Track: 2016-10-22 Tre cime della Laghetta — **Date: 22/10/2016**

Track: 2016-10-22 Tre cime della Laghetta	**IBP = 148 HKG**
Detected modality = HKG	
IBP index reliability= B	

Total length	21.49 Km
Analyzed distance	21.49 Km
Lineal distance	0.081 Km

Accumulated climb	1522.28 m
Accumulated descent	1515.03 m
Maximum height	2374.59 m
Minimal height	1334.45 m
Climb rate	14.11 %
Descent rate	15.42 %
Positive climb difference per	70.84 m
Negative descent difference per	70.5 m

Total time	10:41:03 h
Time in movement	7:40:44 h
Stopped time	3:00:19 h

Total speed average	2.01 Km/h
Average speed in movement	2.8 Km/h
Maximum held speed	7.59 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	5360 (cad. 4.01 m)
Significant points	664 (cad. 32.41 m / 12.39 %)
Aberrant points	1005 (18.75 % d. total)

Direction changes per	15.77
Direction changes >5º per	13.96
Accumulated straight stretches	2.486 Km
Straight stretches per	115.68 m
Penalizables slope changes	12
Penalizables slope changes per	0.558

Find The Best bike routes
cicloide
www.cicloide.com

Summary of slopes

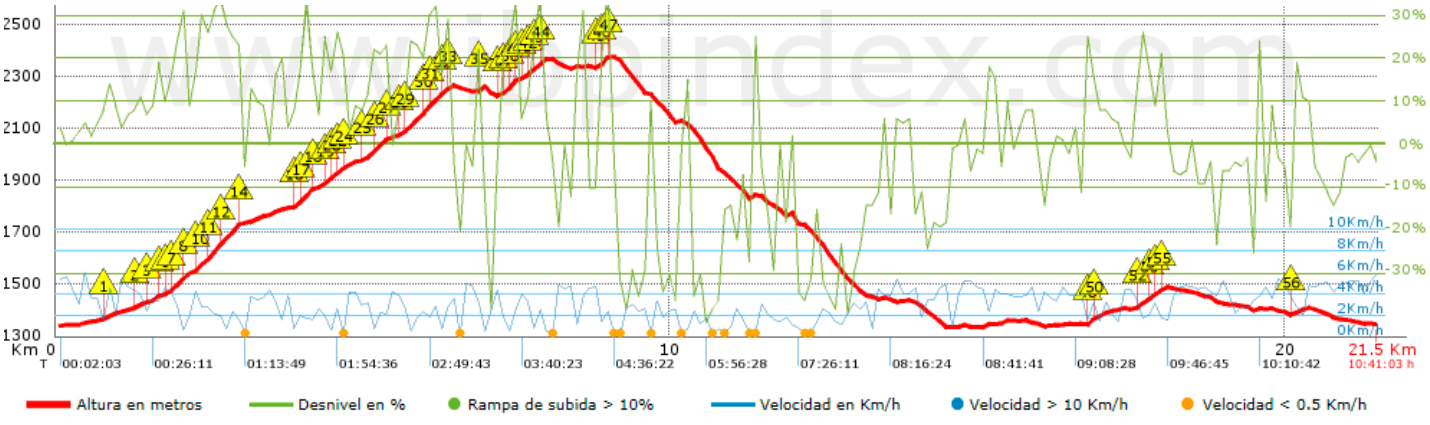


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.637	2.97	1.94	0:19:43
	Between 15 and 30%	3.918	18.23	2.27	1:43:21
	Between 10 and 15%	1.745	8.12	2.93	0:35:47
	Between 5 and 10%	2.534	11.79	3.25	0:46:51
	Between 1 and 5%	1.952	9.08	3.03	0:38:42
	Total :	10.786	50.19	2.65	4:04:24
	Plain				
	Difference of 1%	0.877	4.08	3.8	0:13:52
	Breakdown descents				
	Between 1 and 5%	2.415	11.24	3.53	0:41:00
	Between 5 and 10%	1.98	9.21	3.82	0:31:06
	Between 10 and 15%	1.356	6.31	3.08	0:26:24
	Between 15 and 30%	2.364	11	2.83	0:50:06
	Between 30% and 55%	1.712	7.97	1.91	0:53:52
	Total :	9.826	45.72	2.91	3:22:28
	Total track :	21.49	100 %	2.8	7:40:44

Copyright IBPindexTeam © 2012. All Rights Reserved

Track: 2016-10-22 Tre cime della Laghetta	**IBP = 148 HKG**
Detected modality = HKG	
IBP index reliability= B	





