ibpindex measuring the human effort (http://www.ibpindex.com)

Hi! Marco !Welcome to IBPindex!

Send to a friend Tweet Compartir 0 Share

Track : 2016-05-07 Monte Cava

IBP : 112

Detected modality : HKG (Hiking)

Reanalyzed as **BYC (Bicycle) (ibp_analisis_completo.php?REF=36718090799711&MOD=BYC&LAN=en&REM=&SMD=m) RNG (Running) (ibp_analisis_completo.php?REF=36718090799711&MOD=RNG&LAN=en&REM=&SMD=m)**

Reliability of the original trail: A (1130/77/0/-/-/77)

Level of correction applied to the trail: 0

Total length: 18.883 Km **mi / ft ?**

Analyzed distance: 18.883 Km

Lineal distance: 0.029 Km

Accumulated climb: 1132.6 m

Accumulated descent: 1132.6 m

info Points list (ibp_listadepuntos.php?REF=36718090799711&MOD=HKG&LAN=en&SMD=m)

Maximum height: 2000.64 m

Minimal height: 1025.38 m

Start height: 1025.38 m

End height : 1025.38 m

Climb rate: 12.99 %

Descent rate: 11.87 %

Positive climb difference per Km: 59.98 m

Negative descent difference per Km: 59.98 m

Total time: 9:02:26 h

Time in movement: 5:55:07 h

Stopped time: 3:07:19 h

Trail difficulty



Max slope filter: ~55 %

Min. points separation: ~30 m

Number of points: 4383 (cad. 4.31 m)

Significant points: 587 (cad. 32.22 m / 13.39 %)

Direction changes per Km: 16.15

Direction changes >5º per Km: 11.49

Accumulated straight stretches: 2.399 Km

Straight stretches per Km: 127.05 m

Penalizables slope changes: 4

Penalizables slope changes per Km: 0.212

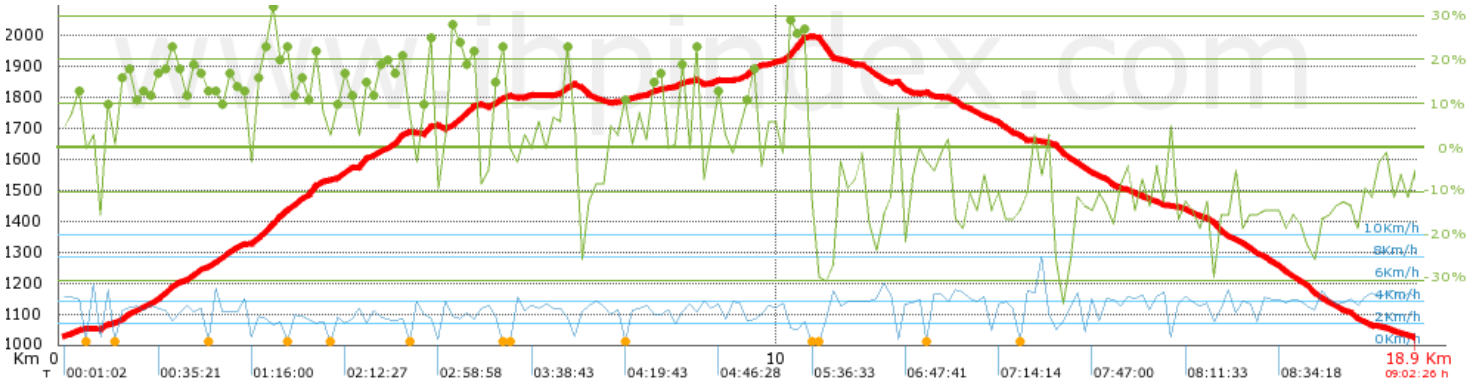
Total speed average: 2.09 Km/h

Average speed in movement : 3.19 Km/h

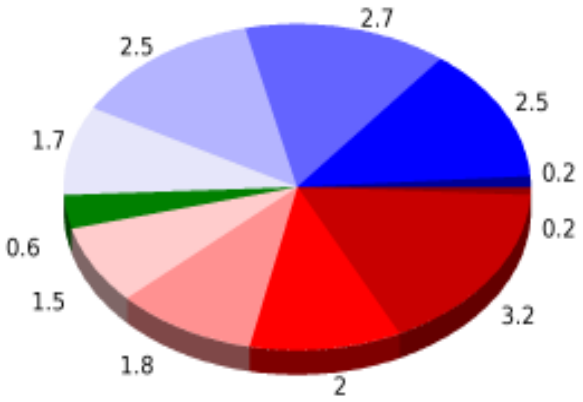
Maximum held speed: 5.59 Km/h

Find The Best bike routes
cicloide
www.cicloide.com
(http://www.cicloide.com)





