MTB RDB HKG RNG

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Track : 2015-07-24 Sentiero del centenario (MdT).gpx	TRAIL DIFFICULTY Score
Detected modality = HKG (Hiking)	**IBP = 180 HKG**
Reanalyzed as BYC (Bicycle) RNG (Running)	

Reliability of the original trail: B (1539/62/0/-/-/62)

Level of correction applied to the trail: 0

Total length: 19.406 Km mi / ft ?	**Max slope filter:** ~55 %
Analyzed distance: 19.406 Km	**Min. ponts separation:** ~30 m
Lineal distance: 13.084 Km	**Number of points:** 5270 (cad. 3.68 m)
	Significant points: 606 (cad. 32.08 m / 11.5 %)

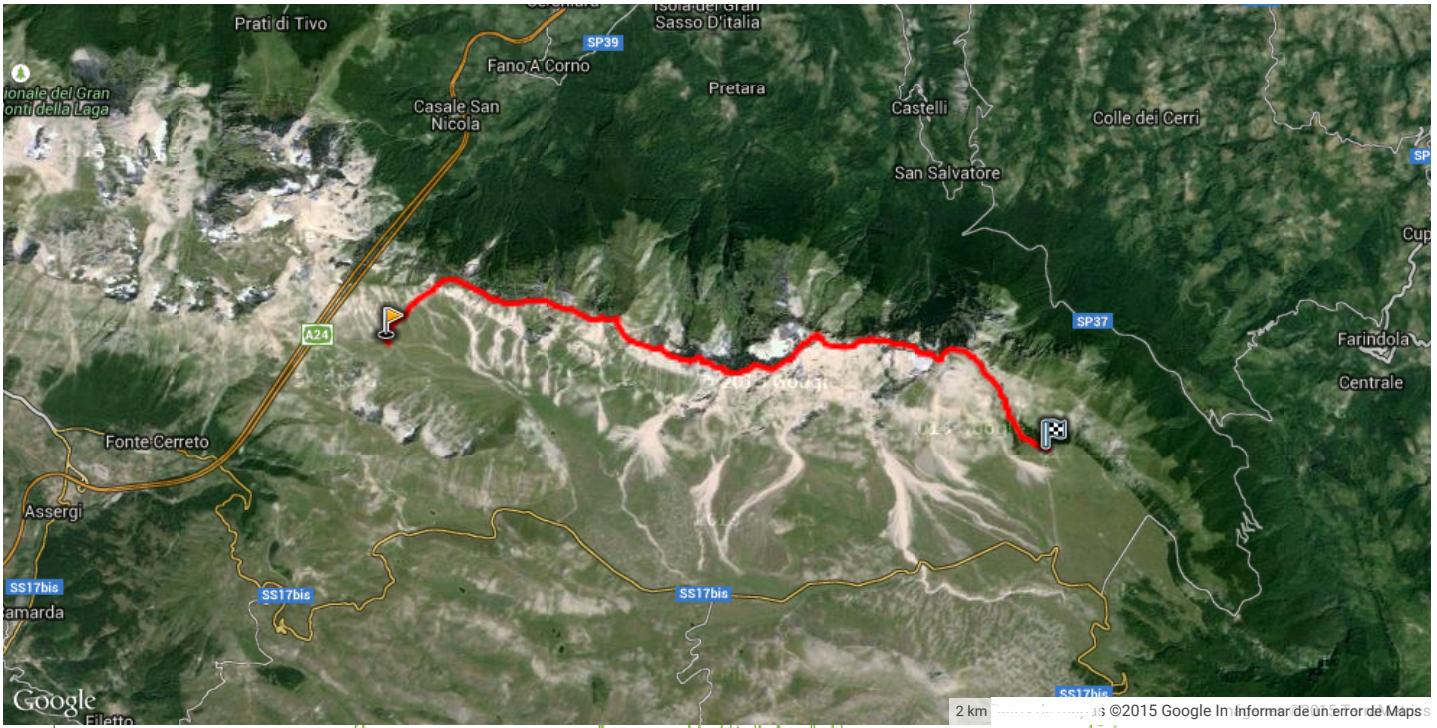
Accumulated climb: 1634.64 m	info Points list
Accumulated descent: 1789.32 m	
Maximum height: 2562.53 m	
Minimal height: 1631.81 m	
Climb rate: 16.69 %	
Descent rate: 19.54 %	
Positive climb difference per Km: 84.23 m	
Negative descent difference per Km: 92.2 m	

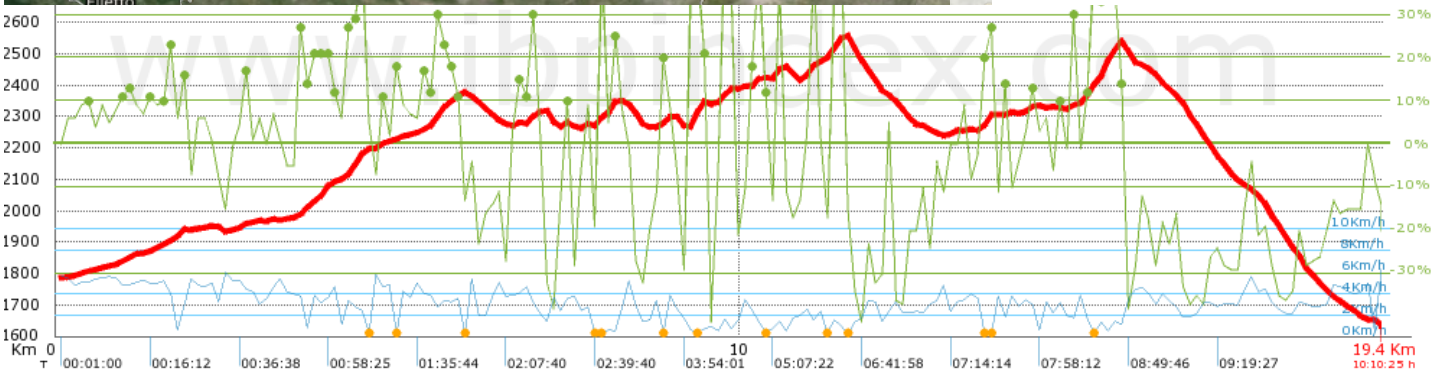
Direction changes per Km: 17.06
Direction changes >5º per Km: 14.02
Accumulated straight stretches: 1.848 Km
Straight stretches per Km: 95.23 m
Penalizables slope changes: 13
Penalizables slope changes per Km: 0.67

