Track: 2016-10-30 Monte Sirente per la Valle Lupara — **Date: 30/10/2016**

Track: 2016-10-30 Monte Sirente per la Valle Lupara	**IBP = 127 HKG**
Detected modality = HKG	
IBP index reliability= A	

Total length	**11.232 Km**
Analyzed distance	**11.232 Km**
Lineal distance	**0.041 Km**

Accumulated climb	**1205.96 m**
Accumulated descent	**1202.59 m**
Maximum height	**2348.16 m**
Minimal height	**1185.44 m**
Climb rate	**20.9 %**
Descent rate	**22.39 %**
Positive climb difference per	**107.37 m**
Negative descent difference per	**107.07 m**

Total time	**6:27:44 h**
Time in movement	**5:11:20 h**
Stopped time	**1:16:24 h**

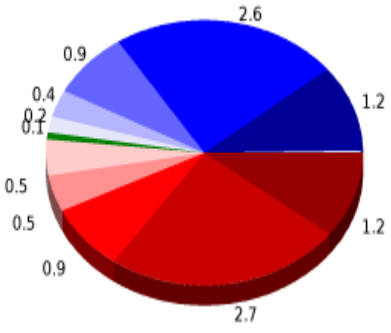
Total speed average	**1.74 Km/h**
Average speed in movement	**2.16 Km/h**
Maximum held speed	**6.53 Km/h**

Max slope filter	**~55 %**
Min. points separation	**~30 m**
Number of points	**3559 (cad. 3.16 m)**
Significant points	**358 (cad. 31.46 m / 10.06 %)**
Aberrant points	**1415 (39.76 % d. total)**

Direction changes per	**18.16**
Direction changes >5º per	**15.14**
Accumulated straight stretches	**0.849 Km**
Straight stretches per	**75.59 m**
Penalizables slope changes	**6**
Penalizables slope changes per	**0.534**

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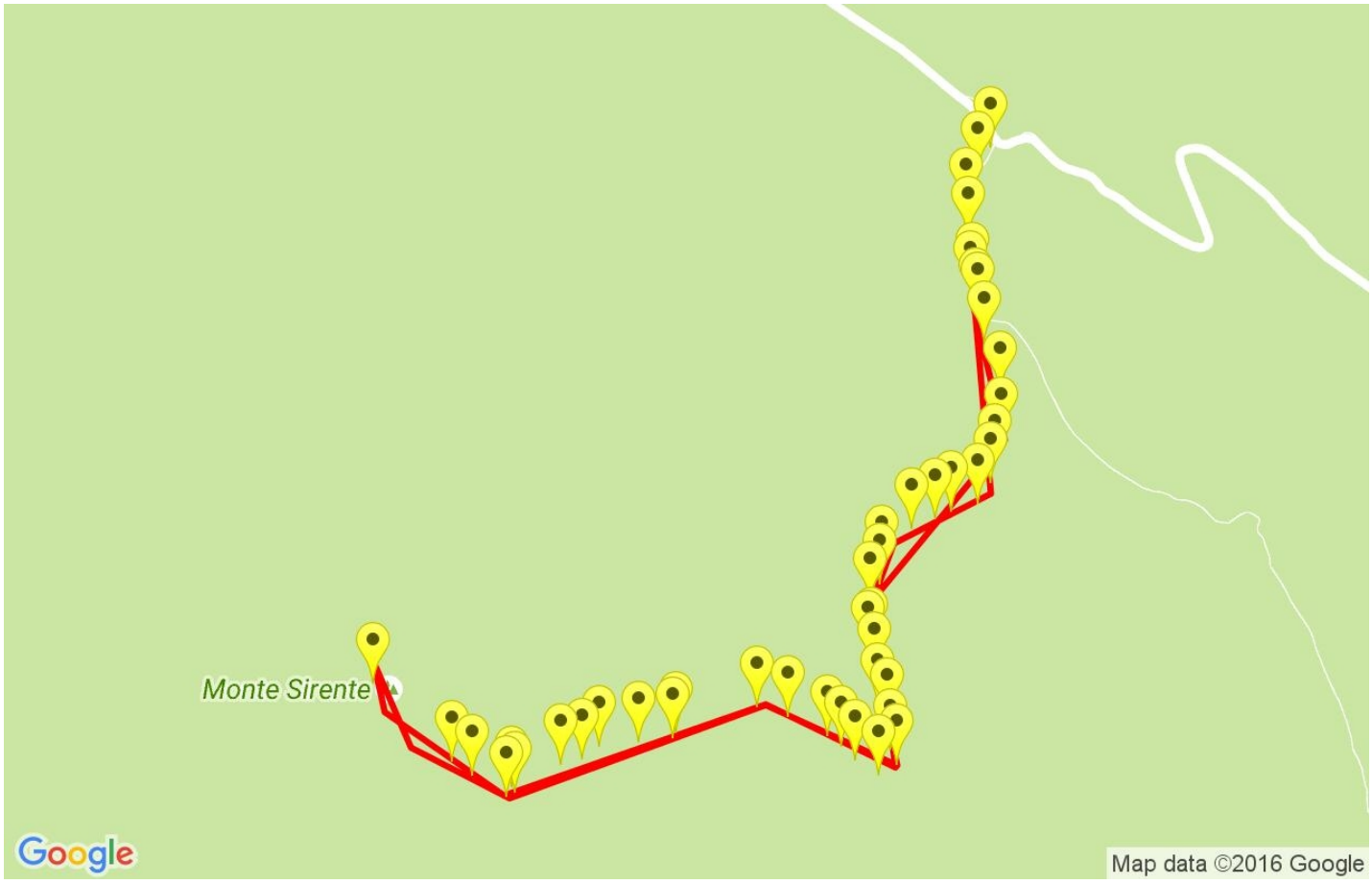
Summary of slopes

