

Track: 12CARRETERA-POLA DE LENA-GIJÓN.gpx

Date: 28/05/2015

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Detected modality = BYC

IBP index reliability= D

IBP = 80 BYC

Total length	79.882 Km
Analyzed distance	79.882 Km
Lineal distance	45.152 Km

Accumulated climb	1034.78 m
Accumulated descent	1319.35 m
Maximum height	766.24 m
Minimal height	3.82 m
Climb rate	4.73 %
Descent rate	3.88 %
Positive climb difference per	12.95 m
Negative descent difference per	16.52 m

Total time	3:59:31 h
Time in movement	3:50:59 h
Stopped time	0:08:32 h

Total speed average	20.01 Km/h
Average speed in movement	20.75 Km/h
Maximum held speed	73.81 Km/h

Max slope filter	~30 %
Min. pnts separation	~30 m
Number of points	4168 (cad. 19.17 m)
Significant points	1322 (cad. 60.47 m / 31.72 %)
Aberrant points	0 (0 % d. total)

Direction changes per	6.75
Direction changes >5° per	4.92
Accumulated straight stretches	12.85 Km
Straight stretches per	160.86 m
Penalizable slope changes	15
Penalizable slope changes per	0.188

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Summary of slopes	Climbs	Distance in Km	above the total in %	Speed in	Time h:m:s
	Between 15 and 30%	0.87	1.09	5.95	0:08:46
	Between 10 and 15%	1.597	2	10.18	0:09:25
	Between 5 and 10%	3.899	4.88	8.12	0:28:49
	Between 1 and 5%	15.524	19.43	15.81	0:58:54
	Total :	21.89	27.4	12.4	1:45:54
	Plain				
	Difference of 1%	23.995	30.04	23.74	1:00:38
	Breakdown descents				
	Between 1 and 5%	24.523	30.7	30.11	0:48:52
	Between 5 and 10%	7.459	9.34	36.33	0:12:19
Between 10 and 15%	1.54	1.93	35.1	0:02:38	
Between 15 and 30%	0.475	0.59	45.01	0:00:38	
Total :	33.997	42.56	31.65	1:04:27	
Total track :	79.882	100 %	20.75	3:50:59	

