

Track: 2025-06-22 Mont Tenibre

Date: 22/06/2025

Track: 2025-06-22 Mont Tenibre

These speeds are average for = HKG

IBP index reliability= A

**IBP = 191 HKG**

|                   |          |
|-------------------|----------|
| Total length      | 20.02 Km |
| Analyzed distance | 20.02 Km |
| Lineal distance   | 0.02 Km  |

|                                    |          |
|------------------------------------|----------|
| Accumulated climb                  | 1933.3 m |
| Accumulated descent                | 1926.2 m |
| Maximum height                     | 3023.5 m |
| Minimal height                     | 1162.2 m |
| Climb rate                         | 17.31 %  |
| Descent rate                       | 24.7 %   |
| Positive climb difference per km   | 96.57 m  |
| Negative descent difference per km | 96.21 m  |

|                  |           |
|------------------|-----------|
| Total time       | 8:16:52 h |
| Time in movement | 7:21:18 h |
| Stopped time     | 0:55:34 h |

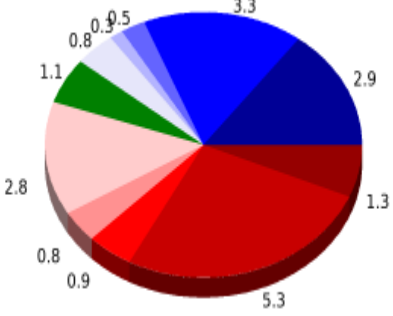
|                           |           |
|---------------------------|-----------|
| Total speed average       | 2.42 Km/h |
| Average speed in movement | 2.72 Km/h |
| Maximum held speed        | 5.85 Km/h |

|                        |                              |
|------------------------|------------------------------|
| Max slope filter       | ~55 %                        |
| Min. points separation | ~30 m                        |
| Number of points       | 1320 (cad. 15.17 m)          |
| Significant points     | 527 (cad. 38.06 m / 39.92 %) |
| Aberrant points        | 70 (5.3 % d. total)          |

|                                  |          |
|----------------------------------|----------|
| Direction changes per km         | 14.79    |
| Direction changes >5° per km     | 13.09    |
| Accumulated straight stretches   | 1.398 Km |
| Straight stretches per km        | 69.83 m  |
| Penalizable slope changes        | 7        |
| Penalizable slope changes per km | 0.35     |

