Track: 2016-07-09 Monte Corvo per la cresta Nord — **Date: 09/07/2016**

Track: 2016-07-09 Monte Corvo per la cresta Nord	**IBP = 181 HKG**
Detected modality = HKG	
IBP index reliability= A	

Total length	16.058 Km
Analyzed distance	16.058 Km
Lineal distance	0.023 Km

Accumulated climb	1748.86 m
Accumulated descent	1746.94 m
Maximum height	2621.65 m
Minimal height	1392.14 m
Climb rate	23.39 %
Descent rate	21.34 %
Positive climb difference per	108.91 m
Negative descent difference per	108.79 m

Total time	10:31:14 h
Time in movement	5:54:03 h
Stopped time	4:37:11 h

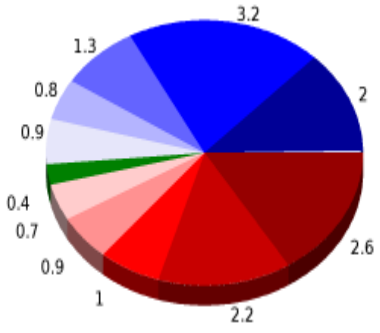
Total speed average	1.53 Km/h
Average speed in movement	2.72 Km/h
Maximum held speed	6.72 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	4790 (cad. 3.35 m)
Significant points	503 (cad. 31.99 m / 10.5 %)
Aberrant points	1983 (41.4 % d. total)

Direction changes per	17.13
Direction changes >5º per	12.52
Accumulated straight stretches	2.474 Km
Straight stretches per	154.07 m
Penalizables slope changes	10
Penalizables slope changes per	0.623

Find The Best bike routes
cicloide
www.cicloide.com

Summary of slopes



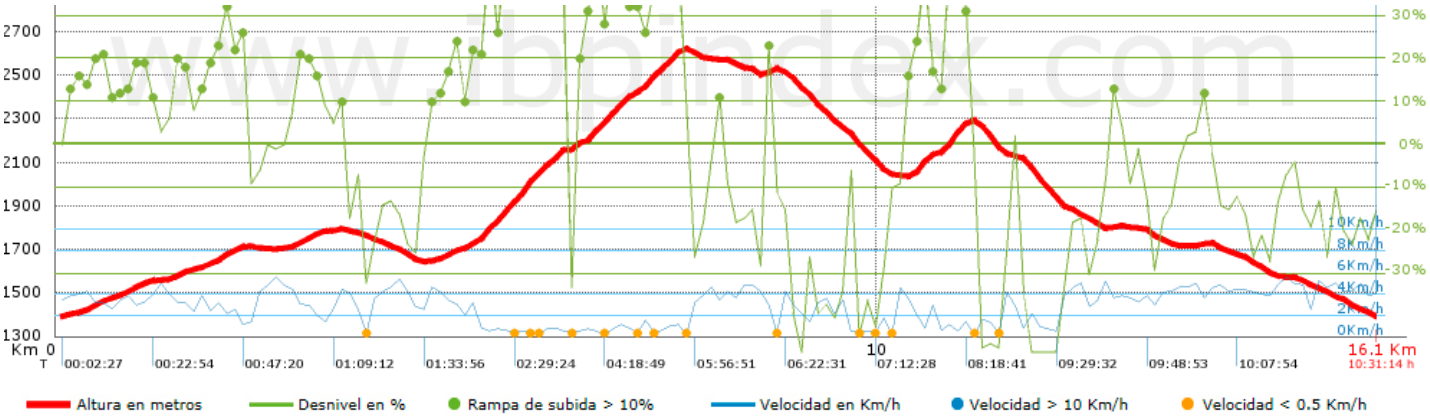
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	2.605	16.22	1.71	1:31:11
	Between 15 and 30%	2.241	13.96	2.65	0:50:50
	Between 10 and 15%	1.048	6.53	3.82	0:16:27
	Between 5 and 10%	0.888	5.53	3.15	0:16:55
	Between 1 and 5%	0.694	4.32	3.89	0:10:43
	Total :	7.477	46.56	2.41	3:06:06
	Plain				
	Difference of 1%	0.393	2.45	2.78	0:08:29
	Breakdown descents				
	Between 1 and 5%	0.854	5.32	4.18	0:12:15
	Between 5 and 10%	0.841	5.24	3.48	0:14:30
	Between 10 and 15%	1.295	8.06	4.47	0:17:23
	Between 15 and 30%	3.169	19.73	3.3	0:57:39
	Between 30% and 55%	2.029	12.63	2.11	0:57:41
	Total :	8.187	50.99	3.08	2:39:28
	Total track :	16.058	100 %	2.72	5:54:03

