Track: 2016-12-27 Monte Rognone da Castrovalva — **Date: 27/12/2016**

Track: 2016-12-27 Monte Rognone da Castrovalva	**IBP = 124 HKG**
Detected modality = HKG	
IBP index reliability= A	

Total length	16.452 Km
Analyzed distance	16.452 Km
Lineal distance	0.029 Km

Accumulated climb	1346.32 m
Accumulated descent	1347.28 m
Maximum height	2090.04 m
Minimal height	815.34 m
Climb rate	15.33 %
Descent rate	18.11 %
Positive climb difference per	81.83 m
Negative descent difference per	81.89 m

Total time	7:43:59 h
Time in movement	5:42:00 h
Stopped time	2:01:59 h

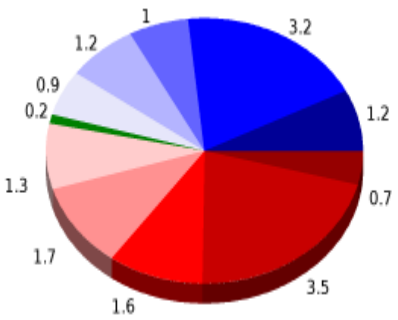
Total speed average	2.13 Km/h
Average speed in movement	2.89 Km/h
Maximum held speed	5.66 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	3858 (cad. 4.26 m)
Significant points	513 (cad. 32.13 m / 13.3 %)
Aberrant points	589 (15.27 % d. total)

Direction changes per	15.74
Direction changes >5° per	13.19
Accumulated straight stretches	2.142 Km
Straight stretches per	130.2 m
Penalizables slope changes	7
Penalizables slope changes per	0.425

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Summary of slopes



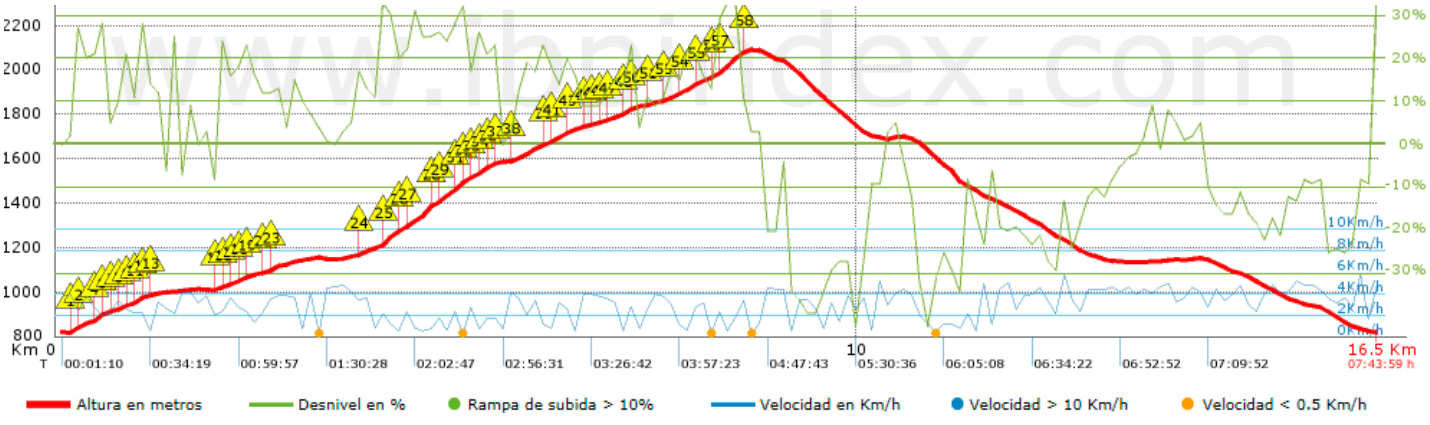
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.716	4.35	2.03	0:21:12
	Between 15 and 30%	3.477	21.14	2.28	1:31:37
	Between 10 and 15%	1.594	9.69	3.08	0:31:01
	Between 5 and 10%	1.675	10.18	3.26	0:30:50
	Between 1 and 5%	1.321	8.03	3.15	0:25:10
	Total :	8.783	53.39	2.64	3:19:50
	Plain				
	Difference of 1%	0.228	1.39	4.62	0:02:58
	Breakdown descents				
	Between 1 and 5%	0.875	5.32	3.49	0:15:02
	Between 5 and 10%	1.151	6.99	3.52	0:19:35
	Between 10 and 15%	1.015	6.17	3.62	0:16:50
	Between 15 and 30%	3.185	19.36	3.26	0:58:33
	Between 30% and 55%	1.215	7.39	2.5	0:29:12
	Total :	7.441	45.23	3.21	2:19:12
	Total track :	16.452	100 %	2.89	5:42:00

