MTB RDB HKG RNG

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Track : 2015-10-04 Villa Pamphili	TRAIL DIFFICULTY
Detected modality = BYC (Bicycle)	Score
Reanalyzed as HKG (Hiking) RNG (Running)	**IBP = 29 BYC**

Penalty trail's conditions: 50 % (> 50 % = MTB, < 50 % = RDB)	FITNESS LEVEL
Reliability of the original trail: D (569/36/2/2/4/66)	Ranking
Level of correction applied to the trail: 6 See no fixed analysis	**IBP *fit* = 48**

Total length: 46.218 Km mi / ft ?
Analyzed distance: 46.218 Km
Lineal distance: 0.022 Km

Accumulated climb: 313.41 m	info Points list
Accumulated descent: 320.8 m	
Maximum height: 91.43 m	
Minimal height: 11.06 m	
Climb rate: 2.95 %	
Descent rate: 2.76 %	
Positive climb difference per Km: 6.78 m	
Negative descent difference per Km: 6.94 m	

Total time: 2:58:04 h
Time in movement: 2:51:23 h
Stopped time: 0:06:41 h

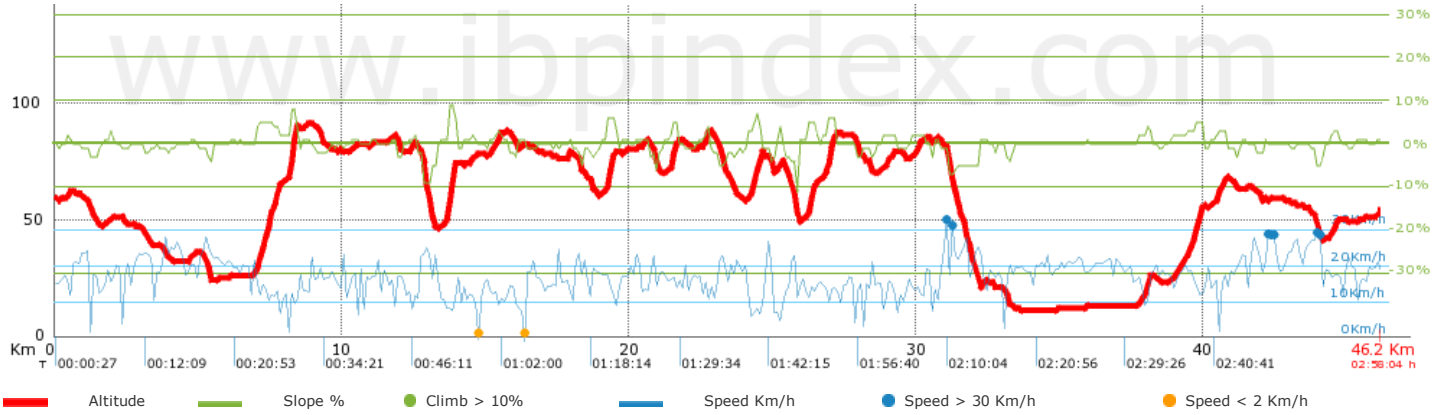
Total speed average: 15.57 Km/h
Average speed in movement : 16.18 Km/h
Maximum held speed: 34.4 Km/h

Max slope filter: ~30 %
Min. ponts separation: ~30 m
Number of points: 3587 (cad. 12.88 m)
Significant points: 1097 (cad. 42.17 m / 30.58 %)

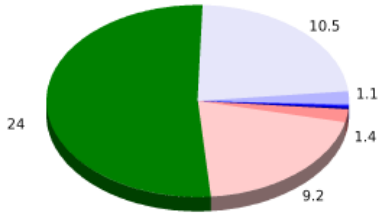
Direction changes per Km: 9.33
Direction changes >5º per Km: 5.91
Accumulated straight stretches: 9.816 Km
Straight stretches per Km: 212.38 m
Penalizables slope changes: 1
Penalizables slope changes per Km: 0.022

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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	0	0	0:00:00
Between 10 and 15%	0	0	0	0:00:00
Between 5 and 10%	1.421	3.07	11.49	0:07:25
Between 1 and 5%	9.206	19.92	12.41	0:44:31
Total	10.627	22.99	12.28	0:51:56
Plain				
Difference of 1%	23.97	51.86	17.78	1:20:54
Breakdown descents				
Between 1 and 5%	10.482	22.68	17.78	0:35:22
Between 5 and 10%	1.093	2.36	22.1	0:02:58
Between 10 and 15%	0.046	0.1	12.75	0:00:13
Between 15 and 30%	0	0	0	0:00:00
Total	11.621	25.14	18.09	0:38:33
Total track:	46.218	100 %	16.18	2:51:23

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
14.706	0:01:40	78	0:56:36	0:56:36	14.706
16.317	0:05:01	82	1:05:39	0:09:03 < 10'	1.612
Total:	0:06:41 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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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

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