Track: 2017-01-28 Rocca di Tolfa — **Date: 28/01/2017**

Track: 2017-01-28 Rocca di Tolfa	**IBP = 96 BYC**
Detected modality = BYC	
IBP index reliability= B	

Total length	57.133 Km
Analyzed distance	57.133 Km
Lineal distance	0.007 Km

Accumulated climb	1354.17 m
Accumulated descent	1359.93 m
Maximum height	555.33 m
Minimal height	11.19 m
Climb rate	5.61 %
Descent rate	5.75 %
Positive climb difference per	23.7 m
Negative descent difference per	23.8 m

Total time	4:44:05 h
Time in movement	4:14:03 h
Stopped time	0:30:02 h

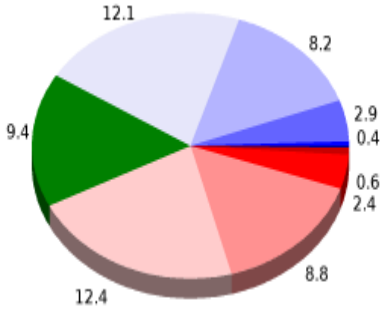
Total speed average	12.07 Km/h
Average speed in movement	13.49 Km/h
Maximum held speed	45.03 Km/h

Max slope filter	~30 %
Min. points separation	~30 m
Number of points	3986 (cad. 14.33 m)
Significant points	1361 (cad. 42.01 m / 34.14 %)
Aberrant points	196 (4.92 % d. total)

Direction changes per	9.42
Direction changes >5° per	5.5
Accumulated straight stretches	18.413 Km
Straight stretches per	322.28 m
Penalizables slope changes	14
Penalizables slope changes per	0.245

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Summary of slopes

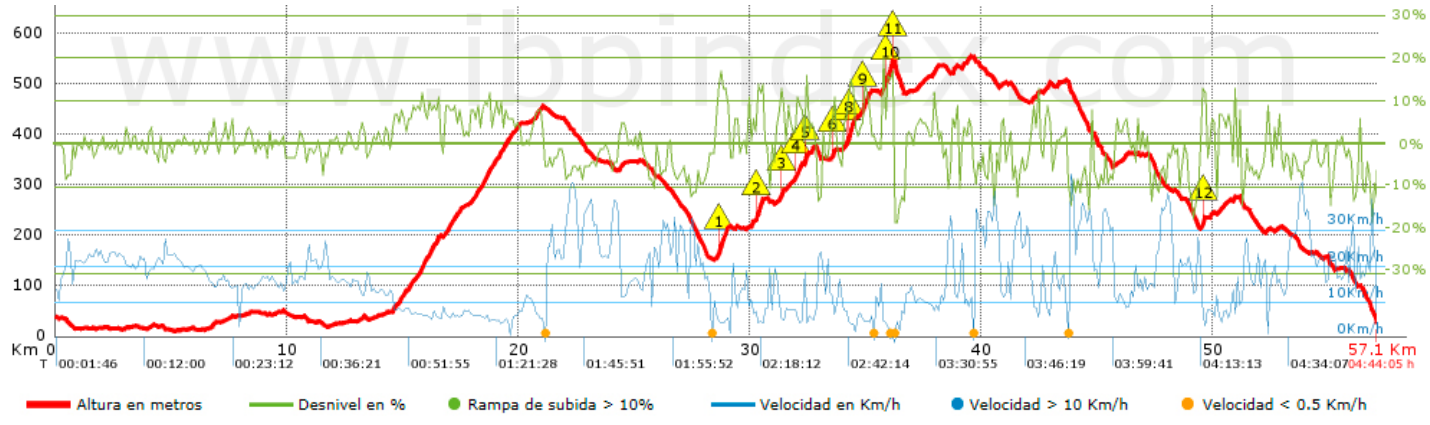


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 15 and 30%	0.593	1.04	4.85	0:07:20
	Between 10 and 15%	2.378	4.16	6.57	0:21:43
	Between 5 and 10%	8.761	15.33	8.43	1:02:21
	Between 1 and 5%	12.39	21.69	13	0:57:10
	Total :	24.122	42.22	9.74	2:28:34
	Plain				
	Difference of 1%	9.357	16.38	16.59	0:33:51
	Breakdown descents				
	Between 1 and 5%	12.114	21.2	19.38	0:37:30
	Between 5 and 10%	8.228	14.4	24.91	0:19:49
	Between 10 and 15%	2.894	5.07	17.25	0:10:04
	Between 15 and 30%	0.417	0.73	5.88	0:04:15
	Total :	23.653	41.4	19.81	1:11:38
	Total track :	57.133	100 %	13.49	4:14:03

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	28.619	13 %	407 m
2	30.295	14 %	276 m
3	31.307	12 %	117 m
4	32.012	11 %	162 m
5	32.368	16 %	134 m
6	33.558	13 %	97 m
7	34.194	13 %	104 m
8	34.298	15 %	215 m
9	34.883	13 %	238 m
10	35.911	18 %	218 m
11	36.13	15 %	62 m
12	49.534	13 %	137 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
21.06	0:05:39	455	1:36:33	1:36:33	21.06
28.266	0:02:53	156	2:00:00	0:23:27	7.206
35.285	0:08:40	485	2:52:16	0:52:16	7.019
35.979	0:01:12	511	3:07:10	0:14:54	0.693
36.039	0:01:17	521	3:08:58	0:01:48 < 10´	0.061
36.192	0:05:18	548	3:12:46	0:03:48 < 10´	0.152
39.563	0:03:19	554	3:37:23	0:24:37	3.372
43.674	0:01:44	507	3:53:53	0:16:30	4.111
Total :	0:30:02 h				

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