MTB RDB HKG RNG

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Track : 2015-09-26 Grotta di S. Benedetto
Detected modality = HKG (Hiking)
Reanalyzed as BYC (Bicycle) RNG (Running)

TRAIL DIFFICULTY
Score
IBP = 60 HKG

Reliability of the original trail: A (570/74/0/-/-/74)
Level of correction applied to the trail: 0

Total length: 11.08 Km mi / ft ?	**Max slope filter:** ~55 %
Analyzed distance: 11.08 Km	**Min. ponts separation:** ~30 m
Lineal distance: 0.024 Km	**Number of points:** 2616 (cad. 4.24 m)
	Significant points: 346 (cad. 32.11 m / 13.23 %)

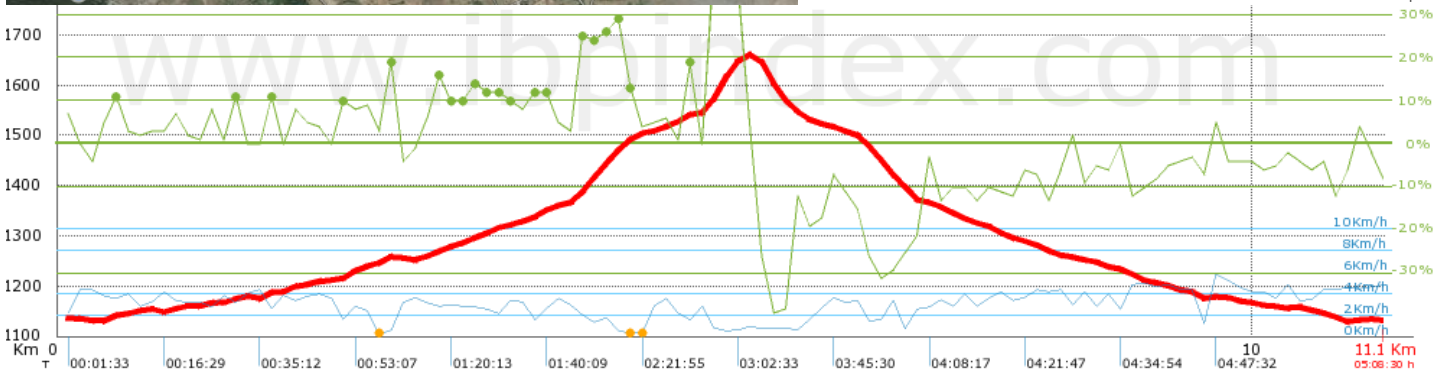
Accumulated climb: 574.85 m	info Points list
Accumulated descent: 576.04 m	
Maximum height: 1659.85 m	**Direction changes per Km:** 14.8
Minimal height: 1129.21 m	**Direction changes >5º per Km:** 11.28
Climb rate: 10.78 %	**Accumulated straight stretches:** 1.342 Km
Descent rate: 10.95 %	**Straight stretches per Km:** 121.12 m
Positive climb difference per Km: 51.88 m	**Penalizables slope changes:** 3
Negative descent difference per Km: 51.99 m	**Penalizables slope changes per Km:** 0.271

Total time: 5:08:30 h	
Time in movement: 3:57:30 h	
Stopped time: 1:11:00 h	

Total speed average: 2.15 Km/h	
Average speed in movement : 2.8 Km/h	
Maximum held speed: 5.97 Km/h	

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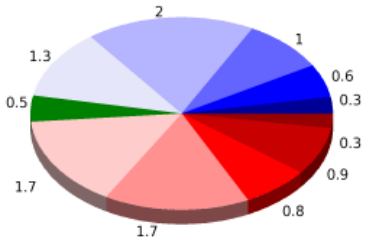




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Altitude | Slope % | Climb > 10% | Speed Km/h | Speed > 10 Km/h | Speed < 0.5 Km/h

Summary of slopes Km



Climbs	Distance Km	Km above the total in %	Speed in Km/h	Time h:m:s
Between 30% and 55%	0.303	2.73	2.2	0:08:15
Between 15 and 30%	0.867	7.83	1.72	0:30:13
Between 10 and 15%	0.78	7.04	2.58	0:18:08
Between 5 and 10%	1.674	15.11	2.65	0:37:52
Between 1 and 5%	1.707	15.41	2.82	0:36:21
Total	5.331	48.11	2.44	2:10:49
Plain				
Difference of 1%	0.489	4.42	3.27	0:08:59
Breakdown descents				
Between 1 and 5%	1.34	12.1	3.28	0:24:33
Between 5 and 10%	1.979	17.87	3.62	0:32:49
Between 10 and 15%	0.974	8.79	3.44	0:17:00
Between 15 and 30%	0.637	5.75	2.41	0:15:51
Between 30% and 55%	0.33	2.97	2.64	0:07:29
Total	5.26	47.47	3.23	1:37:42
Total track:	**11.08**	**100 %**	**2.8**	**3:57:30**

High altitude parameters, data above 1500 m

Altitude m	Distance Km	% of total	Time in movement	Speed	Stopped time	Total time	Speed total
1500	1.877	16.94	0:47:41	2.36	0:41:33	1:29:14	1.26
Total:	**1.877 Km**	**16.94 %**	**0:47:41 h**	**2.36 Km/h**	**0:41:33 h**	**1:29:14 h**	**1.26 Km/h**

Stops

Distance Km	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
2.629	0:10:44 > 10'	1246	0:56:48	0:56:48	2.629
4.606	0:03:21	1453	2:00:50	1:04:02	1.976
4.731	0:12:24 > 10'	1487	2:07:59	0:07:09 < 10'	0.125
5.427	0:15:23 > 10'	1560	2:40:27	0:32:28	0.695
5.605	0:03:14	1625	2:57:11	0:16:44	0.179
5.757	0:19:52 > 10'	1660	3:08:04	0:10:53	0.151
6.061	0:03:04	1569	3:31:59	0:23:55	0.305
6.984	0:02:58	1413	3:59:25	0:27:26	0.923
Total:	**1:11:00 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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