Track: 2016-11-26 Monte Crepacuore	**IBP = 111 HKG**
Detected modality = HKG	
IBP index reliability= A	

Total length	13.634 Km
Analyzed distance	13.634 Km
Lineal distance	0.024 Km

Accumulated climb	939.22 m
Accumulated descent	944.51 m
Maximum height	2000.64 m
Minimal height	1432.02 m
Climb rate	15.46 %
Descent rate	13.42 %
Positive climb difference per	68.89 m
Negative descent difference per	69.28 m

Total time	7:15:37 h
Time in movement	4:39:18 h
Stopped time	2:36:19 h

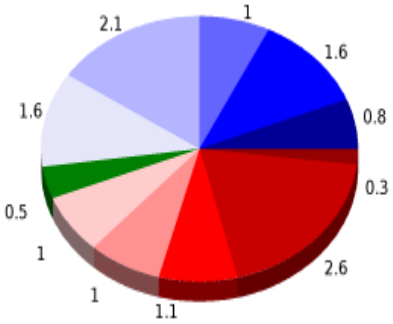
Total speed average	1.88 Km/h
Average speed in movement	2.93 Km/h
Maximum held speed	6.64 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	3362 (cad. 4.06 m)
Significant points	424 (cad. 32.23 m / 12.61 %)
Aberrant points	519 (15.44 % d. total)

Direction changes per	15.99
Direction changes >5º per	12.76
Accumulated straight stretches	2.045 Km
Straight stretches per	149.99 m
Penalizables slope changes	11
Penalizables slope changes per	0.807

