

Track: 11CARRETERA-LEÓN-POLA DE LENA.gpx

Date: 28/05/2015

 Track: 11CARRETERA-LEÓN-POLA DE LENA.gpx  
 Detected modality = BYC  
 IBP index reliability= A

**IBP = 51 BYC**

Total length	85.584 Km
Analyzed distance	85.584 Km
Lineal distance	65.31 Km
Accumulated climb	747.34 m
Accumulated descent	1243.42 m
Maximum height	1382.99 m
Minimal height	341.41 m
Climb rate	2.53 %
Descent rate	4.75 %
Positive climb difference per	8.73 m
Negative descent difference per	14.53 m

Max slope filter	~30 %
Min. pnts separation	~30 m
Number of points	2018 (cad. 42.41 m)
Significant points	1092 (cad. 78.45 m / 54.11 %)
Aberrant points	13 (0.64 % d. total)

Direction changes per	4.05
Direction changes >5° per	2.96
Accumulated straight stretches	24.233 Km
Straight stretches per	283.15 m
Penalizable slope changes	7
Penalizable slope changes per	0.082

Total time	3:52:14 h
Time in movement	3:09:11 h
Stopped time	0:43:03 h

Total speed average	22.11 Km/h
Average speed in movement	27.14 Km/h
Maximum held speed	69.44 Km/h

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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%	0.185	0.22	14.76	0:00:45	
	Between 10 and 15%	0.065	0.08	14.52	0:00:16	
	Between 5 and 10%	2.018	2.36	18.82	0:06:26	
	Between 1 and 5%	27.307	31.91	22.27	1:13:34	
	<b>Total :</b>	<b>29.573</b>	<b>34.55</b>	<b>21.9</b>	<b>1:21:01</b>	
	<b>Plain</b>					
	Difference of 1%	29.849	34.88	27.27	1:05:41	
	<b>Breakdown descents</b>					
	Between 1 and 5%	17.64	20.61	35.14	0:30:07	
	Between 5 and 10%	5.536	6.47	38.55	0:08:37	
Between 10 and 15%	2.553	2.98	46.65	0:03:17		
Between 15 and 30%	0.434	0.51	55.79	0:00:28		
<b>Total :</b>	<b>26.162</b>	<b>30.57</b>	<b>36.95</b>	<b>0:42:29</b>		
<b>Total track :</b>	<b>85.584</b>	<b>100 %</b>	<b>27.14</b>	<b>3:09:11</b>		

