

Track: especialchamonix\_etapa1\_dia\_03\_collmontets\_refugioblac-track.gpx

Date: 13/10/2016

Track: especialchamonix\_etapa1\_dia\_03\_collmontets\_refugioblac-track.gpx  
 Detected modality = HKG  
 IBP index reliability= A

**IBP = 115 HKG**

Total length	12.556 Km
Analyzed distance	12.556 Km
Lineal distance	5.592 Km
Accumulated climb	1146.1 m
Accumulated descent	603 m
Maximum height	2359.1 m
Minimal height	1367.6 m
Climb rate	17.26 %
Descent rate	13.44 %
Positive climb difference per	91.28 m
Negative descent difference per	48.02 m

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	2536 (cad. 4.95 m)
Significant points	385 (cad. 32.7 m / 15.18 %)
Aberrant points	230 (9.07 % d. total)

Direction changes per	15.77
Direction changes >5° per	14.34
Accumulated straight stretches	1.098 Km
Straight stretches per	87.45 m
Penalizable slope changes	8
Penalizable slope changes per	0.637

Total time	7:04:31 h
Time in movement	5:28:04 h
Stopped time	1:36:27 h

Total speed average	1.77 Km/h
Average speed in movement	2.3 Km/h
Maximum held speed	6.11 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%	0.937	7.46	1.45	0:38:44	
	Between 15 and 30%	2.627	20.92	1.84	1:25:35	
	Between 10 and 15%	0.877	6.98	2.27	0:23:12	
	Between 5 and 10%	0.989	7.87	2.34	0:25:22	
	Between 1 and 5%	1.211	9.64	3	0:24:15	
	<b>Total :</b>	<b>6.64</b>	<b>52.88</b>	<b>2.02</b>	<b>3:17:08</b>	
	<b>Plain</b>					
	Difference of 1%	1.431	11.4	2.97	0:28:56	
	<b>Breakdown descents</b>					
	Between 1 and 5%	0.993	7.91	2.71	0:22:00	
Between 5 and 10%	0.994	7.92	3.2	0:18:40		
Between 10 and 15%	0.649	5.17	3.03	0:12:50		
Between 15 and 30%	1.651	13.15	2.3	0:43:10		
Between 30% and 55%	0.197	1.57	2.22	0:05:20		
<b>Total :</b>	<b>4.485</b>	<b>35.72</b>	<b>2.64</b>	<b>1:42:00</b>		
<b>Total track :</b>	<b>12.556</b>	<b>100 %</b>	<b>2.3</b>	<b>5:28:04</b>		

