MTB RDB HKG RNG

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Track : 2015-08-01 Pizzo Cefalone (MdT).gpx	TRAIL DIFFICULTY Score
Detected modality = HKG (Hiking)	**IBP = 98 HKG**
Reanalyzed as BYC (Bicycle) RNG (Running)	

Reliability of the original trail: B (747/63/0/-/-/63)

Level of correction applied to the trail: 0

Total length: 9.21 Km mi / ft ?	**Max slope filter:** ~55 %
Analyzed distance: 9.21 Km	**Min. ponts separation:** ~30 m
Lineal distance: 0.02 Km	**Number of points:** 2691 (cad. 3.42 m)
	Significant points: 288 (cad. 32.09 m / 10.7 %)

Accumulated climb: 753.94 m	info Points list
Accumulated descent: 674.07 m	
Maximum height: 2533.69 m	
Minimal height: 2061.2 m	
Climb rate: 17.48 %	
Descent rate: 14.63 %	
Positive climb difference per Km: 81.86 m	
Negative descent difference per Km: 73.19 m	

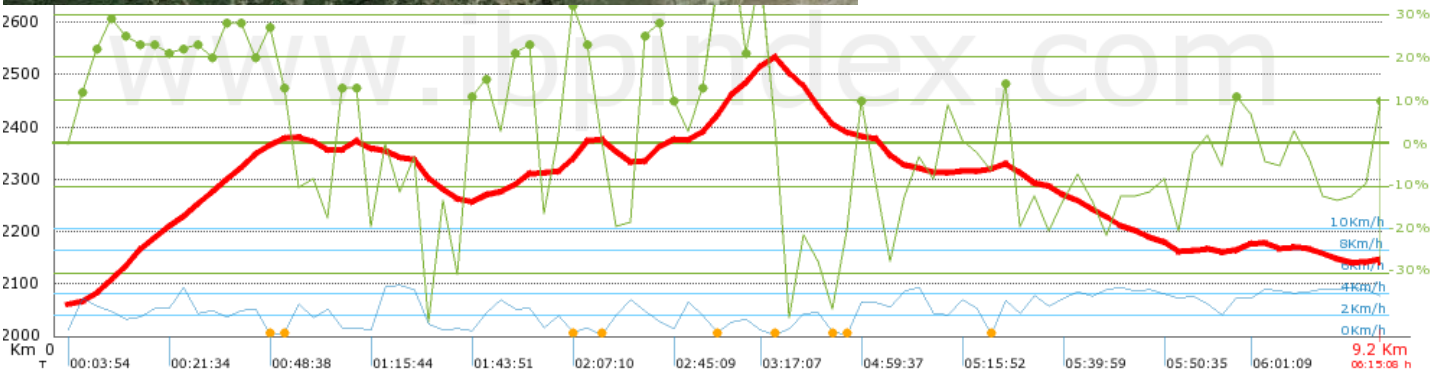
Direction changes per Km: 16.5
Direction changes >5º per Km: 13.25
Accumulated straight stretches: 0.895 Km
Straight stretches per Km: 97.18 m
Penalizables slope changes: 7
Penalizables slope changes per Km: 0.76

Total time: 6:15:08 h
Time in movement: 3:23:33 h
Stopped time: 2:51:35 h

Total speed average: 1.47 Km/h
Average speed in movement : 2.71 Km/h
Maximum held speed: 7.6 Km/h

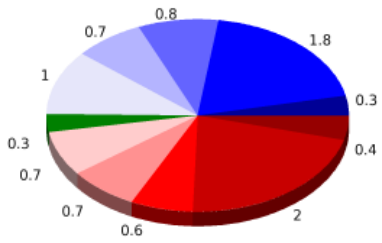
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Altitude | Slope % | Climb > 10% | Speed Km/h | Speed > 10 Km/h | Speed < 0.5 Km/h

Summary of slopes Km



Climbs	Distance Km	Km above the total in %	Speed in Km/h	Time h:m:s
Between 30% and 55%	0.401	4.36	1.52	0:15:50
Between 15 and 30%	2	21.71	2.48	0:48:27
Between 10 and 15%	0.553	6	2.72	0:12:11
Between 5 and 10%	0.67	7.28	3.35	0:12:00
Between 1 and 5%	0.688	7.47	3.56	0:11:35
Total	4.312	46.82	2.59	1:40:03
Plain				
Difference of 1%	0.291	3.16	2.85	0:06:07
Breakdown descents				
Between 1 and 5%	0.985	10.7	3.55	0:16:38
Between 5 and 10%	0.723	7.85	3.02	0:14:21
Between 10 and 15%	0.805	8.74	4.13	0:11:42
Between 15 and 30%	1.758	19.08	2.49	0:42:24
Between 30% and 55%	0.335	3.64	1.63	0:12:18
Total	4.607	50.02	2.84	1:37:23
Total track:	**9.21**	**100 %**	**2.71**	**3:23:33**

High altitude parameters, data above 1500 m

Altitude m	Distance Km	% of total	Time in movement	Speed	Stopped time	Total time	Speed total
2500	0.276	3	0:02:21	7.05	1:17:42	1:20:03	0.21
2250	5.893	63.99	2:25:24	2.43	1:30:45	3:56:09	1.5
2000	3.041	33.02	0:55:48	3.27	0:03:08	0:58:56	3.1
Total:	**9.21 Km**	**100 %**	**3:23:33 h**	**2.71 Km/h**	**2:51:35 h**	**6:15:08 h**	**1.47 Km/h**

Stops

Distance Km	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
1.449	0:16:08 > 10'	2357	0:39:24	0:39:24	1.449
1.856	0:02:20	2356	1:02:39	0:23:15	0.407
1.981	0:02:26	2356	1:06:19	0:03:40 < 10'	0.125
2.073	0:03:16	2373	1:11:15	0:04:56 < 10'	0.091
2.572	0:02:48	2302	1:25:19	0:14:04	0.5
2.692	0:09:15	2278	1:31:12	0:05:53 < 10'	0.12
3.47	0:04:30	2315	2:01:13	0:30:01	0.778
3.629	0:02:22	2366	2:09:39	0:08:26 < 10'	0.159
3.726	0:16:12 > 10'	2376	2:13:22	0:03:43 < 10'	0.097
4.167	0:02:51	2362	2:40:53	0:27:31	0.441
4.518	0:05:11	2410	2:53:01	0:12:08	0.351
4.791	0:07:36	2497	3:09:31	0:16:30	0.273
4.884	1:02:04 > 10'	2528	3:18:06	0:08:35 < 10'	0.093
5.006	0:08:02	2526	4:21:32	1:03:26	0.122
5.311	0:04:24	2426	4:39:48	0:18:16	0.305
5.401	0:09:18	2400	4:46:32	0:06:44 < 10'	0.089
6.408	0:09:44	2321	5:18:46	0:32:14	1.007
Total:	**2:51:35 h**				

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