MTB RDB HKG RNG

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| | |
|---|---|
| **Track :** 2015-08-19 Santa Marinella (MTB).plt | TRAIL DIFFICULTY |
| **Detected modality = BYC** (Bicycle) | Score |
| **Reanalyzed as** HKG (Hiking) RNG (Running) | **IBP = 54 BYC** |

| | |
|---|---|
| **Penalty trail's conditions: 73 %** ( > 50 % = MTB, < 50 % = RDB) | FITNESS LEVEL |
| **Reliability of the original trail:** B (787/63/0/-/-/63) | Ranking |
| **Level of correction applied to the trail:** 0 | **IBP *fit* = 25** |

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|---|---|
| **Total length:** 29.244 Km mi / ft ? | **Max slope filter:** ~30 % |
| **Analyzed distance:** 29.244 Km | **Min. ponts separation:** ~30 m |
| **Lineal distance:** 0.007 Km | **Number of points:** 2095 (cad. 13.96 m) |
| | **Significant points:** 716 (cad. 40.9 m / 34.18 %) |

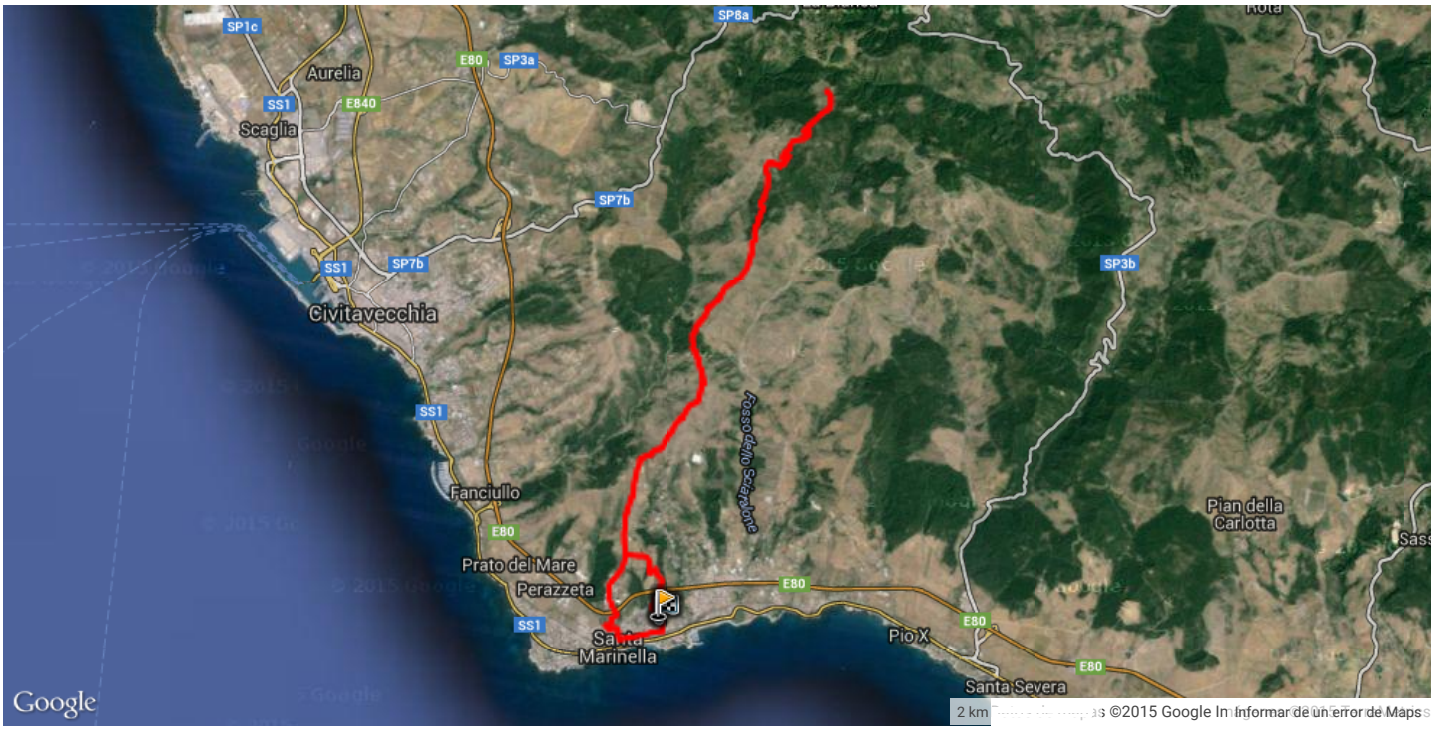
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|---|---|
| **Accumulated climb:** 786.92 m | info Points list |
| **Accumulated descent:** 786.9 m | |
| **Maximum height:** 499.54 m | |
| **Minimal height:** 19.84 m | |
| **Climb rate:** 5.74 % | |
| **Descent rate:** 5.96 % | |
| **Positive climb difference per Km:** 26.91 m | |
| **Negative descent difference per Km:** 26.91 m | |

