Track: 2016-12-10 Monte Follettoso	**IBP = 46 HKG**
Detected modality = HKG	
IBP index reliability= A	

Total length	9.052 Km
Analyzed distance	9.052 Km
Lineal distance	0.017 Km

Accumulated climb	422.28 m
Accumulated descent	427.84 m
Maximum height	1007.12 m
Minimal height	610.09 m
Climb rate	10.19 %
Descent rate	9.45 %
Positive climb difference per	46.65 m
Negative descent difference per	47.26 m

Total time	4:39:46 h
Time in movement	2:31:10 h
Stopped time	2:08:36 h

Total speed average	1.94 Km/h
Average speed in movement	3.59 Km/h
Maximum held speed	5.63 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	2079 (cad. 4.35 m)
Significant points	281 (cad. 32.33 m / 13.52 %)
Aberrant points	250 (12.03 % d. total)

Direction changes per	14.03
Direction changes >5º per	12.04
Accumulated straight stretches	0.58 Km
Straight stretches per	64.07 m
Penalizables slope changes	2
Penalizables slope changes per	0.221

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Summary of slopes

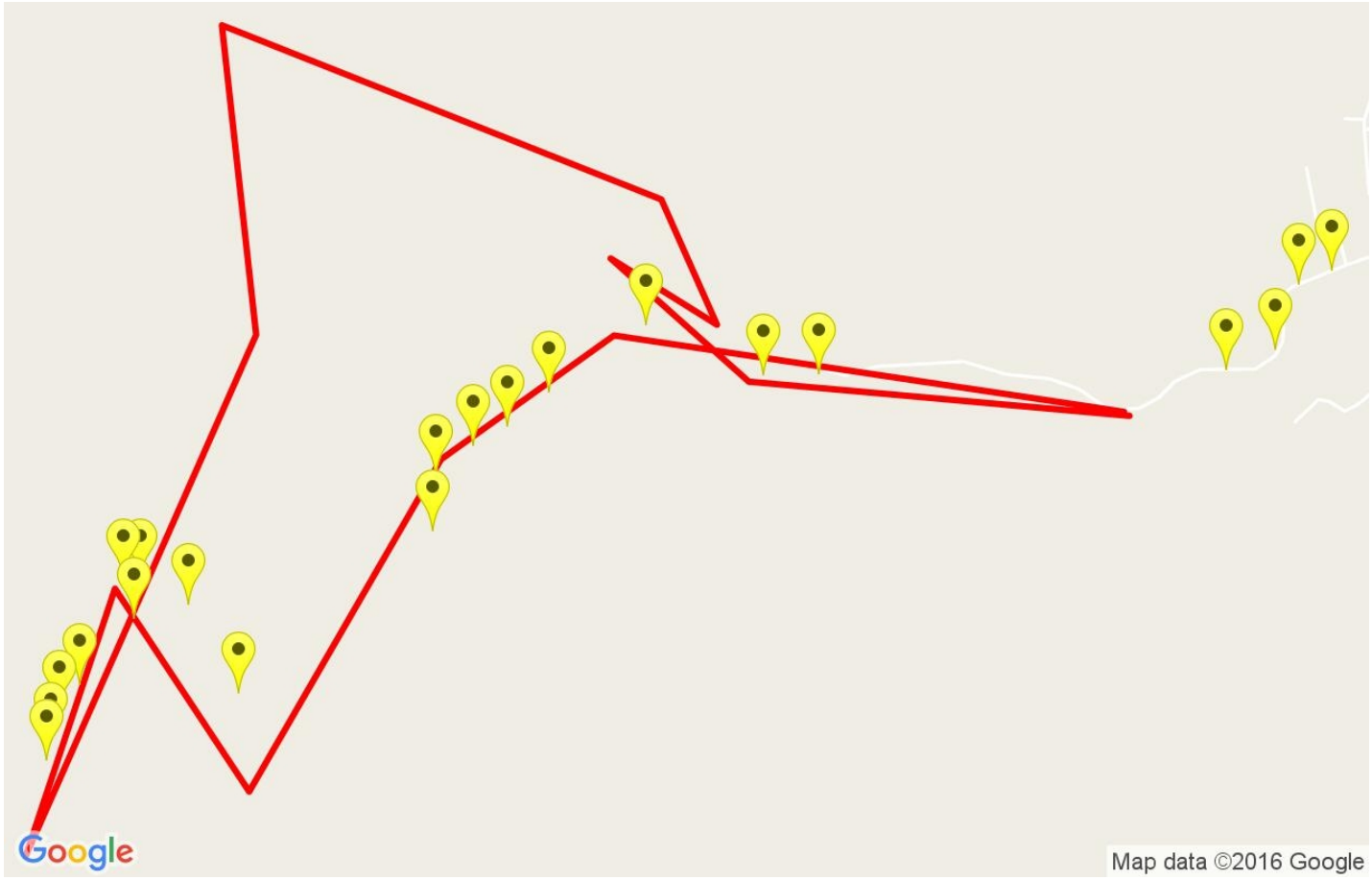


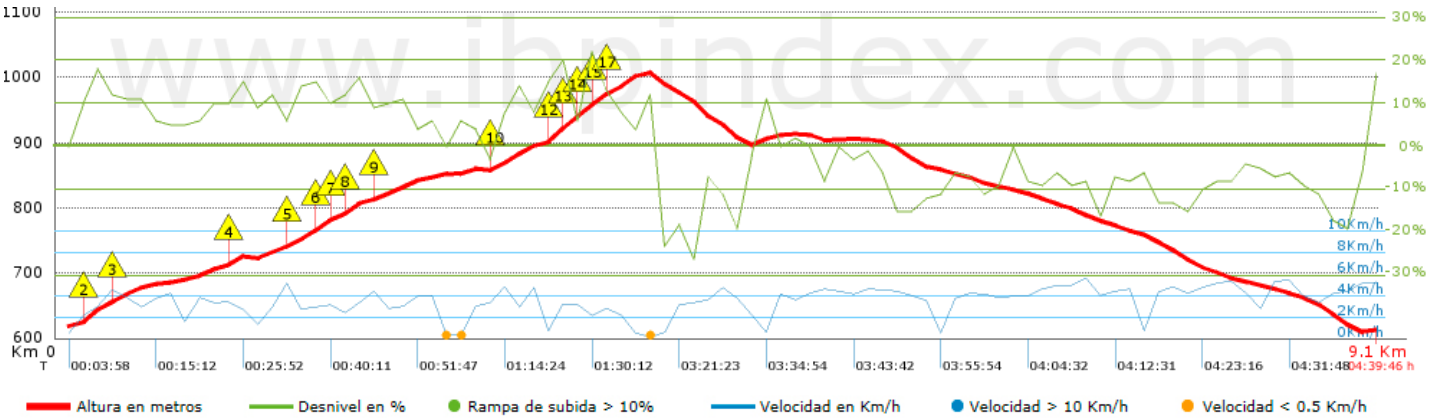
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0	0	0	0:00:00
	Between 15 and 30%	0.828	9.14	2.53	0:19:37
	Between 10 and 15%	1.051	11.61	2.79	0:22:38
	Between 5 and 10%	1.395	15.41	3.22	0:25:58
	Between 1 and 5%	0.868	9.59	3.97	0:13:07
