

Track: especialcaminoaragones_etapa5_sanguesamonreal-track.gpx
Detected modality = RNG
IBP index reliability= D

IBP = 93 HKG

Total length	36.356 Km
Analyzed distance	36.356 Km
Lineal distance	22.981 Km
Accumulated climb	468.71 m
Accumulated descent	352.71 m
Maximum height	767.5 m
Minimal height	398.89 m
Climb rate	3.48 %
Descent rate	3.57 %
Positive climb difference per	12.89 m
Negative descent difference per	9.7 m

Max slope filter	~55 %
Min. pnts separation	~30 m
Number of points	3310 (cad. 10.98 m)
Significant points	985 (cad. 36.95 m / 29.76 %)
Aberrant points	1 (0.03 % d. total)

Direction changes per	13.81
Direction changes >5° per	7.76
Accumulated straight stretches	8.588 Km
Straight stretches per	236.22 m
Penalizable slope changes	3
Penalizable slope changes per	0.083

Total time	9:47:17 h
Time in movement	8:03:14 h
Stopped time	1:44:03 h

Total speed average	3.71 Km/h
Average speed in movement	4.51 Km/h
Maximum held speed	18.47 Km/h

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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	0	0	0:00:00
	Between 10 and 15%	0	0	0	0:00:00
	Between 5 and 10%	2.695	7.41	4.42	0:36:33
	Between 1 and 5%	10.765	29.61	4.22	2:33:08
	Total :	13.46	37.02	4.26	3:09:41
	Plain				
	Difference of 1%	13.003	35.77	4.65	2:47:40
	Breakdown descents				
	Between 1 and 5%	7.476	20.56	4.68	1:35:53
Between 5 and 10%	2.147	5.9	4.86	0:26:30	
Between 10 and 15%	0.27	0.74	4.63	0:03:30	
Between 15 and 30%	0	0	0	0:00:00	
Between 30% and 55%	0	0	0	0:00:00	
Total :	9.893	27.21	4.72	2:05:53	
Total track :	36.356	100 %	4.51	8:03:14	

