MTB RDB HKG RNG

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Track : 2015-06-27 Monte Sant Angelo (MdT).gpx	TRAIL DIFFICULTY
Detected modality = RNG (Running)	Score
Reanalyzed as BYC (Bicycle) RNG (Running)	**IBP = 207 HKG**

Reliability of the original trail: A (2302/94/0/-/-/94)

Level of correction applied to the trail: 0

Total length: 27.007 Km mi / ft ?	**Max slope filter:** ~55 %
Analyzed distance: 27.007 Km	**Min. ponts separation:** ~30 m
Lineal distance: 0.022 Km	**Number of points:** 6422 (cad. 4.21 m)
	Significant points: 825 (cad. 32.78 m / 12.85 %)

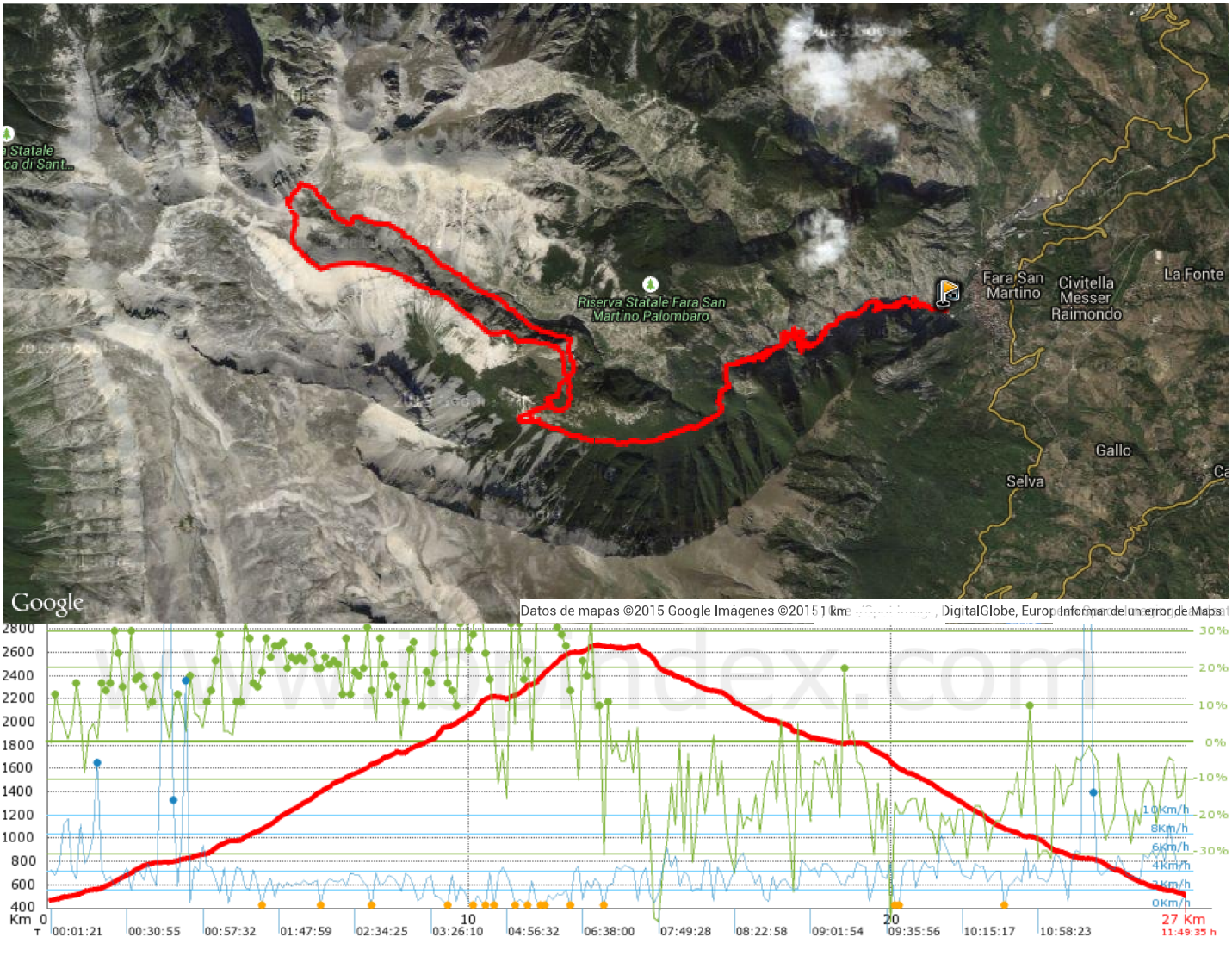
Accumulated climb: 2308.47 m	info Points list
Accumulated descent: 2268.1 m	
Maximum height: 2666.2 m	
Minimal height: 466.37 m	
Climb rate: 17.79 %	
Descent rate: 17.05 %	
Positive climb difference per Km: 85.48 m	
Negative descent difference per Km: 83.98 m	

