

Track: 2025-07-12 Pic de l'Ours

Date: 12/07/2025

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These speeds are average for = HKG

IBP index reliability= B

IBP = 117 HKG

Total length	39.74 Km
Analyzed distance	39.74 Km
Lineal distance	0.24 Km

Accumulated climb	886 m
Accumulated descent	882 m
Maximum height	478 m
Minimal height	-1 m
Climb rate	5.86 %
Descent rate	5.5 %
Positive climb difference per km	22.29 m
Negative descent difference per km	22.19 m

Total time	8:26:16 h
Time in movement	7:49:33 h
Stopped time	0:36:43 h

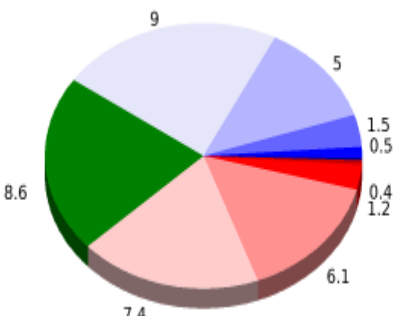
Total speed average	4.71 Km/h
Average speed in movement	5.08 Km/h
Maximum held speed	7.9 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	2849 (cad. 13.95 m)
Significant points	1073 (cad. 37.07 m / 37.66 %)
Aberrant points	10 (0.35 % d. total)

Direction changes per km	11.37
Direction changes >5° per km	8.98
Accumulated straight stretches	4.309 Km
Straight stretches per km	108.43 m
Penalizable slope changes	8
Penalizable slope changes per km	0.201

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Summary of slopes	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.033	0.08	1.71	0:01:10
	Between 15 and 30%	0.411	1.03	2.01	0:12:17
	Between 10 and 15%	1.188	2.99	4.35	0:16:22
	Between 5 and 10%	6.127	15.42	4.93	1:14:30
	Between 1 and 5%	7.373	18.55	5.07	1:27:16
	Total :	15.131	38.08	4.74	3:11:35
	Plain				
	Difference of 1%	8.564	21.55	5.39	1:35:25
	Breakdown descents				
	Between 1 and 5%	9.016	22.69	5.48	1:38:45
	Between 5 and 10%	5.011	12.61	5.66	0:53:06
	Between 10 and 15%	1.472	3.7	4.87	0:18:09
	Between 15 and 30%	0.544	1.37	2.6	0:12:33
	Between 30% and 55%	0	0	0	0:00:00
	Total :	16.043	40.37	5.27	3:02:33
Total track :		39.74	100 %	5.08	7:49:33

