

Track: activity_strava_1473558200.trk

These speeds are average for = HKG

IBP index reliability= C

IBP = 127 HKG

Total length	40.63 Km
Analyzed distance	40.63 Km
Lineal distance	25.67 Km

Accumulated climb	934.61 m
Accumulated descent	944.81 m
Maximum height	340.81 m
Minimal height	8.65 m
Climb rate	6.39 %
Descent rate	6.39 %
Positive climb difference per	23 m
Negative descent difference per	23.25 m

Total time	12:28:46 h
Time in movement	9:11:44 h
Stopped time	3:17:02 h

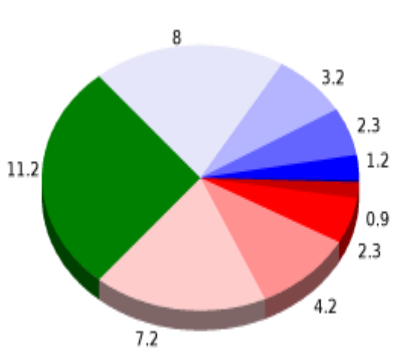
Total speed average	3.26 Km/h
Average speed in movement	4.42 Km/h
Maximum held speed	6.92 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1960 (cad. 20.73 m)
Significant points	984 (cad. 41.33 m / 50.2 %)
Aberrant points	0 (0 % d. total)

Direction changes per	11.17
Direction changes >5° per	7.58
Accumulated straight stretches	7.102 Km
Straight stretches per	174.8 m
Penalizable slope changes	12
Penalizable slope changes per	0.295

Find The Best bike routes



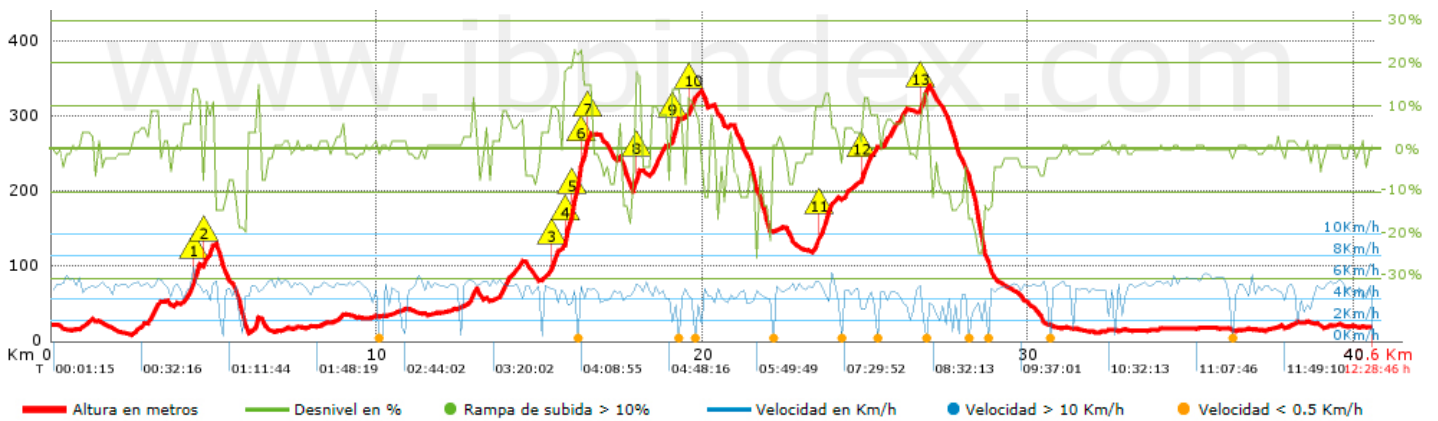
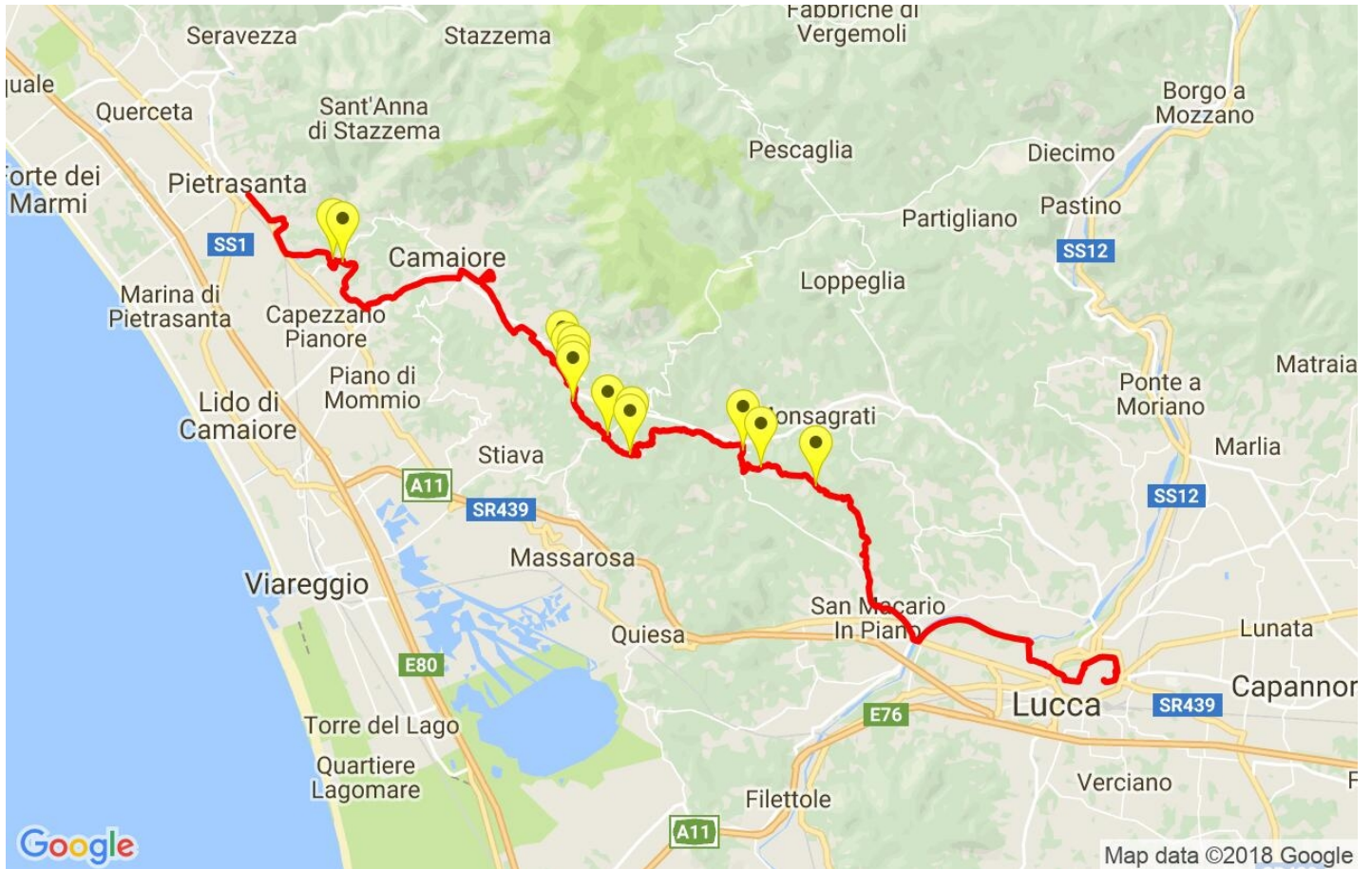
Summary of slopes	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0	0	0	0:00:00
	Between 15 and 30%	0.857	2.11	4.55	0:11:18
	Between 10 and 15%	2.342	5.76	3.68	0:38:10
	Between 5 and 10%	4.243	10.44	4.47	0:56:59
	Between 1 and 5%	7.187	17.69	4.54	1:34:54
	Total :	14.628	36.01	4.36	3:21:21
	Plain				
	Difference of 1%	11.215	27.6	4.7	2:23:05
	Breakdown descents				
	Between 1 and 5%	8.03	19.77	4.74	1:41:40
Between 5 and 10%	3.236	7.97	4.13	0:47:02	
Between 10 and 15%	2.328	5.73	3.86	0:36:10	
Between 15 and 30%	1.188	2.93	3.18	0:22:26	
Between 30% and 55%	0	0	0	0:00:00	
Total :	14.783	36.39	4.28	3:27:18	
Total track :	40.63	100 %	4.42	9:11:44	

