| | |
|---|---|
| Track: 2017-05-31 Monti Cusna e Prado | **IBP = 157 HKG** |
| Detected modality = HKG | |
| IBP index reliability= A | |

| | |
|---|---|
| Total length | 20.673 Km |
| Analyzed distance | 20.673 Km |
| Lineal distance | 0.056 Km |

| | |
|---|---|
| Accumulated climb | 1579.74 m |
| Accumulated descent | 1565.81 m |
| Maximum height | 2106.87 m |
| Minimal height | 1136.42 m |
| Climb rate | 15.98 % |
| Descent rate | 15.26 % |
| Positive climb difference per | 76.42 m |
| Negative descent difference per | 75.74 m |

| | |
|---|---|
| Total time | 8:46:19 h |
| Time in movement | 6:38:42 h |
| Stopped time | 2:07:37 h |

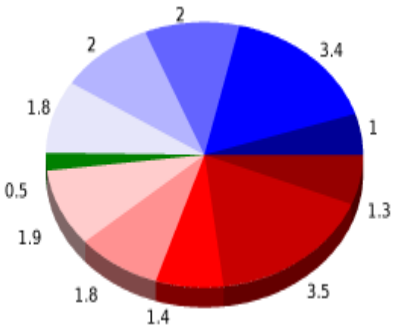
| | |
|---|---|
| Total speed average | 2.36 Km/h |
| Average speed in movement | 3.11 Km/h |
| Maximum held speed | 5.97 Km/h |

| | |
|---|---|
| Max slope filter | ~55 % |
| Min. points separation | ~30 m |
| Number of points | 4473 (cad. 4.62 m) |
| Significant points | 631 (cad. 32.81 m / 14.11 %) |
| Aberrant points | 859 (19.2 % d. total) |

| | |
|---|---|
| Direction changes per | 16.11 |
| Direction changes >5º per | 13.21 |
| Accumulated straight stretches | 2.52 Km |
| Straight stretches per | 121.9 m |
| Penalizables slope changes | 12 |
| Penalizables slope changes per | 0.58 |

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www.cicloide.com

**Summary of slopes**

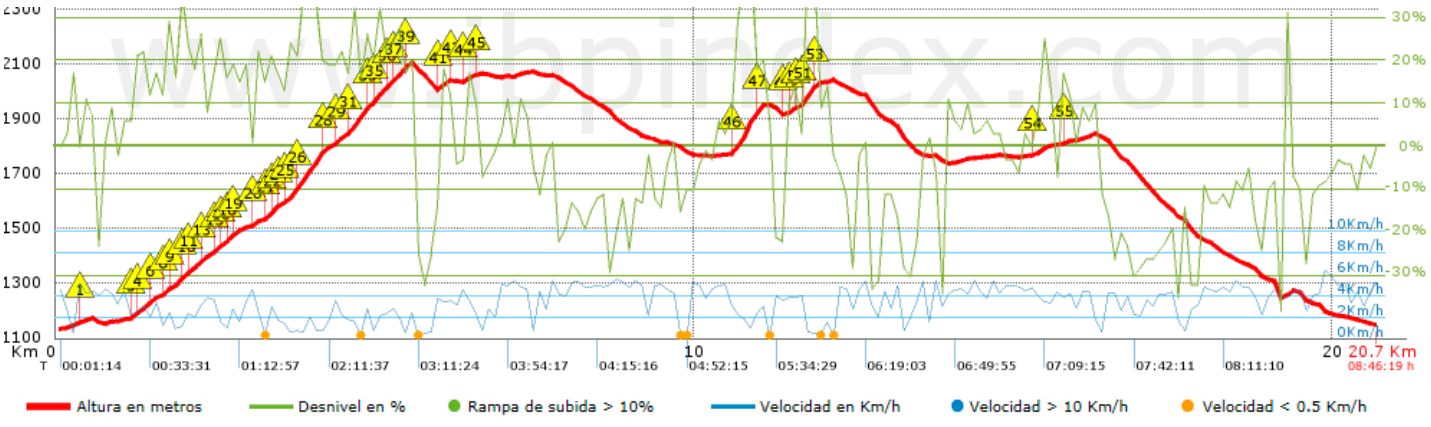



| | Climbs | Distance in km | above the total in % | Speed in | Time h:m:s |
|---|---|---|---|---|---|
| | Between 30% and 55% | 1.309 | 6.33 | 1.76 | 0:44:44 |
| | Between 15 and 30% | 3.516 | 17.01 | 2.55 | 1:22:41 |
| | Between 10 and 15% | 1.386 | 6.7 | 2.6 | 0:32:00 |
| | Between 5 and 10% | 1.805 | 8.73 | 3.58 | 0:30:13 |
| | Between 1 and 5% | 1.871 | 9.05 | 3.52 | 0:31:53 |
| | Total : | 9.887 | 47.82 | 2.68 | 3:41:31 |
| | Plain | | | | |
| | Difference of 1% | 0.528 | 2.55 | 3.74 | 0:08:28 |
| | Breakdown descents | | | | |
| | Between 1 and 5% | 1.781 | 8.61 | 3.78 | 0:28:15 |
| | Between 5 and 10% | 2.04 | 9.87 | 4.42 | 0:27:42 |
| | Between 10 and 15% | 2.023 | 9.78 | 4.5 | 0:26:59 |
| | Between 15 and 30% | 3.377 | 16.34 | 3.44 | 0:58:51 |
| | Between 30% and 55% | 1.037 | 5.02 | 2.31 | 0:26:56 |
| | Total : | 10.258 | 49.62 | 3.65 | 2:48:43 |
| | Total track : | 20.673 | 100 % | 3.11 | 6:38:42 |