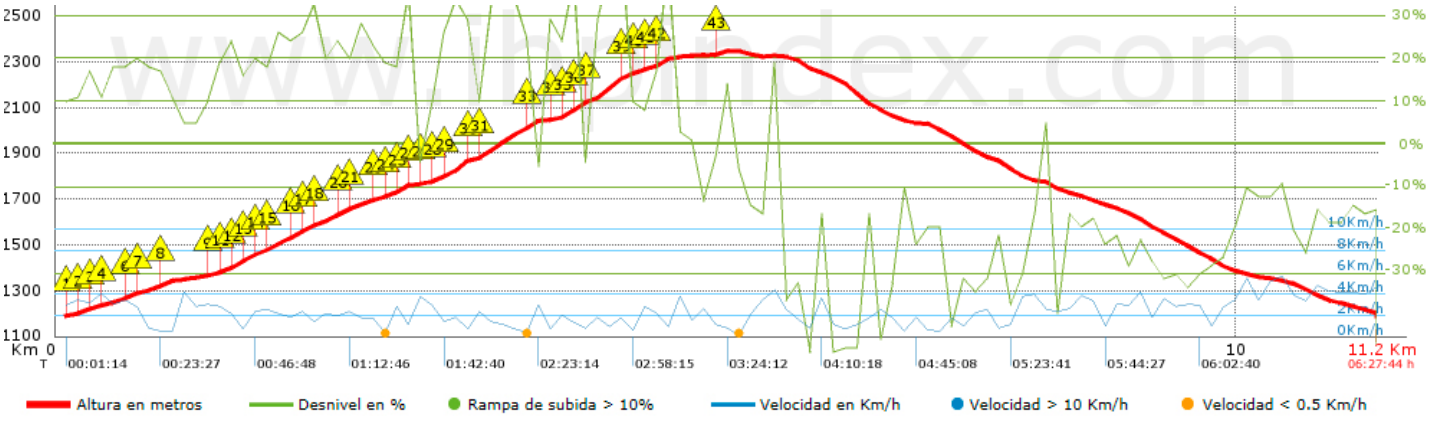


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	**1.234**	**10.99**	**1.37**	**0:53:53**
	Between 15 and 30%	**2.679**	**23.85**	**2.14**	**1:15:13**
	Between 10 and 15%	**0.859**	**7.65**	**3.06**	**0:16:51**
	Between 5 and 10%	**0.539**	**4.8**	**2.91**	**0:11:06**
	Between 1 and 5%	**0.46**	**4.09**	**3.1**	**0:08:54**
	Total :	**5.77**	**51.38**	**2.09**	**2:45:57**
	Plain				
	Difference of 1%	**0.09**	**0.8**	**1.51**	**0:03:34**
	Breakdown descents				
	Between 1 and 5%	**0.188**	**1.68**	**1.64**	**0:06:54**
	Between 5 and 10%	**0.443**	**3.94**	**2.94**	**0:09:02**
	Between 10 and 15%	**0.86**	**7.66**	**3.14**	**0:16:26**
	Between 15 and 30%	**2.633**	**23.44**	**2.52**	**1:02:47**
	Between 30% and 55%	**1.247**	**11.11**	**1.6**	**0:46:40**
	Total :	**5.371**	**47.82**	**2.27**	**2:21:49**
	Total track :	**11.232**	**100 %**	**2.16**	**5:11:20**

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
	0.06	12 %	94 m
	0.154	16 %	133 m
	0.286	13 %	98 m
	0.384	17 %	186 m
	0.571	28 %	31 m
	0.601	21 %	66 m
	0.697	20 %	185 m
	0.882	12 %	186 m
	1.228	12 %	98 m
	1.326	17 %	61 m
	1.387	22 %	98 m
	1.486	28 %	123 m
	1.609	26 %	63 m
	1.672	21 %	94 m
	1.766	27 %	190 m
	1.956	24 %	89 m
	2.045	26 %	93 m
	2.138	26 %	246 m
	2.384	19 %	31 m
	2.415	17 %	93 m
	2.508	24 %	124 m
	2.632	21 %	61 m
	2.693	13 %	125 m
	2.818	18 %	63 m
	2.881	33 %	93 m
	2.974	29 %	30 m

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27	3.098	12 %	70 m