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





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Steep slopes > 10%

Step	Slipage point	Average slope	Interval
	4.308	13 %	255 m
	15.733	19 %	270 m
	16.003	23 %	279 m
	16.282	16 %	160 m
	16.442	15 %	117 m
	17.924	17 %	138 m
	19.026	14 %	248 m
	19.549	12 %	182 m
	23.581	12 %	292 m
	24.874	12 %	233 m
	26.676	13 %	264 m

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
5.151	0:04:20	118	1:03:39	1:03:39	5.151
5.831	0:03:18	46	1:16:50	0:13:11	0.68
10.041	0:18:21 > 10´	34	2:11:38	0:54:48	4.211
10.848	0:03:27	42	2:40:35	0:28:57	0.806
12.542	0:04:44	44	3:04:07	0:23:32	1.694
14.999	0:04:13	79	3:37:41	0:33:34	2.457
16.109	0:09:29	195	3:57:48	0:20:07	1.11
19.204	0:13:30 > 10´	287	4:54:03	0:56:15	3.094
19.731	0:05:57	321	5:14:53	0:20:50	0.527
22.095	1:00:29 > 10´	146	5:56:06	0:41:13	2.364
24.181	0:05:53	192	7:22:00	1:25:54	2.086
25.318	0:06:46	256	7:45:04	0:23:04	1.137
26.841	0:08:27	327	8:20:04	0:35:00	1.524
27.774	0:02:32	265	8:48:55	0:28:51	0.932
28.126	0:06:04	227	8:56:32	0:07:37 < 10´	0.353
28.727	0:07:25	112	9:17:07	0:20:35	0.601
30.574	0:19:07 > 10´	23	9:46:12	0:29:05	1.848
32.551	0:04:19	15	10:33:18	0:47:06	1.977
36.206	0:06:32	16	11:18:59	0:45:41	3.654
40.607	0:02:09	19	12:26:37	1:07:38	4.401
Total : 3:17:02 h					