

Track: ftm_2024_pietrasanta_-_valpromaro_-_percorso_medio.gpx

These speeds are average for = BYC

IBP index reliability= B

IBP = 179 RNG

Total length	27.16 Km
Analyzed distance	27.16 Km
Lineal distance	13.25 Km

Accumulated climb	866.4 m
Accumulated descent	728 m
Maximum height	418.8 m
Minimal height	15 m
Climb rate	7.23 %
Descent rate	7.74 %
Positive climb difference per km	31.9 m
Negative descent difference per km	26.8 m

Total time	6:05:08 h
Time in movement	3:30:15 h
Stopped time	2:34:53 h

Total speed average	4.46 Km/h
Average speed in movement	7.75 Km/h
Maximum held speed	87.23 Km/h

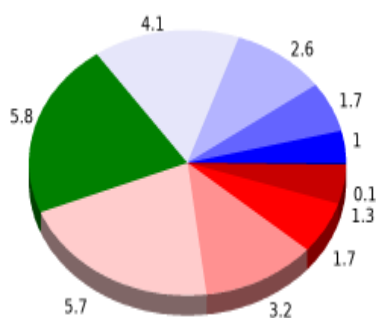
Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1180 (cad. 23.02 m)
Significant points	611 (cad. 44.52 m / 51.78 %)
Aberrant points	7 (0.59 % d. total)

Direction changes per km	11.05
Direction changes >5° per km	9.13
Accumulated straight stretches	2.926 Km
Straight stretches per km	107.73 m
Penalizable slope changes	9
Penalizable slope changes per km	0.331

Find The Best bike routes



Summary of slopes



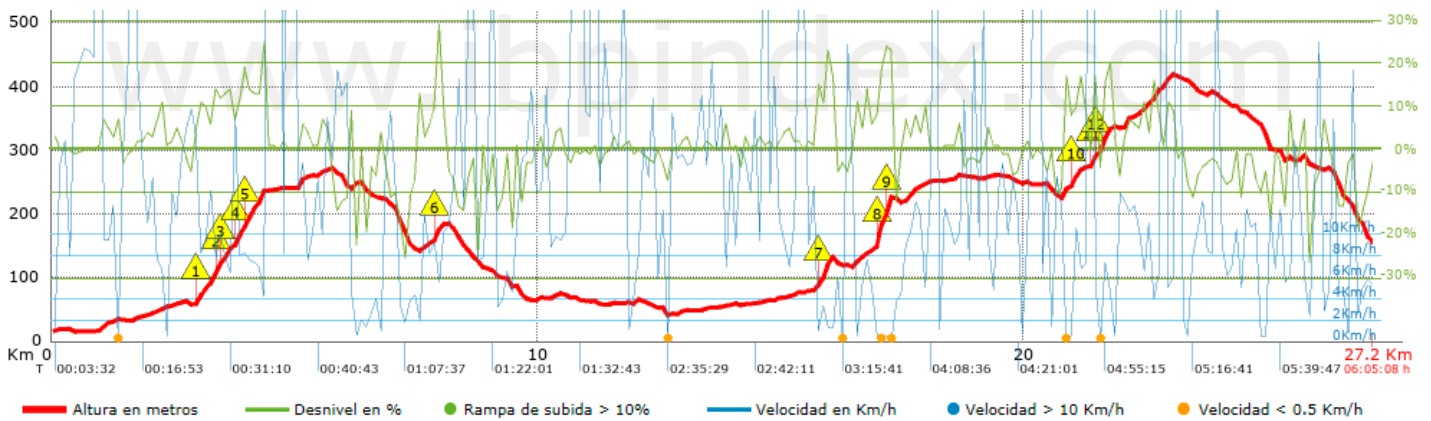
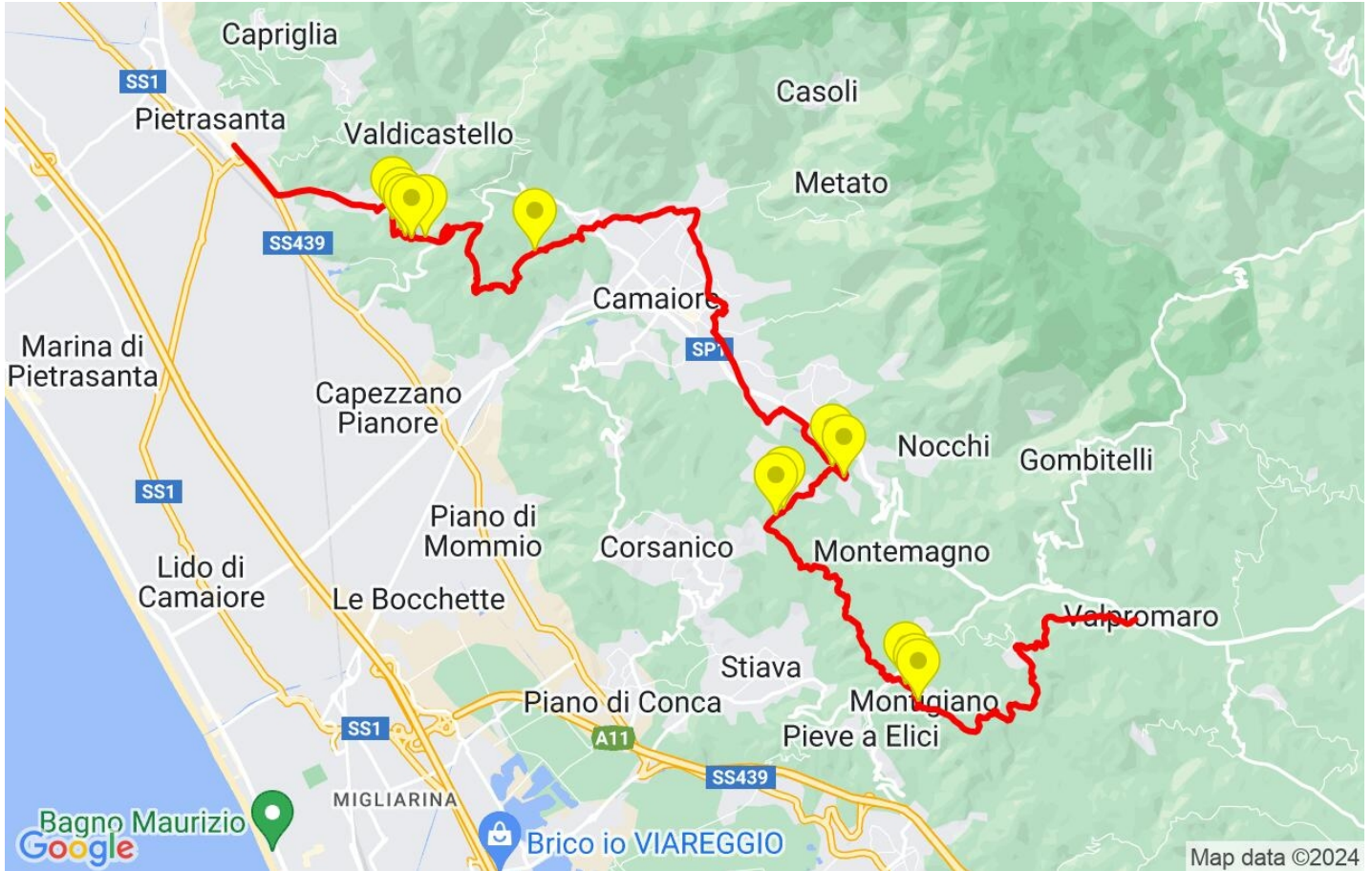
Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
Between 30% and 55%	0.076	0.28	0	0:00:00
Between 15 and 30%	1.291	4.76	2.88	0:26:53
Between 10 and 15%	1.722	6.34	6.8	0:15:11
Between 5 and 10%	3.231	11.9	8.51	0:22:47
Between 1 and 5%	5.657	20.83	9.04	0:37:34
Total :	11.977	44.1	7.02	1:42:25
Plain				
Difference of 1%	5.779	21.28	11.62	0:29:50
Breakdown descents				
Between 1 and 5%	4.053	14.93	11.7	0:20:47
Between 5 and 10%	2.614	9.63	8.35	0:18:47
Between 10 and 15%	1.666	6.13	5.49	0:18:13
Between 15 and 30%	1.038	3.82	3.15	0:19:47
Between 30% and 55%	0.031	0.11	4.32	0:00:26
Total :	9.403	34.62	7.23	1:18:00
Total track :	27.16	100 %	7.75	3:30:15

