MTB RDB HKG RNG

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Track : 2015-06-28 Cima Macirenelle (MdT).gpx	TRAIL DIFFICULTY
Detected modality = HKG (Hiking)	Score
Reanalyzed as BYC (Bicycle) RNG (Running)	**IBP = 127 HKG**

Reliability of the original trail: A (1325/99/0/-/-/99)

Level of correction applied to the trail: 0

Total length: 13.062 Km mi / ft ?	**Max slope filter:** ~55 %
Analyzed distance: 13.062 Km	**Min. ponts separation:** ~30 m
Lineal distance: 0.028 Km	**Number of points:** 3480 (cad. 3.75 m)
	Significant points: 411 (cad. 31.86 m / 11.81 %)

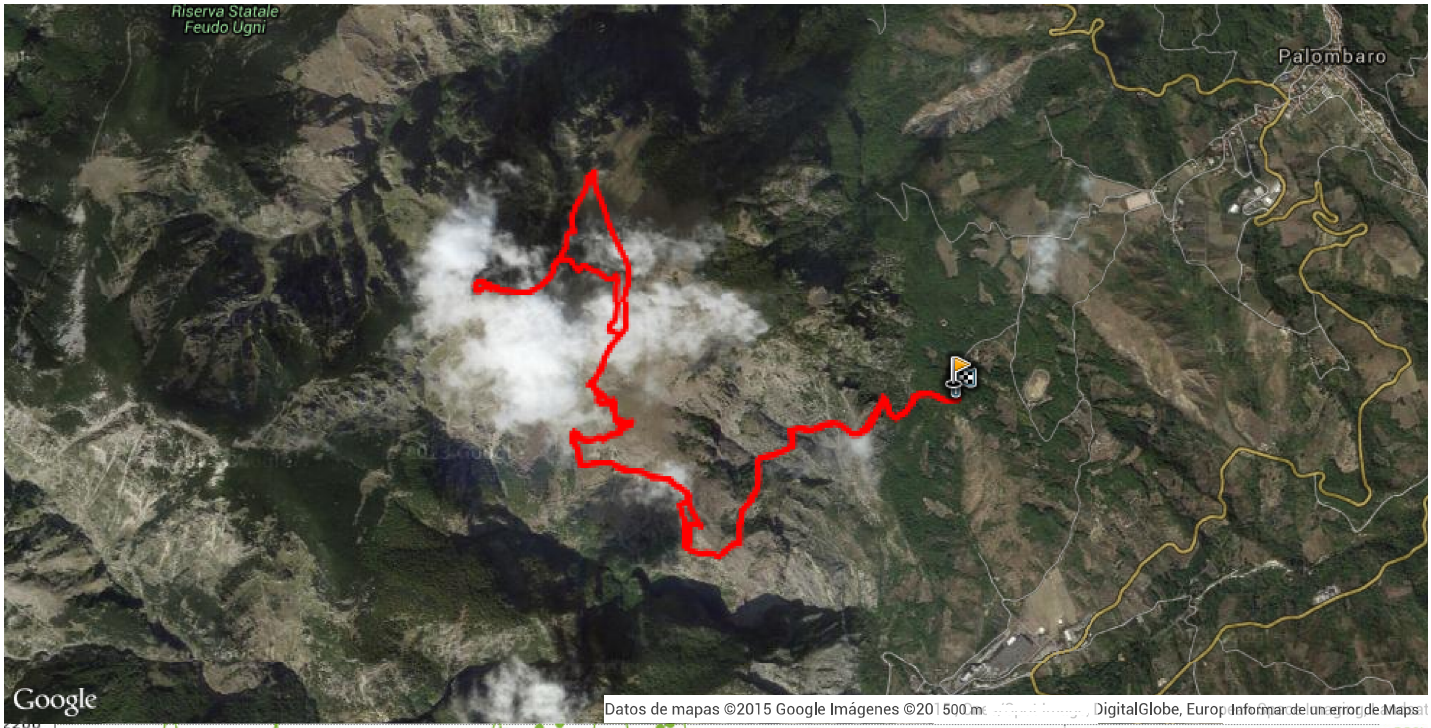
Accumulated climb: 1330.03 m	info Points list
Accumulated descent: 1355.75 m	
Maximum height: 2011.22 m	
Minimal height: 671.63 m	
Climb rate: 21.2 %	
Descent rate: 20.76 %	
Positive climb difference per Km: 101.82 m	
Negative descent difference per Km: 103.79 m	

