Track: 2016-06-18 Anello del Costone **Date: 18/06/2016**

Track: 2016-06-18 Anello del Costone	**IBP = 120 HKG**
Detected modality = HKG	
IBP index reliability= B	

Total length	17.378 Km
Analyzed distance	17.378 Km
Lineal distance	0.031 Km

Accumulated climb	991.28 m
Accumulated descent	985.3 m
Maximum height	2269.79 m
Minimal height	1642.55 m
Climb rate	10.94 %
Descent rate	13.13 %
Positive climb difference per	57.04 m
Negative descent difference per	56.7 m

Total time	7:22:06 h
Time in movement	5:31:30 h
Stopped time	1:50:36 h

Total speed average	2.36 Km/h
Average speed in movement	3.15 Km/h
Maximum held speed	6.66 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	3905 (cad. 4.45 m)
Significant points	535 (cad. 32.54 m / 13.7 %)
Aberrant points	662 (16.95 % d. total)

Direction changes per	16.63
Direction changes >5º per	13.06
Accumulated straight stretches	2.273 Km
Straight stretches per	130.8 m
Penalizables slope changes	11
Penalizables slope changes per	0.633

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Summary of slopes

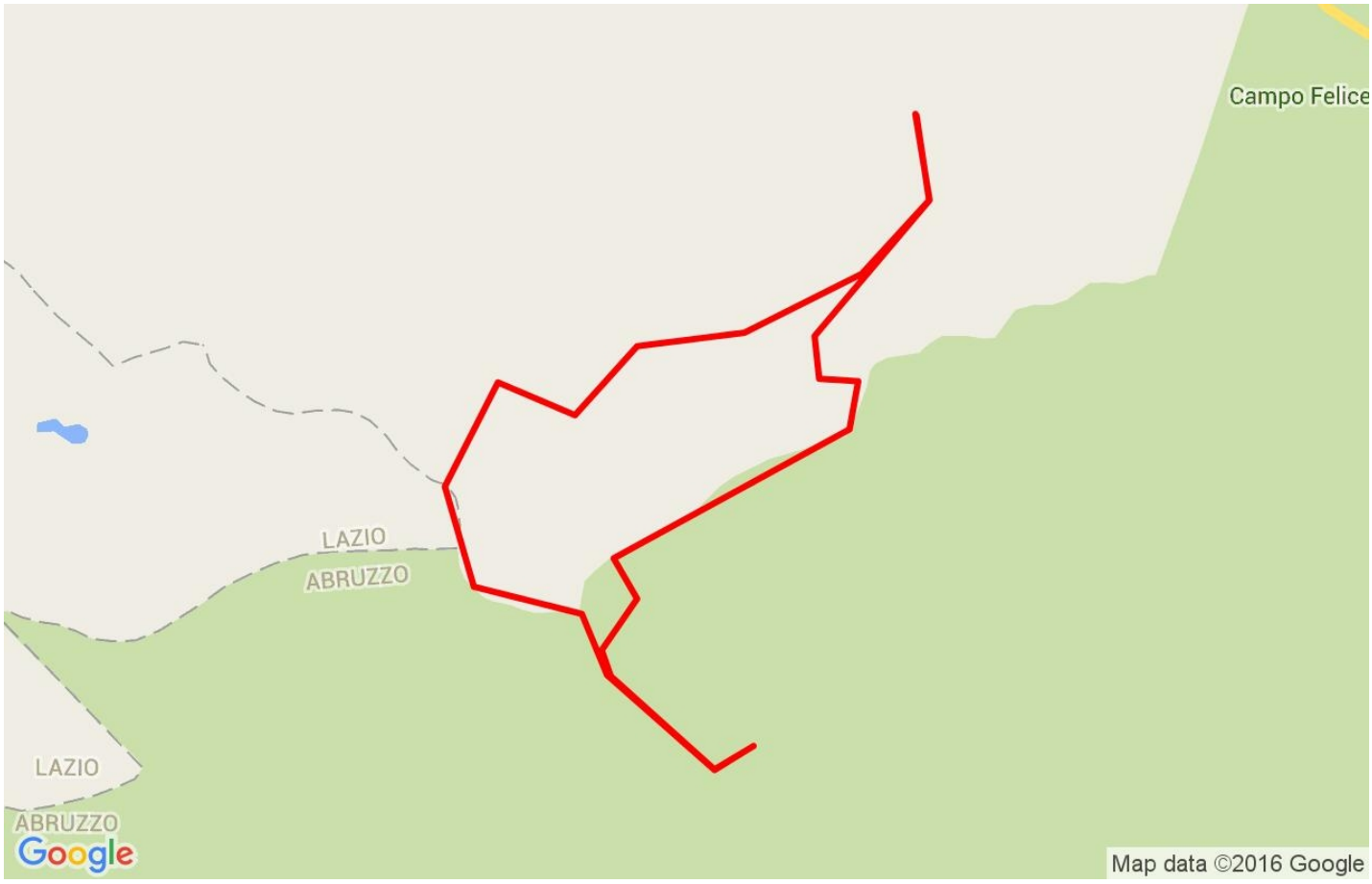


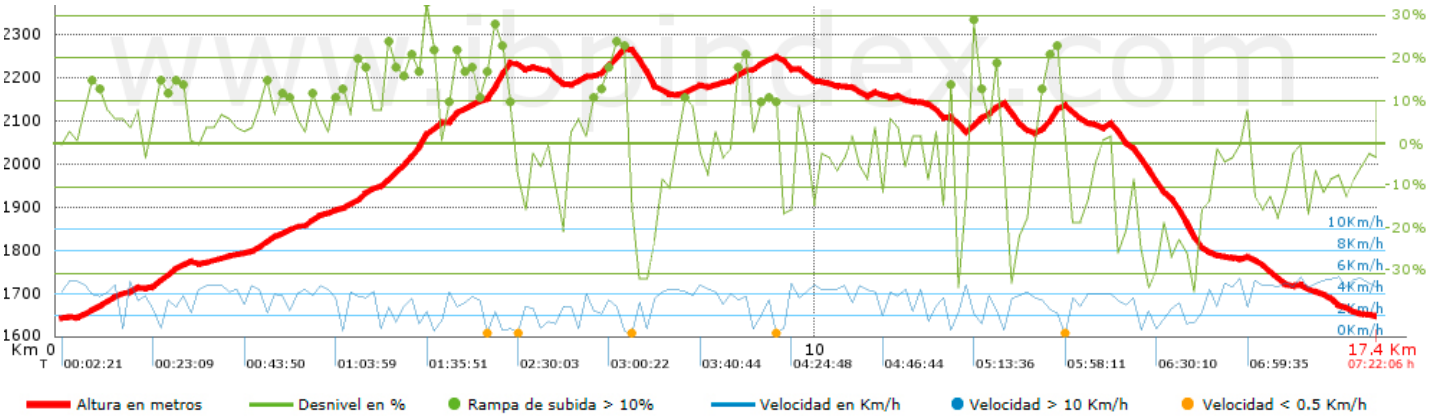
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.463	2.66	1.73	0:16:05
	Between 15 and 30%	1.59	9.15	2.55	0:37:23
	Between 10 and 15%	2.105	12.11	3.34	0:37:49
	Between 5 and 10%	2.362	13.59	3.33	0:42:30
	Between 1 and 5%	2.541	14.62	3.73	0:40:55
	Total :	9.061	52.14	3.11	2:54:42
	Plain				
	Difference of 1%	0.815	4.69	3.65	0:13:23
	Breakdown descents				
	Between 1 and 5%	1.74	10.01	4.17	0:25:03
	Between 5 and 10%	1.722	9.91	3.26	0:31:43
	Between 10 and 15%	1.523	8.76	3.45	0:26:27
	Between 15 and 30%	1.918	11.04	2.6	0:44:16
