

Track: 12BTT-POLA DE LENA-GIJON.gpx

Date: 11/06/2015

Track: 12BTT-POLA DE LENA-GIJON.gpx

Detected modality = BYC

IBP index reliability= C

IBP = 100 BYC

Total length	74.345 Km
Analyzed distance	74.345 Km
Lineal distance	44.548 Km

Accumulated climb	1287.6 m
Accumulated descent	1554.4 m
Maximum height	456.2 m
Minimal height	4.8 m
Climb rate	5.15 %
Descent rate	5.23 %
Positive climb difference per	17.32 m
Negative descent difference per	20.91 m

Total time	5:40:38 h
Time in movement	4:35:47 h
Stopped time	1:04:51 h

Total speed average	13.1 Km/h
Average speed in movement	16.17 Km/h
Maximum held speed	59.42 Km/h

Max slope filter	~30 %
Min. pons separation	~30 m
Number of points	6049 (cad. 12.29 m)
Significant points	1929 (cad. 38.56 m / 31.89 %)
Aberrant points	106 (1.75 % d. total)

Direction changes per	10.37
Direction changes >5° per	7.01
Accumulated straight stretches	18.742 Km
Straight stretches per	252.09 m
Penalizable slope changes	15
Penalizable slope changes per	0.202

Find The Best bike routes



Summary of slopes	Climbs	Distance in Km	above the total in %	Speed in	Time h:m:s
	Between 15 and 30%	0.379	0.51	5.65	0:04:02
	Between 10 and 15%	2.413	3.25	7.81	0:18:32
	Between 5 and 10%	8.121	10.92	10.84	0:44:57
	Between 1 and 5%	14.089	18.95	14.23	0:59:24
	Total :	25.002	33.63	11.82	2:06:55
	Plain				
	Difference of 1%	19.607	26.37	19.74	0:59:35
	Breakdown descents				
	Between 1 and 5%	18.306	24.62	19.99	0:54:56
	Between 5 and 10%	7.712	10.37	21.69	0:21:20
Between 10 and 15%	2.761	3.71	23.78	0:06:58	
Between 15 and 30%	0.956	1.29	9.48	0:06:03	
Total :	29.735	40	19.98	1:29:17	
Total track :	74.345	100 %	16.17	4:35:47	

