Track: 2017-02-11 Giro delle mura Aureliane di Roma — **Date: 11/02/2017**

Track: 2017-02-11 Giro delle mura Aureliane di Roma	**IBP = 61 HKG**
Detected modality = HKG	
IBP index reliability= D	

Total length	23.75 Km
Analyzed distance	23.75 Km
Lineal distance	0.031 Km

Accumulated climb	141.13 m
Accumulated descent	128.82 m
Maximum height	69.14 m
Minimal height	-2.64 m
Climb rate	3.7 %
Descent rate	3.25 %
Positive climb difference per	5.94 m
Negative descent difference per	5.42 m

Total time	5:02:47 h
Time in movement	5:02:47 h
Stopped time	0:00:00 h

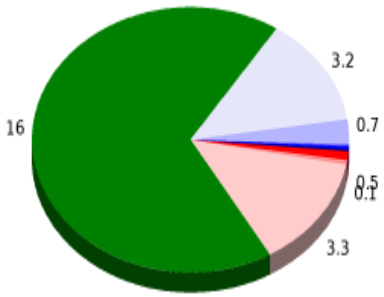
Total speed average	4.71 Km/h
Average speed in movement	4.71 Km/h
Maximum held speed	9.47 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	3242 (cad. 7.33 m)
Significant points	701 (cad. 33.93 m / 21.62 %)
Aberrant points	0 (0 % d. total)

Direction changes per	15.28
Direction changes >5° per	10.86
Accumulated straight stretches	3.535 Km
Straight stretches per	148.84 m
Penalizables slope changes	1
Penalizables slope changes per	0.042

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Summary of slopes

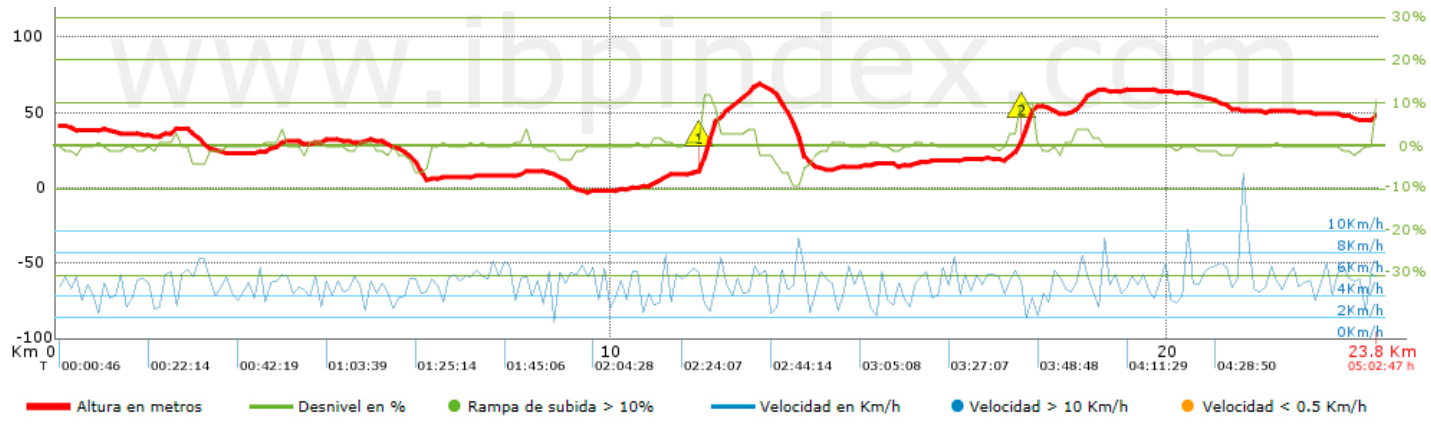


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0	0	0	0:00:00
	Between 15 and 30%	0	0	0	0:00:00
	Between 10 and 15%	0.495	2.08	4.32	0:06:52
	Between 5 and 10%	0.067	0.28	4.81	0:00:50
	Between 1 and 5%	3.253	13.7	4.54	0:42:59
	Total :	3.815	16.06	4.52	0:50:41
	Plain				
	Difference of 1%	15.973	67.25	4.82	3:18:50
	Breakdown descents				
	Between 1 and 5%	3.233	13.61	4.46	0:43:30
	Between 5 and 10%	0.66	2.78	4.41	0:08:59
	Between 10 and 15%	0.03	0.13	8.41	0:00:13
	Between 15 and 30%	0.039	0.16	4.08	0:00:34
	Between 30% and 55%	0	0	0	0:00:00
	Total :	3.962	16.68	4.46	0:53:16
	Total track :	23.75	100 %	4.71	5:02:47

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	11.595	12 %	238 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
Total :	0:00:00 h				

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