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Track : 2016-05-28 La Castellina (Sirente)

IBP : 138

Detected modality : HKG (Hiking)

Reanalyzed as BYC (Bicycle) (ibp_analisis_completo.php?REF=36736317129138&MOD=BYC&LAN=en&REM=&SMD=m) RNG (Running) (ibp_analisis_completo.php?REF=36736317129138&MOD=RNG&LAN=en&REM=&SMD=m)

Reliability of the original trail: A (1330/78/0/-/-/78)

Level of correction applied to the trail: 0

Total length: 15.665 Km **mi / ft ?**

Analyzed distance: 15.665 Km

Lineal distance: 0.044 Km

Accumulated climb: 1350.93 m

Accumulated descent: 1337.98 m

info Points list (ibp_listadepuntos.php?REF=36736317129138&MOD=HKG&LAN=en&SMD=m)

Maximum height: 2269.81 m

Minimal height: 1131.61 m

Start height: 1131.61 m

End height : 1144.59 m

Climb rate: 17.12 %

Descent rate: 18.39 %

Positive climb difference per Km: 86.24 m

Negative descent difference per Km: 85.41 m

Total time: 9:51:46 h

Time in movement: 5:57:33 h

Stopped time: 3:54:13 h

Trail difficulty



Max slope filter: ~55 %

Min. points separation: ~30 m

Number of points: 4544 (cad. 3.45 m)

Significant points: 495 (cad. 31.71 m / 10.89 %)

Direction changes per Km: 15.13

Direction changes >5º per Km: 12.45

Accumulated straight stretches: 1.873 Km

Straight stretches per Km: 119.57 m

Penalizables slope changes: 7

Penalizables slope changes per Km: 0.447

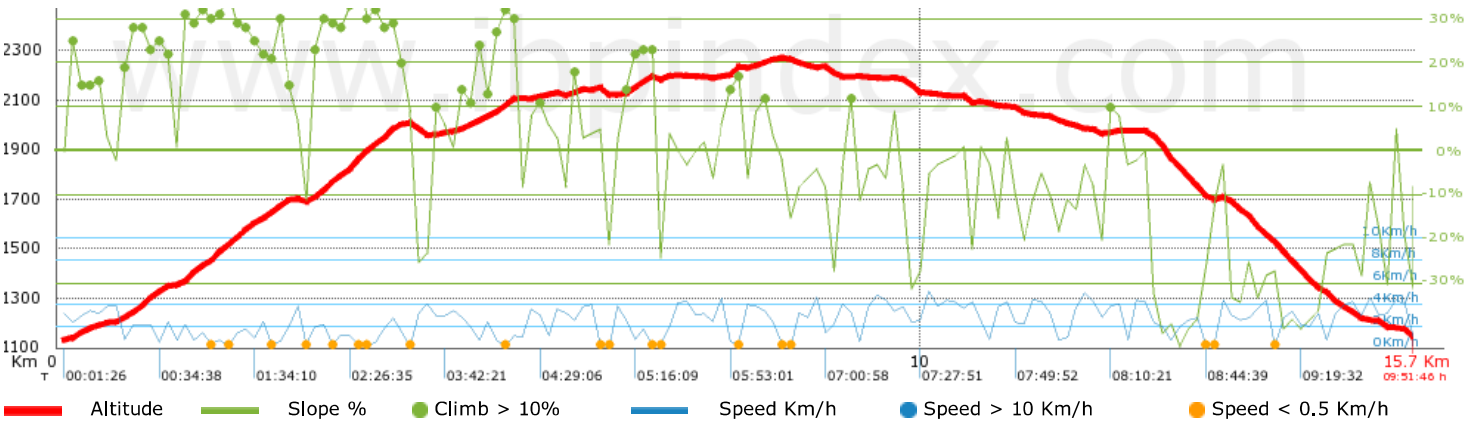
Total speed average: 1.59 Km/h

Average speed in movement : 2.63 Km/h

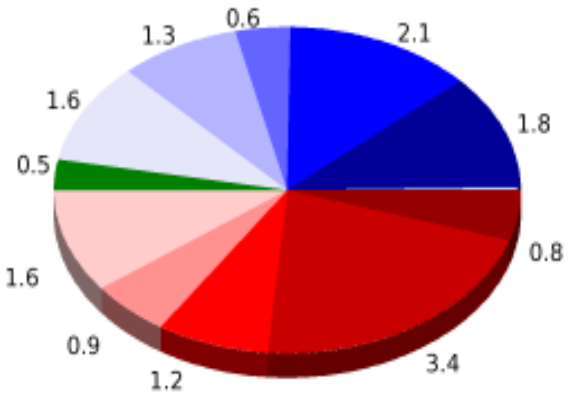
Maximum held speed: 5.4 Km/h

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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%	0.787	5.03	1.44	0:32:55