Track: especialchamonix\_etapa1\_dia\_03\_collmontets\_refugioblac-track.gpx

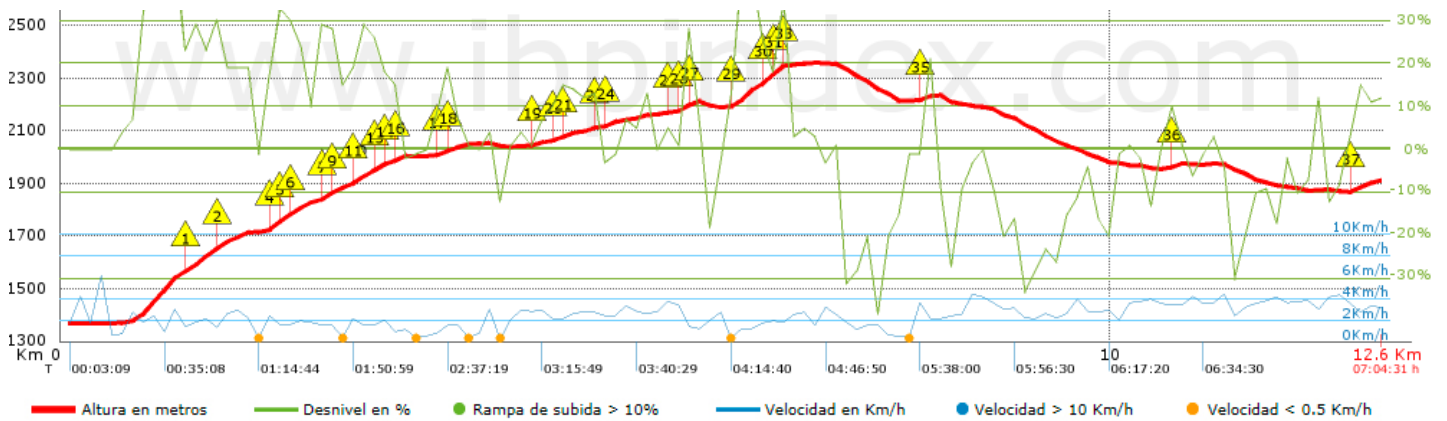
Date: 13/10/2016

Track: especialchamonix\_etapa1\_dia\_03\_collmontets\_refugioblac-track.gpx










Detected modality = HKG










IBP index reliability= A

**IBP = 115 HKG**



**Steep slopes > 10%**

Step	Slipage point	Average slope	Interval
	1.189	28 %	285 m
	1.474	15 %	452 m
	1.926	17 %	33 m
	1.959	22 %	89 m
	2.048	28 %	166 m
	2.214	26 %	126 m
	2.434	28 %	122 m
	2.555	36 %	31 m
	2.586	14 %	192 m
	2.778	24 %	32 m
	2.81	26 %	129 m
	2.939	28 %	63 m
	3.002	25 %	31 m
	3.033	16 %	92 m
	3.125	15 %	31 m
	3.156	25 %	61 m
	3.559	16 %	129 m
	3.689	14 %	65 m
	4.636	12 %	93 m
	4.728	12 %	293 m
	5.021	13 %	30 m
	5.151	16 %	31 m
	5.183	12 %	99 m
	5.892	27 %	66 m
	5.958	21 %	35 m
	6.338	13 %	62 m

	6.401	33 %	282 m
	6.683	27 %	91 m
	6.774	34 %	60 m
	6.834	35 %	35 m
	6.869	16 %	34 m
	8.17	11 %	32 m
	8.202	18 %	97 m
	10.517	16 %	107 m
	12.26	19 %	138 m

**High altitude parameters, data above**

Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2250	1236.607	9.85	0:42:20	1.75		0:42:20	1.75
2000	5421.034	43.17	2:18:01	2.36	1:05:50	3:23:51	1.6
1750	3850.377	30.67	1:30:29	2.55	0:07:05	1:37:34	2.37
1500	1091.427	8.69	0:30:38	2.14	0:15:00	0:45:38	1.44
<b>Total :</b>	<b>11.599 Km</b>	<b>92.38 %</b>	<b>5:01:28 h</b>	<b>2.31 Km/h</b>	<b>1:27:55 h</b>	<b>6:29:23 h</b>	<b>1.79 Km/h</b>

**Stops**

Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
0.398	0:08:32	1368	0:10:06	0:10:06	0.398
1.775	0:15:00 > 10´	1715	0:59:44	0:49:38	1.377
2.586	0:07:05	1875	1:39:34	0:39:50	0.812
3.309	0:10:50 > 10´	2005	2:13:29	0:33:55	0.723
3.464	0:02:30	2005	2:27:49	0:14:20	0.155
3.527	0:02:30	2005	2:31:39	0:03:50 < 10´	0.063
3.82	0:04:00	2048	2:43:09	0:11:30	0.293
3.941	0:02:20	2052	2:50:39	0:07:30 < 10´	0.122
4.104	0:08:10	2051	2:57:39	0:07:00 < 10´	0.163
6.28	0:09:10	2190	4:03:19	1:05:40	2.176
7.761	0:03:00	2260	5:04:00	1:00:41	1.481
7.948	0:23:20 > 10´	2220	5:12:40	0:08:40 < 10´	0.187
<b>Total :</b>	<b>1:36:27 h</b>				