

Track: 11BTT-LEÓN-POLA DE LENA.gpx

Date: 25/09/2015

Track: 11BTT-LEÓN-POLA DE LENA.gpx

Detected modality = RNG

IBP index reliability= D

**IBP = 134 BYC**

Total length	95.112 Km
Analyzed distance	95.112 Km
Lineal distance	66.453 Km

Accumulated climb	1824.76 m
Accumulated descent	2393.48 m
Maximum height	1678.48 m
Minimal height	290.29 m
Climb rate	4.52 %
Descent rate	7.08 %
Positive climb difference per	19.19 m
Negative descent difference per	25.16 m

Total time	6:19:36 h
Time in movement	6:19:36 h
Stopped time	0:00:00 h

Total speed average	15.03 Km/h
Average speed in movement	15.03 Km/h
Maximum held speed	17.61 Km/h

Max slope filter	~30 %
Min. pnts separation	~30 m
Number of points	5294 (cad. 17.97 m)
Significant points	2140 (cad. 44.47 m / 40.42 %)
Aberrant points	1 (0.02 % d. total)

Direction changes per	9.24
Direction changes >5° per	6.15
Accumulated straight stretches	24.589 Km
Straight stretches per	258.53 m
Penalizable slope changes	25
Penalizable slope changes per	0.263

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%	0.903	0.95	15.26	0:03:33
	Between 10 and 15%	3.059	3.22	15.19	0:12:05
	Between 5 and 10%	8.814	9.27	15.05	0:35:09
	Between 1 and 5%	27.585	29	15.02	1:50:12
	<b>Total :</b>	<b>40.361</b>	<b>42.44</b>	<b>15.04</b>	<b>2:40:59</b>
	<b>Plain</b>				
	Difference of 1%	20.927	22	15.01	1:23:39
	<b>Breakdown descents</b>				
	Between 1 and 5%	14.288	15.02	14.96	0:57:19
	Between 5 and 10%	10.514	11.05	15.06	0:41:54
Between 10 and 15%	6.327	6.65	15.06	0:25:12	
Between 15 and 30%	2.695	2.83	15.33	0:10:33	
<b>Total :</b>	<b>33.823</b>	<b>35.56</b>	<b>15.04</b>	<b>2:14:58</b>	
<b>Total track :</b>	<b>95.112</b>	<b>100 %</b>	<b>15.03</b>	<b>6:19:36</b>	

