

Track: variante\_ftm2020.gpx

These speeds are average for = Drawn track (DRW)

IBP index reliability= B

**IBP = 136 HKG**

Total length	34 Km
Analyzed distance	34 Km
Lineal distance	0.12 Km

Accumulated climb	1369.6 m
Accumulated descent	1366.75 m
Maximum height	390 m
Minimal height	5.4 m
Climb rate	9.54 %
Descent rate	9.54 %
Positive climb difference per km	40.28 m
Negative descent difference per km	40.2 m

Total time	359:13:16 h
Time in movement	8:09:38 h
Stopped time	351:03:38 h

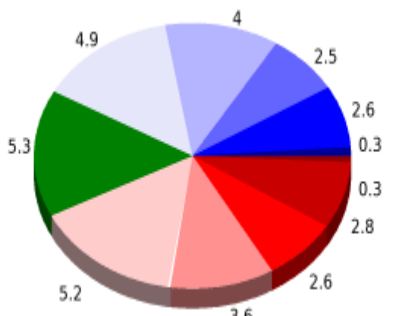
Total speed average	0.09 Km/h
Average speed in movement	4.17 Km/h
Maximum held speed	86.83 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	2376 (cad. 14.31 m)
Significant points	895 (cad. 38.03 m / 37.67 %)
Aberrant points	9 (0.38 % d. total)

Direction changes per km	11.65
Direction changes >5° per km	9.18
Accumulated straight stretches	4.679 Km
Straight stretches per km	137.62 m
Penalizable slope changes	13
Penalizable slope changes per km	0.382

