Track: 2016-06-25 Pizzo Cefalone e Monte Aquila — **Date: 25/06/2016**

Track: 2016-06-25 Pizzo Cefalone e Monte Aquila	**IBP = 113 HKG**
Detected modality = HKG	
IBP index reliability= B	

Total length	12.9 Km
Analyzed distance	12.9 Km
Lineal distance	0.04 Km

Accumulated climb	899.29 m
Accumulated descent	886.8 m
Maximum height	2529.85 m
Minimal height	2133.78 m
Climb rate	14.31 %
Descent rate	14.11 %
Positive climb difference per	69.71 m
Negative descent difference per	68.74 m

Total time	5:09:09 h
Time in movement	4:09:24 h
Stopped time	0:59:45 h

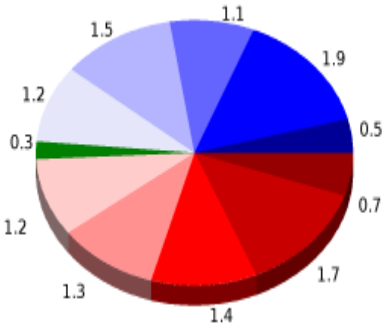
Total speed average	2.5 Km/h
Average speed in movement	3.1 Km/h
Maximum held speed	6.18 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	2716 (cad. 4.75 m)
Significant points	397 (cad. 32.58 m / 14.62 %)
Aberrant points	438 (16.13 % d. total)

Direction changes per	15.19
Direction changes >5º per	11.78
Accumulated straight stretches	1.637 Km
Straight stretches per	126.9 m
Penalizables slope changes	9
Penalizables slope changes per	0.698

