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**Track :** 2016-05-21 Lago della Duchessa e cima ZIS

**IBP :** 124

**Detected modality : HKG** (Hiking)

**Reanalyzed as** **BYC (Bicycle) (ibp_analisis_completo.php?REF=36730693652719&MOD=BYC&LAN=en&REM=&SMD=m) RNG (Running) (ibp_analisis_completo.php?REF=36730693652719&MOD=RNG&LAN=en&REM=&SMD=m)**

**Reliability of the original trail:** A (1255/92/0/-/-/92)

**Level of correction applied to the trail:** 0

**Total length:** 14.472 Km **mi / ft ?**

**Analyzed distance:** 14.472 Km

**Lineal distance:** 0.027 Km

**Accumulated climb:** 1257.2 m

**Accumulated descent:** 1259.15 m

**info Points list (ibp_listadepuntos.php?REF=36730693652719&MOD=HKG&LAN=en&SMD=m)**

**Maximum height:** 2135.88 m

**Minimal height:** 951.83 m

**Start height:** 953.78 m

**End height :** 951.83 m

**Climb rate:** 17.38 %

**Descent rate:** 17.87 %

**Positive climb difference per Km:** 86.87 m

**Negative descent difference per Km:** 87.01 m

**Total time:** 9:02:25 h

**Time in movement:** 5:58:07 h

**Stopped time:** 3:04:18 h

**Trail difficulty**




**Max slope filter:** ~55 %

**Min. points separation:** ~30 m

**Number of points:** 4038 (cad. 3.58 m)

**Significant points:** 448 (cad. 32.38 m / 11.09 %)

**Direction changes per Km:** 17.55

**Direction changes >5º per Km:** 13.54

**Accumulated straight stretches:** 1.78 Km

**Straight stretches per Km:** 123 m

**Penalizables slope changes:** 5

**Penalizables slope changes per Km:** 0.345

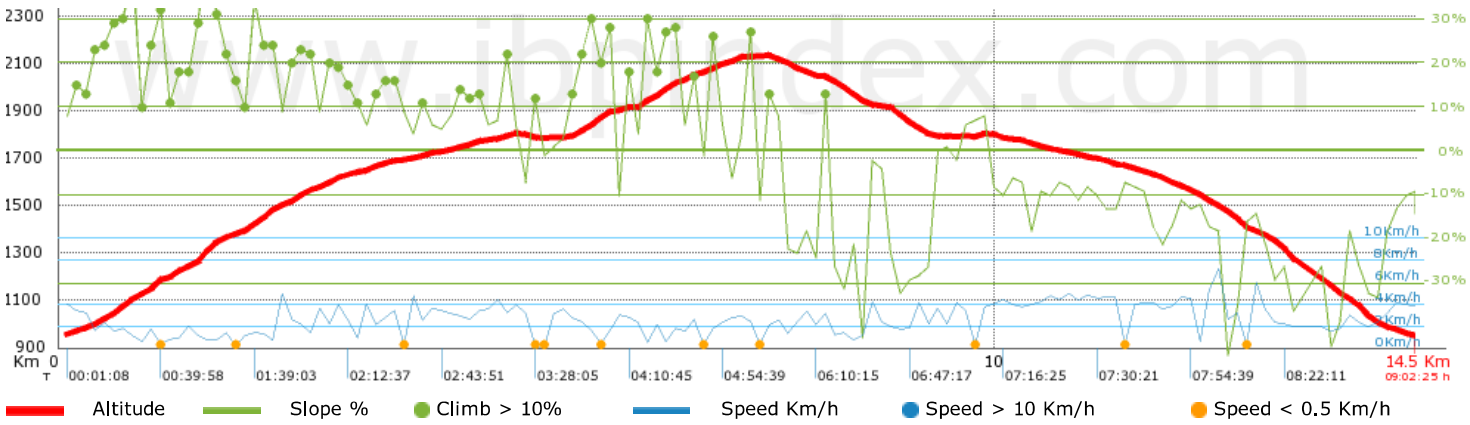
**Total speed average:** 1.6 Km/h

**Average speed in movement :** 2.42 Km/h

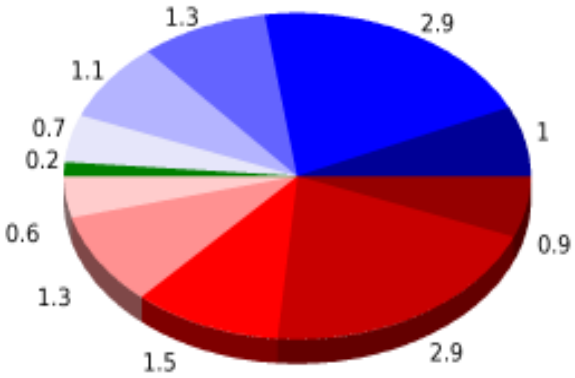
**Maximum held speed:** 7.15 Km/h

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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%** | 0.899 | 6.21 | 1.71 | 0:31:31 |

