Track: 2013-08-07 Monte Rotondo MdT .gpx **Date: 07/08/2013**

Track: 2013-08-07 Monte Rotondo MdT .gpx	**IBP = 164 HKG**
Detected modality = HKG	
IBP index reliability= B (A = very good, B = good C = acceptable D = poor, E = bad, M = Drawn track)	

Total length	21,776 Km
Analyzed distance	21,776 Km
Lineal distance	0,038 Km

Accumulated raise diff.	1413,03 m
Accumulated descent diff.	1403,42 m
Maximum height	2676,45 m
Minimal height	1897,3 m
Raised rate	13,15 %
Descent rate	13,86 %
Positive raise difference per Km.	64,89 m
Negative descent difference per Km.	64,45 m

Total time	8:11:56 h
Time in movement	6:50:21 h
Stopped time	1:21:35 h

Total speed average	2,66 Km/h
Average speed in movement	3,184 Km/h
Maximum held speed	11,09 Km/h

Max slope filter	~55 %
Min. ponts separation	~30 m
Number of points	4142 (cad. 5,26 m)
Significant points	662 (cad. 32,89 m / 15,98 %)
Aberrant points	379 (9,15 % d. total)

Direction changes per Km	15,43
Direction changes per Km (>5º)	10,42
Accumulated straight stretches	3,851 Km
Straight stretches per Km.	176,85 m
Slope changes	15
Slope changes per Km	0,689

Analysis sponsored by...

Summary of slopes



	Raises	Distance in Km	Km. above the total in	Speed in Km/h	Time h:m:s
	#Entre el 30 y el 55%	0,838	3,85	1,77	0:28:25
	Between 15 and 30%	2,801	12,86	2,32	1:12:20
	Between 10 and 15%	1,47	6,75	3,12	0:28:18
	Between 5 and 10%	3,04	13,96	3,81	0:47:54
	Between 1 and 5%	2,593	11,91	3,87	0:40:15
	Total :	10,742	49,33	2,97	3:37:12
	Plain				
	Difference of 1%	0,906	4,16	3,88	0:14:01
	Breakdown descents				
	Between 1 and 5%	2,358	10,83	4	0:35:22
	Between 5 and 10%	2,489	11,43	4,3	0:34:45
	Between 10 and 15%	1,431	6,57	3,68	0:23:18
	Between 15 and 30%	3,022	13,88	3,03	0:59:53
	#Entre el 30 y el 55%	0,828	3,8	1,92	0:25:50
	Total :	10,127	46,51	3,39	2:59:08
	Total track :	21,776	100 %	3,184	6:50:21

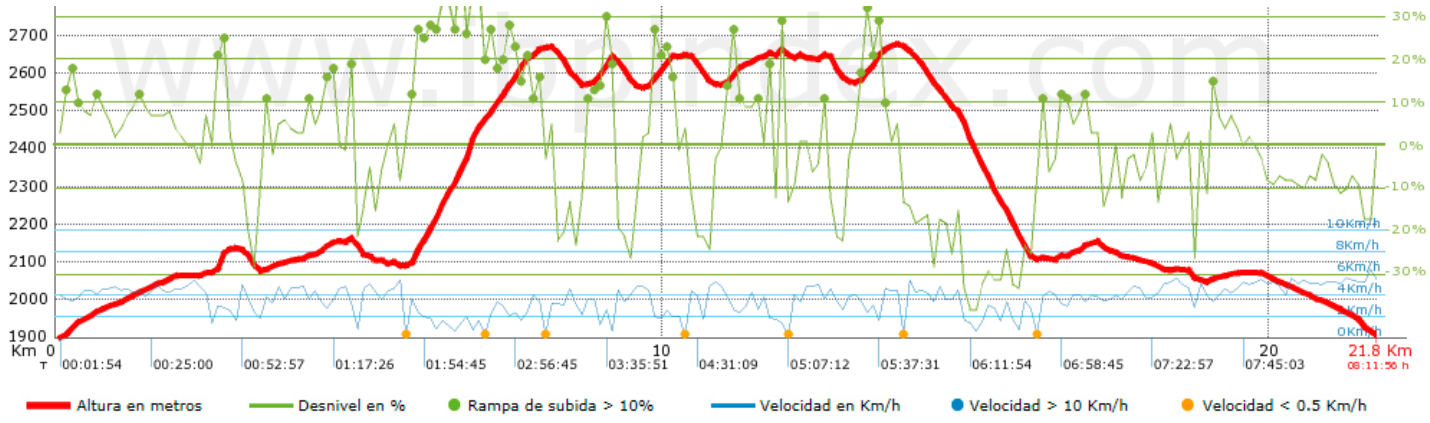
Copyright IBPindexTeam © 2012. All Rights Reserved

Track: 2013-08-07 Monte Rotondo MdT .gpx **Date: 07/08/2013**

Track: 2013-08-07 Monte Rotondo MdT .gpx
Detected modality = HKG
IBP index reliability= B (A = very good, B = good C = acceptable D = poor, E = bad, M = Drawn track)

IBP = 164 HKG





High altitude parameters							
Altitude in meters	**Distance m**	**% of total**	**Time in movement**	**Speed**	**Stopped time**	**Total time**	**Speed**
2500 - 2750	**7674,509**	**35,24**	**2:39:27**	**2,89**	**0:39:39**	**3:19:06**	**2,31**
2250 - 2500	**1579,294**	**7,25**	**0:47:32**	**1,99**	**0:17:59**	**1:05:31**	**1,45**
2000 - 2250	**10380,525**	**47,67**	**2:53:10**	**3,6**	**0:23:57**	**3:17:07**	**3,16**
1750 - 2000	**2141,46**	**9,83**	**0:30:12**	**4,25**		**0:30:12**	**4,25**
Total :	**21,776 Km**	**100 %**	**6:50:21 h**	**3,18 Km/h**	**1:21:35 h**	**8:11:56 h**	**2,66 Km/h**

Stops					
Kilometer	**Stopped time**	**Altitude in meters**	**Elapsed time**	**Last stop elapsed time**	**Last stop distance**
4,861	**0:02:49**	**2162**	**1:22:10**	**1:22:10**	**4,861**
5,72	**0:09:37**	**2090**	**1:37:16**	**0:15:06**	**0,859**

Copyright IBPindexTeam © 2012. All Rights Reserved

6,193	0:02:12	2198	1:59:50	0:22:34	0,472
6,502	0:03:07	2293	2:12:58	0:13:08	0,309
6,784	0:05:01	2387	2:26:25	0:13:27	0,282
6,964	0:07:04	2455	2:35:03	0:08:38 < 10´	0,18
7,971	0:05:48	2662	3:06:46	0:31:43	1,007
9,135	0:03:04	2639	3:37:38	0:30:52	1,164
10,285	0:17:39 > 10´	2650	4:07:27	0:29:49	1,15
11,964	0:07:13	2663	4:58:13	0:50:46	1,68
13,896	0:05:55	2676	5:43:38	0:45:25	1,931
15,109	0:02:47	2412	6:13:23	0:29:45	1,213
15,841	0:03:05	2183	6:36:10	0:22:47	0,732
16,149	0:06:14	2109	6:44:46	0:08:36 < 10´	0,307
Total :	1:21:35 h				

Copyright IBPindexTeam © 2012. All Rights Reserved