Find The Best bike routes



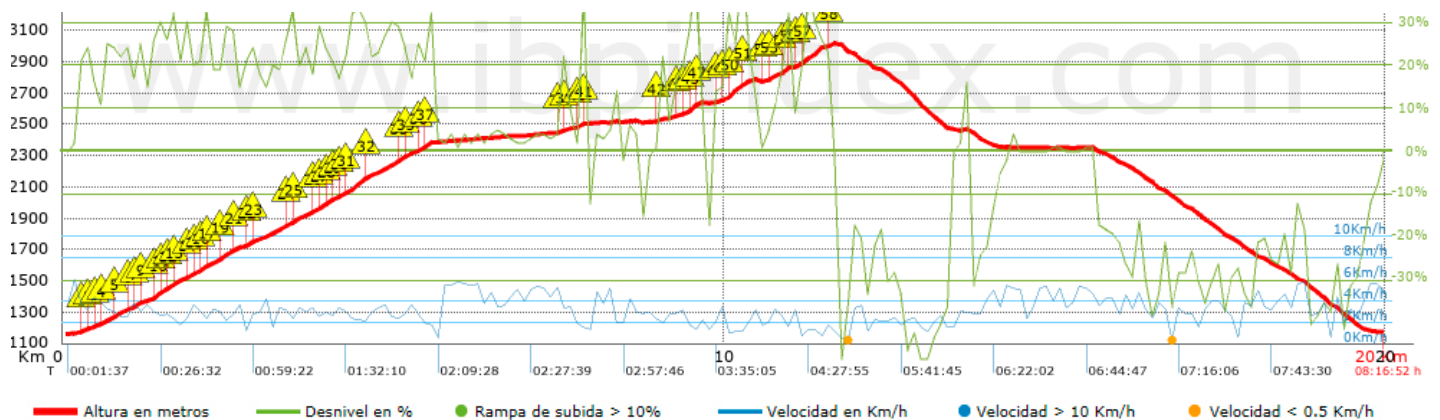
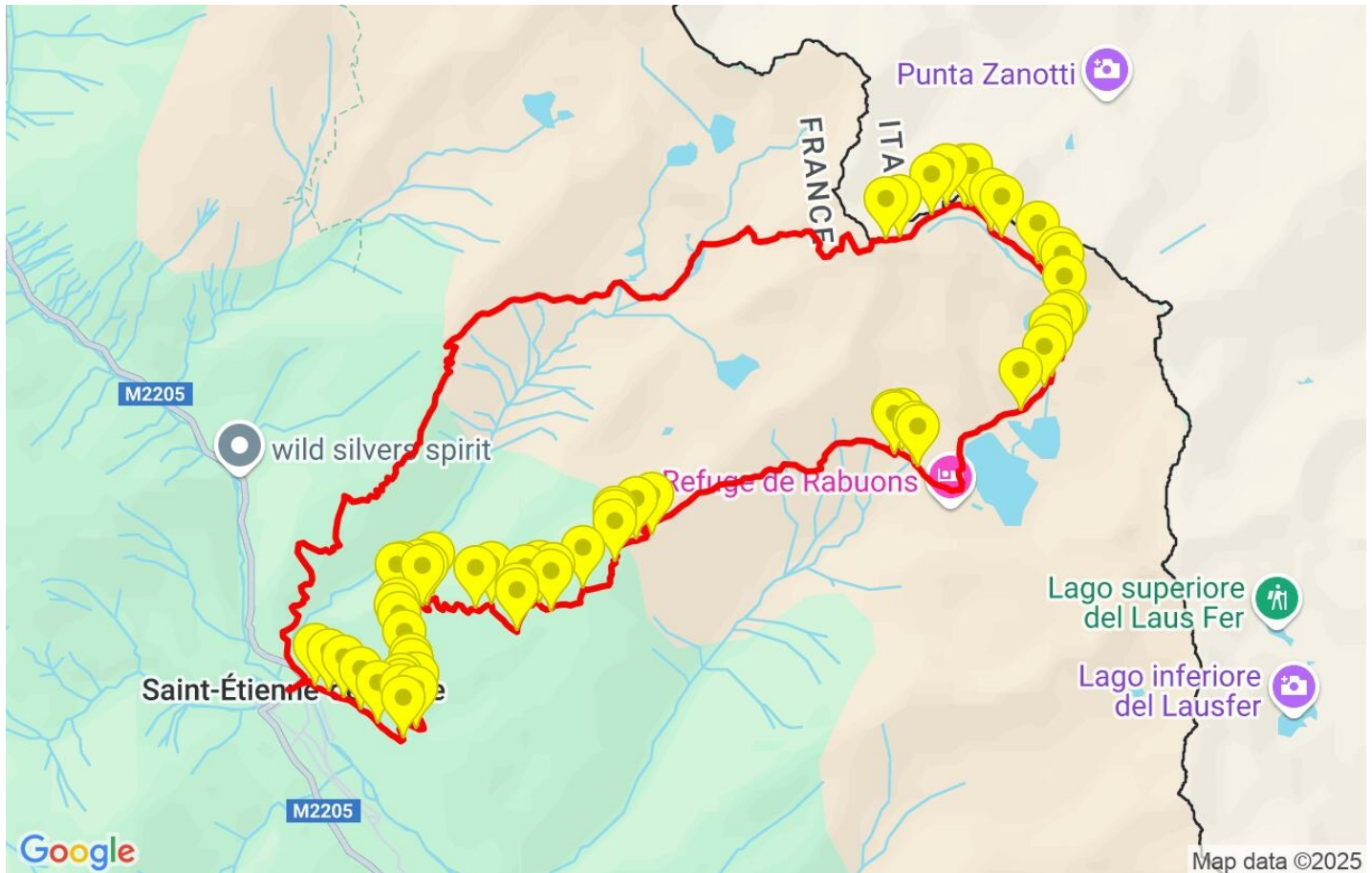
| Summary of slopes  | Climbs              | Distance in km | above the total in % | Speed in | Time h:m:s |
|--|---------------------|----------------|----------------------|----------|------------|
|  | Between 30% and 55% | 1.343          | 6.71                 | 1.61     | 0:49:57    |
|  | Between 15 and 30%  | 5.336          | 26.65                | 2.52     | 2:07:11    |
|  | Between 10 and 15%  | 0.887          | 4.43                 | 3.07     | 0:17:20    |
|  | Between 5 and 10%   | 0.754          | 3.77                 | 2.61     | 0:17:20    |
|  | Between 1 and 5%    | 2.849          | 14.23                | 4.02     | 0:42:34    |
|  | Total :             | 11.169         | 55.79                | 2.63     | 4:14:22    |
|  | Plain               |                |                      |          |            |
|  | Difference of 1%    | 1.051          | 5.25                 | 3.33     | 0:18:55    |
|  | Breakdown descents  |                |                      |          |            |
|  | Between 1 and 5%    | 0.779          | 3.89                 | 3.11     | 0:15:02    |
|  | Between 5 and 10%   | 0.337          | 1.68                 | 2.93     | 0:06:53    |
|  | Between 10 and 15%  | 0.497          | 2.48                 | 3.04     | 0:09:48    |
|  | Between 15 and 30%  | 3.251          | 16.24                | 3.28     | 0:59:28    |
|  | Between 30% and 55% | 2.935          | 14.66                | 2.29     | 1:16:50    |
|  | Total :             | 7.8            | 38.96                | 2.79     | 2:48:01    |
| Total track :  |                     | 20.02          | 100 %                | 2.72     | 7:21:18    |

