Track: 2021-04-25 GRAB Roma e oltre — **Date: 25/04/2021**

Track: 2021-04-25 GRAB Roma e oltre	**IBP = 46 BYC**
These speeds are average for = BYC	
IBP index reliability= E	

Total length	76.99 Km
Analyzed distance	76.99 Km
Lineal distance	0.06 Km

Accumulated climb	314.53 m
Accumulated descent	318.14 m
Maximum height	89.04 m
Minimal height	12.95 m
Climb rate	2.36 %
Descent rate	2.43 %
Positive climb difference per km	4.09 m
Negative descent difference per km	4.13 m

Total time	5:43:29 h
Time in movement	5:32:15 h
Stopped time	0:11:14 h

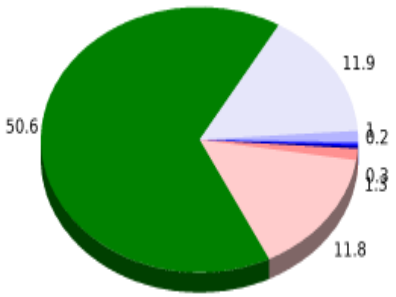
Total speed average	13.45 Km/h
Average speed in movement	13.9 Km/h
Maximum held speed	28.6 Km/h

Max slope filter	~30 %
Min. points separation	~30 m
Number of points	2884 (cad. 26.7 m)
Significant points	1696 (cad. 45.42 m / 58.81 %)
Aberrant points	0 (0 % d. total)

Direction changes per km	9.88
Direction changes >5º per km	5.99
Accumulated straight stretches	16.721 Km
Straight stretches per km	217.18 m
Penalizables slope changes	2
Penalizables slope changes per km	0.026

Find The Best bike routes
cicloide
www.cicloide.com

Summary of slopes

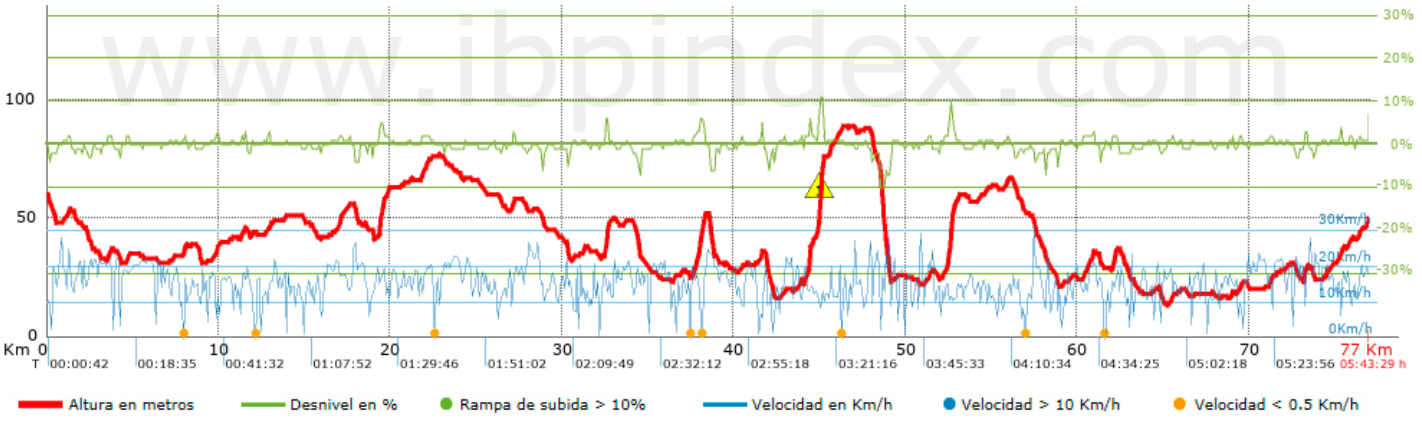


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 15 and 30%	0	0	0	0:00:00
	Between 10 and 15%	0.265	0.34	13.08	0:01:13
	Between 5 and 10%	1.25	1.62	11.72	0:06:24
	Between 1 and 5%	11.812	15.34	13.5	0:52:30
	Total :	13.327	17.31	13.3	1:00:07
	Plain				
	Difference of 1%	50.576	65.69	14.4	3:30:46
	Breakdown descents				
	Between 1 and 5%	11.851	15.39	12.55	0:56:40
	Between 5 and 10%	1.013	1.32	18.42	0:03:18
	Between 10 and 15%	0.223	0.29	9.54	0:01:24
	Between 15 and 30%	0	0	0	0:00:00
	Total :	13.087	17	12.8	1:01:22
	Total track :	76.99	100 %	13.9	5:32:15

Copyright IBPindexTeam © 2012. All Rights Reserved

Track: 2021-04-25 GRAB Roma e oltre	**IBP = 46 BYC**
These speeds are average for = BYC	
IBP index reliability= E	





Copyright IBPindexTeam © 2012. All Rights Reserved

Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	44.961	11 %	234 m

Copyright IBPindexTeam © 2012. All Rights Reserved

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
7.853	0:01:46	34	0:27:28	0:27:28	7.853
12.062	0:02:16	44	0:49:30	0:22:02	4.209
22.505	0:02:31	76	1:38:04	0:48:34	10.443
37.393	0:01:25	26	2:39:32	1:01:28	14.889
46.161	0:01:47	86	3:22:09	0:42:37	8.767
61.531	0:01:29	29	4:35:17	1:13:08	15.37
Total :	0:11:14 h				

Copyright IBPindexTeam © 2012. All Rights Reserved