Track: 2016-09-24 Monte Prena via Cieri — **Date: 24/09/2016**

Track: 2016-09-24 Monte Prena via Cieri	**IBP = 142 HKG**
Detected modality = HKG	
IBP index reliability= A	

Total length	15.969 Km
Analyzed distance	15.969 Km
Lineal distance	0.036 Km

Accumulated climb	1289.02 m
Accumulated descent	1292.68 m
Maximum height	2564.45 m
Minimal height	1566.61 m
Climb rate	18.28 %
Descent rate	15.08 %
Positive climb difference per	80.72 m
Negative descent difference per	80.95 m

Total time	9:40:46 h
Time in movement	6:09:49 h
Stopped time	3:30:57 h

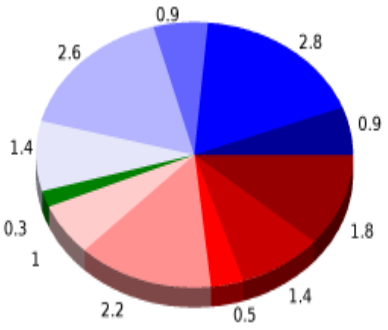
Total speed average	1.65 Km/h
Average speed in movement	2.59 Km/h
Maximum held speed	5.31 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	4673 (cad. 3.42 m)
Significant points	501 (cad. 31.94 m / 10.72 %)
Aberrant points	1399 (29.94 % d. total)

Direction changes per	17.41
Direction changes >5° per	13.4
Accumulated straight stretches	2.194 Km
Straight stretches per	137.39 m
Penalizables slope changes	10
Penalizables slope changes per	0.626

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Summary of slopes

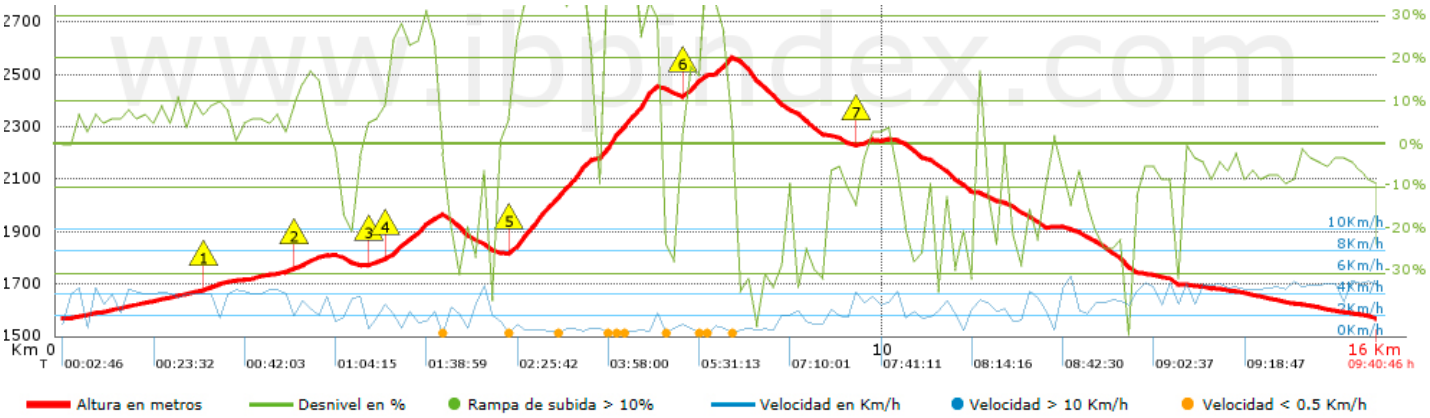


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.812	11.35	1.93	0:56:24
	Between 15 and 30%	1.436	8.99	2.03	0:42:27
	Between 10 and 15%	0.541	3.38	2.75	0:11:47
	Between 5 and 10%	2.236	14	3.44	0:39:01
	Between 1 and 5%	1.024	6.41	2.91	0:21:09
	Total :	7.05	44.14	2.48	2:50:48
	Plain				
	Difference of 1%	0.346	2.17	2.62	0:07:56
	Breakdown descents				
	Between 1 and 5%	1.447	9.06	3.97	0:21:51
	Between 5 and 10%	2.556	16	3.7	0:41:30
	Between 10 and 15%	0.915	5.73	2.71	0:20:14
	Between 15 and 30%	2.785	17.44	2.17	1:16:59
	Between 30% and 55%	0.871	5.45	1.71	0:30:31
	Total :	8.573	53.69	2.69	3:11:05
	Total track :	15.969	100 %	2.59	6:09:49

