

Track: 2024-07-04 Sass Rigais

Date: 08/07/2024

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These speeds are average for = HKG

IBP index reliability= A

IBP = 211 HKG

Total length	22.93 Km
Analyzed distance	22.93 Km
Lineal distance	0.02 Km

Accumulated climb	2131.73 m
Accumulated descent	2140.75 m
Maximum height	3014.95 m
Minimal height	1353.5 m
Climb rate	21.15 %
Descent rate	17.13 %
Positive climb difference per km	92.97 m
Negative descent difference per km	93.36 m

Total time	10:41:54 h
Time in movement	7:18:55 h
Stopped time	3:22:59 h

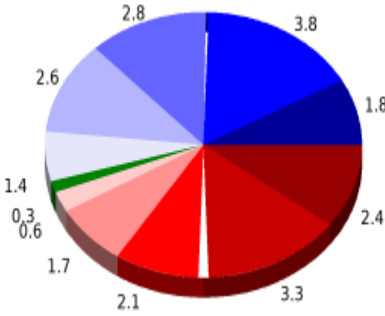
Total speed average	2.14 Km/h
Average speed in movement	3.13 Km/h
Maximum held speed	6.81 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1522 (cad. 15.06 m)
Significant points	612 (cad. 37.52 m / 40.21 %)
Aberrant points	166 (10.91 % d. total)

Direction changes per km	13.87
Direction changes >5° per km	12.21
Accumulated straight stretches	2.204 Km
Straight stretches per km	96.12 m
Penalizable slope changes	12
Penalizable slope changes per km	0.523

