

Track: 2026-08-13 PNALM 58K

Date: 14/08/2026

Track: 2026-08-13 PNALM 58K

These speeds are average for = HKG

IBP index reliability= A

IBP = 261 HKG

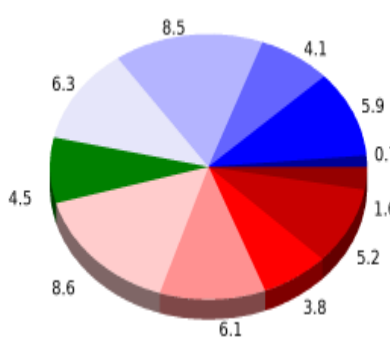
Total length	55.31 Km	Max slope filter	~55 %
Analyzed distance	55.31 Km	Min. points separation	~30 m
Lineal distance	0.04 Km	Number of points	3298 (cad. 16.77 m)
		Significant points	1455 (cad. 38.04 m / 44.12 %)
		Aberrant points	27 (0.82 % d. total)
Accumulated climb	2824.7 m		
Accumulated descent	2829.8 m		
Maximum height	2122 m	Direction changes per km	13.74
Minimal height	1024.9 m	Direction changes >5° per km	10.99
Climb rate	11.22 %	Accumulated straight stretches	7.421 Km
Descent rate	11.03 %	Straight stretches per km	134.17 m
Positive climb difference per km	51.07 m	Penalizable slope changes	23
Negative descent difference per km	51.16 m	Penalizable slope changes per km	0.416

Total time	13:42:18 h
Time in movement	13:20:35 h
Stopped time	0:21:43 h

Total speed average	4.04 Km/h
Average speed in movement	4.15 Km/h
Maximum held speed	9.83 Km/h

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%	1.572	2.84	1.8	0:52:21
	Between 15 and 30%	5.159	9.33	2.89	1:47:11
	Between 10 and 15%	3.776	6.83	4.19	0:54:05
	Between 5 and 10%	6.11	11.05	4.4	1:23:14
	Between 1 and 5%	8.561	15.48	4.8	1:47:02
	Total :	25.179	45.53	3.74	6:43:53
	Plain				
	Difference of 1%	4.475	8.09	5.16	0:52:00
	Breakdown descents				
	Between 1 and 5%	6.334	11.45	4.79	1:19:18
	Between 5 and 10%	8.547	15.45	5.05	1:41:38
	Between 10 and 15%	4.119	7.45	4.61	0:53:37
	Between 15 and 30%	5.927	10.72	3.77	1:34:16
	Between 30% and 55%	0.726	1.31	2.74	0:15:53
	Total :	25.654	46.38	4.47	5:44:42
	Total track :	55.31	100 %	4.15	13:20:35