Track: ftm_2024_pietrasanta_-_valpromaro_-_percorso_medio.gpx





These speeds are average for = BYC

IBP index reliability= B

IBP = 179 RNG



Steep slopes > 10%

Step	Slipage point	Average slope	Interval
	2.968	11 %	354 m
	3.323	15 %	127 m
	3.449	11 %	302 m
	3.751	11 %	195 m
	3.946	14 %	323 m
	7.867	14 %	155 m
	15.733	17 %	237 m
	16.96	27 %	164 m
	17.124	20 %	125 m
	20.976	13 %	189 m
	21.363	11 %	82 m
	21.445	15 %	238 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	0:05:46	32	0:09:25	0:09:25 < 10´	1.339
2.307	0:05:03	51	0:18:28	0:09:03 < 10´	0.968
6.209	0:03:22	246	0:44:07	0:25:39	3.902
12.576	0:52:06 > 10´	53	1:43:19	0:59:12	6.367
16.173	0:15:26 > 10´	123	3:00:10	1:16:51	3.597
16.457	0:04:06	117	3:16:38	0:16:28	0.285
16.922	0:12:18 > 10´	146	3:25:27	0:08:49 < 10´	0.464
17.084	0:03:43	183	3:43:03	0:17:36	0.162
17.155	0:09:57	200	3:48:05	0:05:02 < 10´	0.072
19.912	0:03:02	247	4:21:22	0:33:17	2.757
20.757	0:06:18	225	4:30:35	0:09:13 < 10´	0.845
20.874	0:04:52	239	4:37:27	0:06:52 < 10´	0.117
21.529	0:08:10	300	4:46:08	0:08:41 < 10´	0.655
21.838	0:04:41	336	4:56:18	0:10:10	0.309
23.261	0:03:56	412	5:11:47	0:15:29	1.423
24.774	0:04:16	346	5:25:59	0:14:12	1.513
24.872	0:05:07	340	5:32:05	0:06:06 < 10´	0.098
26.649	0:02:44	223	5:55:26	0:23:21	1.777
Total : 2:34:53 h					