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




















These speeds are average for = HKG





























IBP index reliability= A

**IBP = 191 HKG**



**Steep slopes > 10%**

| Steep slope  | Slipage point | Average slope | Interval |
|--|---------------|---------------|----------|
|    | 0.236         | 18 %          | 101 m    |
|    | 0.337         | 16 %          | 108 m    |
|    | 0.445         | 16 %          | 141 m    |
|    | 0.585         | 24 %          | 151 m    |
|    | 0.736         | 24 %          | 232 m    |
|    | 0.968         | 17 %          | 139 m    |
|    | 1.107         | 30 %          | 38 m     |
|    | 1.145         | 25 %          | 37 m     |
|    | 1.182         | 14 %          | 130 m    |
|    | 1.312         | 29 %          | 192 m    |
|   | 1.504         | 21 %          | 99 m     |
|  | 1.603         | 23 %          | 39 m     |
|  | 1.642         | 27 %          | 214 m    |
|  | 1.856         | 17 %          | 128 m    |
|  | 1.984         | 27 %          | 77 m     |
|  | 2.061         | 31 %          | 45 m     |
|  | 2.105         | 22 %          | 261 m    |
|  | 2.367         | 24 %          | 36 m     |
|  | 2.403         | 27 %          | 179 m    |
|  | 2.582         | 27 %          | 34 m     |
|  | 2.615         | 15 %          | 109 m    |
|  | 2.724         | 21 %          | 108 m    |
|  | 2.832         | 20 %          | 511 m    |
|  | 3.343         | 30 %          | 148 m    |
|  | 3.491         | 19 %          | 289 m    |
|  | 3.781         | 24 %          | 36 m     |