	Total :	4.142	45.76	3.06	1:21:20
	Plain				
	Difference of 1%	0.381	4.21	5.88	0:03:53
	Breakdown descents				
	Between 1 and 5%	0.89	9.83	4.47	0:11:57
	Between 5 and 10%	1.974	21.81	4.34	0:27:16
	Between 10 and 15%	0.974	10.76	4.1	0:14:16
	Between 15 and 30%	0.691	7.64	3.33	0:12:28
	Between 30% and 55%	0	0	0	0:00:00
	Total :	4.529	50.04	4.12	1:05:57
	Total track :	9.052	100 %	3.59	2:31:10

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Track: 2016-12-10 Monte Follettoso **Date: 10/12/2016**

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.152	14 %	62 m
2	0.213	16 %	124 m
3	0.337	12 %	99 m
4	1.171	13 %	97 m
5	1.588	13 %	220 m
6	1.808	12 %	95 m
7	1.903	12 %	68 m
8	1.97	17 %	92 m
9	3.018	15 %	182 m
10	3.329	15 %	29 m
11	3.358	21 %	94 m
12	3.452	14 %	160 m
13	3.612	22 %	65 m
14	3.677	18 %	63 m
15	3.74	13 %	30 m
16	3.77	13 %	96 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
Total :	0 Km	--- %	--- h	--- Km/h	--- h	--- h	--- Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
2.64	0:10:47 > 10´	852	0:56:34	0:56:34	2.64
3.262	0:02:56	895	1:18:34	0:22:00	0.622
3.93	1:40:52 > 10´	1001	1:36:56	0:18:22	0.668
4.764	0:03:31	897	3:30:16	1:53:20	0.834
6.014	0:03:55	863	3:51:25	0:21:09	1.25
7.368	0:03:08	765	4:13:50	0:22:25	1.354
Total :	2:08:36 h				

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