

Track: especialcaminoaragones_etapa3_arresrueta-track.gpx

Date: 17/09/2015

 Track: especialcaminoaragones_etapa3_arresrueta-track.gpx
 Detected modality = HKG
 IBP index reliability= D

IBP = 76 HKG

Total length	28.572 Km
Analyzed distance	28.572 Km
Lineal distance	20.825 Km
Accumulated climb	273.55 m
Accumulated descent	395.53 m
Maximum height	672.4 m
Minimal height	491.88 m
Climb rate	4.21 %
Descent rate	3.82 %
Positive climb difference per	9.57 m
Negative descent difference per	13.84 m

Max slope filter	~55 %
Min. pnts separation	~30 m
Number of points	2473 (cad. 11.55 m)
Significant points	766 (cad. 37.35 m / 30.97 %)
Aberrant points	1 (0.04 % d. total)

Direction changes per	12.53
Direction changes >5° per	6.79
Accumulated straight stretches	7.755 Km
Straight stretches per	271.42 m
Penalizable slope changes	3
Penalizable slope changes per	0.105

Total time	8:09:43 h
Time in movement	6:43:33 h
Stopped time	1:26:10 h

Total speed average	3.5 Km/h
Average speed in movement	4.25 Km/h
Maximum held speed	5.74 Km/h

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%	0.283	0.99	3.51	0:04:50	
	Between 10 and 15%	0.249	0.87	4.26	0:03:30	
	Between 5 and 10%	1.533	5.37	3.77	0:24:23	
	Between 1 and 5%	4.438	15.53	4.07	1:05:30	
	Total :	6.502	22.76	3.97	1:38:13	
	Plain					
	Difference of 1%	11.715	41	4.55	2:34:38	
	Breakdown descents					
	Between 1 and 5%	7.653	26.79	4.32	1:46:22	
Between 5 and 10%	2.287	8.01	3.66	0:37:30		
Between 10 and 15%	0.073	0.26	3.77	0:01:10		
Between 15 and 30%	0.341	1.19	3.61	0:05:40		
Between 30% and 55%	0	0	0	0:00:00		
Total :	10.355	36.24	4.12	2:30:42		
Total track :	28.572	100 %	4.25	6:43:33		