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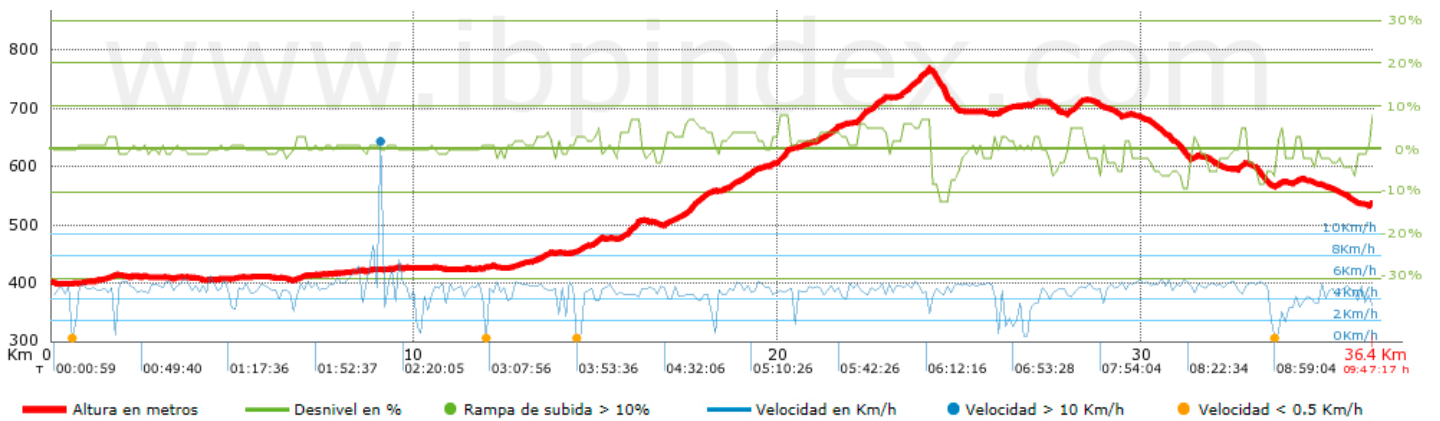
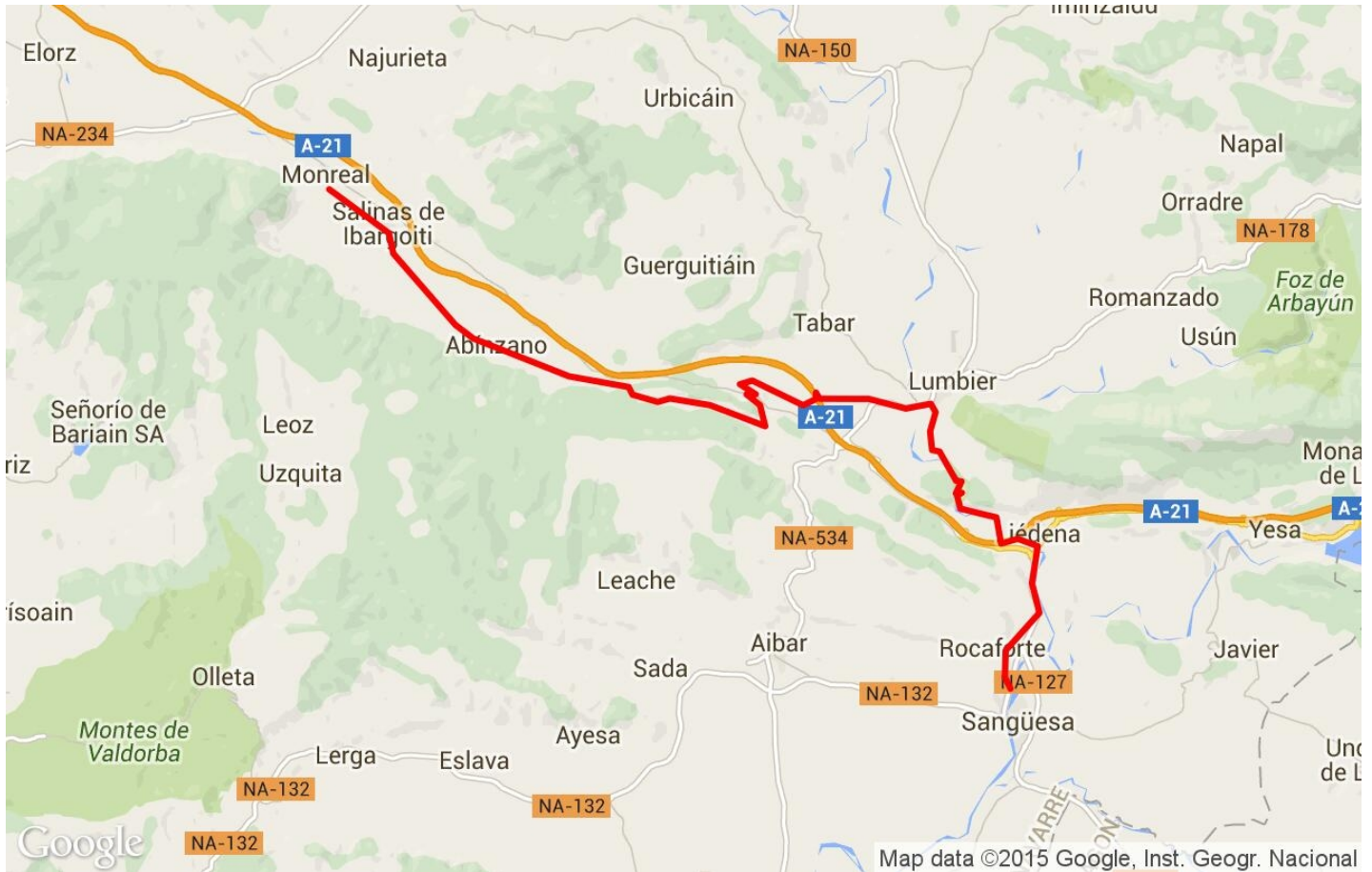
Date: 17/09/2015

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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
0.536	0:13:40 > 10'	399	0:06:50	0:06:50 < 10'	0.536
1.724	0:03:10	413	0:36:00	0:29:10	1.188
10.059	0:02:22	426	2:26:23	1:50:23	8.335

11.876	0:14:41 > 10´	425	2:51:15	0:24:52	1.818
14.397	0:23:00 > 10´	452	3:37:46	0:46:31	2.521
18.214	0:02:20	559	4:53:26	1:15:40	3.817
26.011	0:06:00	691	6:38:06	1:44:40	7.797
26.695	0:24:10 > 10´	704	7:01:54	0:23:48	0.685
33.647	0:14:40 > 10´	568	8:54:34	1:52:40	6.951
Total : 1:44:03 h					