MTB RDB HKG RNG

Hi! Marco !Welcome to IBPindex!

Send to a friend Twittear 0 Compartir 0 Share

| | |
|---|---|
| **Track :** 2015-07-06 Monte La Mmeta (MdT).gpx | TRAIL DIFFICULTY |
| **Detected modality = HKG** (Hiking) | Score |
| **Reanalyzed as** BYC (Bicycle) RNG (Running) | **IBP = 130 HKG** |

**Reliability of the original trail:** B (1177/70/0/-/-/70)

**Level of correction applied to the trail:** 0

| | |
|---|---|
| **Total length:** 13.981 Km mi / ft ? | **Max slope filter:** ~55 % |
| **Analyzed distance:** 13.981 Km | **Min. ponts separation:** ~30 m |
| **Lineal distance:** 0.035 Km | **Number of points:** 3663 (cad. 3.82 m) |
| | **Significant points:** 438 (cad. 31.99 m / 11.96 %) |

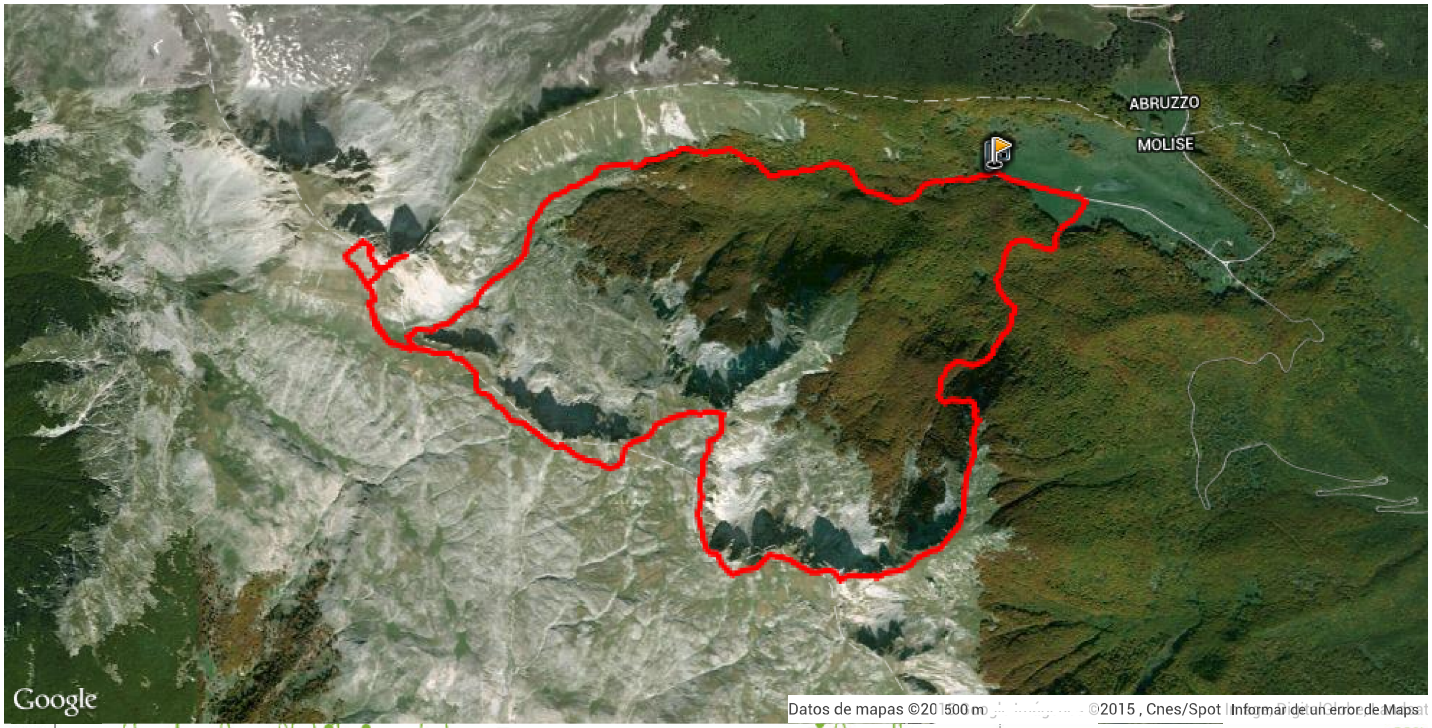
| | |
|---|---|
| **Accumulated climb:** 1208.96 m | info Points list |
| **Accumulated descent:** 1168.06 m | |
| **Maximum height:** 2239.05 m | |
| **Minimal height:** 1400.3 m | |
| **Climb rate:** 21.45 % | |
| **Descent rate:** 14.37 % | |
| **Positive climb difference per Km:** 86.47 m | |
| **Negative descent difference per Km:** 83.55 m | |