Track: especialcaminoaragones_etapa3_arresrueta-track.gpx

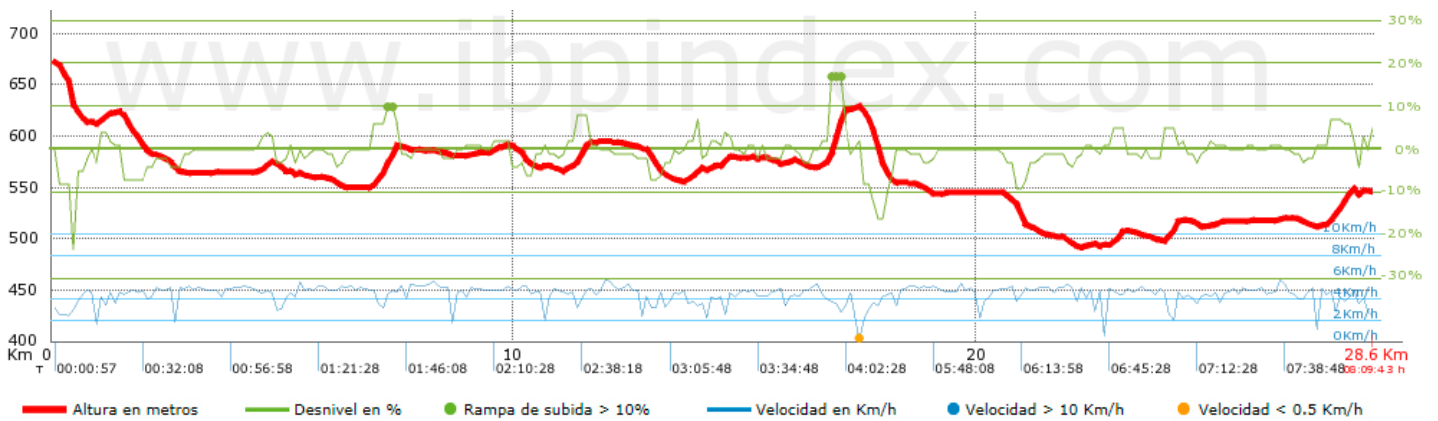
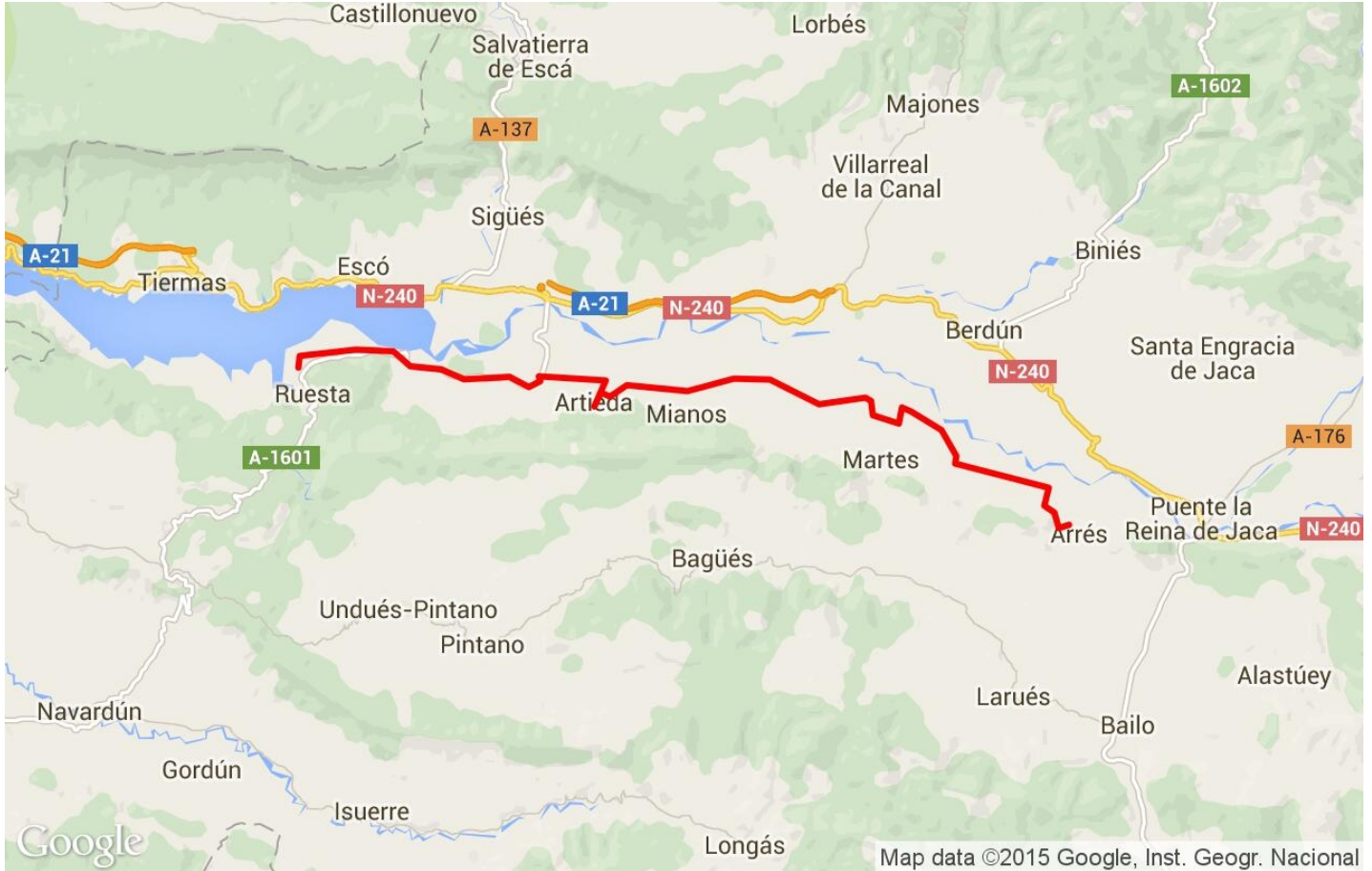
Date: 17/09/2015

Track: especialcaminoaragones_etapa3_arresrueta-track.gpx

Detected modality = HKG

IBP index reliability= D

IBP = 76 HKG



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
17.299	1:18:30 > 10'	626	4:05:18	4:05:18	17.299
22.679	0:07:40	493	6:36:18	2:31:00	5.379
Total : 1:26:10 h					