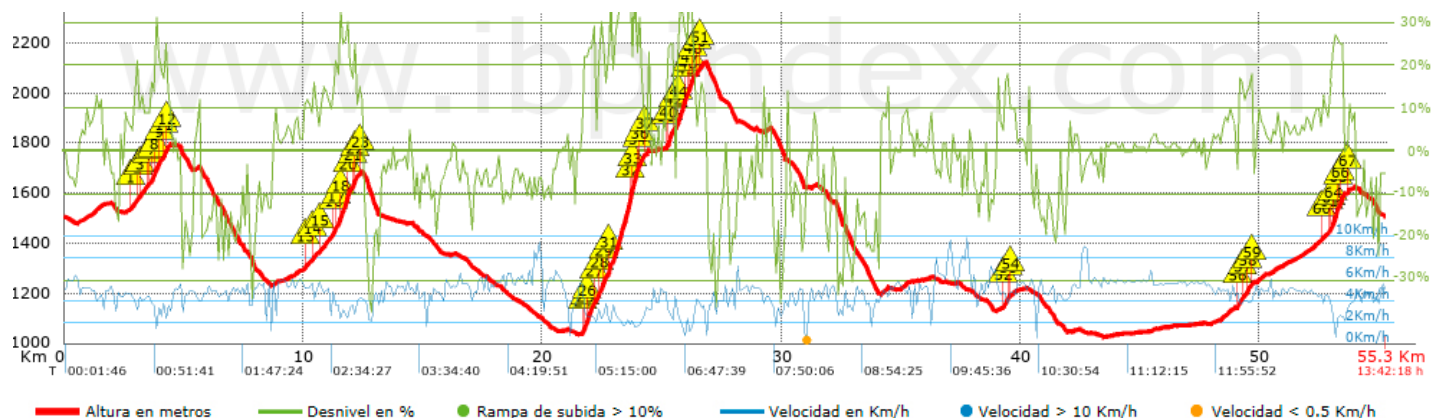
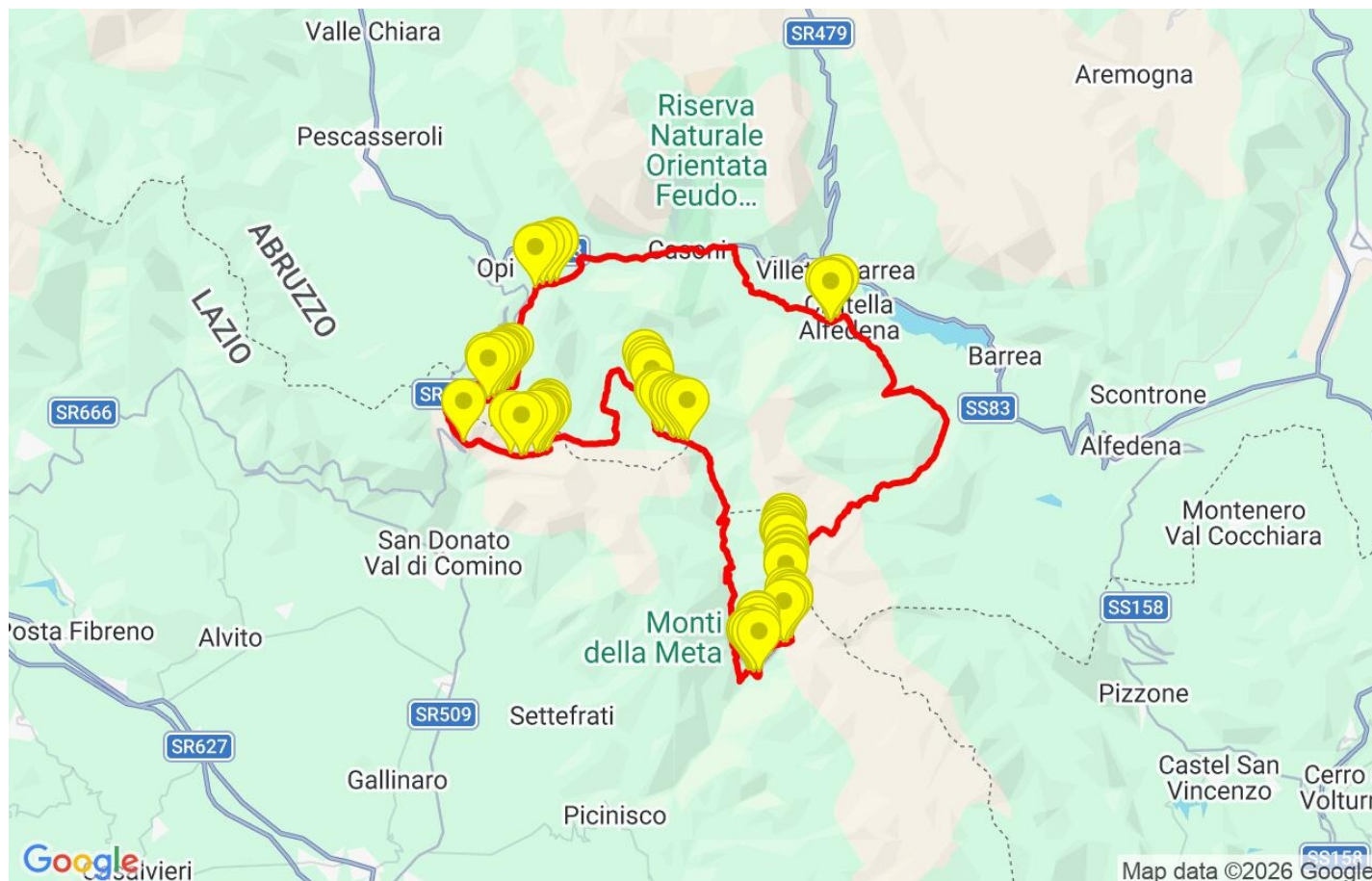
Track: 2026-08-13 PNALM 58K

