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

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Track : 2016-06-01 Colle d'Acquaviva

IBP : 140

Detected modality : HKG (Hiking)

Reanalyzed as **BYC (Bicycle) (ibp_analisis_completo.php?REF=36740427599423&MOD=BYC&LAN=en&REM=&SMD=m) RNG (Running) (ibp_analisis_completo.php?REF=36740427599423&MOD=RNG&LAN=en&REM=&SMD=m)**

Reliability of the original trail: A (1387/97/0/-/-/97)

Level of correction applied to the trail: 0

Total length: 13.448 Km **mi / ft ?**

Analyzed distance: 13.448 Km

Lineal distance: 0.068 Km

Accumulated climb: 1395.35 m

Accumulated descent: 1474.81 m

info Points list (ibp_listadepuntos.php?REF=36740427599423&MOD=HKG&LAN=en&SMD=m)

Maximum height: 2219.35 m

Minimal height: 780.1 m

Start height: 859.56 m

End height : 780.1 m

Climb rate: 20.66 %

Descent rate: 22.68 %

Positive climb difference per Km: 103.76 m

Negative descent difference per Km: 109.67 m

Total time: 7:27:27 h

Time in movement: 5:04:07 h

Stopped time: 2:23:20 h

Trail difficulty



Max slope filter: ~55 %

Min. points separation: ~30 m

Number of points: 3511 (cad. 3.83 m)

Significant points: 421 (cad. 32.02 m / 11.99 %)