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Summary of slopes

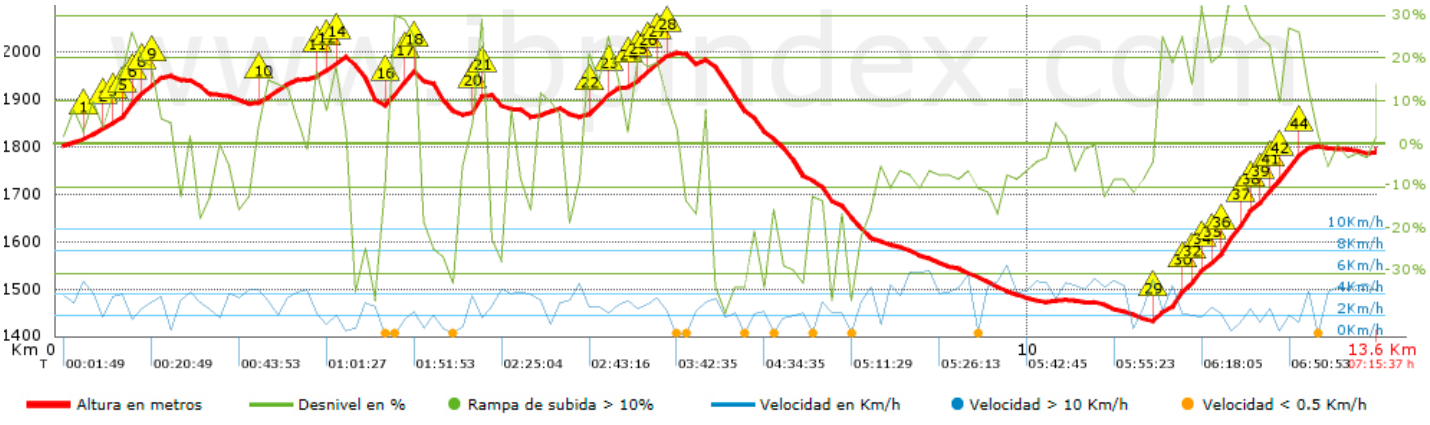


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.342	2.51	1.8	0:11:26
	Between 15 and 30%	2.576	18.89	2.38	1:05:00
	Between 10 and 15%	1.116	8.19	2.58	0:25:58
	Between 5 and 10%	1.003	7.36	2.76	0:21:47
	Between 1 and 5%	1.039	7.62	3.65	0:17:05
	Total :	6.076	44.56	2.58	2:21:16
	Plain				
	Difference of 1%	0.521	3.82	2.85	0:10:58
	Breakdown descents				
	Between 1 and 5%	1.593	11.69	3.58	0:26:43
	Between 5 and 10%	2.094	15.36	4.35	0:28:54
	Between 10 and 15%	0.962	7.05	3.64	0:15:51
	Between 15 and 30%	1.575	11.55	2.74	0:34:26
	Between 30% and 55%	0.812	5.96	2.3	0:21:10
	Total :	7.037	51.61	3.32	2:07:04
	Total track :	13.634	100 %	2.93	4:39:18

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.297	12 %	193 m
2	0.589	14 %	35 m
3	0.623	19 %	64 m
4	0.687	24 %	61 m
5	0.748	27 %	88 m
6	0.836	20 %	29 m
7	0.865	18 %	118 m
8	0.984	25 %	29 m
9	2.099	13 %	311 m
10	2.638	15 %	100 m
11	2.738	11 %	102 m
12	2.84	20 %	62 m
13	2.901	24 %	30 m
14	3.378	16 %	30 m
15	3.408	27 %	158 m
16	3.566	25 %	65 m
17	3.631	25 %	31 m
18	4.254	19 %	33 m
19	4.286	29 %	94 m
20	4.38	26 %	31 m
21	5.445	22 %	221 m
22	5.667	22 %	31 m
23	5.89	12 %	31 m
24	5.921	16 %	126 m
25	6.047	18 %	97 m
26	6.144	20 %	91 m

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27	6.235	11 %	35 m
28	11.312	22 %	268 m
29	11.58	21 %	93 m
30	11.673	23 %	29 m
31	11.703	30 %	65 m
32	11.767	11 %	30 m
33	11.798	19 %	93 m
34	11.891	19 %	93 m
35	11.984	32 %	215 m
36	12.199	28 %	35 m
37	12.234	19 %	92 m
38	12.325	27 %	94 m
39	12.419	25 %	64 m
40	12.483	15 %	99 m
41	12.582	27 %	189 m
42	12.771	27 %	30 m
43	12.801	14 %	30 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2000	30.241	0.22	Excesivo	< 0,5	0:15:36	0:15:36	0.12
1750	8548.308	62.7	3:03:06	2.8	1:55:06	4:58:12	1.72
1500	3126.249	22.93	1:04:56	2.89	0:22:15	1:27:11	2.15
Total :	11.705 Km	85.85 %	4:08:02 h	2.83 Km/h	2:32:57 h	6:40:59 h	1.75 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
1.11	0:06:30	1947	0:23:50	0:23:50	1.11
2.932	0:05:44	1989	1:04:30	0:40:40	1.822
3.349	0:24:57 > 10´	1890	1:18:29	0:13:59	0.418
3.662	0:02:41	1959	1:51:53	0:33:24	0.313
3.95	0:08:09	1906	2:01:25	0:09:32 < 10´	0.288
6.302	1:02:37 > 10´	1997	3:03:32	1:02:07	2.352
7.019	0:05:40	1888	4:23:44	1:20:12	0.717
7.3	0:05:29	1826	4:35:18	0:11:34	0.281
7.721	0:05:25	1733	4:52:33	0:17:15	0.421
8.07	0:04:03	1675	5:05:21	0:12:48	0.349
9.412	0:04:55	1530	5:30:35	0:25:14	1.341
10.983	0:03:22	1450	5:57:20	0:26:45	1.572
11.954	0:03:20	1573	6:23:41	0:26:21	0.971
12.513	0:04:32	1720	6:43:03	0:19:22	0.559
12.861	0:08:55	1797	6:55:46	0:12:43	0.347
Total :	2:36:19 h				

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