Copyright IBPindexTeam © 2012. All Rights Reserved

Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.802	12 %	145 m
2	1.502	13 %	132 m
3	1.762	11 %	34 m
4	1.796	17 %	93 m
5	1.889	25 %	164 m
6	2.052	18 %	95 m
7	2.247	17 %	34 m
8	2.281	23 %	225 m
9	2.506	29 %	190 m
10	2.696	25 %	251 m
11	2.947	20 %	61 m
12	3.007	12 %	33 m
13	3.851	13 %	31 m
14	3.882	16 %	126 m
15	4.008	31 %	121 m
16	4.129	15 %	63 m
17	4.319	17 %	190 m
18	4.508	26 %	31 m
19	4.54	26 %	60 m
20	4.6	15 %	29 m
21	4.629	22 %	31 m
22	4.66	14 %	101 m
23	4.991	16 %	157 m
24	5.148	24 %	216 m
25	5.583	12 %	95 m
26	5.677	24 %	286 m

Copyright IBPindexTeam © 2012. All Rights Reserved

27	5.963	28 %	131 m
28	6.094	26 %	124 m
29	6.218	20 %	133 m
30	6.351	25 %	34 m
31	6.821	27 %	95 m
32	6.916	14 %	29 m
33	7.204	20 %	31 m
34	7.236	20 %	169 m
35	7.405	31 %	33 m
36	7.438	34 %	33 m
37	7.471	26 %	31 m
38	7.57	16 %	123 m
39	7.694	23 %	32 m
40	7.725	16 %	96 m
41	7.821	25 %	129 m
42	8.8	12 %	32 m
43	8.833	22 %	100 m
44	8.933	37 %	30 m
45	16.726	24 %	91 m
46	16.887	12 %	95 m
47	17.534	12 %	32 m
48	17.566	17 %	191 m
49	17.757	14 %	118 m
50	17.875	19 %	89 m
51	17.964	16 %	30 m
52	20.094	19 %	89 m

Copyright IBPindexTeam © 2012. All Rights Reserved

High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2250	2518.224	11.72	0:53:53	2.8	1:06:04	1:59:57	1.26
2000	2987.606	13.9	1:14:39	2.4	0:34:22	1:49:01	1.64
1750	3273.937	15.23	1:24:43	2.32	0:51:58	2:16:41	1.44
1500	2220.293	10.33	1:00:39	2.2	0:22:44	1:23:23	1.6
Total :	11 Km	51.19 %	4:33:54 h	2.41 Km/h	2:55:08 h	7:29:02 h	1.47 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
1.987	0:03:16	1506	0:35:40	0:35:40	1.987
2.666	0:02:35	1653	0:57:35	0:21:55	0.679
2.978	0:04:02	1730	1:08:44	0:11:09	0.311
3.821	0:02:35	1795	1:28:45	0:20:01	0.843
4.446	0:03:02	1902	1:49:43	0:20:58	0.626
4.6	0:12:48 > 10´	1934	1:55:19	0:05:36 < 10´	0.153
5.116	0:02:34	1999	2:17:11	0:21:52	0.517
5.677	0:03:40	2087	2:33:43	0:16:32	0.561
6.218	0:02:51	2224	2:54:40	0:20:57	0.541
6.481	0:09:08	2264	3:02:30	0:07:50 < 10´	0.263
6.945	0:04:18	2266	3:19:38	0:17:08	0.464
7.306	0:04:08	2241	3:30:25	0:10:47	0.36
7.661	0:02:32	2305	3:42:32	0:12:07	0.355
7.95	0:18:59 > 10´	2365	3:50:50	0:08:18 < 10´	0.289
8.996	0:04:12	2375	4:29:34	0:38:44	1.046
9.061	0:26:55 > 10´	2373	4:36:22	0:06:48 < 10´	0.065
9.624	0:04:03	2228	5:18:29	0:42:07	0.563
10.127	0:08:37	2129	5:35:39	0:17:10	0.503
10.558	0:08:29	2024	5:56:28	0:20:49	0.431
10.653	0:02:32	1991	6:08:03	0:11:35	0.095
10.773	0:04:18	1946	6:13:16	0:05:13 < 10´	0.12
11.187	0:22:35 > 10´	1850	6:31:22	0:18:06	0.413
11.953	0:04:08	1775	7:16:43	0:45:21	0.766
12.045	0:02:26	1745	7:23:45	0:07:02 < 10´	0.092
12.109	0:05:20	1740	7:27:41	0:03:56 < 10´	0.063
12.201	0:05:05	1720	7:34:49	0:07:08 < 10´	0.093
13.18	0:02:35	1458	8:07:22	0:32:33	0.979
14.466	0:02:36	1337	8:31:31	0:24:09	1.285
Total :	3:00:19 h				

Copyright IBPindexTeam © 2012. All Rights Reserved