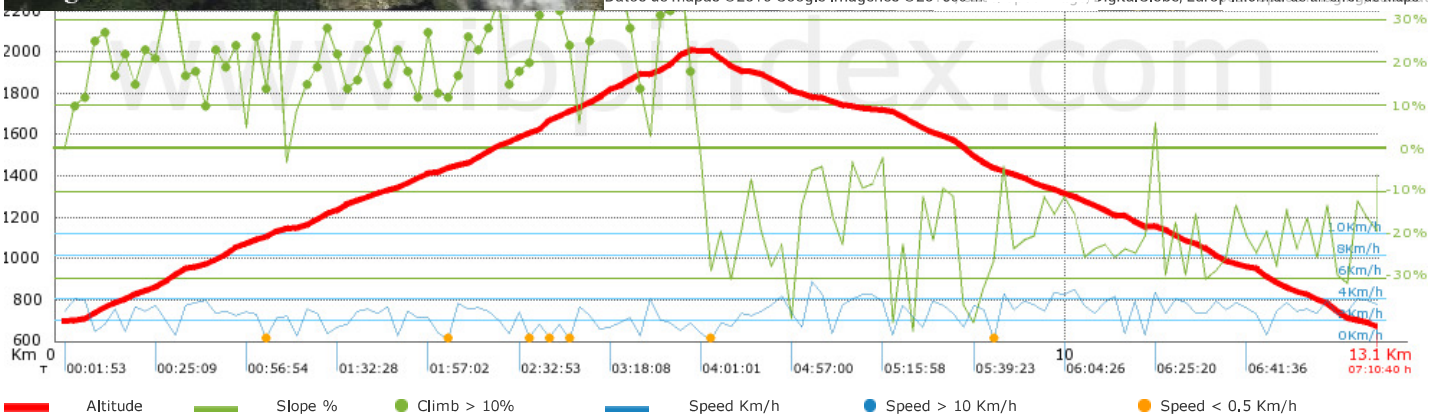
Direction changes per Km: 15.08
Direction changes >5º per Km: 13.24
Accumulated straight stretches: 1.101 Km
Straight stretches per Km: 84.29 m
Penalizables slope changes: 5
Penalizables slope changes per Km: 0.383

Total time: 7:10:40 h
Time in movement: 4:59:19 h
Stopped time: 2:11:21 h

Total speed average: 1.82 Km/h
Average speed in movement : 2.62 Km/h
Maximum held speed: 5.76 Km/h

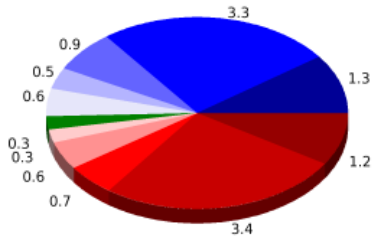
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Summary of slopes Km



Climbs	Distance Km	Km above the total in %	Speed in Km/h	Time h:m:s
Between 30% and 55%	1.249	9.56	1.65	0:45:20
Between 15 and 30%	3.426	26.23	2.42	1:25:07
Between 10 and 15%	0.665	5.09	3.09	0:12:55
Between 5 and 10%	0.607	4.65	3.04	0:11:59
Between 1 and 5%	0.325	2.49	2.8	0:06:58
Total	6.272	48.02	2.32	2:42:19
Plain				
Difference of 1%	0.259	1.98	2.49	0:06:14
Breakdown descents				
Between 1 and 5%	0.562	4.3	3.06	0:11:01
Between 5 and 10%	0.473	3.62	4.04	0:07:01
Between 10 and 15%	0.923	7.07	2.99	0:18:30
Between 15 and 30%	3.255	24.92	3.28	0:59:37
Between 30% and 55%	1.318	10.09	2.29	0:34:37
Total	6.531	50	3	2:10:46
Total track:	**13.062**	**100 %**	**2.62**	**4:59:19**

High altitude parameters, data above 1500 m

Altitude m	Distance Km	% of total	Time in movement	Speed	Stopped time	Total time	Speed total
2000	0.252	1.93	0:08:58	1.69	0:34:26	0:43:24	0.35
1750	2.189	16.75	0:59:27	2.21	0:16:35	1:16:02	1.73
1500	2.397	18.35	0:54:32	2.64	0:25:16	1:19:48	1.8
Total:	**4.837 Km**	**37.03 %**	**2:02:57 h**	**2.36 Km/h**	**1:16:17 h**	**3:19:14 h**	**1.46 Km/h**

Stops

Distance Km	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
1.082	0:07:55	899	0:29:38	0:29:38	1.082
2.027	0:07:16	1102	1:01:40	0:32:02	0.945
2.342	0:03:40	1145	1:15:44	0:14:04	0.315
2.632	0:02:31	1208	1:26:10	0:10:26	0.291
3.331	0:03:36	1337	1:45:38	0:19:28	0.699
3.672	0:02:18	1411	1:57:02	0:11:24	0.341
3.832	0:08:53	1435	2:02:33	0:05:31 < 10'	0.16
4.359	0:02:49	1546	2:24:17	0:21:44	0.526
4.614	0:04:38	1594	2:33:39	0:09:22 < 10'	0.255
4.804	0:05:17	1639	2:43:18	0:09:39 < 10'	0.19
5.023	0:09:23	1705	2:55:27	0:12:09	0.219
5.682	0:13:58 > 10'	1871	3:25:01	0:29:34	0.659
6.395	0:34:26 > 10'	2010	4:01:52	0:36:51	0.714
7.598	0:02:37	1770	5:03:35	1:01:43	1.202
8.208	0:03:09	1723	5:16:29	0:12:54	0.61
9.229	0:10:16 > 10'	1447	5:42:34	0:26:05	1.022
10.536	0:02:34	1213	6:14:26	0:31:52	1.307
10.732	0:03:03	1160	6:20:17	0:05:51 < 10'	0.196
11.95	0:03:02	918	6:45:39	0:25:22	1.217
Total:	**2:11:21 h**				

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