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

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Track : 2016-05-30 Monte Morrone (Maiella)

IBP : 125

Detected modality : HKG (Hiking)

Reanalyzed as **BYC (Bicycle) (ibp_analisis_completo.php?REF=36740427407050&MOD=BYC&LAN=en&REM=&SMD=m) RNG (Running) (ibp_analisis_completo.php?REF=36740427407050&MOD=RNG&LAN=en&REM=&SMD=m)**

Reliability of the original trail: A (1190/83/0/-/-/83)

Level of correction applied to the trail: 0

Total length: 16.939 Km **mi / ft ?**

Analyzed distance: 16.939 Km

Lineal distance: 0.027 Km

Accumulated climb: 1193.29 m

Accumulated descent: 1190.43 m

info Points list (ibp_listadepuntos.php?REF=36740427407050&MOD=HKG&LAN=en&SMD=m)

Maximum height: 2057.84 m

Minimal height: 1079.7 m

Start height: 1079.7 m

End height : 1085.95 m

Climb rate: 16.01 %

Descent rate: 14.87 %

Positive climb difference per Km: 70.45 m

Negative descent difference per Km: 70.28 m

Total time: 7:32:31 h

Time in movement: 5:49:29 h

Stopped time: 1:43:02 h

Trail difficulty



Max slope filter: ~55 %

Min. points separation: ~30 m

Number of points: 3802 (cad. 4.46 m)

Significant points: 502 (cad. 33.81 m / 13.2 %)

Direction changes per Km: 14.58

Direction changes >5º per Km: 11.39

Accumulated straight stretches: 1.594 Km

Straight stretches per Km: 94.1 m

Penalizables slope changes: 9

Penalizables slope changes per Km: 0.531

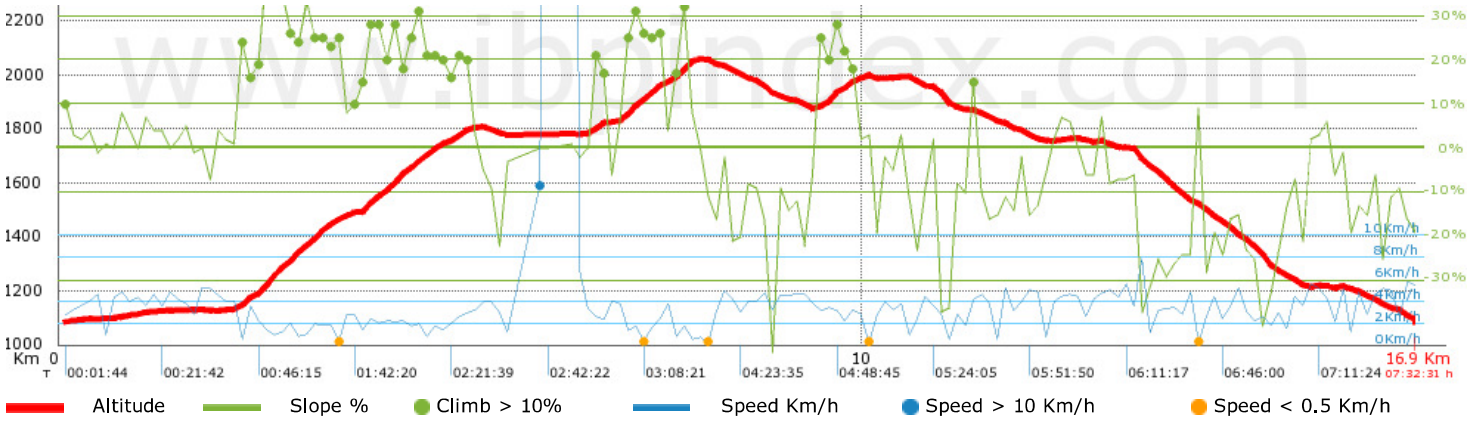
Total speed average: 2.25 Km/h

Average speed in movement : 2.91 Km/h

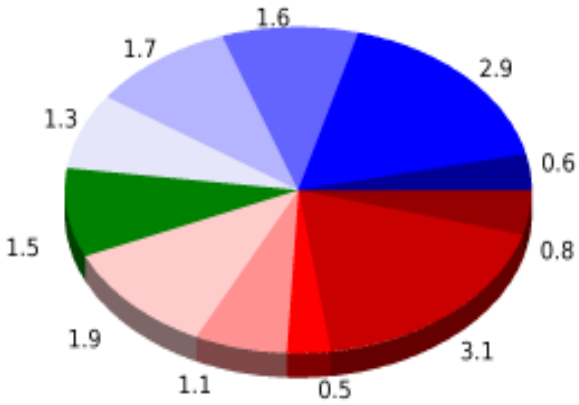
Maximum held speed: 6.71 Km/h

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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%	0.833	4.91	1.49	0:33:35

	Between 15 and 30%	3.079	18.18	2.04	1:30:23
	Between 10 and 15%	0.547	3.23	2.27	0:14:28
	Between 5 and 10%	1.118	6.6	3.54	0:18:56
	Between 1 and 5%	1.877	11.08	3.26	0:34:31
	Total	7.453	44	2.33	3:11:53
Plain					
	Difference of 1%	1.481	8.74	7.72	0:11:30
Breakdown descents					
	Between 1 and 5%	1.276	7.53	3.72	0:20:35
	Between 5 and 10%	1.652	9.75	3.61	0:27:29
	Between 10 and 15%	1.591	9.39	3.27	0:29:10
	Between 15 and 30%	2.898	17.11	3.17	0:54:54
	Between 30% and 55%	0.588	3.47	2.53	0:13:58
	Total	8.005	47.26	3.29	2:26:06
	Total track:	**16.939**	**100 %**	**2.91**	**5:49:29**

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	0.8	4.72	0:12:44	3.77	0:48:48	1:01:32	0.78
1750	7.431	43.87	2:21:10	3.16	0:25:25	2:46:35	2.68
1500	2.287	13.5	0:55:40	2.46	0:13:29	1:09:09	1.98
Total:	**10.518 Km**	**62.09 %**	**3:29:34 h**	**3.01 Km/h**	**1:27:42 h**	**4:57:16 h**	**2.12 Km/h**

Stops

Stops					
Distance Km	**Stopped time**	**Altitude**	**Elapsed time**	**Last stop elapsed time**	**Last stop distance**
2.21	0:04:05	1135	0:36:01	0:36:01	2.21

2.942	0:02:37	1334	1:07:46	0:31:45	0.732
3.373	0:08:38	1446	1:25:44	0:17:58	0.431
4.471	0:02:15	1681	2:08:31	0:42:47	1.098
7.156	0:04:06	1885	3:01:00	0:52:29	2.685
7.6	0:02:13	1979	3:17:54	0:16:54	0.444
7.753	0:03:26	2020	3:24:34	0:06:40 < 10'	0.152
7.947	0:45:22 > 10'	2057	3:31:50	0:07:16 < 10'	0.194
10.015	0:08:24	1997	4:57:28	1:25:38	2.068
10.988	0:03:49	1919	5:27:53	0:30:25	0.972
11.552	0:04:10	1845	5:40:31	0:12:38	0.565
12.242	0:02:43	1759	5:54:01	0:13:30	0.69
14.119	0:11:14 > 10'	1522	6:28:00	0:33:59	1.877
Total:	**1:43:02 h**				

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