MTB RDB HKG RNG

Hi! Marco !Welcome to IBPindex!

Send to a friend Twittear 0 Compartir 0 Share

Track : 2015-08-22 Rocca di Tolfa (MTB).plt	TRAIL DIFFICULTY
Detected modality = BYC (Bicycle)	Score
Reanalyzed as HKG (Hiking) RNG (Running)	**IBP = 94 BYC**

Penalty trail's conditions: 64 % (> 50 % = MTB, < 50 % = RDB)	FITNESS LEVEL
Reliability of the original trail: B (1313/60/0/-/-/60)	Ranking
Level of correction applied to the trail: 0	**IBP *fit* = 13**

Total length: 57.534 Km mi / ft ?
Analyzed distance: 57.534 Km
Lineal distance: 0.007 Km

Accumulated climb: 1313.97 m	info Points list
Accumulated descent: 1313.1 m	
Maximum height: 550.96 m	
Minimal height: 10.24 m	
Climb rate: 5.49 %	
Descent rate: 5.66 %	
Positive climb difference per Km: 22.84 m	
Negative descent difference per Km: 22.82 m	

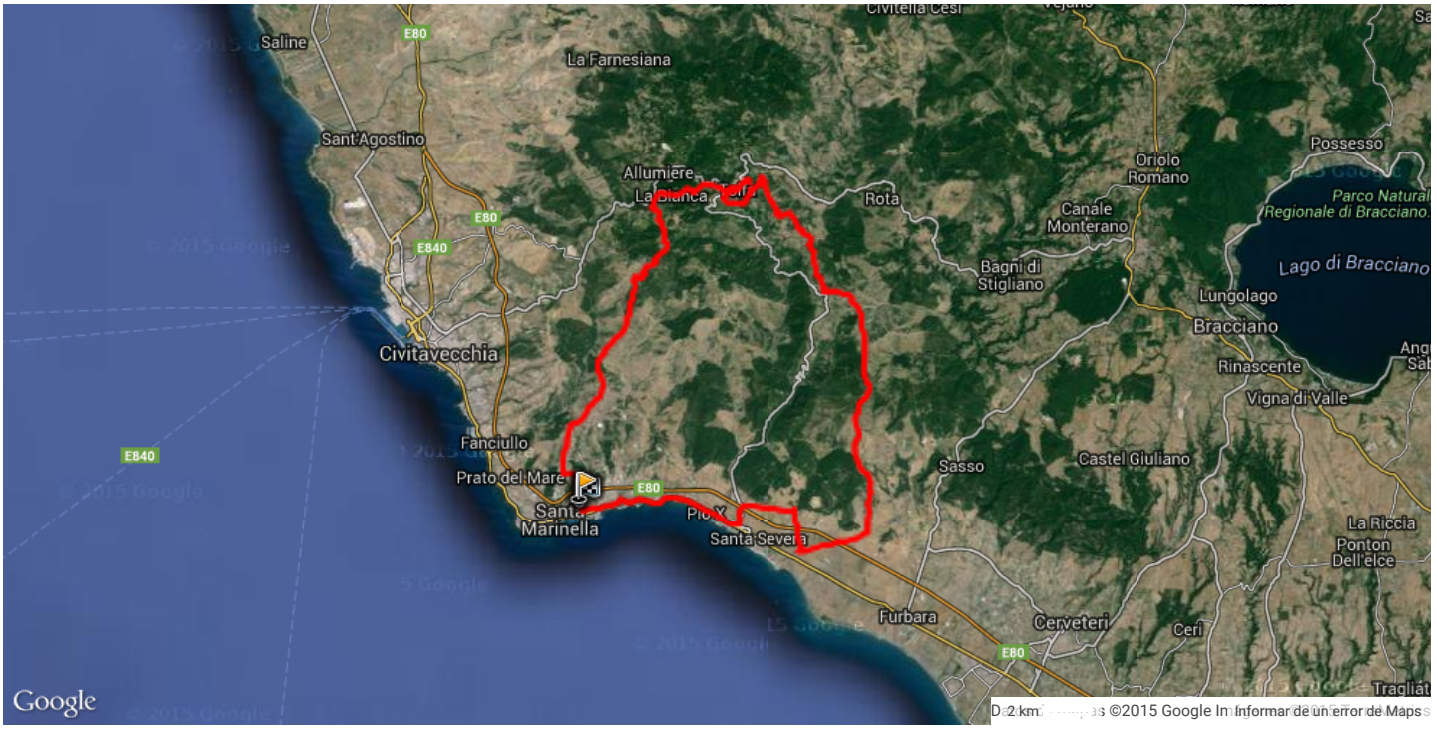
Total time: 4:03:47 h
Time in movement: 3:39:39 h
Stopped time: 0:24:08 h

