

Track: especialpicoseuropa\_etapa4\_dia\_06\_refugiovegauriellu\_bulnes\_poncebos-track.gpx

These speeds are average for = HKG

IBP index reliability= C

**IBP = 68 HKG**

Total length	13.73 Km
Analyzed distance	13.73 Km
Lineal distance	6.13 Km

Accumulated climb	65.32 m
Accumulated descent	1718.72 m
Maximum height	1942.41 m
Minimal height	288.05 m
Climb rate	7.12 %
Descent rate	14.03 %
Positive climb difference per	4.76 m
Negative descent difference per	125.18 m

Total time	7:29:47 h
Time in movement	5:29:31 h
Stopped time	2:00:16 h

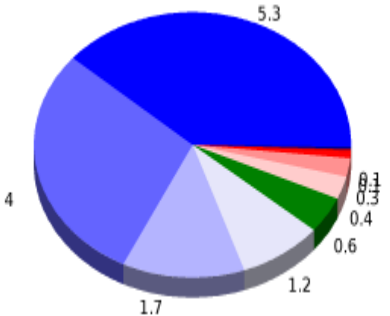
Total speed average	1.83 Km/h
Average speed in movement	2.5 Km/h
Maximum held speed	12.04 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	2444 (cad. 5.62 m)
Significant points	398 (cad. 34.59 m / 16.28 %)
Aberrant points	0 (0 % d. total)

Direction changes per	16.1
Direction changes >5° per	14.49
Accumulated straight stretches	0.798 Km
Straight stretches per	58.12 m
Penalizable slope changes	6
Penalizable slope changes per	0.437

Find The Best bike routes



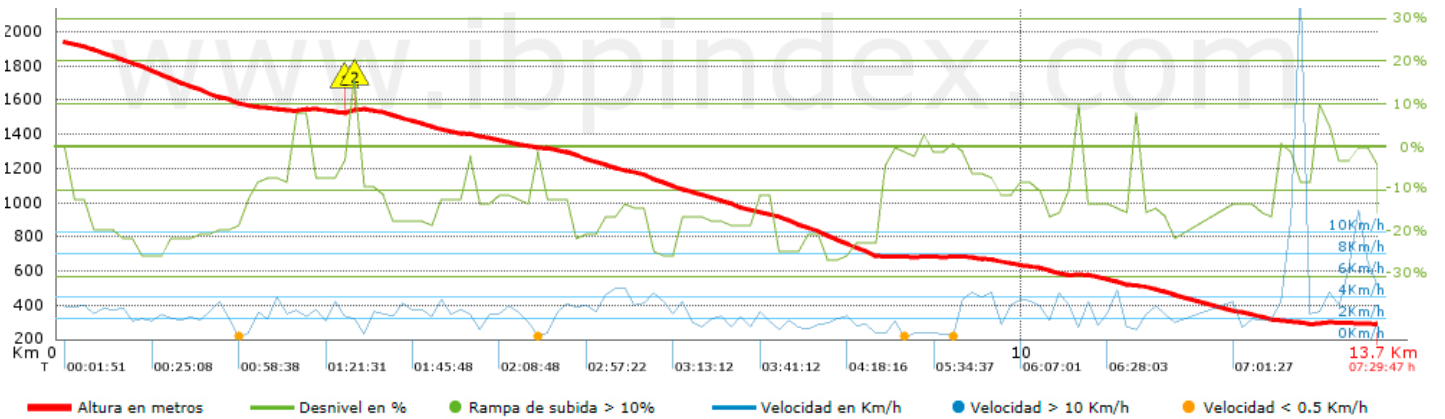
Summary of slopes	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s	
	Between 30% and 55%	0	0	0	0:00:00	
	Between 15 and 30%	0.126	0.92	1.98	0:03:50	
	Between 10 and 15%	0.102	0.74	1.74	0:03:31	
	Between 5 and 10%	0.295	2.15	2.11	0:08:23	
	Between 1 and 5%	0.394	2.87	2.47	0:09:35	
	<b>Total :</b>	<b>0.917</b>	<b>6.68</b>	<b>2.17</b>	<b>0:25:19</b>	
	<b>Plain</b>					
	Difference of 1%	0.56	4.08	4.11	0:08:11	
	<b>Breakdown descents</b>					
	Between 1 and 5%	1.152	8.39	5.93	0:11:39	
Between 5 and 10%	1.73	12.6	3.17	0:32:43		
Between 10 and 15%	4.028	29.34	2.56	1:34:23		
Between 15 and 30%	5.342	38.91	2.04	2:37:16		
Between 30% and 55%	0	0	0	0:00:00		
<b>Total :</b>	<b>12.253</b>	<b>89.24</b>	<b>2.48</b>	<b>4:56:01</b>		
<b>Total track :</b>	<b>13.73</b>	<b>100 %</b>	<b>2.5</b>	<b>5:29:31</b>		

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**Steep slopes > 10%**

Steep slope	Slipage point	Average slope	Interval
	2.969	16 %	126 m
	3.095	11 %	34 m

**High altitude parameters, data above**

Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
1750	1025.25	7.47	0:27:38	2.23		0:27:38	2.23
1500	2480.628	18.07	1:00:10	2.47	0:14:30	1:14:40	1.99
<b>Total :</b>	<b>3.506 Km</b>	<b>25.53 %</b>	<b>1:27:48 h</b>	<b>2.4 Km/h</b>	<b>0:14:30 h</b>	<b>1:42:18 h</b>	<b>2.06 Km/h</b>

**Stops**

Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
1.849	0:10:50 > 10´	1585	0:50:48	0:50:48	1.849
3.129	0:03:40	1549	1:30:08	0:39:20	1.28
4.858	0:33:04 > 10´	1330	2:15:08	0:45:00	1.73
8.419	0:02:59	701	4:29:10	2:14:02	3.56
8.479	0:13:39 > 10´	688	4:33:26	0:04:16 < 10´	0.06
8.664	0:10:45 > 10´	684	4:50:19	0:16:53	0.185
8.776	0:15:09 > 10´	684	5:03:28	0:13:09	0.112
8.955	0:30:10 > 10´	685	5:20:47	0:17:19	0.179
<b>Total :</b>	<b>2:00:16 h</b>				