Find The Best bike routes



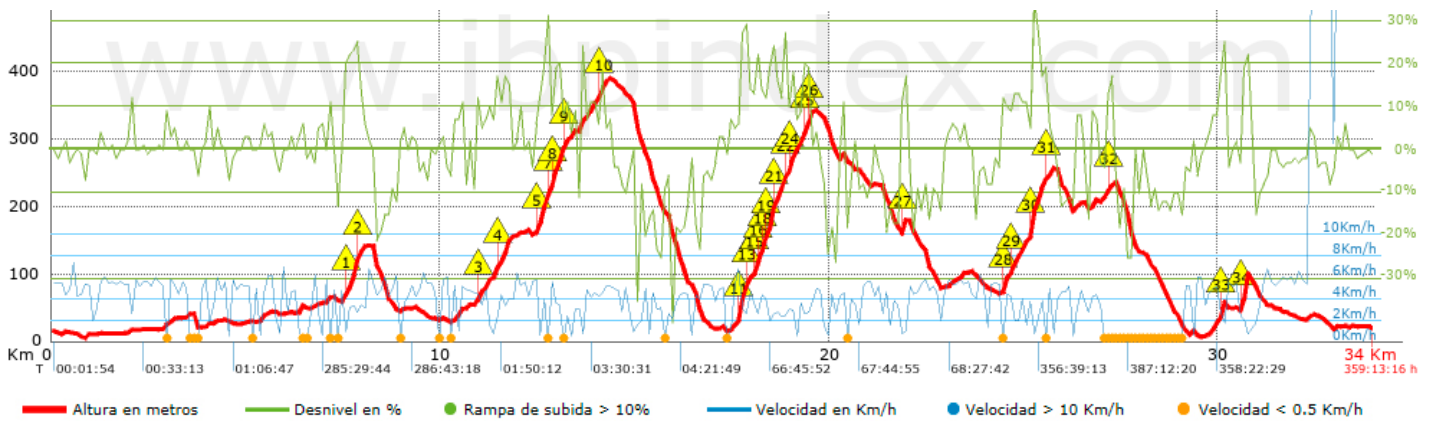
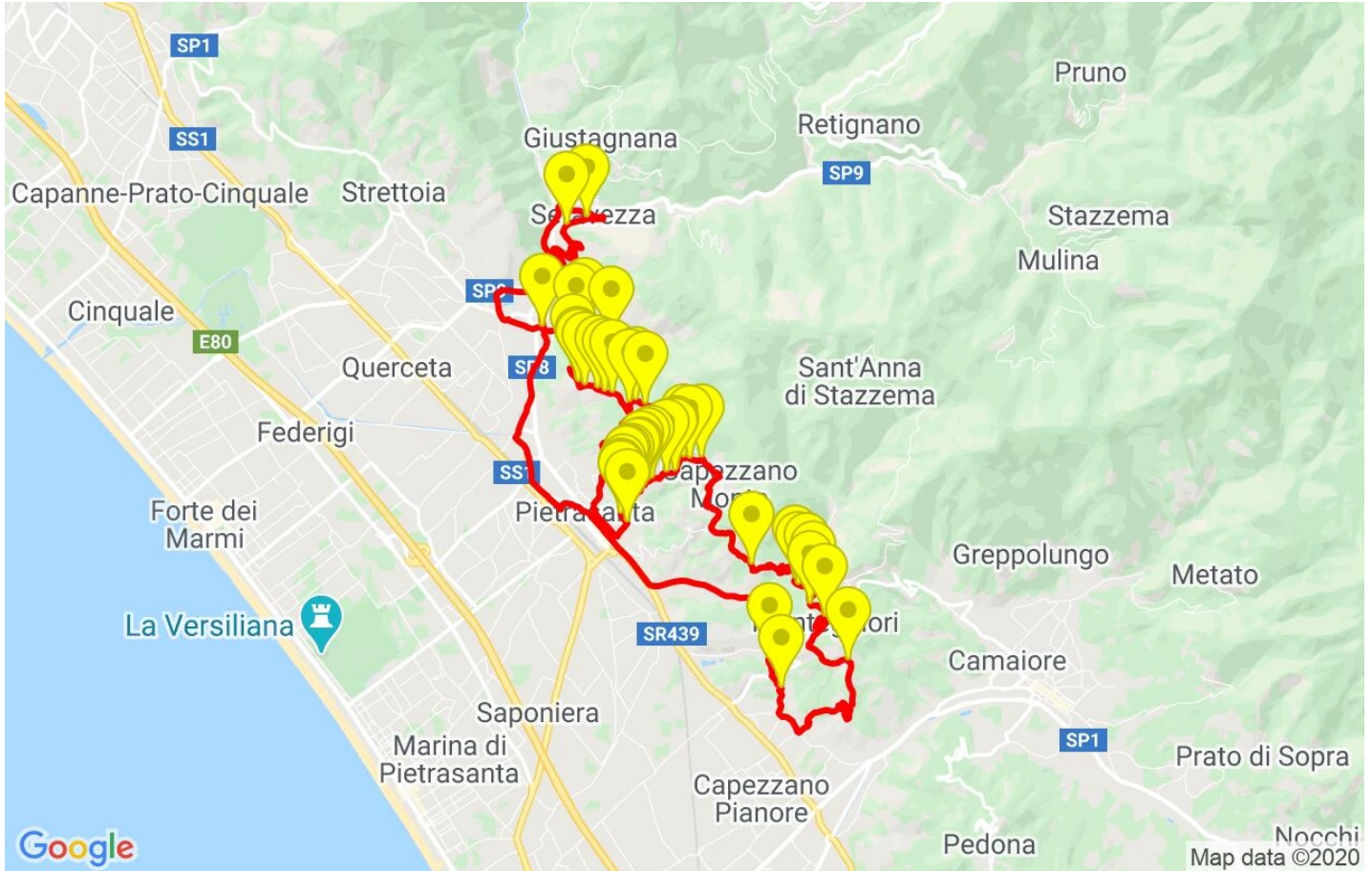
Summary of slopes	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.263	0.77	3.27	0:04:50
	Between 15 and 30%	2.766	8.13	2.83	0:58:35
	Between 10 and 15%	2.551	7.5	3.06	0:50:00
	Between 5 and 10%	3.59	10.56	4.06	0:53:00
	Between 1 and 5%	5.181	15.24	4.25	1:13:11
	<b>Total :</b>	<b>14.352</b>	<b>42.21</b>	<b>3.59</b>	<b>3:59:36</b>
	<b>Plain</b>				
	Difference of 1%	5.329	15.67	4.72	1:07:43
	<b>Breakdown descents</b>				
	Between 1 and 5%	4.949	14.56	5.49	0:54:04
Between 5 and 10%	3.966	11.66	4.49	0:53:03	
Between 10 and 15%	2.475	7.28	5.44	0:27:18	
Between 15 and 30%	2.633	7.74	3.73	0:42:18	
Between 30% and 55%	0.298	0.88	3.19	0:05:36	
<b>Total :</b>	<b>14.321</b>	<b>42.12</b>	<b>4.71</b>	<b>3:02:19</b>	
<b>Total track :</b>	<b>34</b>	<b>100 %</b>	<b>4.17</b>	<b>8:09:38</b>	