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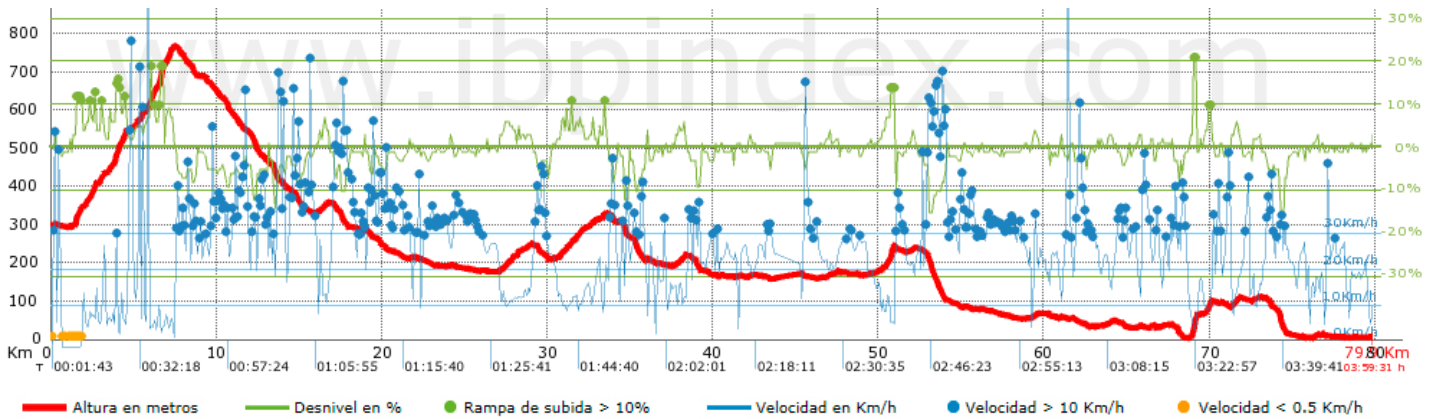
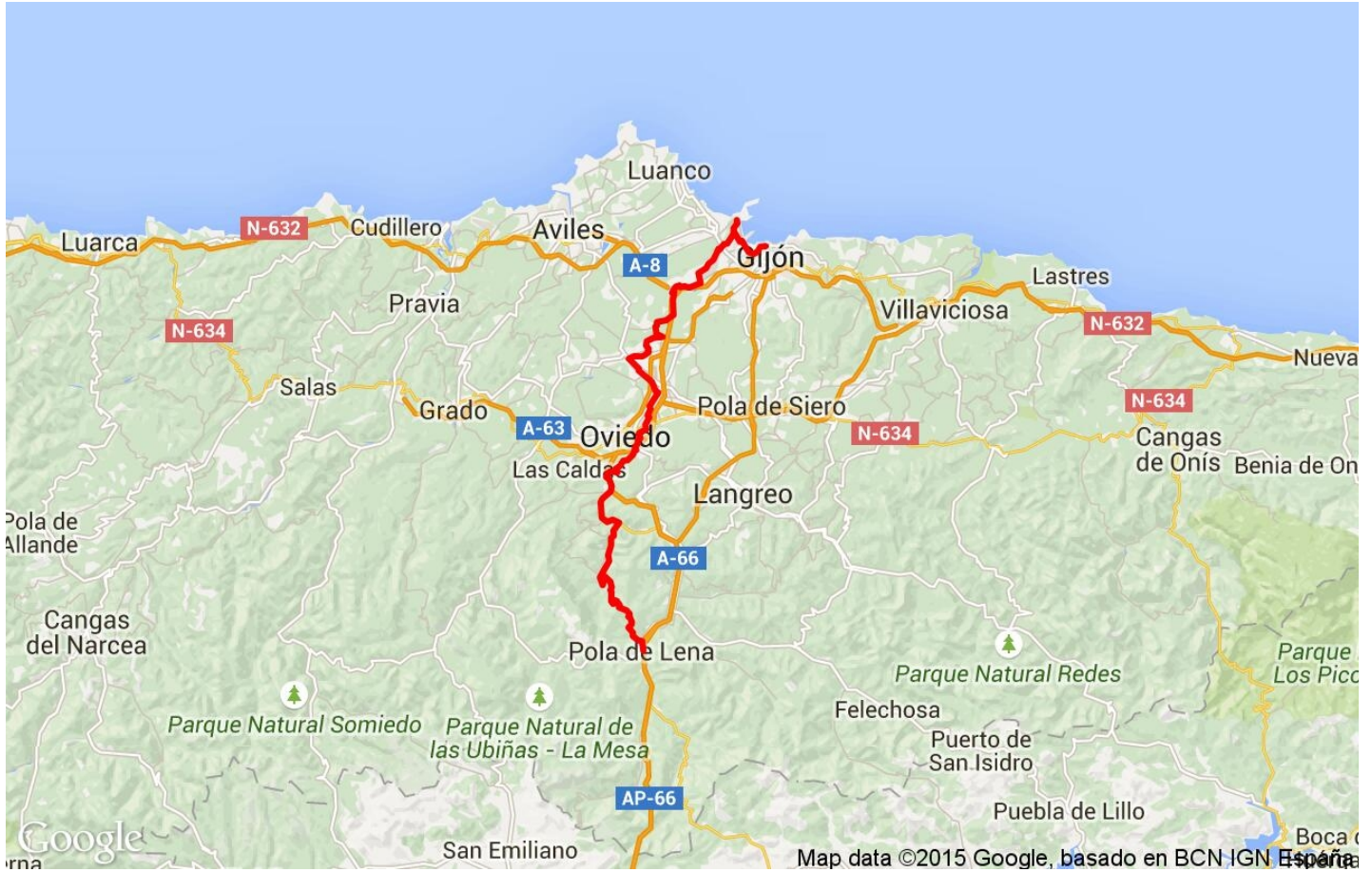
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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
Total :	0 Km	--- %	--- h	--- Km/h	--- h	--- h	--- Km/h

Stops						
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance	
1.781	0:05:31	335	0:03:05	0:03:05 < 10'	1.781	
79.858	0:01:32	7	3:57:59	3:54:54	78.077	
Total : 0:08:32 h						