

Track/route information

Information about tracks/routes can be displayed by opening **Left main menu → Track/route info**. Here users can find tracks or routes categorised by their source:

- **Opened** - from open gpx files stored in your device.
- **Trackbook** - created in trackbook.
- **Recorded** - recorded tracks on the device.

Tracks allow you to see where you or another individual traveled in the past. Tracks contain track points, not waypoints or points of interest. They provide a record of where you have been, your path and speed. Tracks can be recorded also through GPX Viewer PRO. **Routes** are generally made up of a series of significant points along your path. Route is usually just a sequence of waypoints and can be planned directly in Trackbook point by point.

After tapping on any of them users can see the statistics and graphs analysing the track. Not all of the data and statistics are available at all times, some of them need the specific data to be recorded or downloaded. Information displayed in statistics:

- **Flat/Climb/Descent length** - divides the total length of the track between the distance travelled on flat, inclining and declining surface. Displayed only if elevation data are accessible.
- **Length** of the track/route. Available for every track.
- **Elevation difference** - the difference in elevation between start and end point. Available if elevation data are recorded or downloaded.
- **Total climb** - available if elevation data are recorded or downloaded.
- **Total descent** - available if elevation data are recorded or downloaded.
- **Start** time and date of the track (only in case of recorded tracks).
- **End** time and date of the track (only in case of recorded tracks).
- **Duration** - the overall duration of the track recording.
- **Duration(movement)** - duration of movement during track recording (helps to distinguish times when
- **Pace** of the whole track vs recorded time.
- **Pace(movement)** through out the time while device was moving.
- **Average speed** of the track.
- **Average speed (movement)** of the track while moving.
- **Maximum speed** through out the whole track recording.
- **Maximum speed change** - the greatest speed change within the track.
- **Average cadence** - number of steps/pedal strokes on average per minute.
- **Maximum cadence** - number of steps/pedal strokes per minute.
- **Average heart rate** -
- **Maximum heart rate**
- **Average power**
- **Maximum power**
- **Average temperature** while the track was being recorded.
- **Maximum temperature** while the track was being recorded.





By clicking on the three dots under the statistics, editing menu is displayed with following options:

- **Set custom color** - option to change the setting of the color. Applied only in the app, not altering the file where the track is saved.
- **Reverse direction** - removes time and speed data of the track and changes the direction.
- **Add elevation data** - downloads elevation data for the track from the internet.
- **Show on map** - switches view to the map and shows where the track/route is located.
- **Show segments** - further described in the section of [Track analysis](#).
- **Take screenshot** - takes a screenshot of current screen.
- **Show file information** - after checking the checkbox, information about file where track/route is stored are displayed and editable. In case the file information are not shown, track/route is not stored in any file or comes from trackbook.



From:
<https://docs.vecturagames.com/gpxviewerproios/> - **GPX Viewer PRO User Guide**

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Last update: **2023/09/08 14:45**