Copyright IBPindexTeam © 2012. All Rights Reserved

Track: 2016-07-09 Monte Corvo per la cresta Nord **Date: 09/07/2016**

Track: 2016-07-09 Monte Corvo per la cresta Nord	**IBP = 181 HKG**
Detected modality = HKG	
IBP index reliability= A	





www.ibpindex.com

High altitude parameters, data above							
Altitude	**Distance m**	**% of total**	**Time in movement**	**Speed**	**Stopped time**	**Total time**	**Speed**
2500	**1625.305**	**10.12**	**0:37:01**	**2.63**	**0:43:39**	**1:20:40**	**1.21**
2250	**1692.08**	**10.54**	**0:49:38**	**2.05**	**0:53:38**	**1:43:16**	**0.98**
2000	**2947.259**	**18.35**	**1:24:59**	**2.08**	**2:01:27**	**3:26:26**	**0.86**
1750	**2829.988**	**17.62**	**0:57:35**	**2.95**	**0:56:09**	**1:53:44**	**1.49**
1500	**5539.642**	**34.5**	**1:40:37**	**3.3**	**0:02:18**	**1:42:55**	**3.23**
Total :	**14.634 Km**	**91.13 %**	**5:29:50 h**	**2.66 Km/h**	**4:37:11 h**	**10:07:01 h**	**1.45 Km/h**

Copyright IBPindexTeam © 2012. All Rights Reserved

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
3.711	0:06:22	1774	1:14:47	1:14:47	3.711
5.128	0:02:18	1743	1:48:13	0:33:26	1.417
5.189	0:02:30	1757	1:51:34	0:03:21 < 10´	0.061
5.25	0:13:31 > 10´	1781	1:55:29	0:03:55 < 10´	0.061
5.374	0:15:06 > 10´	1832	2:10:47	0:15:18	0.124
5.59	0:04:06	1931	2:30:46	0:19:59	0.217
5.651	0:02:52	1957	2:36:53	0:06:07 < 10´	0.061
5.746	0:04:15	1999	2:43:41	0:06:48 < 10´	0.095
5.835	0:11:41 > 10´	2039	2:51:49	0:08:08 < 10´	0.089
6.017	0:05:01	2110	3:09:51	0:18:02	0.182
6.109	0:12:49 > 10´	2130	3:17:06	0:07:15 < 10´	0.092
6.23	0:06:41	2170	3:32:06	0:15:00	0.121
6.349	0:12:29 > 10´	2183	3:42:15	0:10:09	0.119
6.5	0:06:54	2217	3:58:00	0:15:45	0.151
6.622	0:14:43 > 10´	2275	4:06:49	0:08:49 < 10´	0.122
6.967	0:13:11 > 10´	2401	4:36:11	0:29:22	0.345
7.245	0:05:20	2483	4:57:01	0:20:50	0.279
7.309	0:03:05	2506	5:03:57	0:06:56 < 10´	0.064
7.559	0:34:48 > 10´	2607	5:18:31	0:14:34	0.25
8.713	0:05:46	2534	6:14:07	0:55:36	1.154
9.589	0:03:59	2247	6:39:27	0:25:20	0.876
9.682	0:07:57	2225	6:46:31	0:07:04 < 10´	0.093
9.802	0:04:03	2170	6:57:42	0:11:11	0.12
9.862	0:05:24	2146	7:03:56	0:06:14 < 10´	0.06
10.134	0:08:24	2050	7:19:30	0:15:34	0.273
10.489	0:02:27	2066	7:36:00	0:16:30	0.354
10.548	0:02:15	2091	7:40:03	0:04:03 < 10´	0.06
10.704	0:13:15 > 10´	2143	7:46:47	0:06:44 < 10´	0.155
10.852	0:02:31	2182	8:04:06	0:17:19	0.148
10.944	0:03:48	2224	8:10:42	0:06:36 < 10´	0.092
11.12	0:20:24 > 10´	2297	8:19:58	0:09:16 < 10´	0.176
11.36	0:05:04	2223	8:47:03	0:27:05	0.24
11.703	0:02:30	2131	9:01:30	0:14:27	0.343
12.041	0:11:42 > 10´	1996	9:15:43	0:14:13	0.337
Total :	4:37:11 h				

Copyright IBPindexTeam © 2012. All Rights Reserved