Track: 2016-06-11 Monte Sirente per la Valle Lupara — **Date: 11/06/2016**

Track: 2016-06-11 Monte Sirente per la Valle Lupara	**IBP = 124 HKG**
Detected modality = HKG	
IBP index reliability= A	

Total length	10.814 Km
Analyzed distance	10.814 Km
Lineal distance	0.035 Km

Accumulated climb	1175.22 m
Accumulated descent	1153.68 m
Maximum height	2339.99 m
Minimal height	1184 m
Climb rate	22.32 %
Descent rate	21.42 %
Positive climb difference per	108.68 m
Negative descent difference per	106.68 m

Total time	5:20:11 h
Time in movement	4:20:11 h
Stopped time	1:00:00 h

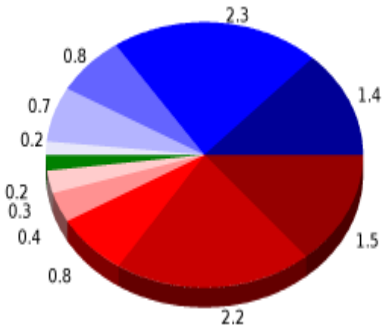
Total speed average	2.03 Km/h
Average speed in movement	2.49 Km/h
Maximum held speed	5.84 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	2639 (cad. 4.1 m)
Significant points	337 (cad. 32.19 m / 12.77 %)
Aberrant points	730 (27.66 % d. total)

Direction changes per	16.55
Direction changes >5º per	14.15
Accumulated straight stretches	1.065 Km
Straight stretches per	98.48 m
Penalizables slope changes	5
Penalizables slope changes per	0.462

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Summary of slopes



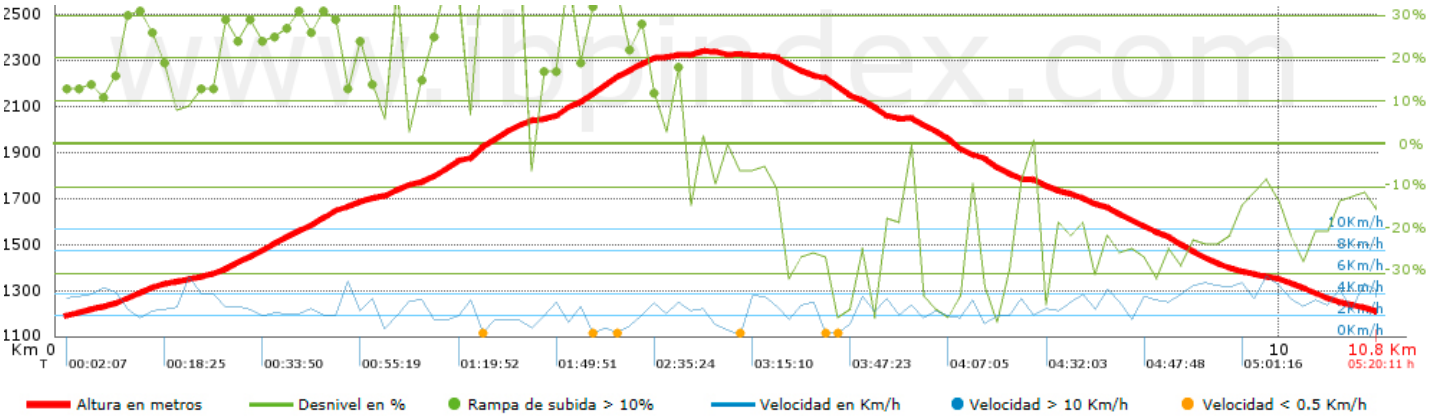
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.51	13.97	1.83	0:49:30
	Between 15 and 30%	2.232	20.64	2.38	0:56:18
	Between 10 and 15%	0.783	7.24	3.25	0:14:28
	Between 5 and 10%	0.397	3.67	3.47	0:06:52
	Between 1 and 5%	0.344	3.18	2.63	0:07:51
	Total :	5.265	48.69	2.34	2:14:59
	Plain				
	Difference of 1%	0.162	1.5	2.01	0:04:50
	Breakdown descents				
	Between 1 and 5%	0.191	1.77	2.76	0:04:09
	Between 5 and 10%	0.698	6.45	3.03	0:13:49
	Between 10 and 15%	0.818	7.56	3.46	0:14:11
	Between 15 and 30%	2.306	21.32	3.07	0:45:00
	Between 30% and 55%	1.374	12.71	1.91	0:43:13
	Total :	5.387	49.81	2.69	2:00:22
	Total track :	10.814	100 %	2.49	4:20:11

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High altitude parameters, data above							
Altitude	**Distance m**	**% of total**	**Time in movement**	**Speed**	**Stopped time**	**Total time**	**Speed**
2250	1418.554	13.12	0:37:31	2.27	0:18:17	0:55:48	1.53
2000	2018.233	18.66	0:56:04	2.16	0:34:53	1:30:57	1.33
1750	1851.145	17.12	0:55:37	2	0:04:23	1:00:00	1.85
1500	2092.612	19.35	0:48:05	2.61	0:02:27	0:50:32	2.48
Total :	**7.381 Km**	**68.25 %**	**3:17:17 h**	**2.24 Km/h**	**1:00:00 h**	**4:17:17 h**	**1.72 Km/h**

Stops

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Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
2.626	0:02:27	1708	0:58:08	0:58:08	2.626
3.417	0:04:23	1897	1:24:31	0:26:23	0.791
3.755	0:02:25	2016	1:40:23	0:15:52	0.338
4.348	0:06:49	2143	1:59:30	0:19:07	0.594
4.468	0:14:02 > 10´	2190	2:10:58	0:11:28	0.119
5.433	0:18:17 > 10´	2324	2:53:30	0:42:32	0.965
6.232	0:11:37 > 10´	2229	3:27:55	0:34:25	0.8
Total :	1:00:00 h				

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