| | | | | | |
|---|---|---|---|---|---|
| | **Between 15 and 30%** | 2.893 | 19.99 | 1.88 | 1:32:27 |
| | **Between 10 and 15%** | 1.454 | 10.05 | 2.32 | 0:37:36 |
| | **Between 5 and 10%** | 1.346 | 9.3 | 2.85 | 0:28:19 |
| | **Between 1 and 5%** | 0.642 | 4.44 | 2.74 | 0:14:04 |
| | **Total** | 7.234 | 49.98 | 2.13 | 3:23:57 |
| **Plain** | | | | | |
| | **Difference of 1%** | 0.193 | 1.33 | 4.88 | 0:02:22 |
| **Breakdown descents** | | | | | |
| | **Between 1 and 5%** | 0.73 | 5.04 | 4.63 | 0:09:27 |
| | **Between 5 and 10%** | 1.138 | 7.86 | 3.84 | 0:17:47 |
| | **Between 10 and 15%** | 1.305 | 9.02 | 3.85 | 0:20:19 |
| | **Between 15 and 30%** | 2.866 | 19.81 | 2.45 | 1:10:04 |
| | **Between 30% and 55%** | 1.007 | 6.96 | 1.77 | 0:34:11 |
| | **Total** | 7.046 | 48.69 | 2.78 | 2:31:48 |
| | **Total track:** | **14.472** | **100 %** | **2.42** | **5:58:07** |

## 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 | 1.857 | 12.83 | 0:54:24 | 2.05 | 0:56:07 | 1:50:31 | 1.01 |
| 1750 | 4.335 | 29.96 | 1:40:11 | 2.6 | 1:03:26 | 2:43:37 | 1.59 |
| 1500 | 3.863 | 26.69 | 1:15:19 | 3.08 | 0:23:37 | 1:38:56 | 2.34 |
| **Total:** | **10.055 Km** | **69.48 %** | **3:49:54 h** | **2.62 Km/h** | **2:23:10 h** | **6:13:04 h** | **1.62 Km/h** |

## Stops

| Stops | | | | | |
|---|---|---|---|---|---|
| **Distance Km** | **Stopped time** | **Altitude** | **Elapsed time** | **Last stop elapsed time** | **Last stop distance** |
| 0.817 | 0:03:02 | 1115 | 0:25:34 | 0:25:34 | 0.817 |

| | | | | | |
|---|---|---|---|---|---|
| 1.001 | 0:04:52 | 1162 | 0:34:03 | 0:08:29 < 10' | 0.184 |
| 1.097 | 0:02:22 | 1196 | 0:41:04 | 0:07:01 < 10' | 0.096 |
| 1.459 | 0:06:49 | 1265 | 0:57:27 | 0:16:23 | 0.362 |
| 1.577 | 0:04:57 | 1311 | 1:08:11 | 0:10:44 | 0.119 |
| 1.763 | 0:10:26 > 10' | 1367 | 1:18:40 | 0:10:29 | 0.186 |
| 2.182 | 0:02:38 | 1460 | 1:43:29 | 0:24:49 | 0.419 |
| 3.577 | 0:09:58 | 1689 | 2:25:54 | 0:42:25 | 1.394 |
| 5.013 | 0:36:30 > 10' | 1786 | 3:04:57 | 0:39:03 | 1.436 |
| 5.745 | 0:04:58 | 1865 | 3:57:30 | 0:52:33 | 0.733 |
| 6.185 | 0:03:17 | 1920 | 4:13:54 | 0:16:24 | 0.44 |
| 6.436 | 0:03:12 | 1983 | 4:25:21 | 0:11:27 | 0.251 |
| 6.843 | 0:05:47 | 2064 | 4:42:22 | 0:17:01 | 0.408 |
| 7.37 | 0:50:20 > 10' | 2130 | 5:03:36 | 0:21:14 | 0.526 |
| 8.354 | 0:02:34 | 1999 | 6:20:25 | 1:16:49 | 0.985 |
| 9.654 | 0:12:55 > 10' | 1793 | 6:57:35 | 0:37:10 | 1.299 |
| 11.312 | 0:10:31 > 10' | 1673 | 7:33:39 | 0:36:04 | 1.658 |
| 12.136 | 0:03:08 | 1551 | 7:55:39 | 0:22:00 | 0.824 |
| 12.614 | 0:06:02 | 1426 | 8:06:10 | 0:10:31 | 0.478 |
| **Total:** | **3:04:18 h** | | | | |

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**PDF analysis (ibp_ibpindexpdf.php?REF=36730693652719&PRE=44174085&MOD=HKG&LAN=en)**


**Notify anomaly for this analysis (ibp_anomalia.php?REF=36730693652719&LAN=en)**


**Remove track and analysis**


**Save this trail on "My trails"**

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**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**

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