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Repechos > 10%			
Marca	**Punto kilométrico**	**Pendiente media**	**Distancia**
	1.812	12 %	193 m
	2.915	16 %	286 m
	3.771	14 %	125 m
	3.994	26 %	672 m
	5.453	35 %	1818 m
	7.553	28 %	563 m
	9.672	20 %	129 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2500	458.966	2.87	0:13:33	2.03	0:39:32	0:53:05	0.52
2250	2406.241	15.07	1:14:11	1.95	1:20:55	2:35:06	0.93
2000	2691.586	16.85	1:16:13	2.12	0:35:28	1:51:41	1.45
1750	4655.345	29.15	1:53:07	2.47	0:55:02	2:48:09	1.66
1500	5757.259	36.05	1:32:45	3.72		1:32:45	3.72
Total :	15.969 Km	100 %	6:09:49 h	2.59 Km/h	3:30:57 h	9:40:46 h	1.65 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
3.712	0:02:37	1769	1:12:02	1:12:02	3.712
4.116	0:02:15	1826	1:24:19	0:12:17	0.405
4.636	0:08:09	1965	1:43:05	0:18:46	0.52
4.88	0:02:12	1910	1:59:38	0:16:33	0.244
5.421	0:06:41	1814	2:15:15	0:15:37	0.541
5.552	0:06:30	1842	2:25:42	0:10:27	0.131
5.67	0:03:48	1884	2:36:18	0:10:36	0.117
5.729	0:16:04 > 10´	1908	2:42:16	0:05:58 < 10´	0.06
5.946	0:09:05	1985	3:01:40	0:19:24	0.216
6.099	0:02:24	2042	3:16:11	0:14:31	0.153
6.19	0:10:03 > 10´	2075	3:22:32	0:06:21 < 10´	0.091
6.374	0:02:28	2144	3:37:16	0:14:44	0.184
6.529	0:02:38	2182	3:46:07	0:08:51 < 10´	0.156
6.591	0:05:07	2193	3:50:55	0:04:48 < 10´	0.062
6.652	0:04:13	2216	3:58:00	0:07:05 < 10´	0.061
6.781	0:04:32	2267	4:06:35	0:08:35 < 10´	0.129
6.901	0:03:50	2311	4:17:25	0:10:50	0.12
6.961	0:03:26	2338	4:22:53	0:05:28 < 10´	0.06
7.055	0:03:48	2372	4:29:31	0:06:38 < 10´	0.095
7.271	0:19:29 > 10´	2453	4:41:39	0:12:08	0.216
7.395	0:02:16	2439	5:03:50	0:22:11	0.124
7.553	0:10:40 > 10´	2414	5:10:52	0:07:02 < 10´	0.158
7.68	0:07:06	2444	5:22:34	0:11:42	0.127
7.804	0:17:11 > 10´	2476	5:33:13	0:10:39	0.124
7.993	0:02:28	2507	5:55:52	0:22:39	0.189
8.086	0:32:02 > 10´	2534	6:01:20	0:05:28 < 10´	0.093
8.238	0:02:46	2559	6:34:46	0:33:26	0.152
8.389	0:02:16	2508	6:45:28	0:10:42	0.15
8.447	0:05:32	2489	6:49:53	0:04:25 < 10´	0.058
8.566	0:03:05	2448	6:58:18	0:08:25 < 10´	0.119
10.906	0:03:07	2089	8:07:57	1:09:39	2.34
11.952	0:03:09	1915	8:35:35	0:27:38	1.046
Total :	3:30:57 h				

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