Track: 2021-11-13 II GRAB ... a piedi	**IBP = 200 RNG**
These speeds are average for = RNG	
IBP index reliability= E	

Total length	60.34 Km
Analyzed distance	60.34 Km
Lineal distance	0.04 Km

Accumulated climb	524.76 m
Accumulated descent	519.05 m
Maximum height	70.9 m
Minimal height	-9.75 m
Climb rate	2.61 %
Descent rate	2.79 %
Positive climb difference per km	8.7 m
Negative descent difference per km	8.6 m

Total time	9:37:54 h
Time in movement	9:34:59 h
Stopped time	0:02:55 h

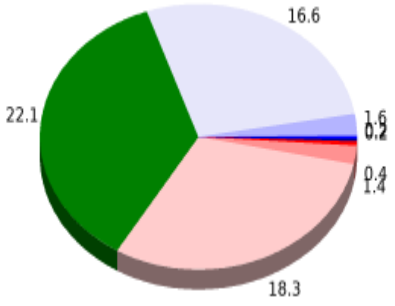
Total speed average	6.26 Km/h
Average speed in movement	6.3 Km/h
Maximum held speed	13.22 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	4012 (cad. 15.04 m)
Significant points	1637 (cad. 37.15 m / 40.8 %)
Aberrant points	1 (0.02 % d. total)

Direction changes per km	13.31
Direction changes >5° per km	8.5
Accumulated straight stretches	8.581 Km
Straight stretches per km	142.21 m
Penalizables slope changes	2
Penalizables slope changes per km	0.033

Find The Best bike routes
cicloide
www.cicloide.com

Summary of slopes

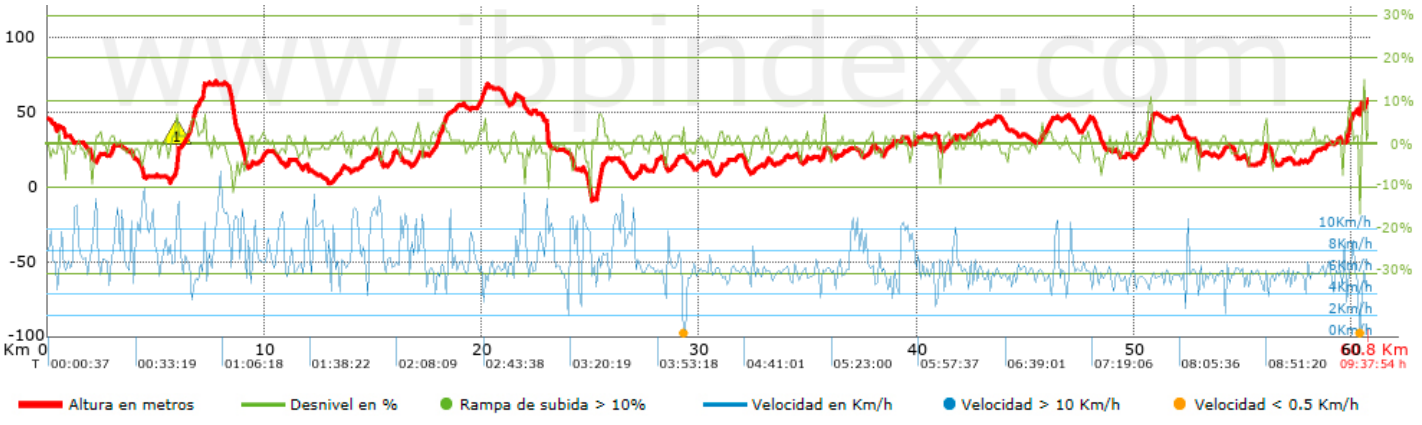


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0	0	0	0:00:00
	Between 15 and 30%	0.023	0.04	2.31	0:00:36
	Between 10 and 15%	0.402	0.67	6.43	0:03:45
	Between 5 and 10%	1.369	2.27	5.68	0:14:27
	Between 1 and 5%	18.306	30.34	6.09	3:00:30
	Total :	20.1	33.31	6.05	3:19:18
	Plain				
	Difference of 1%	22.075	36.59	6.4	3:26:56
	Breakdown descents				
	Between 1 and 5%	16.603	27.52	6.55	2:32:07
	Between 5 and 10%	1.607	2.66	7.06	0:13:40
	Between 10 and 15%	0.222	0.37	6.79	0:01:58
	Between 15 and 30%	0.194	0.32	11.67	0:01:00
	Between 30% and 55%	0	0	0	0:00:00
	Total :	18.627	30.87	6.62	2:48:45
	Total track :	60.34	100 %	6.3	9:34:59

Copyright IBPindexTeam © 2012. All Rights Reserved

Track: 2021-11-13 Il GRAB ... a piedi	**IBP = 200 RNG**
These speeds are average for = RNG	
IBP index reliability= E	





Copyright IBPindexTeam © 2012. All Rights Reserved

Steep slopes > 10%			
Steep slopes	Mileage point	Average slope	Interval
1	5.95	14 %	95 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
29.221	0:07:41	20	4:05:13	4:05:13	29.221
Total :	0:07:41 h				

Copyright IBPindexTeam © 2012. All Rights Reserved