Direction changes per Km: 16.51

Direction changes >5º per Km: 13.83

Accumulated straight stretches: 1.362 Km

Straight stretches per Km: 101.28 m

Penalizables slope changes: 8

Penalizables slope changes per Km: 0.595

Total speed average: 1.8 Km/h

Average speed in movement : 2.65 Km/h

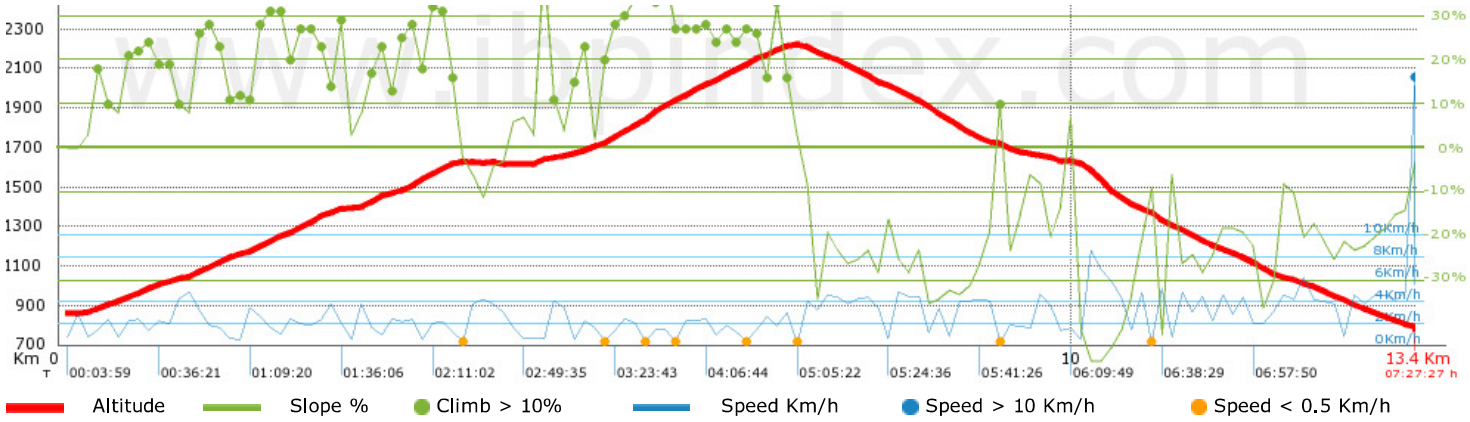
Maximum held speed: 7 Km/h

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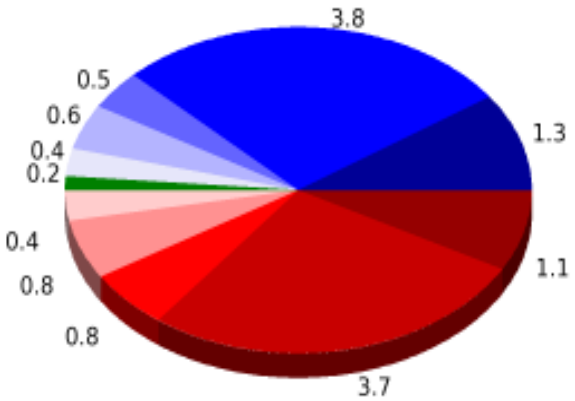
cicloide
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Summary of slopes Km



Climbs	Distance Km	Km above the total in %	Speed in Km/h	Time h:m:s
Between 30% and 55%	1.119	8.32	1.73	0:38:44

	Between 15 and 30%	3.664	27.25	2.04	1:47:47
	Between 10 and 15%	0.786	5.85	2.95	0:15:59
	Between 5 and 10%	0.774	5.75	3.41	0:13:37
	Between 1 and 5%	0.409	3.04	3.31	0:07:25
	Total	6.753	50.21	2.21	3:03:32
Plain					
	Difference of 1%	0.192	1.43	2.71	0:04:15
Breakdown descents					
	Between 1 and 5%	0.366	2.72	3.77	0:05:49
	Between 5 and 10%	0.567	4.21	3.46	0:09:50
	Between 10 and 15%	0.457	3.4	3.34	0:08:12
	Between 15 and 30%	3.768	28.02	3.39	1:06:46
	Between 30% and 55%	1.346	10.01	3.14	0:25:43
	Total	6.503	48.36	3.35	1:56:20
	Total track:	**13.448**	**100 %**	**2.65**	**5:04:07**

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	1.922	14.29	0:46:12	2.5	0:35:58	1:22:10	1.4
1750	1.658	12.33	0:41:23	2.4	0:15:10	0:56:33	1.76
1500	3.311	24.62	1:09:43	2.85	0:50:52	2:00:35	1.65
Total:	**6.891 Km**	**51.24 %**	**2:37:18 h**	**2.63 Km/h**	**1:42:00 h**	**4:19:18 h**	**1.59 Km/h**

Stops

Stops					
Distance Km	**Stopped time**	**Altitude**	**Elapsed time**	**Last stop elapsed time**	**Last stop distance**
0.226	0:02:43	866	0:08:27	0:08:27 < 10'	0.226

0.518	0:06:02	919	0:19:17	0:10:50	0.292
1.649	0:10:40 > 10'	1140	0:56:12	0:36:55	1.131
2.768	0:06:26	1389	1:36:06	0:39:54	1.119
3.543	0:03:23	1533	2:04:13	0:28:07	0.775
3.861	0:17:44 > 10'	1617	2:17:16	0:13:03	0.318
4.538	0:03:10	1612	2:46:25	0:29:09	0.677
4.634	0:06:16	1616	2:50:48	0:04:23 < 10'	0.095
5.01	0:03:25	1660	3:04:47	0:13:59	0.376
5.262	0:04:24	1704	3:14:09	0:09:22 < 10'	0.252
5.666	0:06:13	1810	3:30:51	0:16:42	0.404
6.036	0:06:27	1930	3:49:33	0:18:42	0.37
6.688	0:04:23	2104	4:18:22	0:28:49	0.652
7.205	0:28:40 > 10'	2216	4:36:42	0:18:20	0.517
8.111	0:02:55	2022	5:20:25	0:43:43	0.906
8.727	0:02:30	1849	5:34:16	0:13:51	0.616
9.227	0:08:39	1717	5:45:03	0:10:47	0.5
10.047	0:03:51	1630	6:11:18	0:26:15	0.821
10.685	0:07:42	1381	6:28:19	0:17:01	0.637
10.938	0:02:35	1307	6:40:00	0:11:41	0.253
12.623	0:02:33	934	7:13:36	0:33:36	1.685
Total:	**2:23:20 h**				

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You can enter multiple addresses separated by commas

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