Track: 2017-02-12 Santuario della Mentorella **Date: 12/02/2017**

Track: 2017-02-12 Santuario della Mentorella	**IBP = 77 HKG**
Detected modality = HKG	
IBP index reliability= A	

Total length	11.252 Km
Analyzed distance	11.252 Km
Lineal distance	0.171 Km

Accumulated climb	799.12 m
Accumulated descent	753.65 m
Maximum height	1018.17 m
Minimal height	400.53 m
Climb rate	14.55 %
Descent rate	14.32 %
Positive climb difference per	71.02 m
Negative descent difference per	66.98 m

Total time	6:41:09 h
Time in movement	3:52:31 h
Stopped time	2:48:38 h

Total speed average	1.68 Km/h
Average speed in movement	2.9 Km/h
Maximum held speed	6.2 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	3021 (cad. 3.72 m)
Significant points	351 (cad. 32.15 m / 11.62 %)
Aberrant points	543 (17.97 % d. total)

Direction changes per	15.64
Direction changes >5º per	12.26
Accumulated straight stretches	1.027 Km
Straight stretches per	91.27 m
Penalizables slope changes	6
Penalizables slope changes per	0.533

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Summary of slopes



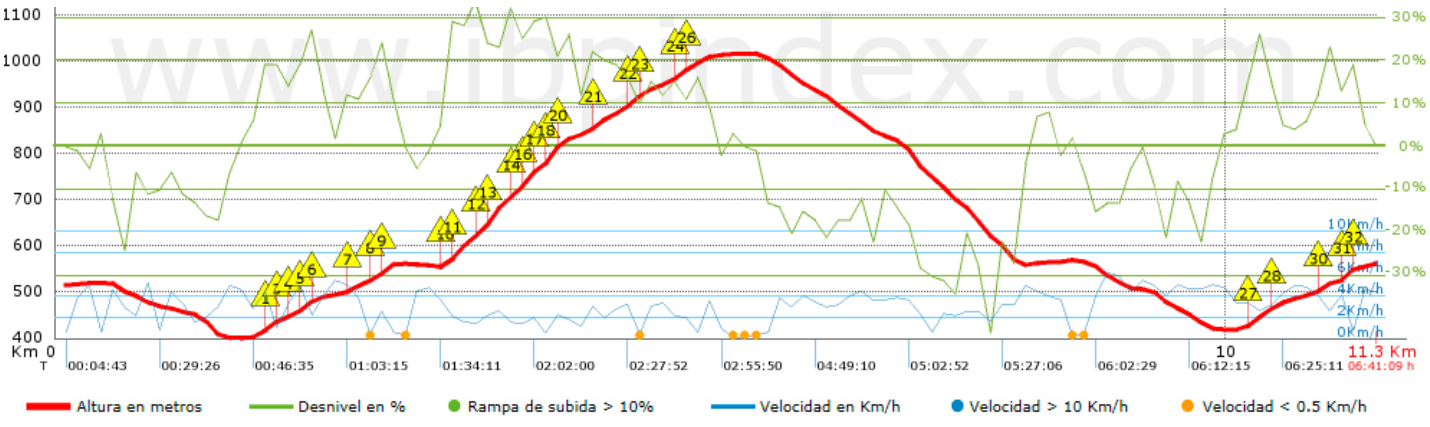
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.343	3.05	1.5	0:13:44
	Between 15 and 30%	2.046	18.19	2.24	0:54:50
	Between 10 and 15%	1.152	10.24	2.78	0:24:50
	Between 5 and 10%	1.152	10.24	3.35	0:20:40
	Between 1 and 5%	0.799	7.1	3.23	0:14:51
	Total :	5.492	48.81	2.56	2:08:55
	Plain				
	Difference of 1%	0.498	4.42	3.82	0:07:49
	Breakdown descents				
	Between 1 and 5%	1.05	9.33	4.04	0:15:35
	Between 5 and 10%	0.791	7.03	4.25	0:11:10
	Between 10 and 15%	1.087	9.66	3.88	0:16:48
	Between 15 and 30%	2.063	18.33	2.75	0:45:05
	Between 30% and 55%	0.272	2.42	2.28	0:07:09
	Total :	5.262	46.77	3.3	1:35:47
	Total track :	11.252	100 %	2.9	3:52:31

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	1.75	20 %	93 m
2	1.842	16 %	65 m
3	1.907	11 %	98 m
4	2.038	18 %	92 m
5	2.13	16 %	122 m
6	2.434	12 %	194 m
7	2.628	18 %	152 m
8	2.78	14 %	65 m
9	3.319	23 %	29 m
10	3.348	27 %	215 m
11	3.563	27 %	91 m
12	3.655	26 %	186 m
13	3.841	27 %	126 m
14	3.967	29 %	31 m
15	3.997	28 %	92 m
16	4.089	26 %	64 m
17	4.153	28 %	95 m
18	4.248	18 %	64 m
19	4.312	13 %	226 m
20	4.538	18 %	348 m
21	4.886	16 %	94 m
22	4.98	13 %	294 m
23	5.274	20 %	93 m
24	5.367	21 %	30 m
25	5.397	14 %	98 m
26	10.14	19 %	213 m

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27	10.353	13 %	109 m
28	10.738	12 %	31 m
29	10.769	19 %	89 m
30	10.951	18 %	91 m
31	11.043	19 %	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
Total :	0 Km	--- %	--- h	--- Km/h	--- h	--- h	--- Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
0.032	0:03:06	516	0:01:37	0:01:37 < 10´	0.032
0.316	0:03:22	516	0:11:42	0:10:05	0.285
0.796	0:02:25	474	0:26:18	0:14:36	0.48
2.568	0:04:47	513	1:04:36	0:38:18	1.772
2.846	0:07:04	556	1:15:58	0:11:22	0.277
2.939	0:05:25	562	1:24:20	0:08:22 < 10´	0.093
4.089	0:04:17	764	2:04:08	0:39:48	1.151
4.95	0:05:04	921	2:30:06	0:25:58	0.86
5.367	0:02:48	981	2:46:05	0:15:59	0.417
5.65	1:44:23 > 10´	1014	2:55:50	0:09:45 < 10´	0.284
7.414	0:02:53	767	5:07:57	2:12:07	1.764
8.568	0:11:53 > 10´	566	5:36:08	0:28:11	1.154
8.656	0:04:22	569	5:50:03	0:13:55	0.088
8.718	0:04:12	568	5:56:13	0:06:10 < 10´	0.062
11.014	0:02:37	537	6:35:04	0:38:51	2.296
Total :	2:48:38 h				

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