Find The Best bike routes



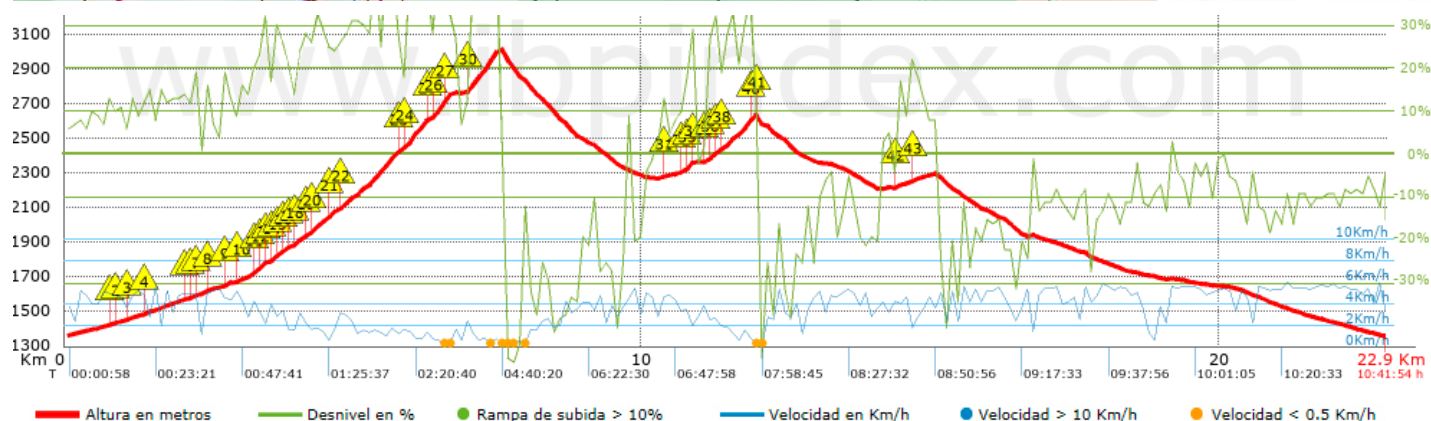
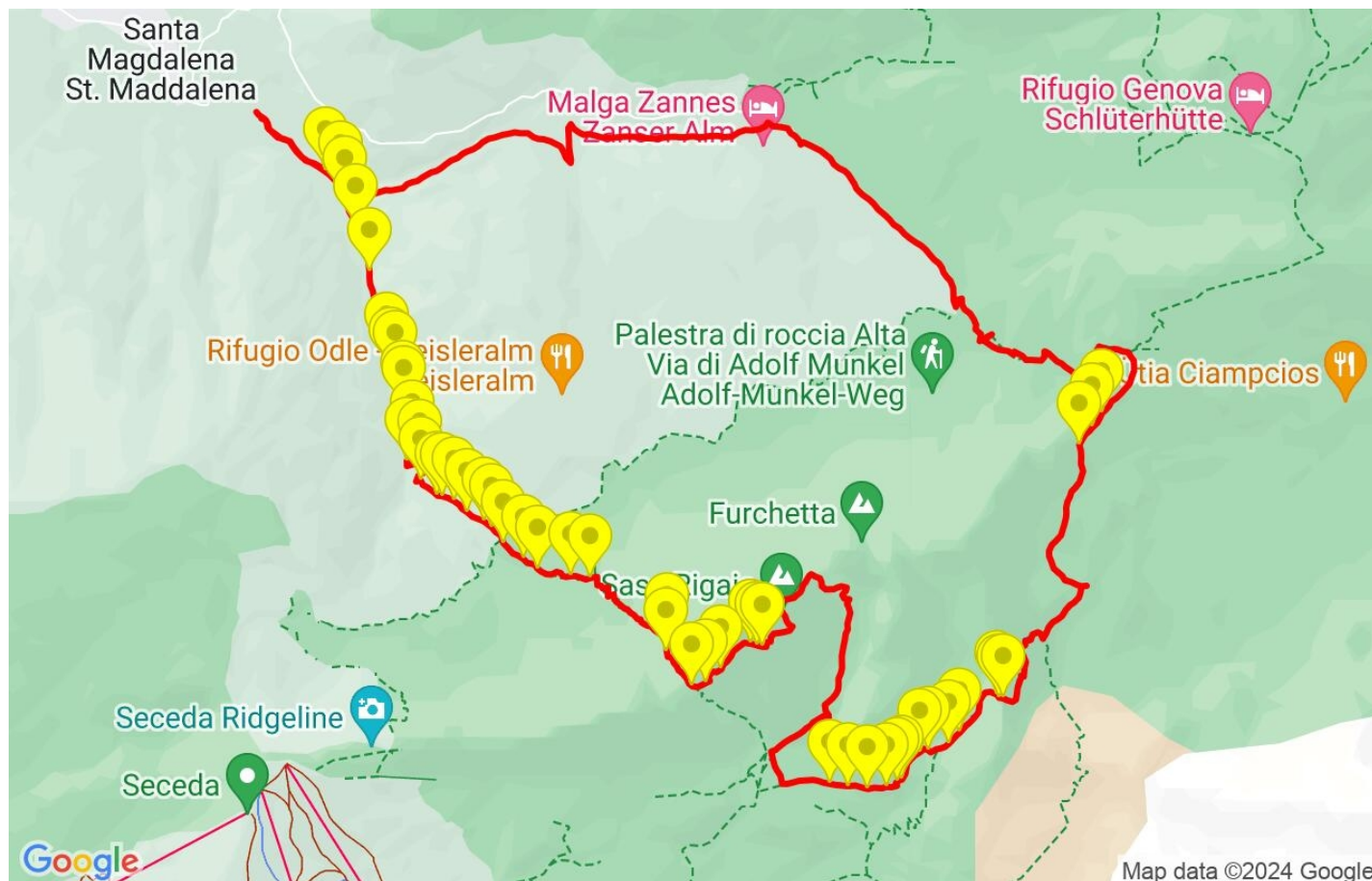
Summary of slopes	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	2.381	10.39	1.78	1:20:27
	Between 15 and 30%	3.299	14.39	2.45	1:20:53
	Between 10 and 15%	2.105	9.18	3.74	0:33:45
	Between 5 and 10%	1.666	7.27	3.71	0:26:55
	Between 1 and 5%	0.629	2.74	3	0:12:35
	Total :	10.081	43.97	2.58	3:54:35
	Plain				
	Difference of 1%	0.346	1.51	2.82	0:07:23
	Breakdown descents				
	Between 1 and 5%	1.386	6.04	4.22	0:19:41
	Between 5 and 10%	2.607	11.37	4.59	0:34:06
	Between 10 and 15%	2.846	12.41	4.41	0:38:46
	Between 15 and 30%	3.824	16.68	3.82	1:00:06
	Between 30% and 55%	1.837	8.01	2.49	0:44:18
	Total :	12.5	54.52	3.81	3:16:57
Total track :		22.93	100 %	3.13	7:18:55

