Track: 2015-05-24 serra di crispo e delle ciavole (mdt).gpx **Date: 26/05/2015**

Track: 2015-05-24 serra di crispo e delle ciavole (mdt).gpx	**IBP = 126 HKG**
Detected modality = HKG	
IBP index reliability= B	

Total length	20.471 Km
Analyzed distance	20.471 Km
Lineal distance	0.043 Km

Accumulated climb	1071.6 m
Accumulated descent	1073.05 m
Maximum height	2130.42 m
Minimal height	1518.54 m
Climb rate	10.84 %
Descent rate	11.05 %
Positive climb difference per	52.35 m
Negative descent difference per	52.42 m

Total time	6:49:15 h
Time in movement	5:54:42 h
Stopped time	0:54:33 h

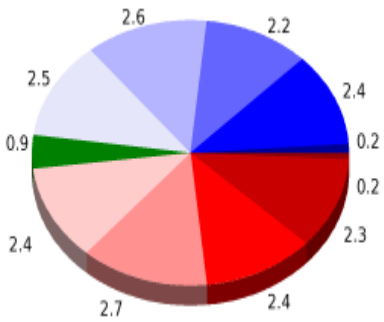
Total speed average	3 Km/h
Average speed in movement	3.46 Km/h
Maximum held speed	7.62 Km/h

Max slope filter	~55 %
Min. ponts separation	~30 m
Number of points	4088 (cad. 5.01 m)
Significant points	625 (cad. 32.81 m / 15.29 %)
Aberrant points	313 (7.66 % d. total)

Direction changes per	16.32
Direction changes >5º per	12.41
Accumulated straight stretches	2.337 Km
Straight stretches per	114.16 m
Penalizables slope changes	11
Penalizables slope changes per	0.537