	Between 30% and 55%	0.6	3.45	2.26	0:15:56
	Total :	7.503	43.17	3.14	2:23:25
	Total track :	17.378	100 %	3.15	5:31:30

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High altitude parameters, data above							
Altitude	**Distance m**	**% of total**	**Time in movement**	**Speed**	**Stopped time**	**Total time**	**Speed**
2250	224.68	1.29	0:02:47	4.84	0:16:57	0:19:44	0.68
2000	9502.007	54.68	3:17:35	2.89	1:19:32	4:37:07	2.06
1750	4712.7	27.12	1:27:58	3.21	0:08:52	1:36:50	2.92
1500	2938.663	16.91	0:43:10	4.08	0:05:15	0:48:25	3.64
Total :	**17.378 Km**	**100 %**	**5:31:30 h**	**3.15 Km/h**	**1:50:36 h**	**7:22:06 h**	**2.36 Km/h**

Stops

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Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
0.85	0:02:59	1697	0:14:01	0:14:01	0.85
1.277	0:02:16	1715	0:23:09	0:09:08 < 10´	0.427
3.669	0:03:32	1892	1:03:59	0:40:50	2.392
4.166	0:02:52	1942	1:14:52	0:10:53	0.497
4.9	0:03:43	2077	1:36:46	0:21:54	0.734
5.551	0:11:28 > 10´	2145	1:55:25	0:18:39	0.651
5.831	0:05:32	2202	2:14:13	0:18:48	0.28
5.951	0:04:50	2234	2:23:00	0:08:47 < 10´	0.12
6.268	0:02:30	2223	2:33:46	0:10:46	0.317
6.781	0:02:45	2180	2:47:17	0:13:31	0.513
7.379	0:03:43	2246	3:02:41	0:15:24	0.597
7.471	0:13:14 > 10´	2266	3:07:48	0:05:07 < 10´	0.092
7.729	0:02:24	2221	3:26:01	0:18:13	0.258
9.107	0:02:38	2218	3:53:19	0:27:18	1.378
9.398	0:22:22 > 10´	2247	4:00:40	0:07:21 < 10´	0.29
11.718	0:03:25	2104	5:02:54	1:02:14	2.321
12.387	0:03:07	2141	5:24:04	0:21:10	0.668
13.215	0:11:28 > 10´	2134	5:46:43	0:22:39	0.828
14.184	0:03:20	2029	6:17:51	0:31:08	0.97
14.404	0:02:28	1976	6:25:55	0:08:04 < 10´	0.22
Total :	1:50:36 h				

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