MTB RDB HKG RNG

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Track : 2015-05-30 Duchessa e cima ZIS (MdT).gpx
Detected modality = HKG (Hiking)
Reanalyzed as BYC (Bicycle) RNG (Running)

TRAIL DIFFICULTY
Score
IBP = 132 HKG

Reliability of the original trail: A (1275/93/0/-/-/93)
Level of correction applied to the trail: 0

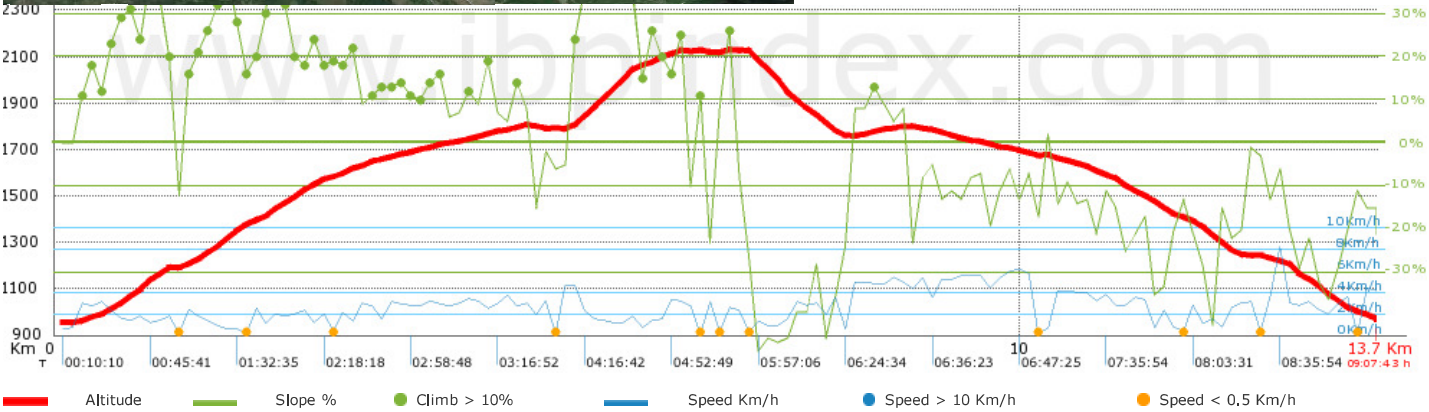
Total length: 13.725 Km mi / ft ?	**Max slope filter:** ~55 %
Analyzed distance: 13.725 Km	**Min. ponts separation:** ~30 m
Lineal distance: 0.035 Km	**Number of points:** 4142 (cad. 3.31 m)
	Significant points: 430 (cad. 31.99 m / 10.38 %)
Accumulated climb: 1311.25 m	info Points list
Accumulated descent: 1299.24 m	
Maximum height: 2139.07 m	**Direction changes per Km:** 17.12
Minimal height: 954.73 m	**Direction changes >5º per Km:** 13.33
Climb rate: 18.97 %	**Accumulated straight stretches:** 1.579 Km
Descent rate: 19.72 %	**Straight stretches per Km:** 115.05 m
Positive climb difference per Km: 95.54 m	**Penalizables slope changes:** 8
Negative descent difference per Km: 94.66 m	**Penalizables slope changes per Km:** 0.583

Total time: 9:07:43 h
Time in movement: 5:18:00 h
Stopped time: 3:49:43 h

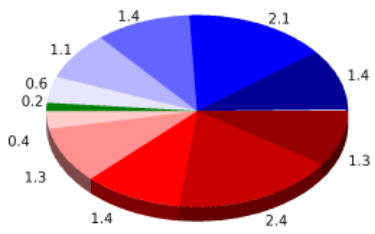
Total speed average: 1.5 Km/h
Average speed in movement : 2.59 Km/h
Maximum held speed: 11.12 Km/h

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Summary of slopes Km



Climbs	Distance Km	Km above the total in %	Speed in Km/h	Time h:m:s
Between 30% and 55%	1.329	9.69	1.47	0:54:08
Between 15 and 30%	2.434	17.73	2.18	1:07:02
Between 10 and 15%	1.434	10.45	2.95	0:29:08
Between 5 and 10%	1.294	9.43	3.48	0:22:20
Between 1 and 5%	0.42	3.06	4.23	0:05:57
Total	6.911	50.35	2.32	2:58:35
Plain				
Difference of 1%	0.225	1.64	2.85	0:04:44
Breakdown descents				
Between 1 and 5%	0.612	4.46	4.42	0:08:19
Between 5 and 10%	1.059	7.71	4.24	0:14:59
Between 10 and 15%	1.444	10.52	3.88	0:22:19
Between 15 and 30%	2.08	15.16	2.98	0:41:50
Between 30% and 55%	1.393	10.15	1.77	0:47:14
Total	6.589	48.01	2.94	2:14:41
Total track:	**13.725**	**100 %**	**2.59**	**5:18:00**

High altitude parameters, data above 1500 m

Altitude m	Distance Km	% of total	Time in movement	Speed	Stopped time	Total time	Speed total
2000	1.633	11.9	0:41:13	2.38	0:52:54	1:34:07	1.04
1750	3.414	24.87	1:07:36	3.03	0:46:57	1:54:33	1.79
1500	3.767	27.45	1:12:13	3.13	0:56:07	2:08:20	1.76
Total:	**8.814 Km**	**64.22 %**	**3:01:02 h**	**2.92 Km/h**	**2:35:58 h**	**5:37:00 h**	**1.57 Km/h**

Stops

Distance Km	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
0.105	0:07:57	955	0:12:54	0:12:54	0.105
1.227	0:09:27	1196	0:54:08	0:41:14	1.123
1.73	0:06:13	1306	1:23:50	0:29:42	0.502
1.916	0:16:19 > 10'	1368	1:33:38	0:09:48 < 10'	0.186
2.771	0:20:17 > 10'	1570	2:18:18	0:44:40	0.855
5.071	0:43:18 > 10'	1791	3:27:23	1:09:05	2.3
5.978	0:06:16	2046	4:36:57	1:09:34	0.908
6.583	0:16:32 > 10'	2133	4:56:48	0:19:51	0.604
6.831	0:07:07	2116	5:17:08	0:20:20	0.248
7.083	0:22:59 > 10'	2136	5:29:11	0:12:03	0.253
8.087	0:03:39	1773	6:20:21	0:51:10	1.004
10.125	0:35:50 > 10'	1680	6:49:15	0:28:54	2.038
11.301	0:02:29	1495	7:44:59	0:55:44	1.176
11.588	0:04:42	1420	7:56:04	0:11:05	0.287
11.952	0:02:41	1332	8:10:52	0:14:48	0.364
12.441	0:05:07	1245	8:28:06	0:17:14	0.488
13.393	0:08:40	1015	8:54:45	0:26:39	0.953
Total:	**3:49:43 h**				

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Re: m.ditommaso@libero.it

Hi.