Track: 11BTT-LEÓN-POLA DE LENA.gpx

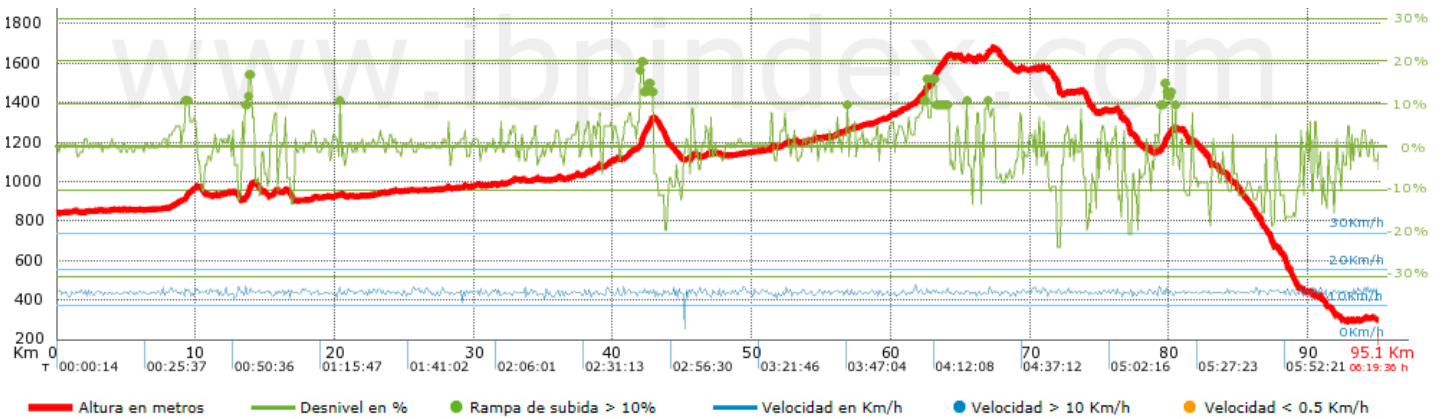
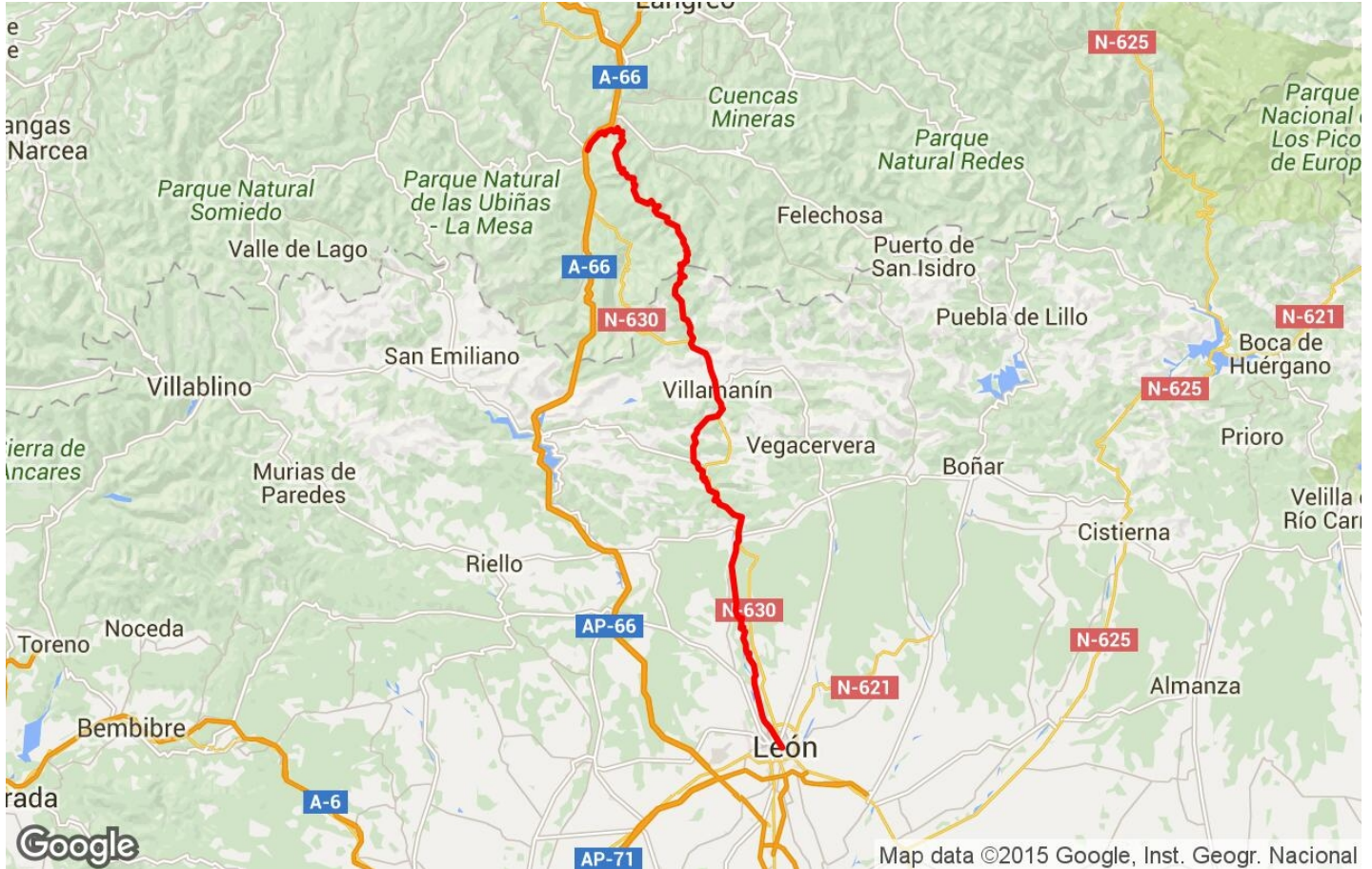
Date: 25/09/2015

Track: 11BTT-LEÓN-POLA DE LENA.gpx

Detected modality = RNG

IBP index reliability= D

**IBP = 134 BYC**



High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
1500	9030.209	9.49	0:35:58	15.06		0:35:58	15.06
<b>Total :</b>	<b>9.03 Km</b>	<b>9.49 %</b>	<b>0:35:58 h</b>	<b>15.06 Km/h</b>	<b>0:00:00 h</b>	<b>0:35:58 h</b>	<b>15.06 Km/h</b>

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
<b>Total :</b>	<b>0:00:00 h</b>				