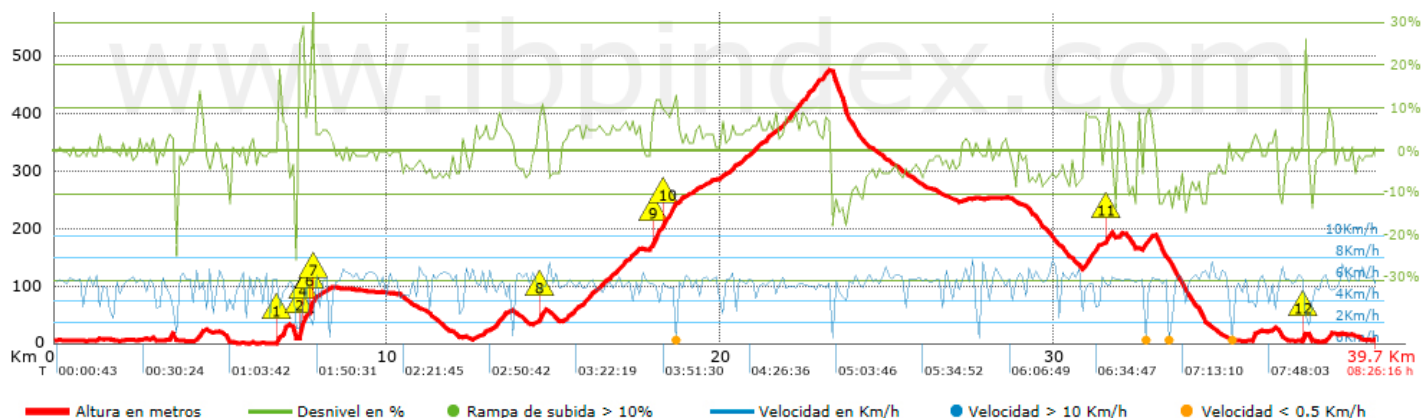
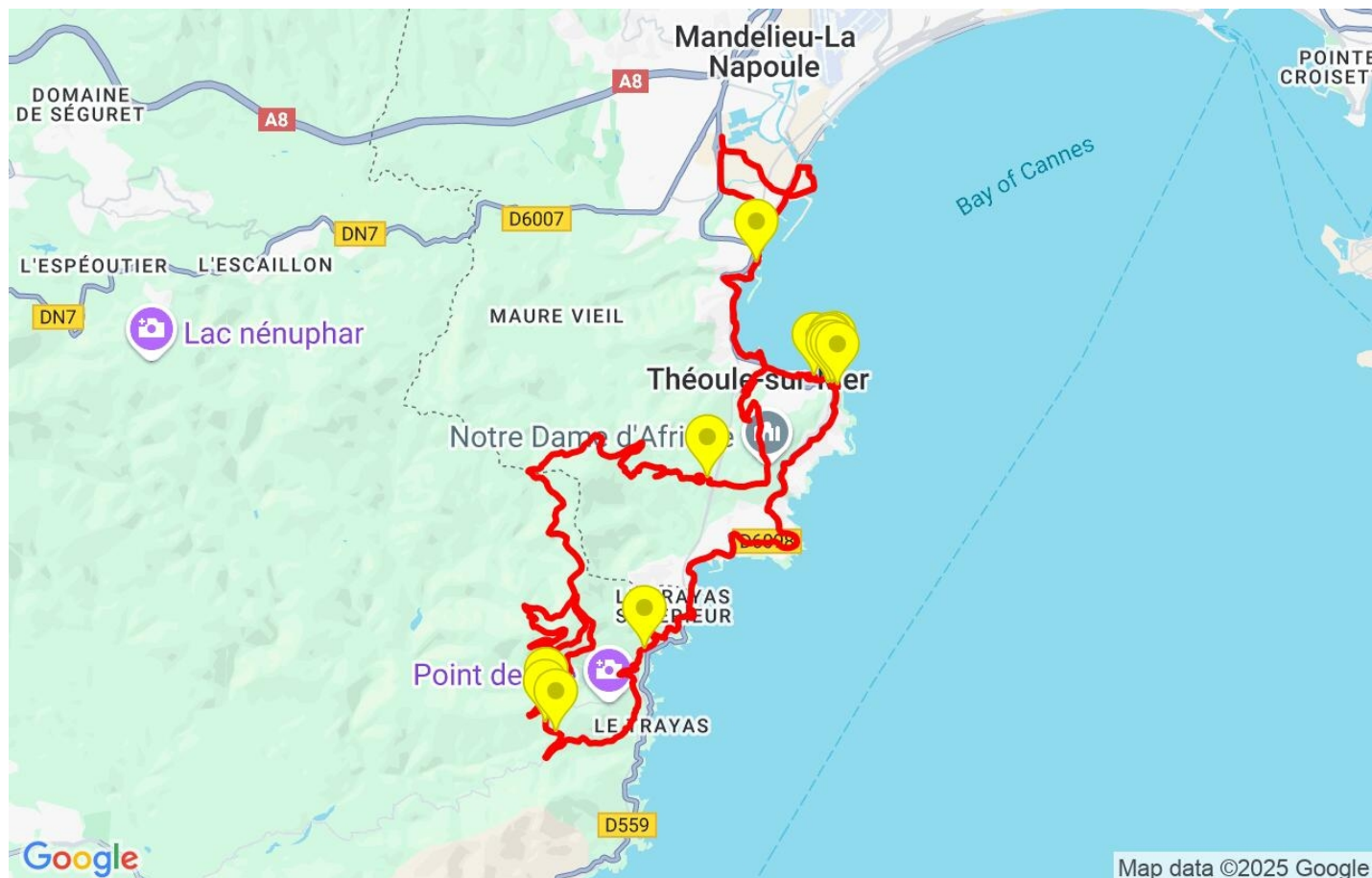
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Steep slopes > 10%

Steep slope	Slipage point	Average slope	Interval
	6.716	13 %	105 m
	7.329	24 %	103 m
	7.433	29 %	29 m
	7.462	12 %	109 m
	7.61	11 %	80 m
	7.69	26 %	63 m
	7.754	15 %	37 m
	14.551	12 %	138 m
	17.99	11 %	226 m
	31.562	11 %	133 m
	37.497	16 %	102 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
8.188	0:04:00	92	1:54:22	1:54:22	8.188
13.692	0:02:45	57	2:58:32	1:04:10	5.505
18.641	0:05:52	237	3:56:00	0:57:28	4.949
23.278	0:04:54	474	4:57:04	1:01:04	4.637
27.684	0:03:53	252	5:52:48	0:55:44	4.406
32.683	0:04:54	163	6:50:47	0:57:59	4.999
33.417	0:04:58	148	7:03:30	0:12:43	0.734
35.259	0:05:27	9	7:27:42	0:24:12	1.841
Total : 0:36:43 h					