

Track: ftm_2024_pietrasanta_-_massaciuccoli_-_percorso_lungo.gpx

These speeds are average for = BYC

IBP index reliability= B

IBP = 268 RNG

Total length	40.52 Km
Analyzed distance	40.52 Km
Lineal distance	15.58 Km

Accumulated climb	1228.4 m
Accumulated descent	1232.4 m
Maximum height	419.3 m
Minimal height	7.8 m
Climb rate	7.34 %
Descent rate	8.23 %
Positive climb difference per km	30.32 m
Negative descent difference per km	30.41 m

Total time	247:30:41 h
Time in movement	6:44:57 h
Stopped time	240:45:44 h

Total speed average	0.16 Km/h
Average speed in movement	6 Km/h
Maximum held speed	82.45 Km/h

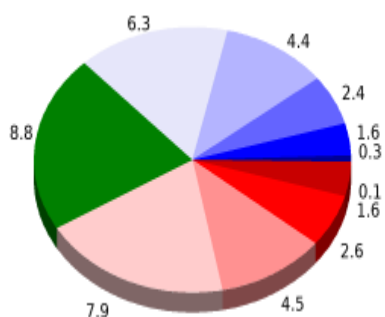
Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1856 (cad. 21.83 m)
Significant points	939 (cad. 43.2 m / 50.59 %)
Aberrant points	14 (0.75 % d. total)

Direction changes per km	11.03
Direction changes >5° per km	9.4
Accumulated straight stretches	4.779 Km
Straight stretches per km	117.94 m
Penalizable slope changes	16
Penalizable slope changes per km	0.395

Find The Best bike routes



Summary of slopes



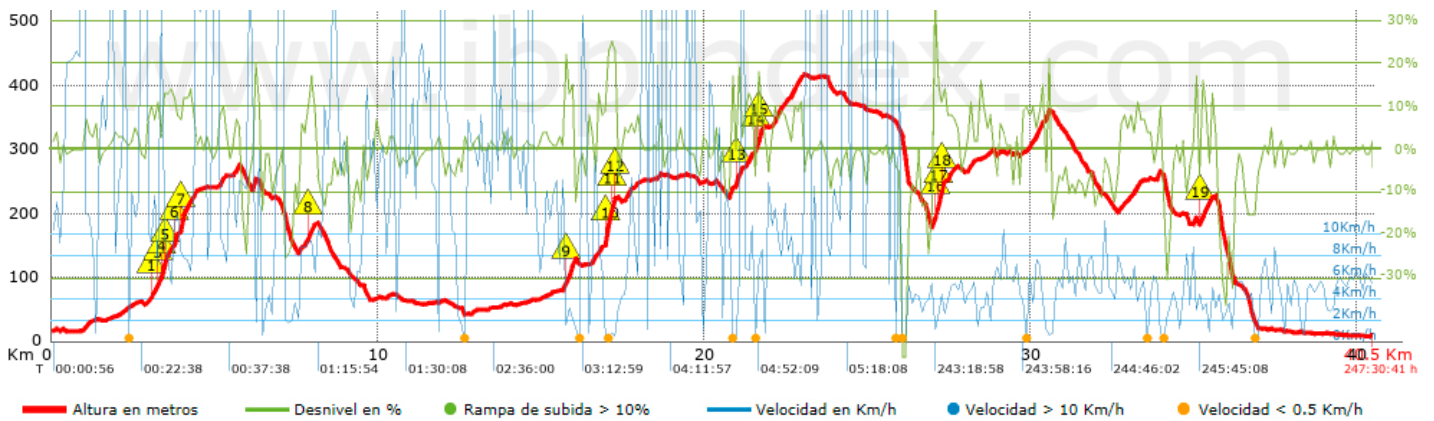
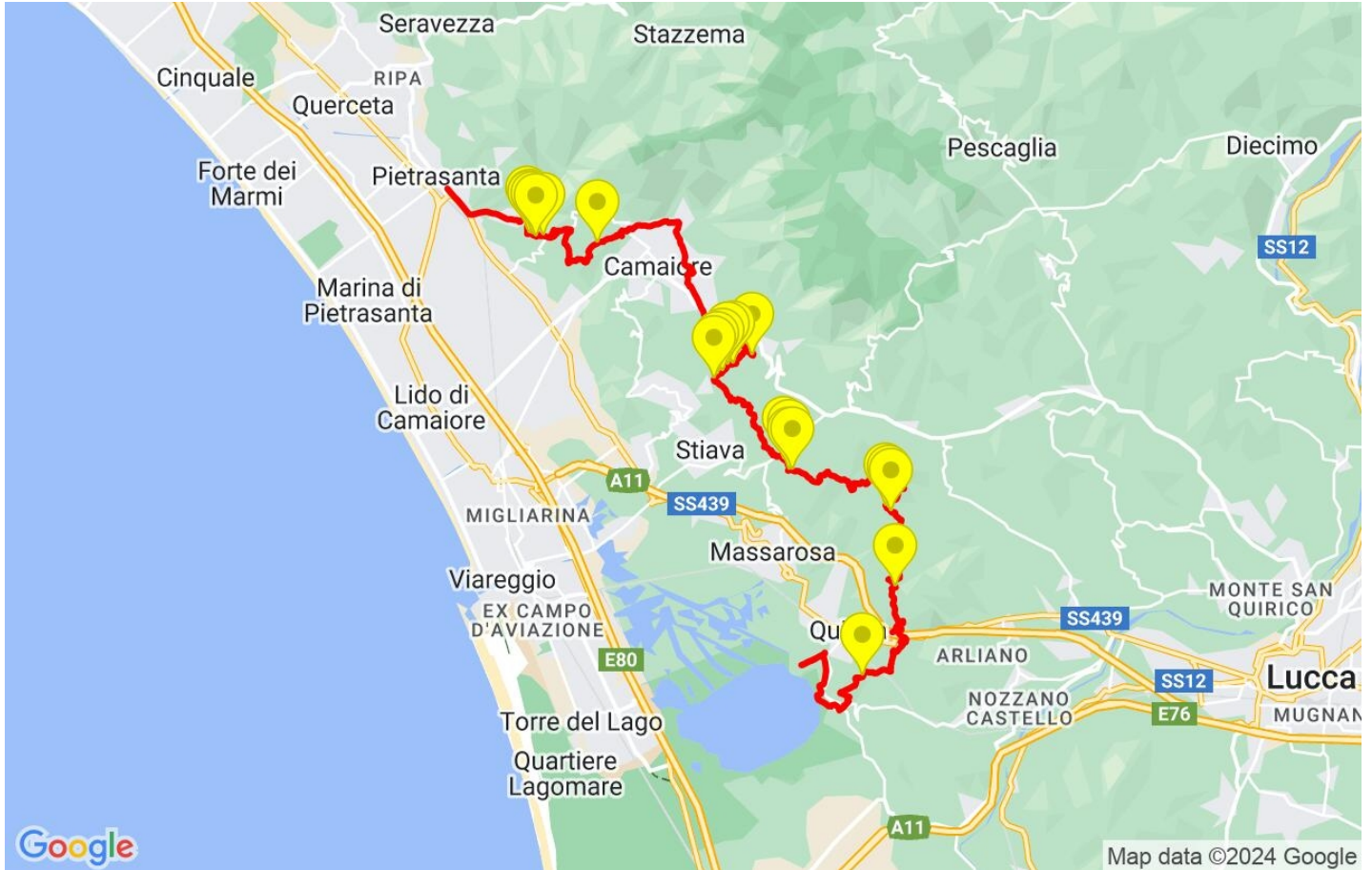
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.111	0.28	1.89	0:03:32
	Between 15 and 30%	1.629	4.02	3.49	0:28:00
	Between 10 and 15%	2.637	6.51	4.6	0:34:23
	Between 5 and 10%	4.507	11.12	5.95	0:45:27
	Between 1 and 5%	7.861	19.4	6.52	1:12:20
	Total :	16.746	41.32	5.47	3:03:42
	Plain				
	Difference of 1%	8.799	21.71	8.6	1:01:23
	Breakdown descents				
	Between 1 and 5%	6.278	15.49	7.38	0:51:02
	Between 5 and 10%	4.382	10.81	6.19	0:42:30
	Between 10 and 15%	2.378	5.87	4.67	0:30:35
	Between 15 and 30%	1.608	3.97	3.27	0:29:31
	Between 30% and 55%	0.332	0.82	3.2	0:06:14
	Total :	14.979	36.96	5.62	2:39:52
	Total track :	40.52	100 %	6	6:44:57