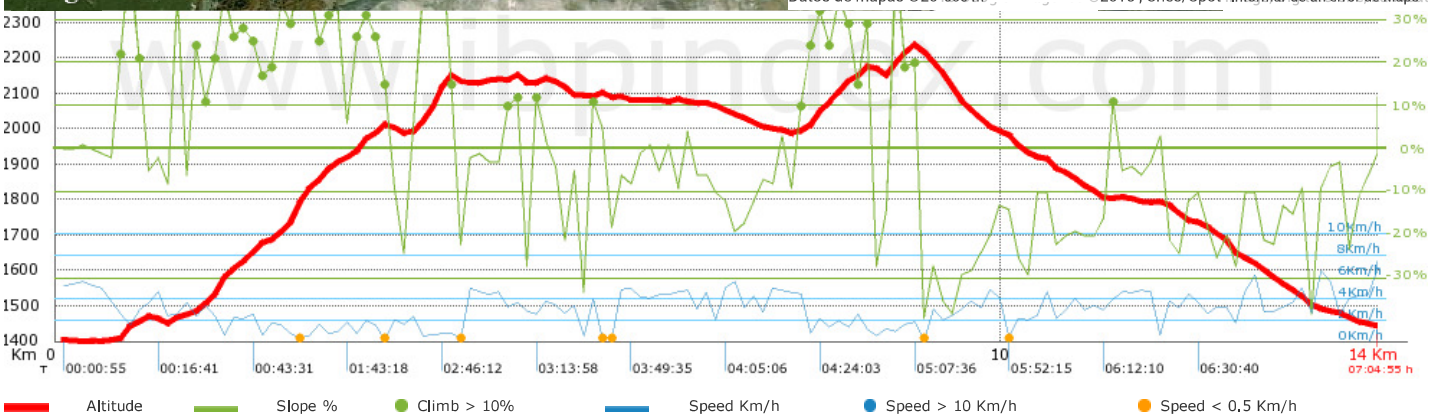
| |
|---|
| **Direction changes per Km:** 16.67 |
| **Direction changes >5º per Km:** 14.38 |
| **Accumulated straight stretches:** 1.233 Km |
| **Straight stretches per Km:** 88.19 m |
| **Penalizables slope changes:** 7 |
| **Penalizables slope changes per Km:** 0.501 |

| |
|---|
| **Total time:** 7:04:55 h |
| **Time in movement:** 4:45:10 h |
| **Stopped time:** 2:19:45 h |

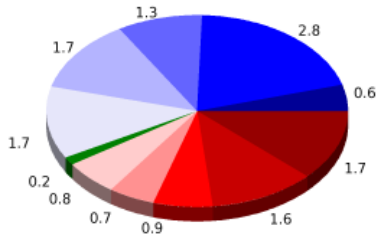
| |
|---|
| **Total speed average:** 1.97 Km/h |
| **Average speed in movement :** 2.94 Km/h |
| **Maximum held speed:** 7.35 Km/h |