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





















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Steep slopes > 10%

Steep slope	Slipage point	Average slope	Interval
	0.723	11 %	103 m
	0.827	11 %	191 m
	1.314	12 %	769 m
	2.201	14 %	31 m
	2.232	15 %	225 m
	2.457	18 %	32 m
	2.724	19 %	112 m
	2.968	17 %	299 m
	3.267	25 %	150 m
	3.417	30 %	31 m
	3.448	22 %	83 m
	3.531	19 %	111 m
	3.642	31 %	127 m
	3.769	23 %	66 m
	3.835	19 %	160 m
	3.995	25 %	169 m
	4.164	26 %	134 m
	4.297	27 %	281 m
	4.578	28 %	152 m
	4.731	32 %	1047 m
	5.777	24 %	105 m
	5.882	39 %	403 m
	6.285	21 %	107 m
	6.392	47 %	213 m
	6.605	26 %	117 m
	6.911	13 %	42 m

	6.953	24 %	35 m
	6.988	45 %	526 m
	10.677	25 %	137 m
	10.814	25 %	33 m
	10.847	29 %	45 m
	11.065	13 %	68 m
	11.133	28 %	175 m
	11.308	21 %	96 m
	11.404	34 %	462 m
	11.866	45 %	35 m
	11.901	47 %	31 m
	11.932	13 %	38 m
	14.382	16 %	142 m
	14.632	14 %	258 m

High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
3000	104.44	0.46	Excesivo	< 0,5	0:32:29	0:32:29	0.19
2750	1412.359	6.16	0:39:38	2.14	1:31:33	2:11:11	0.65
2500	2271.135	9.91	0:57:45	2.36	1:11:45	2:09:30	1.05
2250	5380.359	23.47	2:04:49	2.59		2:04:49	2.59
2000	2859.958	12.47	0:55:07	3.11	0:03:45	0:58:52	2.92
1750	2869.694	12.52	0:50:11	3.43		0:50:11	3.43
1500	4958.091	21.63	1:11:24	4.17	0:03:27	1:14:51	3.97
Total :	19.856 Km	86.6 %	6:38:54 h	2.99 Km/h	3:22:59 h	10:01:53 h	1.98 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
4.482	0:03:45	2020	1:20:36	1:20:36	4.482
5.993	0:02:51	2491	2:16:13	0:55:37	1.511
6.07	0:02:53	2527	2:20:40	0:04:27 < 10´	0.077
6.285	0:03:01	2604	2:31:05	0:10:25	0.215
6.426	0:34:17 > 10´	2642	2:39:48	0:08:43 < 10´	0.141
6.802	0:02:54	2763	3:23:09	0:43:21	0.375
7.058	0:03:08	2811	3:36:59	0:13:50	0.257
7.229	0:20:47 > 10´	2879	3:48:36	0:11:37	0.17
7.479	0:47:42 > 10´	2998	4:13:24	0:24:48	0.25
7.679	0:49:31 > 10´	2955	5:03:26	0:50:02	0.2
11.618	0:03:44	2516	7:19:43	2:16:17	3.939
11.76	0:08:36	2557	7:27:38	0:07:55 < 10´	0.142
11.932	0:16:23 > 10´	2633	7:39:59	0:12:21	0.172
18.753	0:03:27	1710	9:48:04	2:08:05	6.822
Total :		3:22:59 h			