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






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


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**Steep slopes > 10%**

Steep slope page point	Average slope	Interval
 7.549	18 %	299 m
 7.848	23 %	76 m
 10.879	13 %	146 m
 11.431	14 %	326 m
 12.456	17 %	263 m
 12.719	31 %	37 m
 12.756	12 %	146 m
 12.902	24 %	201 m
 13.213	11 %	105 m
 14.082	15 %	151 m
 17.674	28 %	147 m
 17.821	29 %	31 m
 17.852	18 %	35 m
 18.044	13 %	36 m
 18.08	20 %	41 m
 18.122	20 %	108 m
 18.23	15 %	33 m
 18.263	17 %	113 m
 18.376	24 %	149 m
 18.525	18 %	68 m
 18.592	12 %	255 m
 18.847	18 %	112 m
 18.959	12 %	33 m
 18.991	14 %	220 m
 19.308	21 %	193 m
 19.502	11 %	44 m

 27	21.827	14 %	119 m
 28	24.423	17 %	119 m
 29	24.659	12 %	366 m
 30	25.185	23 %	332 m
 31	25.517	19 %	41 m
 32	27.144	11 %	119 m
 33	30.035	19 %	144 m
 34	30.581	20 %	264 m

**High altitude parameters, data above**

Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
	<b>Total :</b> 0 Km	--- %	--- h	--- Km/h	--- h	--- h	--- Km/h

**Stops**

Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
3.692	13756:01:11 > 10´	41	-13756:49:06	-13756:49:06 < 10´	3.692
4.49	0:04:30	33	1:00:43	13756:11:37	0.797
5.138	283:05:53 > 10´	30	1:12:39	0:11:56	0.649
5.288	0:03:04	28	284:20:21	283:07:42	0.15
6.362	0:12:04 > 10´	43	284:41:08	0:20:47	1.074
6.5	0:25:28 > 10´	53	284:54:39	0:13:31	0.137
6.902	0:03:12	55	285:26:05	0:31:26	0.403
7.116	0:07:31	61	285:33:15	0:07:10 < 10´	0.214
7.323	0:17:20 > 10´	66	285:43:32	0:10:17	0.207
8.892	0:11:21 > 10´	45	286:26:30	0:42:58	1.569
10.232	0:04:06	31	1:20:04	-286:53:34 < 10´	1.34
11.283	0:03:15	91	1:42:53	0:22:49	1.051
12.493	0:03:30	167	2:03:22	0:20:29	1.21
12.719	0:15:45 > 10´	205	2:09:38	0:06:16 < 10´	0.225
13.065	0:33:33 > 10´	267	2:31:28	0:21:50	0.346
13.318	0:04:13	301	3:10:34	0:39:06	0.253
13.605	0:06:59	307	3:20:26	0:09:52 < 10´	0.287
15.266	0:03:54	280	3:57:23	0:36:57	1.662
15.666	0:05:04	204	4:07:59	0:10:36	0.4
16.372	0:03:00	88	4:25:04	0:17:05	0.705
17.269	61:34:35 > 10´	22	4:40:05	0:15:01	0.897
19.149	0:04:19	281	67:01:22	62:21:17	1.88
19.91	0:03:31	331	67:20:12	0:18:50	0.762
20.439	0:06:40	275	67:33:15	0:13:03	0.528
21.792	0:02:48	162	68:01:46	0:28:31	1.353
24.423	287:20:56 > 10´	70	68:47:35	0:45:49	2.631
25.185	0:12:08 > 10´	156	356:25:32	287:37:57	0.761
25.517	0:07:02	232	356:42:39	0:17:07	0.332
25.668	0:03:21	247	356:51:07	0:08:28 < 10´	0.151
26.245	0:06:55	202	357:03:47	0:12:40	0.578
26.966	0:09:55	207	357:24:04	0:20:17	0.721
27.07	29:47:45 > 10´	213	357:34:58	0:10:54	0.104
29.26	0:03:06	10	358:10:15	0:35:17	2.19
30.679	0:14:04 > 10´	63	358:35:56	0:25:41	1.419
<b>Total :</b> 14421:51:58 h					