Track: 2016-08-18 M. Prena via Brancadoro — **Date: 18/08/2016**

Track: 2016-08-18 M. Prena via Brancadoro	**IBP = 115 HKG**
Detected modality = HKG	
IBP index reliability= A	

Total length	12.404 Km
Analyzed distance	12.404 Km
Lineal distance	0.01 Km

Accumulated climb	1025.55 m
Accumulated descent	1014.49 m
Maximum height	2562.53 m
Minimal height	1629.09 m
Climb rate	17.64 %
Descent rate	15.81 %
Positive climb difference per	82.68 m
Negative descent difference per	81.79 m

Total time	6:24:36 h
Time in movement	4:08:01 h
Stopped time	2:16:35 h

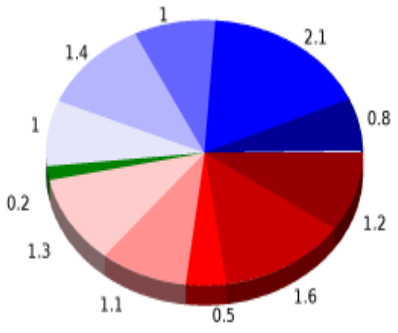
Total speed average	1.94 Km/h
Average speed in movement	3 Km/h
Maximum held speed	5.72 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	3093 (cad. 4.01 m)
Significant points	385 (cad. 32.3 m / 12.45 %)
Aberrant points	827 (26.74 % d. total)

Direction changes per	17.41
Direction changes >5° per	13.06
Accumulated straight stretches	1.729 Km
Straight stretches per	139.39 m
Penalizables slope changes	5
Penalizables slope changes per	0.403

Find The Best bike routes
cicloide
www.cicloide.com

Summary of slopes

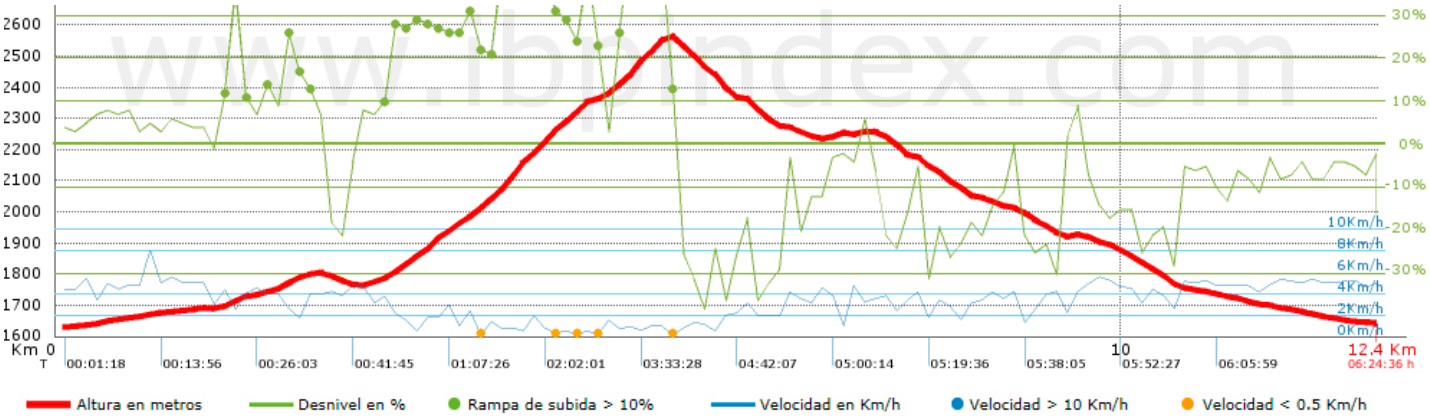


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.193	9.62	1.89	0:37:59
	Between 15 and 30%	1.622	13.07	2.28	0:42:41
	Between 10 and 15%	0.53	4.27	4.04	0:07:52
	Between 5 and 10%	1.119	9.02	4.09	0:16:26
	Between 1 and 5%	1.349	10.87	4.14	0:19:32
	Total :	5.813	46.86	2.8	2:04:30
	Plain				
	Difference of 1%	0.175	1.41	3.36	0:03:08
	Breakdown descents				
	Between 1 and 5%	1.044	8.42	4.16	0:15:03
	Between 5 and 10%	1.443	11.63	4.47	0:19:22
	Between 10 and 15%	1.012	8.15	3.61	0:16:49
	Between 15 and 30%	2.073	16.71	2.99	0:41:34
	Between 30% and 55%	0.845	6.81	1.84	0:27:35
	Total :	6.416	51.72	3.2	2:00:23
	Total track :	12.404	100 %	3	4:08:01

Copyright IBPindexTeam © 2012. All Rights Reserved

Track: 2016-08-18 M. Prena via Brancadoro	**IBP = 115 HKG**
Detected modality = HKG	
IBP index reliability= A	





High altitude parameters, data above							
Altitude	**Distance m**	**% of total**	**Time in movement**	**Speed**	**Stopped time**	**Total time**	**Speed**
2500	456.397	3.68	0:18:56	1.45	0:31:40	0:50:36	0.54
2250	2325.758	18.75	0:57:10	2.44	1:08:05	2:05:15	1.11
2000	2333.76	18.81	0:52:49	2.65	0:33:06	1:25:55	1.63
1750	3500.979	28.22	1:09:03	3.04	0:03:44	1:12:47	2.89
1500	3787.574	30.53	0:50:03	4.54		0:50:03	4.54
Total :	**12.404 Km**	**100 %**	**4:08:01 h**	**3 Km/h**	**2:16:35 h**	**6:24:36 h**	**1.94 Km/h**

Copyright IBPindexTeam © 2012. All Rights Reserved

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
3.293	0:03:44	1841	0:53:13	0:53:13	3.293
3.944	0:09:17	2005	1:16:02	0:22:49	0.65
4.131	0:02:27	2060	1:32:23	0:16:21	0.187
4.191	0:02:16	2087	1:36:19	0:03:56 < 10´	0.06
4.314	0:03:16	2137	1:42:40	0:06:21 < 10´	0.123
4.466	0:09:44	2189	1:50:34	0:07:54 < 10´	0.152
4.558	0:18:42 > 10´	2223	2:02:01	0:11:27	0.093
4.766	0:24:17 > 10´	2290	2:23:51	0:21:50	0.208
4.945	0:22:10 > 10´	2342	2:51:25	0:27:34	0.179
5.193	0:02:39	2392	3:19:10	0:27:45	0.248
5.415	0:02:57	2461	3:29:25	0:10:15	0.222
5.689	0:31:40 > 10´	2557	3:44:47	0:15:22	0.274
6.093	0:03:26	2454	4:32:01	0:47:14	0.404
Total :	2:16:35 h				

Copyright IBPindexTeam © 2012. All Rights Reserved