Summary of slopes Km



Climbs	Distance Km	Km above the total in %	Speed in Km/h	Time h:m:s
Between 30% and 55%	0.209	1.11	1.72	0:07:18

	Between 15 and 30%	3.175	16.82	2.44	1:17:58
	Between 10 and 15%	1.969	10.43	3.18	0:37:09
	Between 5 and 10%	1.828	9.68	3.52	0:31:10
	Between 1 and 5%	1.541	8.16	3.19	0:28:57
	Total	8.722	46.19	2.87	3:02:32
Plain					
	Difference of 1%	0.618	3.27	3.45	0:10:46
Breakdown descents					
	Between 1 and 5%	1.676	8.88	4.12	0:24:25
	Between 5 and 10%	2.482	13.14	3.8	0:39:08
	Between 10 and 15%	2.731	14.46	3.5	0:46:46
	Between 15 and 30%	2.462	13.04	3.15	0:46:54
	Between 30% and 55%	0.191	1.01	2.5	0:04:36
	Total	9.543	50.54	3.54	2:41:49
	Total track:	**18.883**	**100 %**	**3.19**	**5:55:07**

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**
2000	0.121	0.64	0:03:24	2.14	0:14:17	0:17:41	0.41
1750	6.987	37	2:09:16	3.24	1:33:31	3:42:47	1.88
1500	4.24	22.45	1:32:06	2.76	0:41:52	2:13:58	1.9
Total:	**11.348 Km**	**60.1 %**	**3:44:46 h**	**3.03 Km/h**	**2:29:40 h**	**6:14:26 h**	**1.82 Km/h**

Stops

Stops					
Distance Km	**Stopped time**	**Altitude**	**Elapsed time**	**Last stop elapsed time**	**Last stop distance**
0.342	0:04:51	1052	0:05:40	0:05:40 < 10'	0.342

0.507	0:02:35	1055	0:13:17	0:07:37 < 10'	0.166
0.736	0:05:30	1071	0:18:54	0:05:37 < 10'	0.229
1.993	0:05:04	1246	0:47:14	0:28:20	1.257
2.589	0:12:43 > 10'	1325	1:03:17	0:16:03	0.597
3.148	0:04:16	1428	1:29:24	0:26:07	0.558
3.676	0:19:06 > 10'	1527	1:46:53	0:17:29	0.529
4.776	0:13:31 > 10'	1677	2:33:50	0:46:57	1.1
5.193	0:03:23	1712	2:54:41	0:20:51	0.416
6.067	0:07:50	1780	3:17:03	0:22:22	0.874
6.191	0:05:51	1801	3:26:48	0:09:45 < 10'	0.124
7.058	0:02:22	1830	3:47:28	0:20:40	0.867
7.758	0:15:40 > 10'	1784	4:02:19	0:14:51	0.7
10.449	1:01:25 > 10'	2001	5:16:21	1:14:02	2.69
11.591	0:08:27	1845	6:37:08	1:20:47	1.142
12.037	0:06:13	1816	6:51:45	0:14:37	0.446
13.27	0:05:52	1687	7:18:19	0:26:34	1.233
15.405	0:02:40	1449	8:05:25	0:47:06	2.134
Total:	**3:07:19 h**				

Compare this trail with...

Select trails to compare from "My trails".

Download

GPX (.gpx) (ibp_generatrack_descarga.php?FOR=gpx&REF=36718090799711&PRE=54288672)

Garmin Training Center (.tcx) (ibp_generatrack_descarga.php?FOR=tcx&REF=36718090799711&PRE=54288672)

CompeGPS (.trk) (ibp_generatrack_descarga.php?FOR=trk&REF=36718090799711&PRE=54288672)

OziExplorer (.plt) (ibp_generatrack_descarga.php?FOR=plt&REF=36718090799711&PRE=54288672)



Google Earth (.kml) (ibp_generatrack_descarga.php?FOR=kml&REF=36718090799711&PRE=54288672)



PDF analysis (ibp_ibpindexpdf.php?REF=36718090799711&PRE=54288672&MOD=HKG&LAN=en)



Notify anomaly for this analysis (ibp_anomalia.php?REF=36718090799711&LAN=en)



Remove track and analysis



Store this trail on "My trails"

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

Contact

www.ibpindex.com (http://www.ibpindex.com/)

info@ibpindex.com (mailto:info@ibpindex.com) (mailto:info@ibpindex.com)

Partners (/index.php/es/blog/item/54-la-federacion-francesa-de-senderismo-implanta-el-sistema-ibpindex)

(http://www.ffrandonnee.fr)