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Summary of slopes

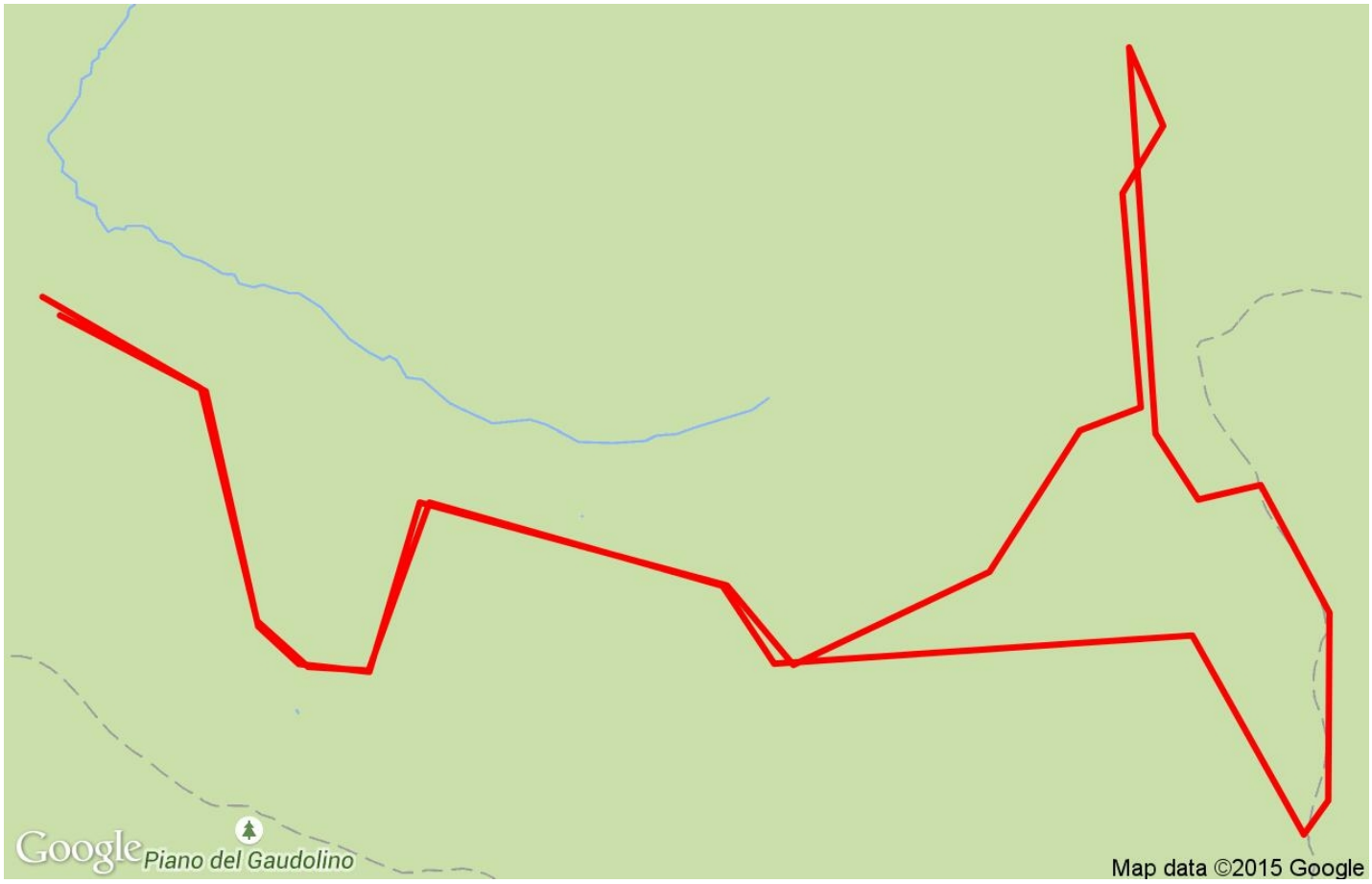


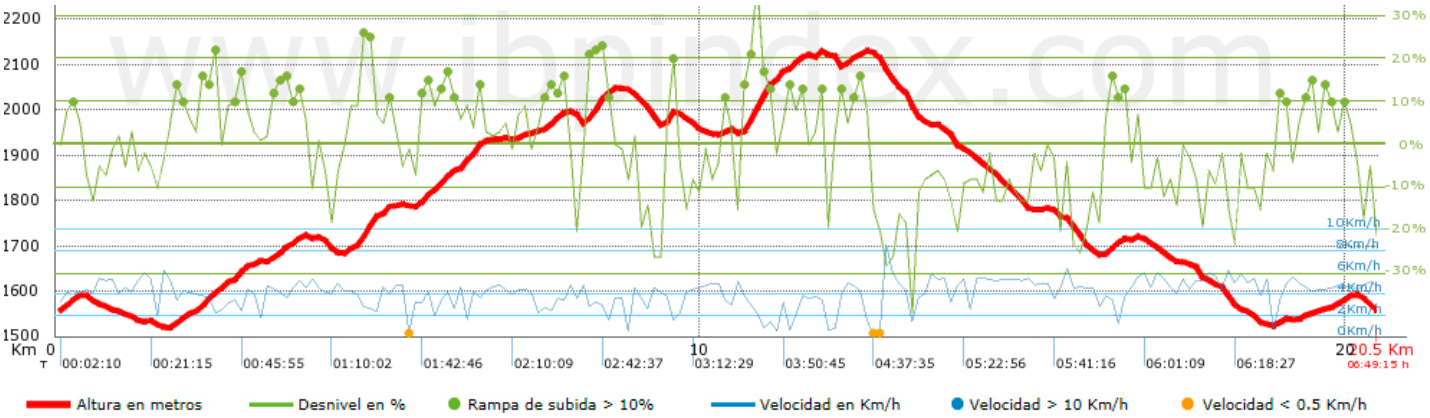
	Climbs	Distance in Km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.153	0.75	1.65	0:05:34
	Between 15 and 30%	2.289	11.18	2.42	0:56:43
	Between 10 and 15%	2.365	11.55	3.09	0:45:53
	Between 5 and 10%	2.653	12.96	3.06	0:52:01
	Between 1 and 5%	2.422	11.83	3.68	0:39:27
	Total :	9.881	48.27	2.97	3:19:38
	Plain				
	Difference of 1%	0.878	4.29	4.62	0:11:24
	Breakdown descents				
	Between 1 and 5%	2.461	12.02	4.06	0:36:20
	Between 5 and 10%	2.591	12.66	4.35	0:35:45
	Between 10 and 15%	2.151	10.51	4.42	0:29:14
	Between 15 and 30%	2.352	11.49	3.86	0:36:31
	Between 30% and 55%	0.157	0.77	1.61	0:05:50
	Total :	9.712	47.44	4.06	2:23:40
	Total track :	20.471	100 %	3.46	5:54:42

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High altitude parameters, data above							
Altitude	**Distance m**	**% of total**	**Time in movement**	**Speed**	**Stopped time**	**Total time**	**Speed**
2000	**3265.992**	**15.95**	**1:16:17**	**2.57**	**0:43:48**	**2:00:05**	**1.63**
1750	**7631.857**	**37.28**	**2:16:29**	**3.36**	**0:07:13**	**2:23:42**	**3.19**
1500	**9573.321**	**46.76**	**2:21:56**	**4.05**	**0:03:32**	**2:25:28**	**3.95**
Total :	**20.471 Km**	**100 %**	**5:54:42 h**	**3.46 Km/h**	**0:54:33 h**	**6:49:15 h**	**3 Km/h**

Stops					
Distance	**Stopped time**	**Altitude**	**Elapsed time**	**Last stop elapsed time**	**Last stop distance**

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5.427	0:07:13	1788	1:32:07	1:32:07	5.427
8.787	0:04:08	2052	2:49:19	1:17:12	3.359
10.931	0:02:22	2025	3:34:53	0:45:34	2.144
11.093	0:03:37	2060	3:42:25	0:07:32 < 10´	0.162
11.307	0:02:49	2086	3:51:18	0:08:53 < 10´	0.214
11.87	0:03:03	2129	4:06:30	0:15:12	0.563
12.627	0:27:49 > 10´	2130	4:29:52	0:23:22	0.757
18.826	0:03:32	1526	6:24:53	1:55:01	6.199
Total :	0:54:33 h				

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