28	3.168	22 %	62 m
29	3.23	31 %	219 m
30	3.449	17 %	131 m
31	3.58	35 %	402 m
32	3.982	37 %	30 m
33	4.012	27 %	36 m
34	4.142	18 %	152 m
35	4.293	37 %	94 m
36	4.387	24 %	94 m
37	4.482	37 %	241 m
38	4.723	47 %	30 m
39	4.753	22 %	91 m
40	4.844	15 %	159 m
41	5.003	19 %	92 m
42	5.094	43 %	61 m
43	5.585	11 %	119 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2250	1629.186	14.51	0:42:32	2.3	0:29:55	1:12:27	1.35
2000	1952.409	17.38	1:07:49	1.73	0:24:45	1:32:34	1.27
1750	1916.511	17.06	1:12:26	1.59	0:05:04	1:17:30	1.48
1500	2208.304	19.66	1:00:06	2.2	0:05:07	1:05:13	2.03
Total :	7.706 Km	68.61 %	4:02:53 h	1.9 Km/h	1:04:51 h	5:07:44 h	1.5 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
0.667	0:02:13	1288	0:13:36	0:13:36	0.667
0.823	0:06:42	1316	0:20:07	0:06:31 < 10´	0.155
1.546	0:02:38	1424	0:41:17	0:21:10	0.723
2.693	0:05:07	1701	1:20:15	0:38:58	1.147
3.418	0:02:32	1850	1:50:37	0:30:22	0.725
3.768	0:02:32	1948	2:05:23	0:14:46	0.35
3.921	0:04:28	2001	2:13:05	0:07:42 < 10´	0.153
4.142	0:02:26	2038	2:24:37	0:11:32	0.22
4.815	0:03:02	2245	2:54:22	0:29:45	0.673
5.644	0:02:21	2343	3:21:51	0:27:29	0.829
5.703	0:25:02 > 10´	2345	3:26:12	0:04:21 < 10´	0.06
6.325	0:02:32	2286	4:04:27	0:38:15	0.621
6.6	0:02:34	2233	4:13:43	0:09:16 < 10´	0.275
7.124	0:03:31	2047	4:39:06	0:25:23	0.525
7.349	0:02:59	2035	4:47:20	0:08:14 < 10´	0.225
7.411	0:05:45	2017	4:51:25	0:04:05 < 10´	0.062
Total :	1:16:24 h				

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