Track: 12BTT-POLA DE LENA-GIJON.gpx

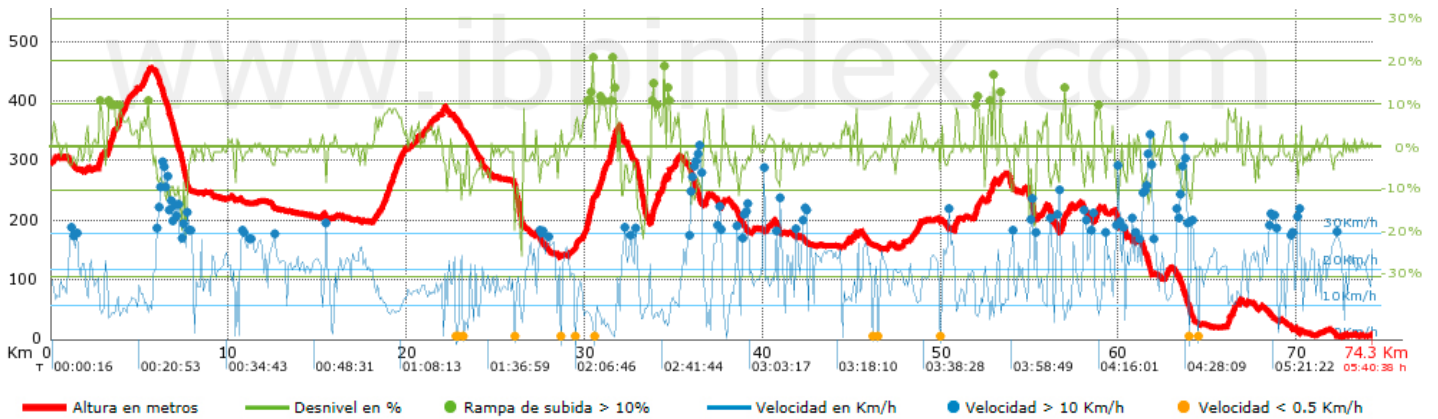
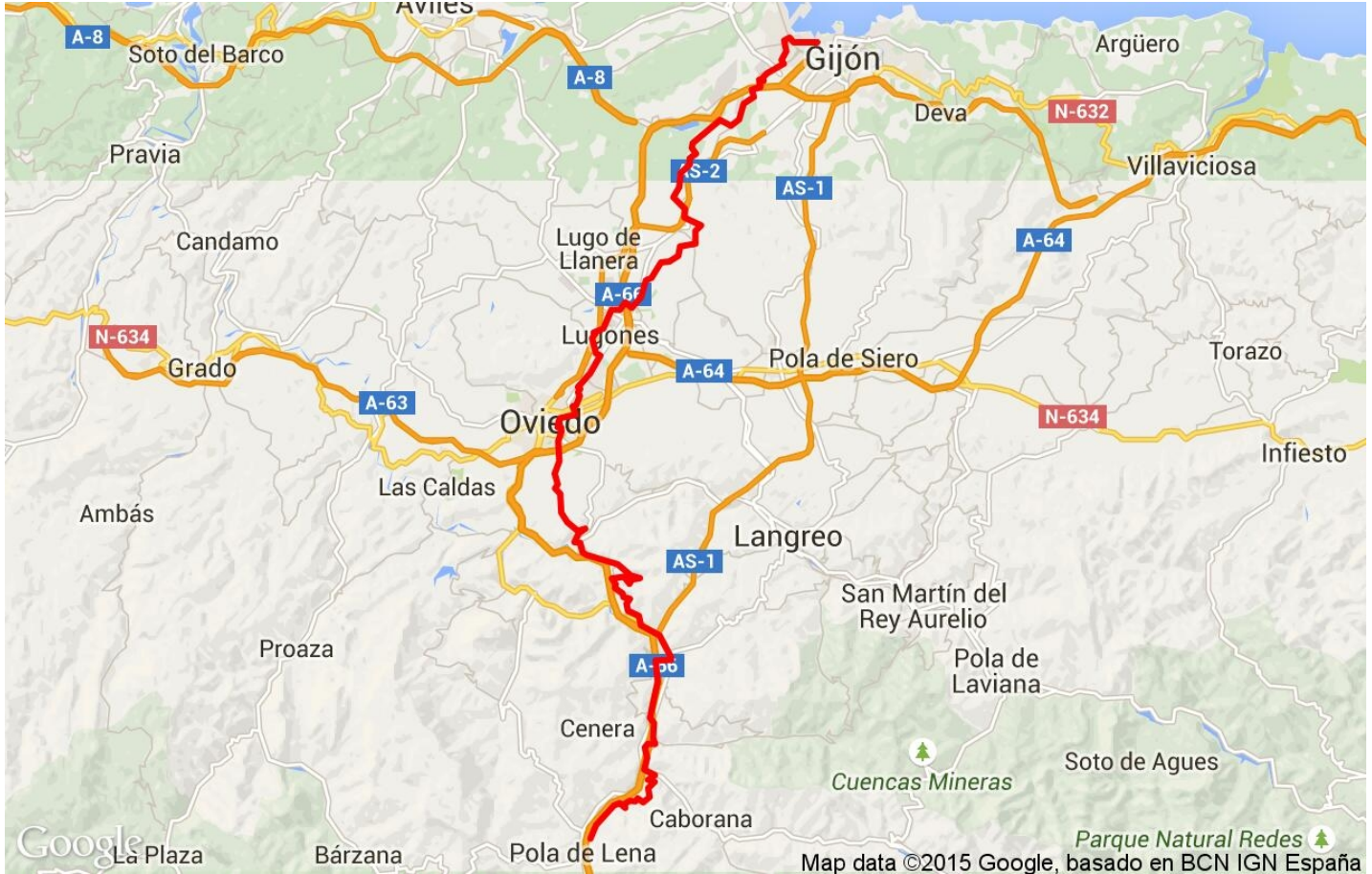
Date: 11/06/2015

Track: 12BTT-POLA DE LENA-GIJON.gpx

Detected modality = BYC

IBP index reliability= C

IBP = 100 BYC



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	
22.701	0:03:28	371	1:21:42	1:21:42	22.701	
26.04	0:01:42	265	1:42:18	0:20:36	3.339	
28.575	0:07:39	138	1:53:00	0:10:42	2.535	

29.409	0:03:49	150	2:02:49	0:09:49 < 10´	0.834
30.465	0:05:04	235	2:12:29	0:09:40 < 10´	1.056
46.139	0:01:16	160	3:25:07	1:12:38	15.674
46.427	0:01:15	156	3:27:16	0:02:09 < 10´	0.288
49.857	0:01:57	203	3:40:37	0:13:21	3.43
63.922	0:36:36 > 10´	61	4:28:22	0:47:45	14.065
64.352	0:02:05	29	5:06:04	0:37:42	0.431
Total : 1:04:51 h					