MTB RDB HKG RNG

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Track : 2015-07-11 Monte Aquila e Portella (MdT).gpx
Detected modality = HKG (Hiking)
Reanalyzed as BYC (Bicycle) RNG (Running)

TRAIL DIFFICULTY
Score
IBP = 88 HKG

Reliability of the original trail: C (628/57/0/-/-/57)
Level of correction applied to the trail: 0

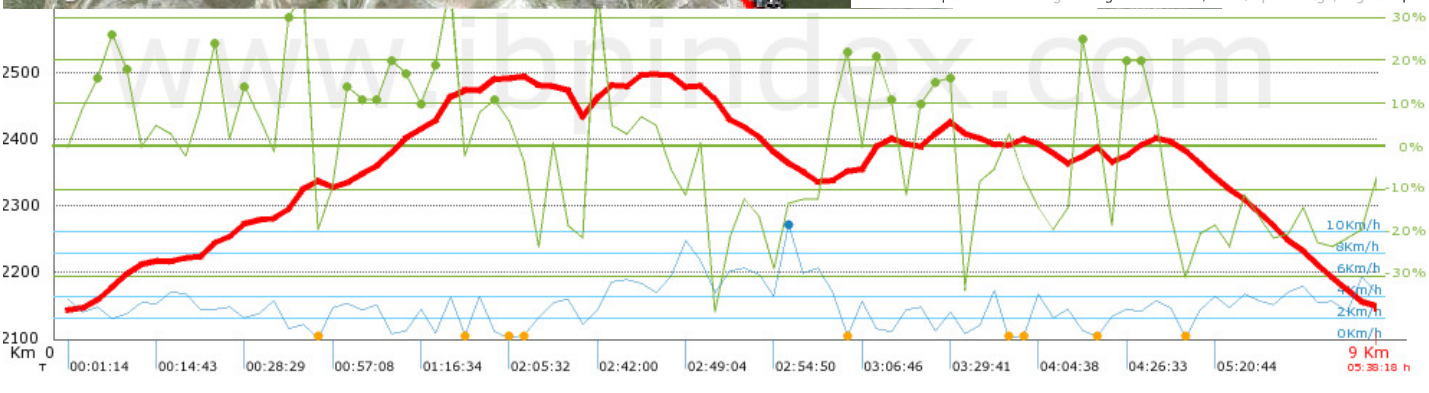
Total length: 9 Km mi / ft ?	**Max slope filter:** ~55 %
Analyzed distance: 9 Km	**Min. ponts separation:** ~30 m
Lineal distance: 0.037 Km	**Number of points:** 2442 (cad. 3.69 m)
	Significant points: 279 (cad. 32.37 m / 11.43 %)
Accumulated climb: 634.03 m	info Points list
Accumulated descent: 632.67 m	
Maximum height: 2497.16 m	**Direction changes per Km:** 15.33
Minimal height: 2143.88 m	**Direction changes >5º per Km:** 11.56
Climb rate: 15.01 %	**Accumulated straight stretches:** 1.113 Km
Descent rate: 14.68 %	**Straight stretches per Km:** 123.67 m
Positive climb difference per Km: 70.45 m	**Penalizables slope changes:** 5
Negative descent difference per Km: 70.3 m	**Penalizables slope changes per Km:** 0.556

Total time: 5:38:18 h
Time in movement: 2:46:22 h
Stopped time: 2:51:56 h

Total speed average: 1.6 Km/h
Average speed in movement : 3.25 Km/h
Maximum held speed: 11.2 Km/h

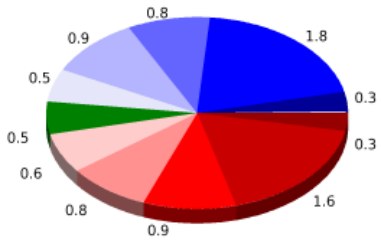
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Summary of slopes Km



Climbs	Distance Km	Km above the total in %	Speed in Km/h	Time h:m:s
Between 30% and 55%	0.317	3.52	1.79	0:10:38
Between 15 and 30%	1.621	18.01	2.58	0:37:45
Between 10 and 15%	0.875	9.72	3.21	0:16:22
Between 5 and 10%	0.845	9.39	3.76	0:13:29
Between 1 and 5%	0.568	6.31	3.62	0:09:25
Total	4.225	46.95	2.89	1:27:39
Plain				
Difference of 1%	0.464	5.16	3.99	0:06:59
Breakdown descents				
Between 1 and 5%	0.547	6.07	3.54	0:09:16
Between 5 and 10%	0.93	10.33	3.78	0:14:46
Between 10 and 15%	0.806	8.96	4.49	0:10:47
Between 15 and 30%	1.752	19.47	3.38	0:31:08
Between 30% and 55%	0.276	3.07	2.87	0:05:47
Total	4.311	47.9	3.61	1:11:44
Total track:	9	100 %	3.25	2:46:22

High altitude parameters, data above 1500 m

Altitude m	Distance Km	% of total	Time in movement	Speed	Stopped time	Total time	Speed total
2250	7.264	80.71	2:14:23	3.24	2:51:56	5:06:19	1.42
2000	1.736	19.29	0:31:59	3.26		0:31:59	3.26
Total:	9 Km	100 %	2:46:22 h	3.25 Km/h	2:51:56 h	5:38:18 h	1.6 Km/h

Stops

Distance Km	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
1.716	0:13:38 > 10'	2340	0:40:52	0:40:52	1.716
2.224	0:03:37	2374	1:05:51	0:24:59	0.508
2.286	0:02:18	2389	1:10:26	0:04:35 < 10'	0.062
2.514	0:03:10	2420	1:17:20	0:06:54 < 10'	0.228
2.676	0:04:58	2463	1:25:18	0:07:58 < 10'	0.162
2.899	0:02:22	2477	1:33:27	0:08:09 < 10'	0.223
3.026	0:51:40 > 10'	2489	1:38:22	0:04:55 < 10'	0.128
5.328	0:05:08	2345	2:59:42	1:21:20	2.301
5.579	0:02:42	2389	3:12:23	0:12:41	0.251
5.9	0:05:31	2395	3:21:39	0:09:16 < 10'	0.321
6.056	0:03:33	2425	3:29:41	0:08:02 < 10'	0.156
6.421	0:19:17 > 10'	2389	3:41:46	0:12:05	0.365
6.868	0:02:46	2364	4:08:31	0:26:45	0.447
7.029	0:07:51	2386	4:14:04	0:05:33 < 10'	0.162
7.581	0:43:25 > 10'	2393	4:32:15	0:18:11	0.551
Total:	2:51:56 h				

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