|  |        |      |       |
|--|--------|------|-------|
|    | 3.816  | 28 % | 145 m |
|    | 3.961  | 25 % | 156 m |
|    | 4.117  | 16 % | 101 m |
|    | 4.218  | 23 % | 74 m  |
|    | 4.292  | 31 % | 327 m |
|    | 4.618  | 23 % | 402 m |
|    | 5.021  | 27 % | 110 m |
|    | 5.131  | 24 % | 33 m  |
|    | 5.164  | 19 % | 159 m |
|    | 5.322  | 24 % | 106 m |
|    | 5.428  | 24 % | 101 m |
|   | 7.511  | 14 % | 35 m  |
|  | 7.546  | 17 % | 121 m |
|  | 7.787  | 21 % | 36 m  |
|  | 7.823  | 34 % | 65 m  |
|  | 9.009  | 20 % | 109 m |
|  | 9.24   | 14 % | 104 m |
|  | 9.344  | 20 % | 78 m  |
|  | 9.422  | 33 % | 138 m |
|  | 9.56   | 41 % | 34 m  |
|  | 9.594  | 12 % | 66 m  |
|  | 9.991  | 16 % | 45 m  |
|  | 10.036 | 38 % | 248 m |
|  | 10.283 | 25 % | 73 m  |
|  | 10.664 | 23 % | 231 m |
|  | 10.895 | 23 % | 38 m  |
|  | 10.933 | 16 % | 126 m |
|  | 11.06  | 18 % | 113 m |

|   |        |      |       |
|---|--------|------|-------|
|  55 | 11.173 | 35 % | 295 m |
|  56 | 11.563 | 20 % | 95 m  |

| High altitude parameters, data above |            |            |                  |           |              |            |           |
|--------------------------------------|------------|------------|------------------|-----------|--------------|------------|-----------|
| Altitude                             | Distance m | % of total | Time in movement | Speed     | Stopped time | Total time | Speed     |
| 3000                                 | 197.783    | 0.99       | 0:04:07          | 2.88      | 0:21:07      | 0:25:14    | 0.47      |
| 2750                                 | 2239.144   | 11.18      | 1:09:20          | 1.94      | 0:16:30      | 1:25:50    | 1.57      |
| 2500                                 | 2973.126   | 14.85      | 1:29:42          | 1.99      |              | 1:29:42    | 1.99      |
| 2250                                 | 5634.902   | 28.15      | 1:38:59          | 3.42      | 0:03:56      | 1:42:55    | 3.29      |
| 2000                                 | 1826.802   | 9.12       | 0:38:43          | 2.83      | 0:07:34      | 0:46:17    | 2.37      |
| 1750                                 | 1981.528   | 9.9        | 0:43:22          | 2.74      | 0:02:49      | 0:46:11    | 2.57      |
| 1500                                 | 2093.936   | 10.46      | 0:40:19          | 3.12      |              | 0:40:19    | 3.12      |
| Total :                              | 16.947 Km  | 84.65 %    | 6:24:32 h        | 2.64 Km/h | 0:51:56 h    | 7:16:28 h  | 2.33 Km/h |

| Stops    |               |           |              |                        |                    |
|----------|---------------|-----------|--------------|------------------------|--------------------|
| Distance | Stopped time  | Altitude  | Elapsed time | Last stop elapsed time | Last stop distance |
| 5.599    | 0:03:56       | 2381      | 2:04:59      | 2:04:59                | 5.599              |
| 11.092   | 0:03:16       | 2869      | 4:18:23      | 2:13:24                | 5.493              |
| 11.357   | 0:05:47       | 2944      | 4:31:47      | 0:13:24                | 0.265              |
| 11.658   | 0:28:34 > 10´ | 3014      | 4:45:54      | 0:14:07                | 0.301              |
| 16.724   | 0:07:34       | 2056      | 7:06:16      | 2:20:22                | 5.066              |
| 17.656   | 0:02:49       | 1774      | 7:32:07      | 0:25:51                | 0.932              |
| 19.109   | 0:03:38       | 1379      | 7:57:48      | 0:25:41                | 1.452              |
| Total :  |               | 0:55:34 h |              |                        |                    |