Direction changes per Km: 16.4
Direction changes >5º per Km: 13.66
Accumulated straight stretches: 2.456 Km
Straight stretches per Km: 90.94 m
Penalizables slope changes: 13
Penalizables slope changes per Km: 0.481

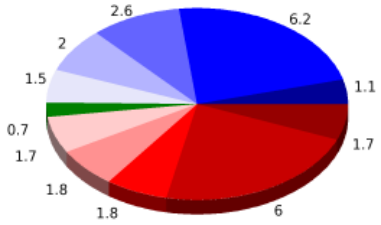
Total time: 11:49:35 h
Time in movement: 8:37:05 h
Stopped time: 3:12:30 h

Total speed average: 2.28 Km/h
Average speed in movement : 3.13 Km/h
Maximum held speed: 21.05 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%	1.665	6.16	1.77	0:56:28
Between 15 and 30%	6.012	22.26	2.49	2:25:03
Between 10 and 15%	1.835	6.79	3.29	0:33:27
Between 5 and 10%	1.766	6.54	3.72	0:28:28
Between 1 and 5%	1.697	6.28	4.12	0:24:43
Total	12.975	48.04	2.7	4:48:09
Plain				
Difference of 1%	0.726	2.69	7.66	0:05:41
Breakdown descents				
Between 1 and 5%	1.476	5.47	4.14	0:21:23
Between 5 and 10%	1.956	7.24	3.85	0:30:30
Between 10 and 15%	2.642	9.78	3.49	0:45:22
Between 15 and 30%	6.155	22.79	3.61	1:42:25
Between 30% and 55%	1.077	3.99	2.74	0:23:35
Total	13.306	49.27	3.58	3:43:15
Total track:	27.007	100 %	3.13	8:37:05

High altitude parameters, data above 1500 m

Altitude m	Distance Km	% of total	Time in movement	Speed	Stopped time	Total time	Speed total
2500	2.423	8.97	0:55:47	2.61	0:46:08	1:41:55	1.43
2250	2.409	8.92	0:52:26	2.76	0:33:55	1:26:21	1.67
2000	2.739	10.14	1:01:01	2.69	0:35:49	1:36:50	1.7
1750	3.494	12.94	1:11:43	2.92	0:23:18	1:35:01	2.21
1500	2.768	10.25	0:55:04	3.02	0:20:41	1:15:45	2.19
Total:	13.832 Km	51.22 %	4:56:01 h	2.8 Km/h	2:39:51 h	7:35:52 h	1.82 Km/h

Stops

Distance Km	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
3.343	0:03:03	826	0:50:05	0:50:05	3.343
4.23	0:04:10	972	1:11:44	0:21:39	0.887
4.98	0:07:34	1060	1:29:37	0:17:53	0.75
6.439	0:04:40	1395	2:11:32	0:41:55	1.46
7.552	0:07:50	1610	2:40:01	0:28:29	1.113
8.742	0:02:27	1794	3:15:57	0:35:56	1.19
9.275	0:02:39	1907	3:33:48	0:17:51	0.532
9.368	0:13:00 > 10'	1950	3:39:05	0:05:17 < 10'	0.093
9.589	0:02:27	1973	3:54:50	0:15:45	0.221
9.869	0:02:43	2036	4:03:15	0:08:25 < 10'	0.28
9.993	0:08:26	2064	4:09:25	0:06:10 < 10'	0.124
10.153	0:02:34	2121	4:22:31	0:13:06	0.16
10.307	0:09:26	2182	4:31:17	0:08:46 < 10'	0.153
10.467	0:05:16	2212	4:44:09	0:12:52	0.16
10.98	0:05:00	2215	4:58:25	0:14:16	0.513
11.223	0:09:39	2271	5:11:31	0:13:06	0.243
11.533	0:10:08 > 10'	2332	5:28:54	0:17:23	0.31
11.717	0:11:42 > 10'	2400	5:44:12	0:15:18	0.185
12.272	0:09:41	2575	6:17:33	0:33:21	0.555
13.085	0:30:30 > 10'	2659	6:47:37	0:30:04	0.813
13.921	0:02:33	2652	7:32:53	0:45:16	0.836
14.263	0:03:24	2574	7:41:27	0:08:34 < 10'	0.342
15.667	0:02:26	2272	8:08:34	0:27:07	1.404
16.971	0:02:24	2029	8:36:11	0:27:37	1.304
19.45	0:02:45	1791	9:24:57	0:48:46	2.479
20.046	0:12:51 > 10'	1632	9:40:00	0:15:03	0.596
22.609	0:13:12 > 10'	1093	10:30:29	0:50:29	2.563
Total:	3:12:30 h				

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