

Track: especialcaminoafaros_etapa02_dia22_malpica-restxan-faronariga.gpx
Detected modality = HKG
IBP index reliability= D

IBP = 60 HKG

Total length	19.143 Km
Analyzed distance	19.143 Km
Lineal distance	7.945 Km

Accumulated climb	431.57 m
Accumulated descent	377.18 m
Maximum height	139.34 m
Minimal height	-4.8 m
Climb rate	5.26 %
Descent rate	5.27 %
Positive climb difference per	22.54 m
Negative descent difference per	19.7 m

Total time	8:30:25 h
Time in movement	6:13:13 h
Stopped time	2:17:12 h

Total speed average	2.25 Km/h
Average speed in movement	3.08 Km/h
Maximum held speed	5.48 Km/h

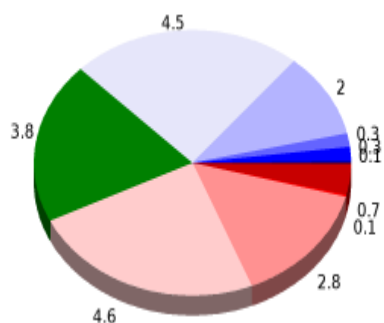
Max slope filter	~55 %
Min. points separation	~30 m
Number of points	3022 (cad. 6.33 m)
Significant points	556 (cad. 34.49 m / 18.4 %)
Aberrant points	1 (0.03 % d. total)

Direction changes per	14.1
Direction changes >5° per	10.76
Accumulated straight stretches	2.668 Km
Straight stretches per	139.37 m
Penalizable slope changes	4
Penalizable slope changes per	0.209

Find The Best bike routes



Summary of slopes



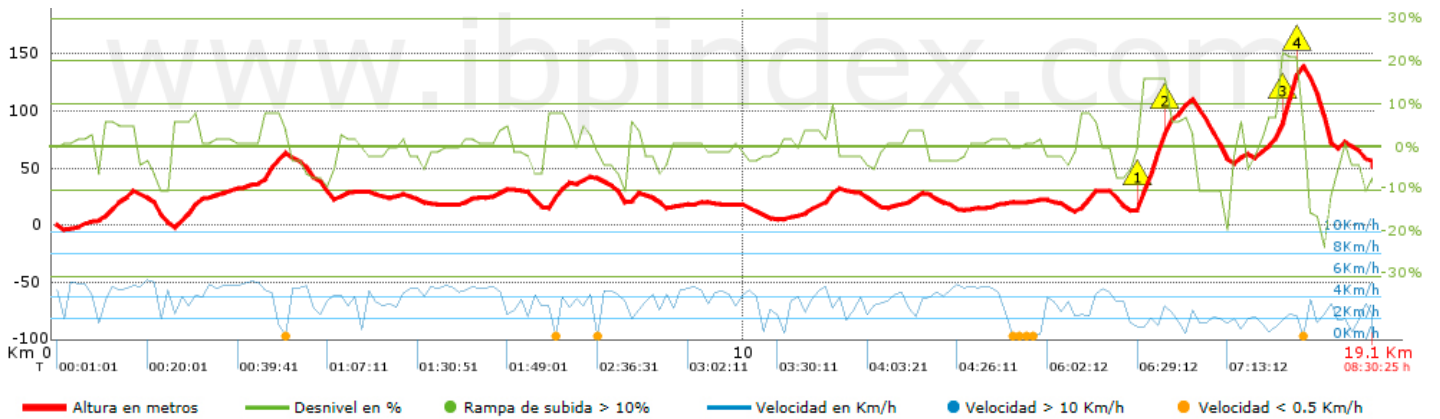
Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
Between 30% and 55%	0	0	0	0:00:00
Between 15 and 30%	0.719	3.76	1.86	0:23:10
Between 10 and 15%	0.068	0.36	3.07	0:01:20
Between 5 and 10%	2.817	14.71	2.61	1:04:48
Between 1 and 5%	4.608	24.07	3.57	1:17:22
Total :	8.212	42.9	2.96	2:46:40
Plain				
Difference of 1%	3.774	19.71	3.87	0:58:33
Breakdown descents				
Between 1 and 5%	4.531	23.67	3.19	1:25:10
Between 5 and 10%	2.002	10.46	2.71	0:44:20
Between 10 and 15%	0.267	1.39	2.29	0:07:00
Between 15 and 30%	0.29	1.51	1.74	0:10:00
Between 30% and 55%	0.067	0.35	2.67	0:01:30
Total :	7.157	37.39	2.9	2:28:00
Total track :	19.143	100 %	3.08	6:13:13

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Steep slopes > 10%

Steep slope	Slipage point	Average slope	Interval
	15.657	16 %	461 m
	16.118	13 %	29 m
	17.747	21 %	228 m
	17.974	17 %	30 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
3.262	0:08:20	57	0:48:01	0:48:01	3.262
7.24	0:06:20	21	2:03:31	1:15:30	3.978
7.784	0:14:20 > 10´	42	2:19:51	0:16:20	0.544
10.186	0:02:20	11	3:17:51	0:58:00	2.402
10.473	0:10:20 > 10´	5	3:30:11	0:12:20	0.287
13.825	1:19:39 > 10´	20	4:39:03	1:08:52	3.351
16.346	0:03:40	102	6:51:32	2:12:29	2.521
17.469	0:02:30	64	7:31:15	0:39:43	1.123
18.035	0:06:10	138	7:54:02	0:22:47	0.567
18.666	0:02:40	73	8:17:22	0:23:20	0.631
19.134	0:00:53	52	8:29:32	0:12:10	0.468
Total : 2:17:12 h					