Date: 14/08/2026

Track: 2026-08-13 PNALM 58K

These speeds are average for = HKG

IBP index reliability= A

IBP = 261 HKG


Steep slopes > 10%

Steep slope	Slipage point	Average slope	Interval
	2.756	13 %	301 m
	3.057	11 %	107 m
	3.165	13 %	304 m
	3.469	11 %	108 m
	3.576	11 %	39 m
	3.615	16 %	36 m
	3.651	21 %	148 m
	3.798	21 %	205 m
	4.004	13 %	131 m
	4.135	17 %	80 m
	4.214	22 %	102 m
	4.317	17 %	66 m
	10.021	12 %	245 m
	10.371	14 %	163 m
	10.652	12 %	634 m
	11.286	20 %	51 m
	11.337	21 %	186 m
	11.523	28 %	308 m
	11.831	31 %	69 m
	11.901	18 %	159 m
	12.06	23 %	144 m
	12.204	12 %	118 m
	21.686	22 %	79 m
	21.765	26 %	142 m
	21.907	24 %	270 m
	22.177	17 %	213 m

	22.39	25 %	206 m
	22.596	17 %	127 m
	22.722	23 %	32 m
	22.754	32 %	897 m
	23.65	35 %	127 m
	23.777	38 %	211 m
	23.988	29 %	30 m
	24.019	26 %	81 m
	24.099	23 %	91 m
	24.309	12 %	113 m
	25.224	24 %	40 m
	25.265	28 %	156 m
	25.421	23 %	75 m
	25.623	21 %	48 m
	25.671	30 %	297 m
	25.968	31 %	36 m
	26.004	18 %	126 m
	26.13	37 %	101 m
	26.231	25 %	122 m
	26.459	14 %	45 m
	26.609	14 %	139 m
	39.281	18 %	170 m
	39.451	14 %	34 m
	39.584	11 %	137 m
	49.05	11 %	38 m
	49.088	16 %	181 m
	49.269	14 %	232 m
	49.501	18 %	197 m

	49.698	12 %	34 m
	52.612	12 %	144 m
	52.865	11 %	46 m
	52.912	16 %	46 m
	52.958	21 %	104 m
	53.062	29 %	169 m
	53.23	24 %	157 m
	53.388	25 %	145 m
	53.673	14 %	97 m

High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2000	1235.065	2.23	0:24:31	3.02	0:02:42	0:27:13	2.72
1750	5353.26	9.68	1:29:23	3.59	0:02:49	1:32:12	3.48
1500	12577.677	22.74	3:34:00	3.53	0:06:02	3:40:02	3.43
Total :	19.166 Km	34.65 %	5:27:54 h	3.51 Km/h	0:11:33 h	5:39:27 h	3.39 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
21.113	0:03:34	1053	4:50:21	4:50:21	21.113
25.862	0:02:49	1932	6:42:41	1:52:20	4.749
26.792	0:02:42	2119	7:05:39	0:22:58	0.93
30.967	0:06:02	1625	8:13:34	1:07:55	4.175
40.65	0:03:36	1200	10:25:59	2:12:25	9.683
53.092	0:03:00	1484	13:02:56	2:36:57	12.442
Total :		0:21:43 h			