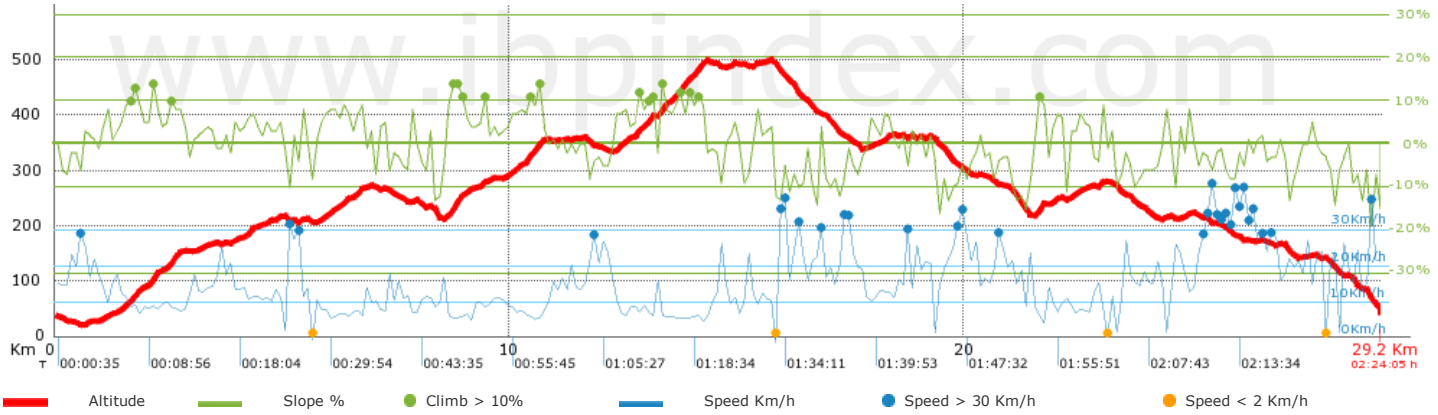
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|---|
| **Direction changes per Km:** 10.05 |
| **Direction changes >5º per Km:** 6.5 |
| **Accumulated straight stretches:** 6.704 Km |
| **Straight stretches per Km:** 229.24 m |
| **Penalizables slope changes:** 9 |
| **Penalizables slope changes per Km:** 0.308 |

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|---|
| **Total time:** 2:24:05 h |
| **Time in movement:** 2:16:00 h |
| **Stopped time:** 0:08:05 h |

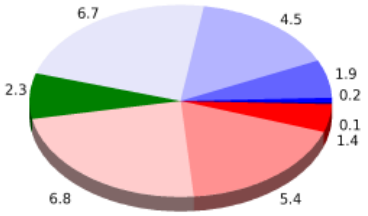
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|---|
| **Total speed average:** 12.18 Km/h |
| **Average speed in movement :** 12.9 Km/h |
| **Maximum held speed:** 44.74 Km/h |

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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 15 and 30% | 0.065 | 0.22 | 6.48 | 0:00:36 |
| Between 10 and 15% | 1.395 | 4.77 | 7.67 | 0:10:55 |
| Between 5 and 10% | 5.407 | 18.49 | 8.76 | 0:37:01 |
| Between 1 and 5% | 6.836 | 23.37 | 13.11 | 0:31:17 |
| Total | 13.702 | 46.85 | 10.3 | 1:19:49 |
| **Plain** | | | | |
| Difference of 1% | 2.335 | 7.98 | 16.2 | 0:08:39 |
| **Breakdown descents** | | | | |
| Between 1 and 5% | 6.674 | 22.82 | 15.23 | 0:26:18 |
| Between 5 and 10% | 4.452 | 15.22 | 18.86 | 0:14:10 |
| Between 10 and 15% | 1.927 | 6.59 | 17.61 | 0:06:34 |
| Between 15 and 30% | 0.154 | 0.53 | 18.49 | 0:00:30 |
| Total | 13.207 | 45.16 | 16.67 | 0:47:32 |
| Total track: | 29.244 | 100 % | 12.9 | 2:16:00 |

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

| Altitude m | Distance Km | % of total | Time in movement | Speed | Stopped time | Total time | Speed total |
|---|---|---|---|---|---|---|---|
| Total: | 0 Km/h | | | | | | |

**Stops**

| Distance Km | Stopped time | Altitude | Elapsed time | Last stop elapsed time | Last stop distance |
|---|---|---|---|---|---|
| 5.622 | 0:01:53 | 210 | 0:25:03 | 0:25:03 | 5.622 |
| 15.788 | 0:06:02 | 500 | 1:27:37 | 1:02:34 | 10.166 |
| 29.241 | 0:00:10 | 43 | 2:23:55 | 0:56:18 | 13.453 |
| Total: | 0:08:05 h | | | | |

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**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)

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You can enter multiple addresses separated by commas

Text

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