	Between 15 and 30%	3.428	21.88	2.07	1:39:21
	Between 10 and 15%	1.21	7.72	2.9	0:25:03
	Between 5 and 10%	0.869	5.55	2.6	0:20:02
	Between 1 and 5%	1.596	10.19	3.2	0:29:55
	Total	7.89	50.37	2.28	3:27:16
Plain					
	Difference of 1%	0.5	3.19	3.42	0:08:46
Breakdown descents					
	Between 1 and 5%	1.603	10.23	4.08	0:23:36
	Between 5 and 10%	1.283	8.19	3.45	0:22:20
	Between 10 and 15%	0.558	3.56	2.88	0:11:37
	Between 15 and 30%	2.058	13.14	3.36	0:36:44
	Between 30% and 55%	1.771	11.31	2.25	0:47:14
	Total	7.274	46.44	3.08	2:21:31
	Total track:	**15.665**	**100 %**	**2.63**	**5:57:33**

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**
2250	0.402	2.56	0:06:06	3.95	0:38:58	0:45:04	0.53
2000	6.712	42.85	2:21:57	2.84	1:32:51	3:54:48	1.72
1750	2.959	18.89	1:14:30	2.38	0:29:37	1:44:07	1.71
1500	2.166	13.83	0:56:39	2.29	0:36:07	1:32:46	1.4
Total:	**12.239 Km**	**78.13 %**	**4:39:12 h**	**2.63 Km/h**	**3:17:33 h**	**7:56:45 h**	**1.54 Km/h**

Stops

Stops					
Distance Km	**Stopped time**	**Altitude**	**Elapsed time**	**Last stop elapsed time**	**Last stop distance**

0.743	0:02:26	1218	0:16:18	0:16:18	0.743
1.109	0:03:35	1311	0:29:07	0:12:49	0.366
1.271	0:02:38	1348	0:37:12	0:08:05 < 10'	0.162
1.513	0:02:32	1386	0:46:26	0:09:14 < 10'	0.242
1.696	0:05:12	1437	0:54:16	0:07:50 < 10'	0.183
1.785	0:02:25	1463	1:01:29	0:07:13 < 10'	0.089
1.875	0:11:24 > 10'	1489	1:05:53	0:04:24 < 10'	0.09
2.356	0:04:23	1622	1:36:59	0:31:06	0.481
2.512	0:02:55	1655	1:44:54	0:07:55 < 10'	0.156
2.766	0:05:08	1701	1:55:56	0:11:02	0.254
3.05	0:05:18	1735	2:08:33	0:12:37	0.285
3.411	0:06:07	1836	2:28:52	0:20:19	0.361
3.505	0:17:45 > 10'	1873	2:38:27	0:09:35 < 10'	0.094
3.994	0:22:19 > 10'	2003	3:11:46	0:33:19	0.489
4.797	0:05:54	2003	3:49:38	0:37:52	0.803
4.982	0:02:27	2036	3:58:45	0:09:07 < 10'	0.186
5.077	0:09:24	2052	4:02:20	0:03:35 < 10'	0.095
6.226	0:21:21 > 10'	2147	4:44:20	0:42:00	1.149
6.635	0:02:40	2143	5:13:29	0:29:09	0.409
6.797	0:06:30	2180	5:19:46	0:06:17 < 10'	0.162
6.859	0:04:40	2194	5:27:30	0:07:44 < 10'	0.062
7.725	0:05:36	2196	5:49:48	0:22:18	0.866
7.815	0:04:05	2219	5:57:32	0:07:44 < 10'	0.09
8.32	0:38:58 > 10'	2268	6:13:37	0:16:05	0.505
9.199	0:03:11	2199	7:09:09	0:55:32	0.88
10.68	0:02:20	2092	7:40:24	0:31:15	1.48
11.54	0:02:24	2024	7:57:06	0:16:42	0.861
12.336	0:03:06	1977	8:12:53	0:15:47	0.796

12.783	0:02:39	1904	8:23:51	0:10:58	0.447
13.248	0:10:12 > 10'	1721	8:39:53	0:16:02	0.465
14.044	0:08:11	1536	9:04:04	0:24:11	0.796
14.593	0:06:28	1336	9:25:01	0:20:57	0.549
Total:	**3:54:13 h**				

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