MTB RDB HKG RNG

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Track : 2015-08-20 Santa Marinella (MTB).plt	TRAIL DIFFICULTY
Detected modality = BYC (Bicycle)	Score
Reanalyzed as HKG (Hiking) RNG (Running)	**IBP = 61 BYC**

Penalty trail's conditions: 72 % (> 50 % = MTB, < 50 % = RDB)	FITNESS LEVEL
Reliability of the original trail: B (828/62/0/-/-/62)	Ranking
Level of correction applied to the trail: 0	**IBP *fit* = 14**

Total length: 31.468 Km mi / ft ?
Analyzed distance: 31.468 Km
Lineal distance: 0.007 Km

Accumulated climb: 827.75 m	info Points list
Accumulated descent: 795.09 m	
Maximum height: 501.46 m	
Minimal height: 2.07 m	
Climb rate: 5.73 %	
Descent rate: 5.81 %	
Positive climb difference per Km: 26.3 m	
Negative descent difference per Km: 25.27 m	

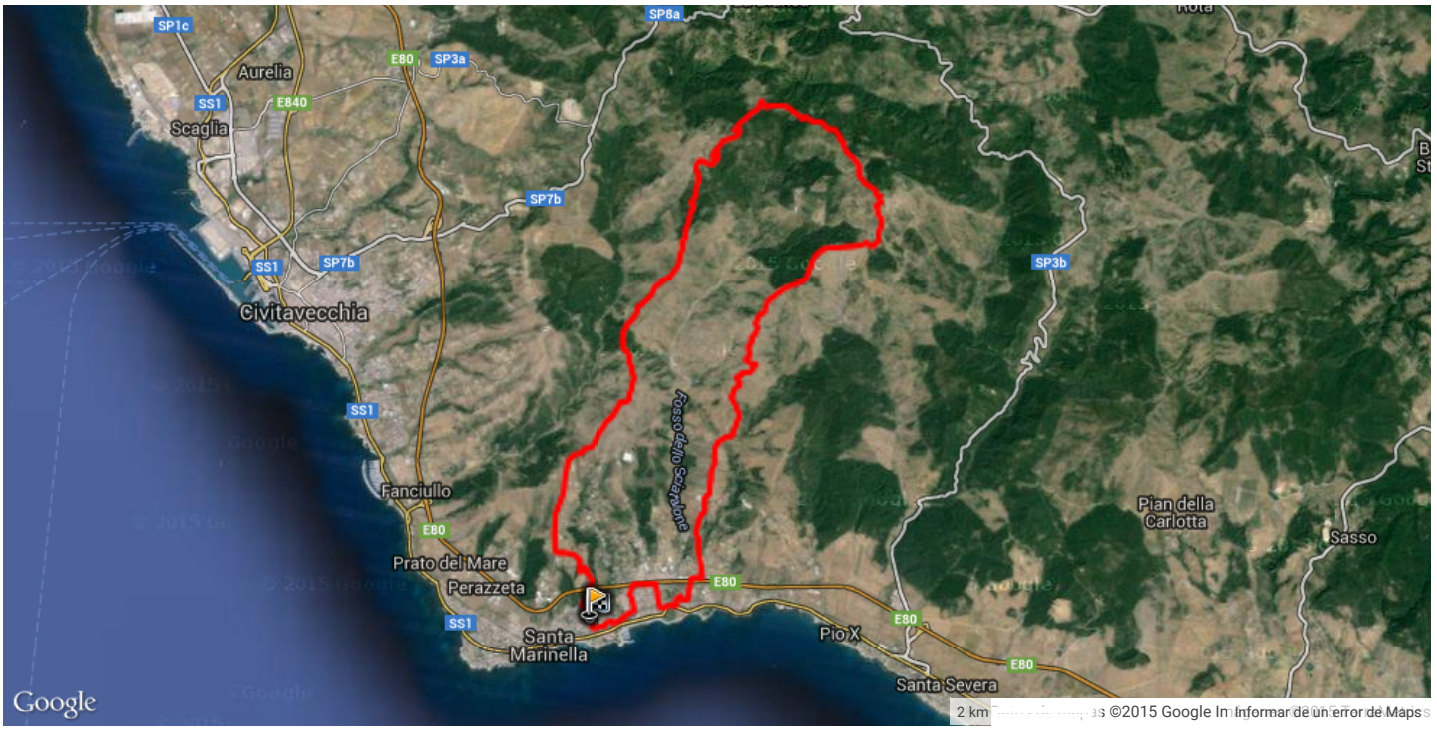
Total time: 2:27:36 h
Time in movement: 2:11:48 h
Stopped time: 0:15:48 h

