MTB RDB HKG RNG

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Track : 2015-09-19 Il Costone Orientale	TRAIL DIFFICULTY
Detected modality = HKG (Hiking)	Score
Reanalyzed as BYC (Bicycle) RNG (Running)	**IBP = 95 HKG**

Reliability of the original trail: A (751/77/0/-/-/77)

Level of correction applied to the trail: 0

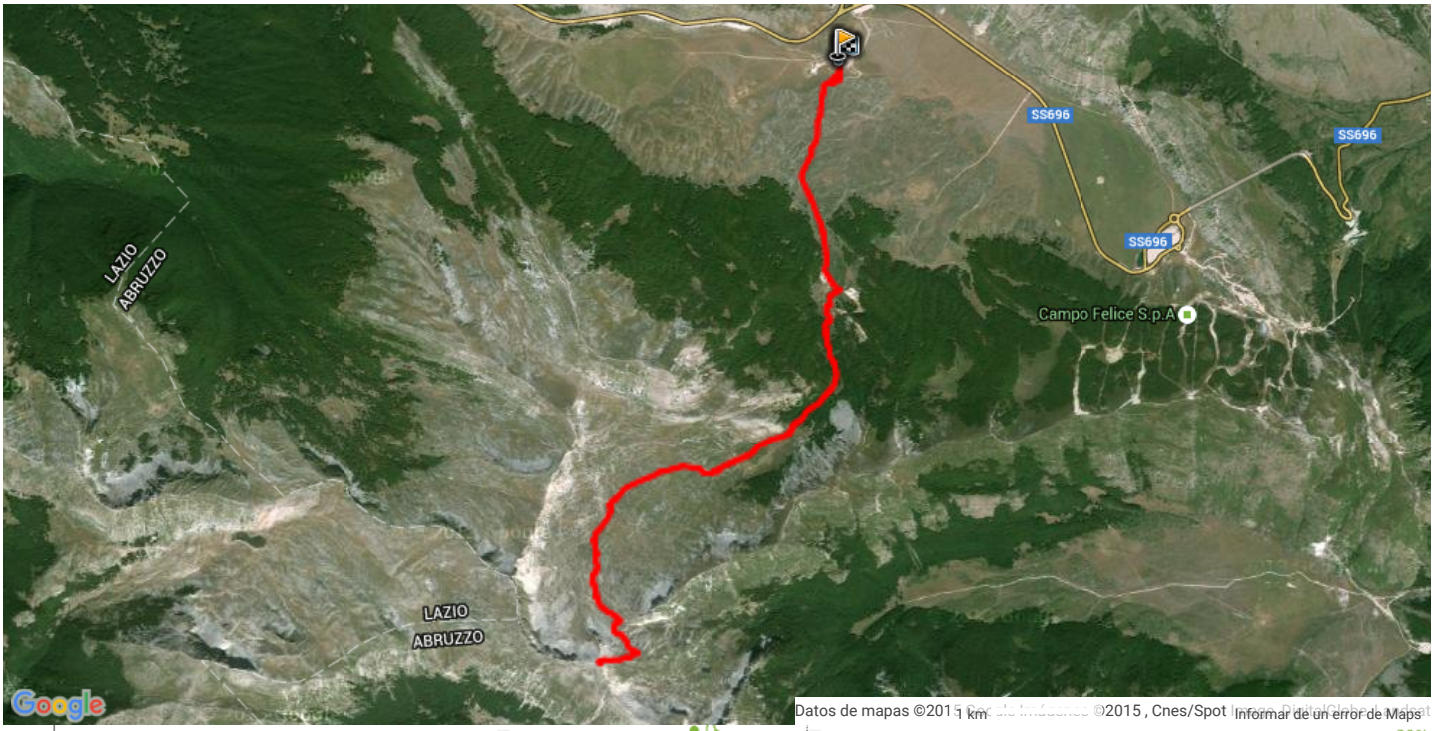
Total length: 17.647 Km mi / ft ?	**Max slope filter:** ~55 %
Analyzed distance: 17.647 Km	**Min. ponts separation:** ~30 m
Lineal distance: 0.005 Km	**Number of points:** 2899 (cad. 6.09 m)
	Significant points: 532 (cad. 33.23 m / 18.35 %)

