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Track : 2015-12-12 Refuge e lac de Rabuons

IBP : 141

Detected modality : HKG (Hiking)

Reanalyzed as **BYC (Bicycle) (ibp_analisis_completo.php?REF=36591075829291&MOD=BYC&LAN=en&REM=&SMD=m) RNG (Running) (ibp_analisis_completo.php?REF=36591075829291&MOD=RNG&LAN=en&REM=&SMD=m)**

Reliability of the original trail: A (1392/95/0/-/-/95)

Level of correction applied to the trail: 0

Total length: 18.817 Km **mi / ft ?**

Analyzed distance: 18.817 Km

Lineal distance: 0.031 Km

Accumulated climb: 1396.63 m

Accumulated descent: 1401.11 m

info Points list (ibp_listadepuntos.php?REF=36591075829291&MOD=HKG&LAN=en&SMD=m)

Maximum height: 2525.52 m

Minimal height: 1149.39 m

Start height: 1156.12 m

End height : 1151.64 m

Climb rate: 15.79 %

Descent rate: 15.12 %

Positive climb difference per Km: 74.22 m

Negative descent difference per Km: 74.46 m

Total time: 6:51:34 h

Time in movement: 6:09:33 h

Stopped time: 0:42:01 h

Trail difficulty



Max slope filter: ~55 %

Min. ponts separation: ~30 m

Number of points: 3849 (cad. 4.89 m)

Significant points: 587 (cad. 32.11 m / 15.25 %)

Direction changes per Km: 17.17

Direction changes >5º per Km: 15.04

Accumulated straight stretches: 1.383 Km

Straight stretches per Km: 73.5 m

Penalizables slope changes: 4

Penalizables slope changes per Km: 0.213

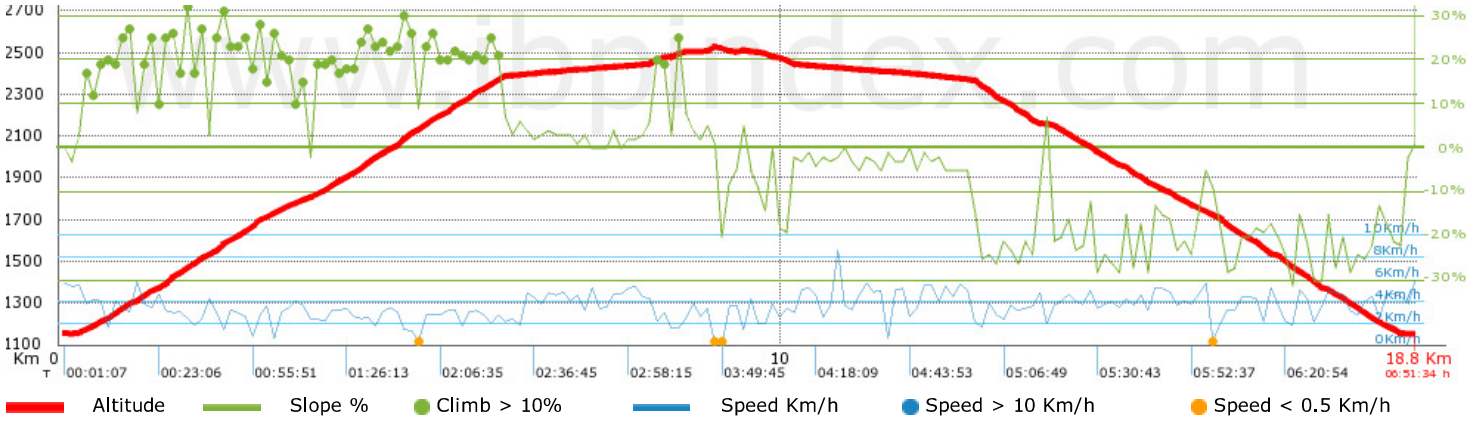
Total speed average: 2.74 Km/h

Average speed in movement : 3.06 Km/h

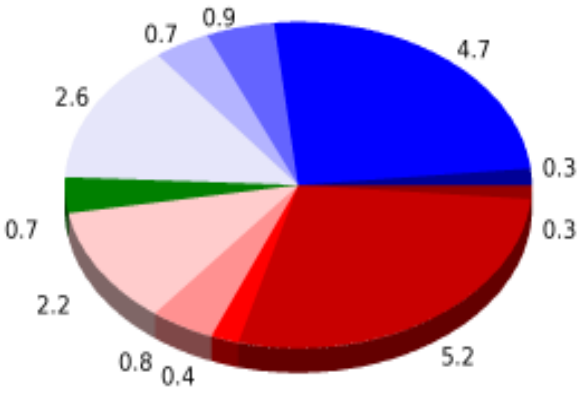
Maximum held speed: 6.15 Km/h

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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 30% and 55%	0.255	1.35	1.78	0:08:35
Between 15 and 30%	5.195	27.61	2.52	2:03:28

	Between 10 and 15%	0.446	2.37	3.49	0:07:40
	Between 5 and 10%	0.772	4.1	3.07	0:15:06
	Between 1 and 5%	2.175	11.56	3.88	0:33:36
	Total	8.843	46.99	2.82	3:08:25
Plain					
	Difference of 1%	0.705	3.75	3.48	0:12:09
Breakdown descents					
	Between 1 and 5%	2.613	13.89	3.52	0:44:29
	Between 5 and 10%	0.697	3.7	3.63	0:11:31
	Between 10 and 15%	0.913	4.85	3.36	0:16:18
	Between 15 and 30%	4.71	25.03	3.2	1:28:22
	Between 30% and 55%	0.336	1.79	2.42	0:08:19
	Total	9.269	49.26	3.29	2:48:59
	Total track:	**18.817**	**100 %**	**3.06**	**6:09:33**

High altitude parameters, data above 1500 m

High altitude parameters, data above 1500 m							
Altitude m	**Distance Km**	**% of total**	**Time in movement**	**Speed**	**Stopped time**	**Total time**	**Speed total**
2500	1.065	5.66	0:25:00	2.56	0:22:21	0:47:21	1.35
2250	6.601	35.08	2:06:03	3.14	0:02:56	2:08:59	3.07
2000	2.414	12.83	0:52:33	2.76	0:06:02	0:58:35	2.47
1750	2.619	13.92	0:52:17	3.01		0:52:17	3.01
1500	2.353	12.5	0:46:35	3.03	0:10:42	0:57:17	2.46
Total:	**15.052 Km**	**79.99 %**	**5:02:28 h**	**2.99 Km/h**	**0:42:01 h**	**5:44:29 h**	**2.62 Km/h**

Stops

Stops					

Distance Km	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
2.625	0:02:29	1660	0:53:22	0:53:22	2.625
2.906	0:03:06	1715	1:01:14	0:07:52 < 10'	0.281
4.942	0:06:02	2129	1:52:38	0:51:24	2.036
9.043	0:22:21 > 10'	2525	3:24:13	1:31:35	4.102
11.415	0:02:56	2408	4:35:43	1:11:30	2.372
15.925	0:05:07	1724	5:56:59	1:21:16	4.509
Total:	**0:42:01 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.

(he/she will see a link to this page)

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Text

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