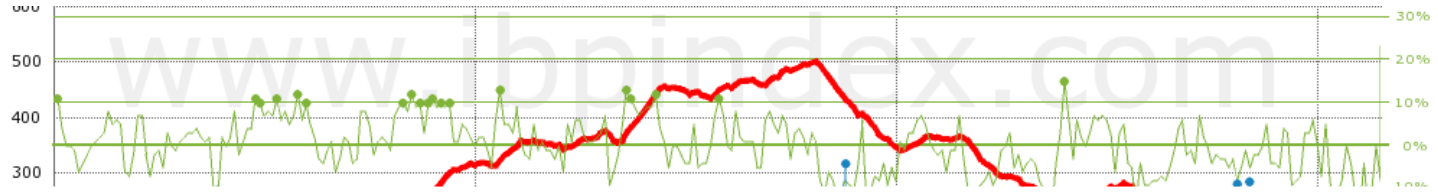
Total speed average: 12.79 Km/h
Average speed in movement : 14.33 Km/h
Maximum held speed: 45.1 Km/h

Max slope filter: ~30 %
Min. ponts separation: ~30 m
Number of points: 2167 (cad. 14.52 m)
Significant points: 741 (cad. 42.52 m / 34.19 %)

Direction changes per Km: 9.47
Direction changes >5º per Km: 6.1
Accumulated straight stretches: 6.685 Km
Straight stretches per Km: 212.44 m
Penalizables slope changes: 8
Penalizables slope changes per Km: 0.254

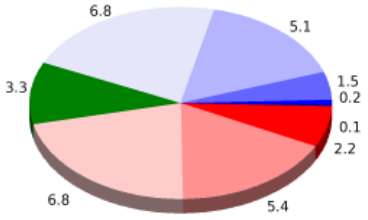
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Altitude | Slope % | Climb > 10% | Speed Km/h | Speed > 30 Km/h | Speed < 2 Km/h

Summary of slopes Km



Climbs	Distance Km	Km above the total in %	Speed in Km/h	Time h:m:s
Between 15 and 30%	0.064	0.2	6.76	0:00:34
Between 10 and 15%	2.166	6.88	7.5	0:17:20
Between 5 and 10%	5.4	17.16	9.54	0:33:57
Between 1 and 5%	6.822	21.68	13.67	0:29:57
Total	14.453	45.93	10.6	1:21:48
Plain				
Difference of 1%	3.322	10.56	15.1	0:13:12
Breakdown descents				
Between 1 and 5%	6.845	21.75	21.11	0:19:27
Between 5 and 10%	5.085	16.16	24.24	0:12:35
Between 10 and 15%	1.518	4.82	22.21	0:04:06
Between 15 and 30%	0.247	0.78	22.19	0:00:40
Total	13.693	43.52	22.33	0:36:48
Total track:	31.468	100 %	14.33	2:11:48

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
7.971	0:02:08	170	0:34:12	0:34:12	7.971
14.376	0:04:38	452	1:17:28	0:43:16	6.404
18.05	0:06:44	501	1:36:19	0:18:51	3.675
25.528	0:02:18	277	2:08:47	0:32:28	7.478
Total:	0:15:48 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.

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