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Summary of slopes

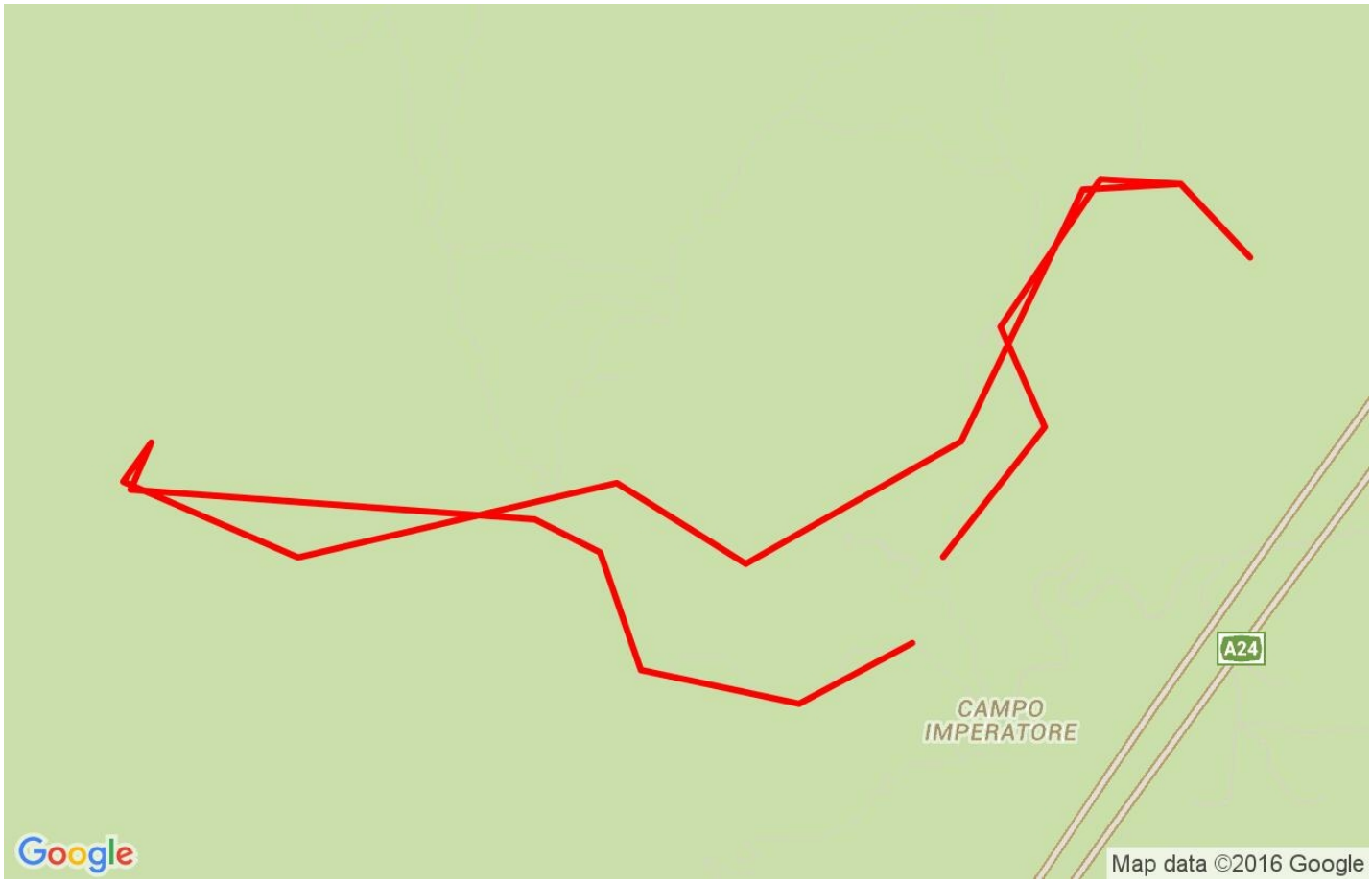


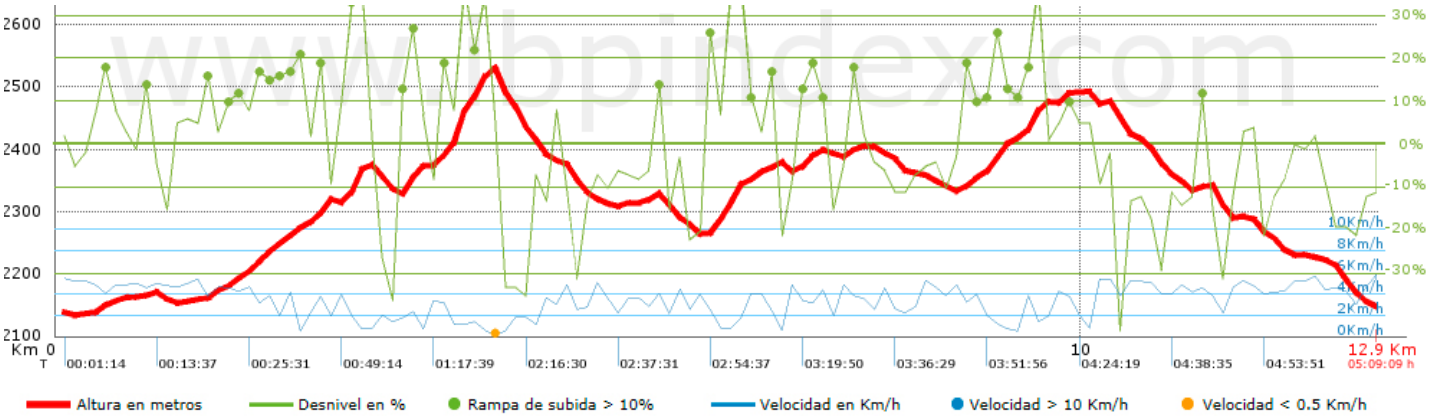
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.651	5.05	1.45	0:26:52
	Between 15 and 30%	1.666	12.91	2.61	0:38:20
	Between 10 and 15%	1.442	11.18	3.67	0:23:35
	Between 5 and 10%	1.303	10.1	3.67	0:21:18
	Between 1 and 5%	1.22	9.46	3.52	0:20:48
	Total :	6.282	48.7	2.88	2:10:53
	Plain				
	Difference of 1%	0.333	2.58	3.9	0:05:08
	Breakdown descents				
	Between 1 and 5%	1.238	9.6	4.04	0:18:23
	Between 5 and 10%	1.512	11.72	3.87	0:23:26
	Between 10 and 15%	1.095	8.49	3.69	0:17:48
	Between 15 and 30%	1.942	15.06	3.09	0:37:44
	Between 30% and 55%	0.498	3.86	1.86	0:16:02
	Total :	6.284	48.72	3.33	1:53:23
	Total track :	12.9	100 %	3.1	4:09:24

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High altitude parameters, data above							
Altitude	**Distance m**	**% of total**	**Time in movement**	**Speed**	**Stopped time**	**Total time**	**Speed**
2500	246.308	1.91	0:06:00	2.46	0:24:46	0:30:46	0.48
2250	9452.193	73.27	3:18:50	2.85	0:34:59	3:53:49	2.43
2000	3201.478	24.82	0:44:34	4.31		0:44:34	4.31
Total :	**12.9 Km**	**100 %**	**4:09:24 h**	**3.1 Km/h**	**0:59:45 h**	**5:09:09 h**	**2.5 Km/h**

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

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2.297	0:04:02	2265	0:32:34	0:32:34	2.297
2.902	0:02:31	2341	0:53:30	0:20:56	0.605
2.966	0:02:20	2368	0:57:04	0:03:34 < 10´	0.063
3.501	0:02:40	2365	1:12:21	0:15:17	0.535
4.071	0:03:13	2485	1:34:28	0:22:07	0.571
4.161	0:02:57	2516	1:41:26	0:06:58 < 10´	0.09
4.226	0:15:28 > 10´	2527	1:45:05	0:03:39 < 10´	0.065
4.289	0:06:21	2521	2:02:06	0:17:01	0.063
6.402	0:02:32	2277	2:56:04	0:53:58	2.113
7.049	0:02:55	2386	3:13:50	0:17:46	0.648
9.182	0:03:21	2395	3:56:20	0:42:30	2.132
9.28	0:08:32	2409	4:00:35	0:04:15 < 10´	0.098
9.954	0:02:53	2491	4:24:19	0:23:44	0.675
Total :	0:59:45 h				

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