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.165	23 %	128 m
2	0.293	13 %	129 m
3	0.422	20 %	99 m
4	0.52	24 %	60 m
5	0.58	18 %	32 m
6	0.612	12 %	90 m
7	0.702	12 %	90 m
8	0.793	23 %	60 m
9	0.852	18 %	32 m
10	0.948	11 %	32 m
11	0.98	24 %	93 m
12	1.193	14 %	101 m
13	1.996	11 %	30 m
14	2.026	18 %	95 m
15	2.213	14 %	30 m
16	2.243	16 %	151 m
17	2.394	11 %	129 m
18	2.523	12 %	33 m
19	2.556	11 %	68 m
20	2.623	15 %	63 m
21	2.686	17 %	91 m
22	3.732	13 %	290 m
23	4.022	29 %	248 m
24	4.271	24 %	124 m
25	4.395	29 %	252 m
26	4.647	25 %	96 m

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27	4.742	29 %	182 m
28	4.924	26 %	92 m
29	5.016	24 %	95 m
30	5.112	33 %	32 m
31	5.144	15 %	98 m
32	5.241	29 %	95 m
33	5.336	20 %	64 m
34	5.4	18 %	34 m
35	5.434	17 %	94 m
36	5.686	17 %	356 m
37	6.042	19 %	93 m
38	6.135	18 %	30 m
39	6.164	21 %	191 m
40	6.356	24 %	30 m
41	6.386	12 %	67 m
42	6.773	11 %	128 m
43	6.9	15 %	165 m
44	7.065	25 %	59 m
45	7.123	23 %	31 m
46	7.154	21 %	30 m
47	7.341	11 %	92 m
48	7.531	11 %	66 m
49	7.597	17 %	195 m
50	7.792	22 %	198 m
51	7.99	13 %	224 m
52	8.213	22 %	31 m
53	8.245	35 %	282 m
54	8.526	16 %	61 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	898.42	5.46	0:17:26	3.09	0:35:03	0:52:29	1.03
1750	2416.345	14.69	0:48:44	2.97	0:23:10	1:11:54	2.02
1500	2817.608	17.13	1:07:20	2.51	0:22:13	1:29:33	1.89
Total :	6.132 Km	37.27 %	2:13:30 h	2.76 Km/h	1:20:26 h	3:33:56 h	1.72 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
1.072	0:03:55	973	0:29:05	0:29:05	1.072
2.972	0:03:10	1135	1:15:26	0:46:21	1.899
3.209	0:05:17	1150	1:21:33	0:06:07 < 10´	0.237
3.928	0:02:26	1191	1:40:33	0:19:00	0.719
4.24	0:03:23	1265	1:52:20	0:11:47	0.311
4.427	0:06:10	1309	2:00:33	0:08:13 < 10´	0.188
4.583	0:02:34	1353	2:09:52	0:09:19 < 10´	0.155
4.802	0:03:06	1414	2:20:24	0:10:32	0.219
4.987	0:07:20	1468	2:28:42	0:08:18 < 10´	0.185
5.21	0:02:47	1520	2:41:36	0:12:54	0.223
5.528	0:02:48	1585	2:53:43	0:12:07	0.318
6.135	0:02:22	1669	3:09:28	0:15:45	0.606
6.386	0:04:37	1722	3:16:56	0:07:28 < 10´	0.251
6.996	0:04:09	1790	3:32:22	0:15:26	0.61
7.184	0:02:40	1828	3:40:58	0:08:36 < 10´	0.188
7.759	0:03:26	1891	3:57:23	0:16:25	0.575
8.116	0:06:49	1957	4:07:31	0:10:08	0.357
8.277	0:03:18	1984	4:16:49	0:09:18 < 10´	0.161
8.34	0:03:52	2004	4:20:51	0:04:02 < 10´	0.064
8.617	0:11:02 > 10´	2089	4:32:11	0:11:20	0.277
9.084	0:20:09 > 10´	2036	4:50:55	0:18:44	0.467
9.492	0:02:48	1897	5:19:22	0:28:27	0.408
10.086	0:02:55	1717	5:33:54	0:14:32	0.594
10.928	0:04:19	1614	5:57:05	0:23:11	0.842
11.214	0:02:25	1520	6:10:14	0:13:09	0.285
11.449	0:04:12	1462	6:16:49	0:06:35 < 10´	0.236
Total :	2:01:59 h				

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