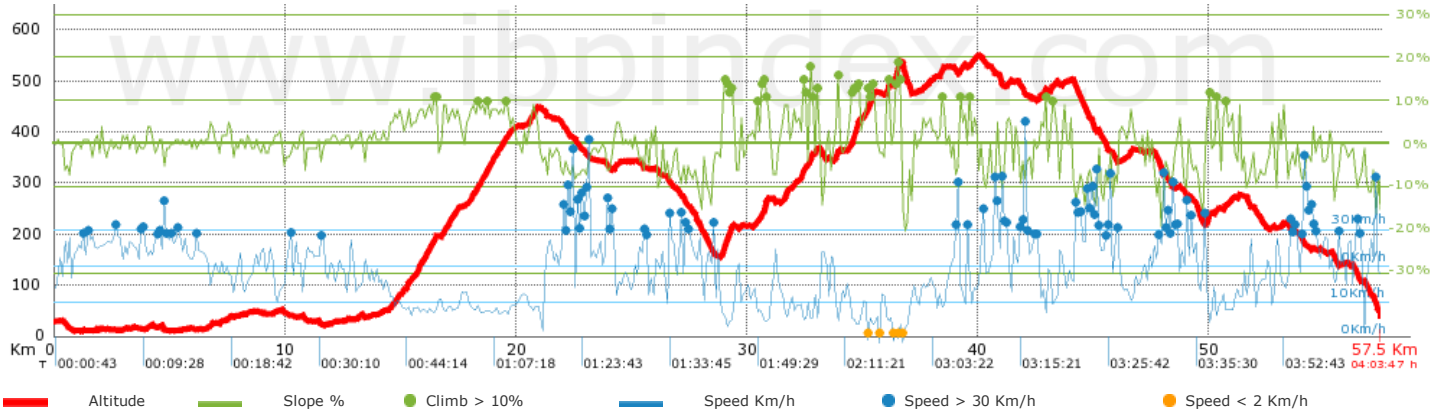
Total speed average: 14.16 Km/h
Average speed in movement : 15.72 Km/h
Maximum held speed: 45.29 Km/h

Max slope filter: ~30 %
Min. ponts separation: ~30 m
Number of points: 3532 (cad. 16.29 m)
Significant points: 1315 (cad. 43.79 m / 37.23 %)

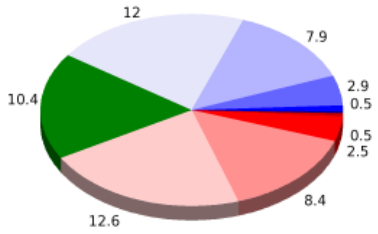
Direction changes per Km: 9.16
Direction changes >5º per Km: 5.39
Accumulated straight stretches: 16.785 Km
Straight stretches per Km: 291.74 m
Penalizables slope changes: 14
Penalizables slope changes per Km: 0.243

Find The Best bike routes
cicloide
www.cicloide.com





Summary of slopes Km



Climbs	Distance Km	Km above the total in %	Speed in Km/h	Time h:m:s
Between 15 and 30%	0.451	0.78	5.29	0:05:07
Between 10 and 15%	2.531	4.4	7.03	0:21:37
Between 5 and 10%	8.379	14.56	10.48	0:47:59
Between 1 and 5%	12.59	21.88	15.58	0:48:29
Total	23.951	41.63	11.66	2:03:12
Plain				
Difference of 1%	10.387	18.05	19.85	0:31:24
Breakdown descents				
Between 1 and 5%	11.972	20.81	20.41	0:35:12
Between 5 and 10%	7.865	13.67	25.37	0:18:36
Between 10 and 15%	2.868	4.99	20.78	0:08:17
Between 15 and 30%	0.489	0.85	9.88	0:02:58
Total	23.194	40.31	21.39	1:05:03
Total track:	57.534	100 %	15.72	3:39:39

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
35.204	0:02:00	438	2:18:02	2:18:02	35.204
35.657	0:07:25	478	2:23:44	0:05:42 < 10'	0.454
36.345	0:02:44	489	2:35:32	0:11:48	0.688
36.478	0:01:24	505	2:39:38	0:04:06 < 10'	0.133
36.673	0:10:35 > 10'	538	2:44:28	0:04:50 < 10'	0.195
Total:	0:24:08 h				

Compare this trail with...

Select trails to compare from "My trails".

Contact

Notify anomaly for this analysis

Remove track and analysis

Store this trail on "My trails"

Download

GPX (.gpx)

Garmin Training Center (.tcx)

CompeGPS (.trk)

OziExplorer (.plt)

Google Earth (.kml)

PDF analysis

Send this analysis to a friend

Message that will receive your friend:

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)

E-mail of your friend

You can enter multiple addresses separated by commas

Text

Send to a friend

IBPindexTeam
www.ibpindex.com
info@ibpindex.com

Partners