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








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Steep slopes > 10%

Step	Slipage point	Average slope	Interval
	3.296	11 %	68 m
	3.364	20 %	66 m
	3.43	12 %	323 m
	3.959	13 %	399 m
	7.881	14 %	145 m
	15.745	16 %	296 m
	16.958	25 %	188 m
	17.146	20 %	131 m
	17.278	16 %	33 m
	21.016	19 %	131 m
	21.578	20 %	109 m
	21.688	12 %	29 m
	27.016	20 %	166 m
	27.182	23 %	103 m
	27.285	16 %	64 m
	35.207	14 %	187 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
1.339	0:02:31	32	0:09:22	0:09:22 < 10´	1.339
2.307	0:04:59	51	0:15:40	0:06:18 < 10´	0.968
6.354	0:03:08	251	0:43:59	0:28:19	4.047
12.58	0:50:39 > 10´	52	1:42:02	0:58:03	6.226
16.134	0:15:19 > 10´	123	2:57:24	1:15:22	3.554
16.446	0:02:47	117	3:13:53	0:16:29	0.312
16.926	0:09:28	147	3:24:05	0:10:12	0.48
17.059	0:06:41	178	3:38:04	0:13:59	0.133
17.177	0:10:02 > 10´	204	3:46:18	0:08:14 < 10´	0.118
20.753	0:06:16	225	4:27:49	0:41:31	3.576
20.924	0:03:56	242	4:35:39	0:07:50 < 10´	0.171
21.496	0:08:14	292	4:43:02	0:07:23 < 10´	0.573
25.838	0:08:50	345	5:23:55	0:40:53	4.341
26.041	237:28:46 > 10´	338	5:33:34	0:09:39 < 10´	0.203
29.828	0:08:04	293	244:01:18	238:27:44	3.788
30.484	0:02:59	347	244:18:17	0:16:59	0.656
30.594	0:03:12	364	244:22:39	0:04:22 < 10´	0.11
33.495	0:11:15 > 10´	253	244:57:10	0:34:31	2.901
33.974	0:10:53 > 10´	266	245:15:07	0:17:57	0.479
36.796	0:17:02 > 10´	45	246:15:10	1:00:03	2.822
36.857	0:03:46	31	246:33:05	0:17:55	0.062
37.741	0:02:36	17	246:47:28	0:14:23	0.884
38.311	0:04:21	13	246:58:45	0:11:17	0.569
Total : 240:45:44 h					