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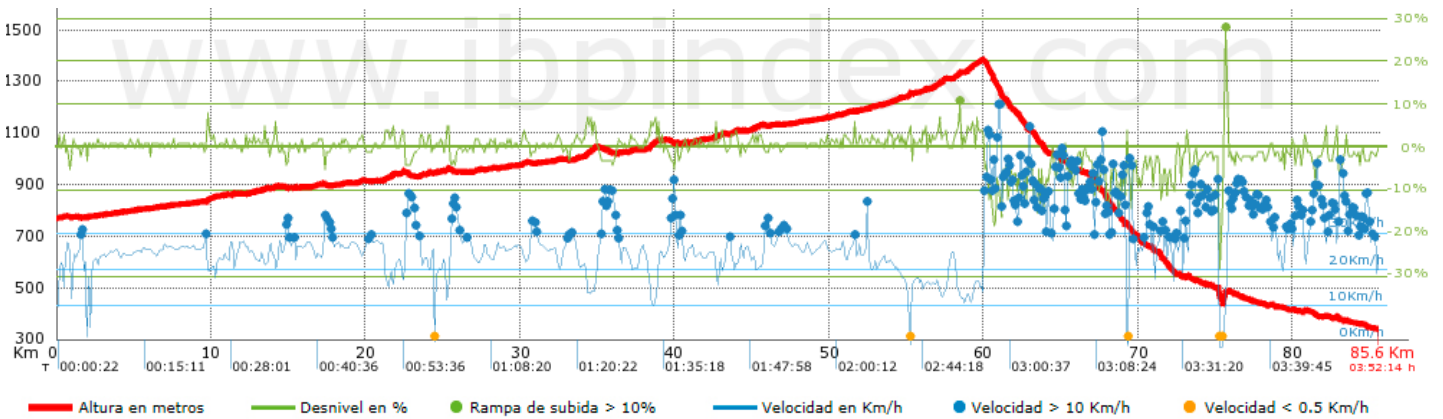
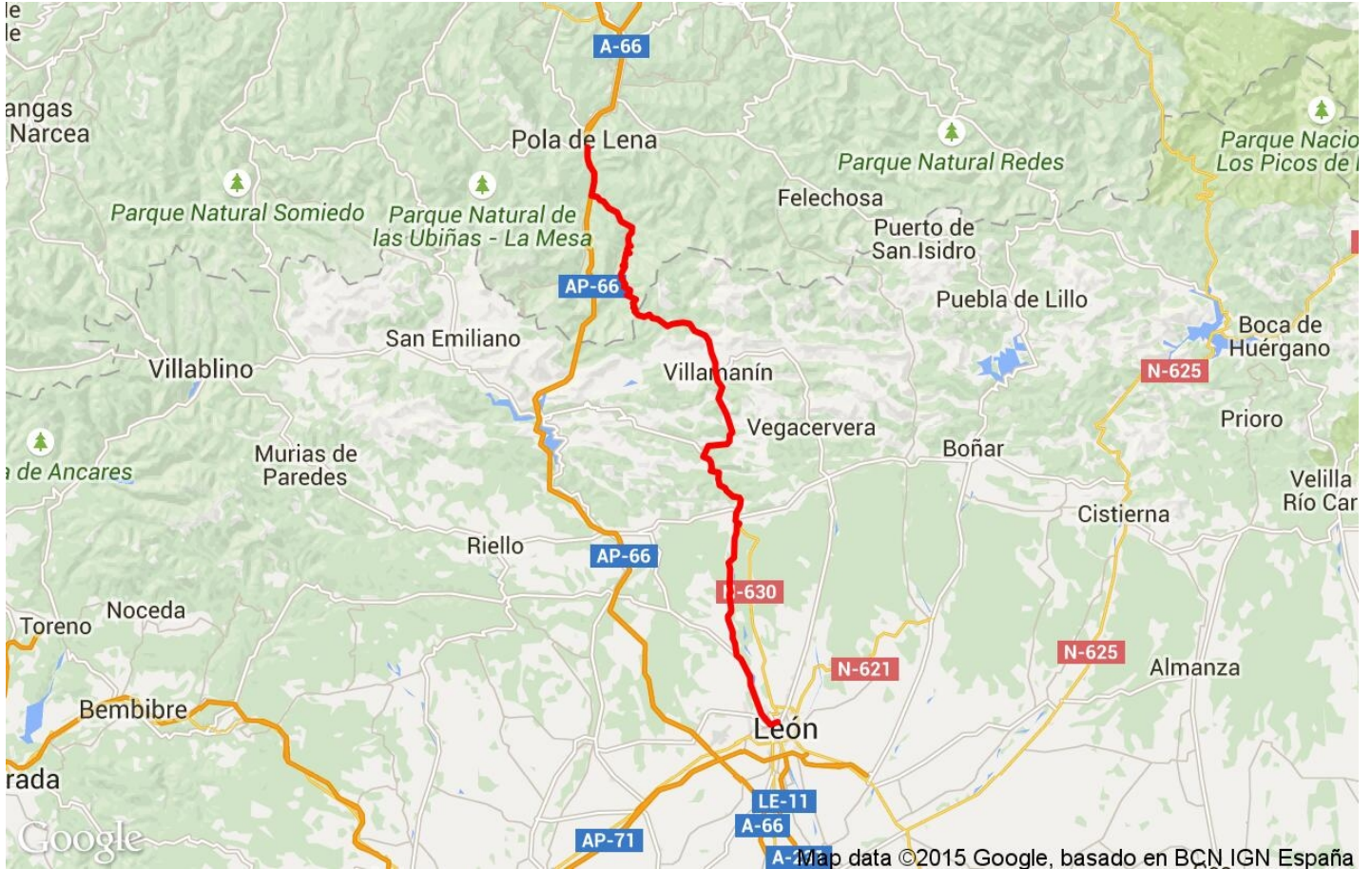
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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
Total : 0 Km --- % --- h --- Km/h --- h --- h --- Km/h							

Stops						
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance	
24.433	0:01:22	946	0:57:36	0:57:36	24.433	
55.083	0:30:06 > 10'	1241	2:11:45	1:14:09	30.649	
69.272	0:11:35 > 10'	748	3:12:18	1:00:33	14.189	

Total : 0:43:03 h