Appendix 4 Cycling climb categories

The following schemes have been suggested

Cat 4
2k @ 6%
4k @ 4% or less

Cat 2
5-10k @ 5-7%
10k+ @ 3-5k

HC
Cat 1 climb as last climb of the day
15k+ @ 8%
20k+ @ anything significant uphill

Cat 3
2-3k @ 8% or less but with steeper pitches
2-4k @ 6%
4-6k @ 4%

Cat 1
5 - 10k @ >8%
10-15k @ 6%

Strava uses an objective means of categorisation using the formula
height gain in m   x   grade in%
and
Cat 4 > 8,000
Cat 3 > 16,000
Cat 2 > 32,000
Cat 1 > 64,000
HC   > 80,000

TDF climb analysis plotted as distance vs % grade gives:

TdF 2012: categorized climbs