Find The Best bike routes
cicloide
www.cicloide.com



**Summary of slopes Km**




| Climbs | Distance Km | Km above the total in % | Speed in Km/h | Time h:m:s |
|---|---|---|---|---|
| Between 30% and 55% | 1.711 | 12.24 | 2.11 | 0:48:40 |
| Between 15 and 30% | 1.559 | 11.15 | 2.13 | 0:43:55 |
| Between 10 and 15% | 0.9 | 6.44 | 3.25 | 0:16:37 |
| Between 5 and 10% | 0.679 | 4.86 | 2.91 | 0:14:00 |
| Between 1 and 5% | 0.787 | 5.63 | 3.53 | 0:13:23 |
| Total | 5.635 | 40.31 | 2.48 | 2:16:35 |
| **Plain** | | | | |
| Difference of 1% | 0.216 | 1.54 | 4.49 | 0:02:53 |
| **Breakdown descents** | | | | |
| Between 1 and 5% | 1.727 | 12.35 | 4.48 | 0:23:09 |
| Between 5 and 10% | 1.676 | 11.99 | 4.02 | 0:25:01 |
| Between 10 and 15% | 1.347 | 9.64 | 3.63 | 0:22:18 |
| Between 15 and 30% | 2.756 | 19.71 | 2.86 | 0:57:49 |
| Between 30% and 55% | 0.624 | 4.46 | 2.15 | 0:17:25 |
| Total | 8.129 | 58.15 | 3.35 | 2:25:42 |
| Total track: | 13.981 | 100 % | 2.94 | 4:45:10 |

**High altitude parameters, data above 1500 m**

| Altitude m | Distance Km | % of total | Time in movement | Speed | Stopped time | Total time | Speed total |
|---|---|---|---|---|---|---|---|
| 2000 | 5.977 | 42.75 | 2:08:42 | 2.79 | 1:32:16 | 3:40:58 | 1.62 |
| 1750 | 3.457 | 24.73 | 1:08:14 | 3.04 | 0:38:37 | 1:46:51 | 1.94 |
| 1500 | 2.337 | 16.71 | 0:53:39 | 2.61 | 0:08:52 | 1:02:31 | 2.24 |
| Total: | 11.771 Km | 84.2 % | 4:10:35 h | 2.82 Km/h | 2:19:45 h | 6:30:20 h | 1.81 Km/h |

**Stops**

| Distance Km | Stopped time | Altitude | Elapsed time | Last stop elapsed time | Last stop distance |
|---|---|---|---|---|---|
| 1.687 | 0:03:02 | 1545 | 0:30:24 | 0:30:24 | 1.687 |
| 2.084 | 0:03:00 | 1656 | 0:44:04 | 0:13:40 | 0.397 |
| 2.427 | 0:24:11 > 10' | 1727 | 0:57:29 | 0:13:25 | 0.343 |
| 2.639 | 0:04:03 | 1820 | 1:23:37 | 0:26:08 | 0.212 |
| 2.797 | 0:02:48 | 1865 | 1:32:23 | 0:08:46 < 10' | 0.158 |
| 3.143 | 0:02:40 | 1930 | 1:45:01 | 0:12:38 | 0.346 |
| 3.447 | 0:14:31 > 10' | 2008 | 1:55:58 | 0:10:57 | 0.305 |
| 3.838 | 0:14:58 > 10' | 2008 | 2:19:54 | 0:23:56 | 0.391 |
| 3.986 | 0:09:47 | 2074 | 2:36:25 | 0:16:31 | 0.148 |
| 4.139 | 0:08:30 | 2147 | 2:49:09 | 0:12:44 | 0.153 |
| 5.501 | 0:03:25 | 2104 | 3:23:40 | 0:34:31 | 1.362 |
| 5.728 | 0:15:04 > 10' | 2100 | 3:30:51 | 0:07:11 < 10' | 0.227 |
| 8.569 | 0:07:04 | 2176 | 4:43:32 | 1:12:41 | 2.841 |
| 9.082 | 0:18:57 > 10' | 2239 | 5:09:18 | 0:25:46 | 0.512 |
| 9.955 | 0:04:15 | 1994 | 5:46:48 | 0:37:30 | 0.873 |
| 11.561 | 0:03:30 | 1793 | 6:19:33 | 0:32:45 | 1.607 |
| Total: | 2:19:45 h | | | | |

# Compare this trail with...

Select trails to compare from "My trails".

Contact

Notify anomaly for this analysis

Remove track and analysis

Store this trail on "My trails"

Download

GPX (.gpx)

Garmin Training Center (.tcx)

CompeGPS (.trk)

OziExplorer (.plt)

Google Earth (.kml)

PDF analysis

## Send this analysis to a friend

Message that will receive your friend:

**Re: m.ditommaso@libero.it**

**Hi.**

**Marco has considered that this analysis of a trail could be of your interest.**

(he/she will see a link to this page)

E-mail of your friend
You can enter multiple addresses separated by commas

Text

Send to a friend

IBPindexTeam
www.ibpindex.com
info@ibpindex.com

Partners