Total time: 10:10:25 h
Time in movement: 6:53:31 h
Stopped time: 3:16:54 h

Total speed average: 1.91 Km/h
Average speed in movement : 2.82 Km/h
Maximum held speed: 6.52 Km/h

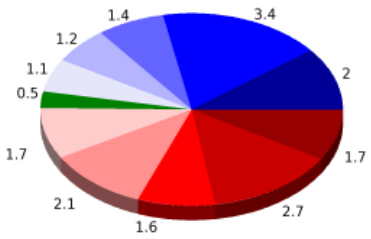
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Altitude | Slope % | Climb > 10% | Speed Km/h | Speed > 10 Km/h | Speed < 0.5 Km/h

Summary of slopes Km



Climbs	Distance Km	Km above the total in %	Speed in Km/h	Time h:m:s
Between 30% and 55%	1.669	8.6	1.84	0:54:29
Between 15 and 30%	2.705	13.94	2.88	0:56:19
Between 10 and 15%	1.603	8.26	3.14	0:30:37
Between 5 and 10%	2.114	10.89	3.89	0:32:38
Between 1 and 5%	1.701	8.76	3.76	0:27:10
Total	9.792	50.46	2.92	3:21:13
Plain				
Difference of 1%	0.456	2.35	3.64	0:07:31
Breakdown descents				
Between 1 and 5%	1.139	5.87	3.69	0:18:31
Between 5 and 10%	1.171	6.04	3	0:23:24
Between 10 and 15%	1.413	7.28	3.31	0:25:38
Between 15 and 30%	3.416	17.6	2.71	1:15:40
Between 30% and 55%	2.018	10.4	1.97	1:01:34
Total	9.158	47.19	2.68	3:24:47
Total track:	19.406	100 %	2.82	6:53:31

High altitude parameters, data above 1500 m

Altitude m	Distance Km	% of total	Time in movement	Speed	Stopped time	Total time	Speed total
2500	0.642	3.31	0:25:27	1.51	0:29:41	0:55:08	0.7
2250	10.545	54.34	4:16:28	2.47	2:22:00	6:38:28	1.59
2000	2.932	15.11	0:50:59	3.45	0:15:58	1:06:57	2.63
1750	4.417	22.76	1:08:34	3.87	0:05:31	1:14:05	3.58
1500	0.871	4.49	0:12:03	4.34	0:03:44	0:15:47	3.31
Total:	19.406 Km	100 %	6:53:31 h	2.82 Km/h	3:16:54 h	10:10:25 h	1.91 Km/h

Stops

Distance Km	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
1.673	0:03:14	1905	0:20:23	0:20:23	1.673
3.568	0:02:17	1989	0:49:36	0:29:13	1.896
4.533	0:05:38	2195	1:10:13	0:20:37	0.965
4.931	0:10:20 > 10'	2222	1:20:42	0:10:29	0.398
5.912	0:07:43	2374	1:49:26	0:28:44	0.981
7.794	0:06:19	2273	2:32:10	0:42:44	1.882
7.859	0:05:01	2272	2:39:40	0:07:30 < 10'	0.065
7.924	0:26:03 > 10'	2284	2:46:28	0:06:48 < 10'	0.064
8.138	0:05:13	2338	3:14:46	0:28:18	0.215
8.821	0:07:25	2272	3:37:50	0:23:04	0.683
9.168	0:07:42	2272	3:54:01	0:16:11	0.347
9.32	0:05:40	2294	4:07:46	0:13:45	0.152
9.379	0:07:50	2315	4:14:19	0:06:33 < 10'	0.06
9.627	0:03:40	2349	4:29:12	0:14:53	0.248
9.781	0:02:47	2378	4:37:52	0:08:40 < 10'	0.154
10.278	0:04:57	2420	4:55:25	0:17:33	0.497
10.37	0:02:53	2424	5:02:15	0:06:50 < 10'	0.091
10.59	0:15:42 > 10'	2458	5:11:10	0:08:55 < 10'	0.221
11.154	0:09:31	2476	5:44:02	0:32:52	0.564
11.465	0:29:41 > 10'	2549	6:02:42	0:18:40	0.311
13.54	0:11:01 > 10'	2267	7:25:50	1:23:08	2.075
14.256	0:03:04	2332	7:54:09	0:28:19	0.716
15.08	0:06:04	2369	8:17:49	0:23:40	0.824
15.347	0:03:25	2464	8:34:52	0:17:03	0.267
19.214	0:03:44	1656	10:04:52	1:30:00	3.867
Total:	3:16:54 h				

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