 and 30%	1.348	6.35	2.65	0:30:30		
Between 30% and 55%	0.091	0.43	1.64	0:03:20		
<b>Total :</b>	<b>8.203</b>	<b>38.63</b>	<b>3.28</b>	<b>2:29:50</b>		
<b>Total track :</b>	<b>21.232</b>	<b>100 %</b>	<b>3.07</b>	<b>6:54:18</b>		

Track: especialcaminoafaros\_etapa07\_dia27\_playalires-farofisterra.gpx















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**Steep slopes > 10%**

Step	Slipage point	Average slope	Interval
	0.183	13 %	132 m
	1.001	18 %	159 m
	1.16	23 %	94 m
	1.254	21 %	32 m
	1.286	14 %	32 m
	1.961	14 %	129 m
	3.652	18 %	124 m
	3.776	16 %	95 m
	6.597	22 %	94 m
	10.913	17 %	34 m
	10.947	23 %	187 m
	11.134	24 %	30 m
	12.528	21 %	98 m
	12.626	11 %	167 m
	12.793	19 %	35 m
	12.828	21 %	59 m
	13.029	13 %	236 m
	17.035	13 %	171 m
	17.729	21 %	63 m
	17.792	16 %	31 m
	19.302	16 %	34 m
	19.336	26 %	93 m
	19.429	25 %	66 m
	19.636	19 %	251 m

**High altitude parameters, data above**

Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
	<b>Total :</b> 0 Km	--- %	--- h	--- Km/h	--- h	--- h	--- Km/h

**Stops**

Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
5.084	0:20:30 > 10´	11	1:44:41	1:44:41	5.084
6.903	0:03:00	34	2:41:01	0:56:20	1.819
15.946	0:57:10 > 10´	-1	5:44:38	3:03:37	9.043
17.438	0:03:20	70	7:08:08	1:23:30	1.492
19.994	0:03:10	230	8:00:58	0:52:50	2.557
20.951	0:03:20	147	8:17:58	0:17:00	0.957
21.224	0:00:40	136	8:24:48	0:06:50 < 10´	0.273
<b>Total :</b> 1:31:10 h					