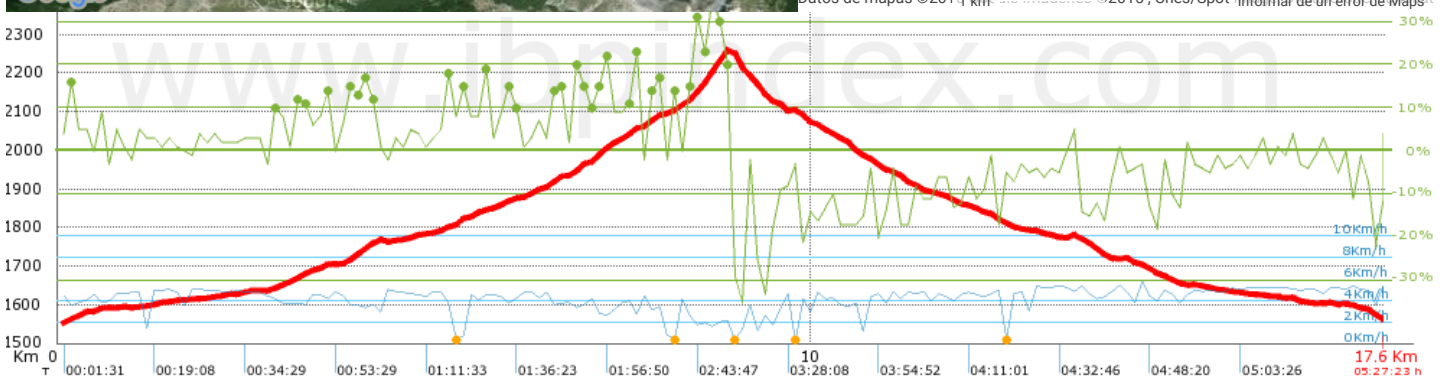
Accumulated climb: 757.11 m	info Points list
Accumulated descent: 747.5 m	
Maximum height: 2263.08 m	**Direction changes per Km:** 15.7
Minimal height: 1551.71 m	**Direction changes >5º per Km:** 11.96
Climb rate: 8.89 %	**Accumulated straight stretches:** 2.49 Km
Descent rate: 8.83 %	**Straight stretches per Km:** 141.1 m
Positive climb difference per Km: 42.9 m	**Penalizables slope changes:** 5
Negative descent difference per Km: 42.36 m	**Penalizables slope changes per Km:** 0.283

Total time: 5:27:23 h	
Time in movement: 4:36:14 h	
Stopped time: 0:51:09 h	

Total speed average: 3.23 Km/h
Average speed in movement : 3.83 Km/h
Maximum held speed: 5.72 Km/h

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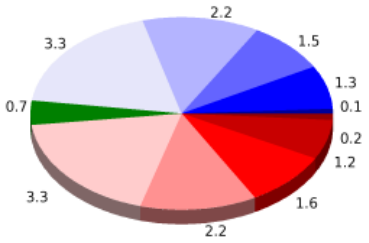




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Altitude | Slope % | Climb > 10% | Speed Km/h | Speed > 10 Km/h | Speed < 0.5 Km/h

Summary of slopes Km



Climbs	Distance Km	Km above the total in %	Speed in Km/h	Time h:m:s
Between 30% and 55%	0.184	1.05	1.45	0:07:38
Between 15 and 30%	1.229	6.96	2.57	0:28:38
Between 10 and 15%	1.611	9.13	3.35	0:28:52
Between 5 and 10%	2.229	12.63	4.12	0:32:27
Between 1 and 5%	3.263	18.49	4.27	0:45:50
Total	8.516	48.26	3.56	2:23:25
Plain				
Difference of 1%	0.664	3.76	4.51	0:08:50
Breakdown descents				
Between 1 and 5%	3.305	18.73	4.84	0:41:00
Between 5 and 10%	2.245	12.72	4.61	0:29:13
Between 10 and 15%	1.509	8.55	4.06	0:22:19
Between 15 and 30%	1.285	7.28	2.83	0:27:14
Between 30% and 55%	0.123	0.7	1.76	0:04:13
Total	8.467	47.98	4.1	2:03:59
Total track:	**17.647**	**100 %**	**3.83**	**4:36:14**

High altitude parameters, data above 1500 m

Altitude m	Distance Km	% of total	Time in movement	Speed	Stopped time	Total time	Speed total
2250	0.148	0.84	0:05:04	1.75	0:06:05	0:11:09	0.8
2000	3.149	17.85	1:10:29	2.68	0:30:42	1:41:11	1.87
1750	6.359	36.04	1:31:42	4.16	0:14:22	1:46:04	3.6
1500	7.991	45.28	1:48:59	4.4		1:48:59	4.4
Total:	**17.647 Km**	**100 %**	**4:36:14 h**	**3.83 Km/h**	**0:51:09 h**	**5:27:23 h**	**3.23 Km/h**

Stops

Distance Km	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
5.233	0:08:00	1804	1:16:43	1:16:43	5.233
8.021	0:23:05 > 10'	2096	2:11:17	0:54:34	2.788
8.862	0:06:05	2259	2:59:38	0:48:21	0.841
9.693	0:07:37	2104	3:28:46	0:29:08	0.831
12.461	0:06:22	1821	4:16:20	0:47:34	2.768
Total:	**0:51:09 h**				

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2013-08-09 Pietra Corniale (RNG)	Ref.: 36511309914406
2013-08-04 Pietra Corniale (RNG)	Ref.: 36511309914467
2013-08-06 Pietra Corniale (RNG)	Ref.: 36511309913793

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