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| | |
|---|---|
| **Track: 2017-05-31 Monti Cusna e Prado** | **IBP = 157 HKG** |
| **Detected modality = HKG** | |
| **IBP index reliability= A** | |




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## Steep slopes > 10%

| Steep slope | Mileage point | Average slope | Interval |
|---|---|---|---|
|  1 | 0.382 | 11 % | 100 m |
|  2 | 1.174 | 17 % | 29 m |
|  3 | 1.203 | 20 % | 94 m |
|  4 | 1.297 | 22 % | 129 m |
|  5 | 1.427 | 21 % | 65 m |
|  6 | 1.492 | 11 % | 135 m |
|  7 | 1.627 | 12 % | 32 m |
|  8 | 1.659 | 18 % | 67 m |
|  9 | 1.726 | 20 % | 271 m |
|  10 | 1.997 | 21 % | 94 m |
|  11 | 2.091 | 19 % | 131 m |
|  12 | 2.222 | 21 % | 94 m |
|  13 | 2.316 | 13 % | 134 m |
|  14 | 2.45 | 17 % | 62 m |
|  15 | 2.512 | 28 % | 31 m |
|  16 | 2.542 | 20 % | 99 m |
|  17 | 2.641 | 16 % | 32 m |
|  18 | 2.673 | 25 % | 123 m |
|  19 | 2.797 | 12 % | 132 m |
|  20 | 3.056 | 12 % | 258 m |
|  21 | 3.314 | 17 % | 33 m |
|  22 | 3.347 | 29 % | 91 m |
|  23 | 3.438 | 17 % | 65 m |
|  24 | 3.503 | 13 % | 90 m |
|  25 | 3.593 | 25 % | 183 m |
|  26 | 3.776 | 35 % | 368 m |

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| | | | |
|---|---|---|---|
| 27 | 4.144 | 20 % | 61 m |
| 28 | 4.205 | 16 % | 130 m |
| 29 | 4.335 | 19 % | 220 m |
| 30 | 4.555 | 21 % | 32 m |
| 31 | 4.587 | 32 % | 248 m |
| 32 | 4.834 | 27 % | 29 m |
| 33 | 4.863 | 20 % | 120 m |
| 34 | 4.984 | 20 % | 31 m |
| 35 | 5.014 | 28 % | 159 m |
| 36 | 5.174 | 22 % | 130 m |
| 37 | 5.304 | 31 % | 122 m |
| 38 | 5.426 | 21 % | 60 m |
| 39 | 5.486 | 25 % | 31 m |
| 40 | 5.981 | 14 % | 34 m |
| 41 | 6.016 | 18 % | 133 m |
| 42 | 6.149 | 12 % | 31 m |
| 43 | 6.378 | 13 % | 34 m |
| 44 | 6.412 | 14 % | 132 m |
| 45 | 10.561 | 37 % | 441 m |
| 46 | 11.001 | 24 % | 65 m |
| 47 | 11.402 | 12 % | 59 m |
| 48 | 11.462 | 16 % | 98 m |
| 49 | 11.559 | 16 % | 64 m |
| 50 | 11.714 | 39 % | 122 m |
| 51 | 11.835 | 41 % | 33 m |
| 52 | 11.869 | 19 % | 65 m |
| 53 | 15.745 | 11 % | 101 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 | 3681.812 | 17.81 | 1:07:38 | 3.27 | 0:44:09 | 1:51:47 | 1.98 |
| 1750 | 8621.917 | 41.71 | 2:39:53 | 3.24 | 1:00:07 | 3:40:00 | 2.35 |
| 1500 | 2516.989 | 12.18 | 0:57:45 | 2.62 | 0:19:11 | 1:16:56 | 1.96 |
| Total : | 14.821 Km | 71.69 % | 4:45:16 h | 3.12 Km/h | 2:03:27 h | 6:48:43 h | 2.18 Km/h |

| Stops | | | | | |
|---|---|---|---|---|---|
| Distance | Stopped time | Altitude | Elapsed time | Last stop elapsed time | Last stop distance |
| 0.229 | 0:04:10 | 1142 | 0:06:06 | 0:06:06 < 10´ | 0.229 |
| 3.222 | 0:04:52 | 1529 | 1:22:53 | 1:16:47 | 2.993 |
| 3.563 | 0:03:12 | 1593 | 1:37:09 | 0:14:16 | 0.341 |
| 3.746 | 0:05:55 | 1636 | 1:44:56 | 0:07:47 < 10´ | 0.183 |
| 4.027 | 0:02:13 | 1728 | 1:59:00 | 0:14:04 | 0.281 |
| 4.086 | 0:02:34 | 1752 | 2:03:02 | 0:04:02 < 10´ | 0.059 |
| 4.742 | 0:06:35 | 1901 | 2:25:11 | 0:22:09 | 0.656 |
| 4.863 | 0:02:24 | 1937 | 2:35:40 | 0:10:29 | 0.121 |
| 5.426 | 0:03:31 | 2078 | 2:53:01 | 0:17:21 | 0.562 |
| 5.552 | 0:08:51 | 2105 | 2:59:13 | 0:06:12 < 10´ | 0.126 |
| 5.737 | 0:07:15 | 2068 | 3:14:24 | 0:15:11 | 0.185 |
| 6.578 | 0:08:39 | 2058 | 3:39:00 | 0:24:36 | 0.841 |
| 7.394 | 0:02:37 | 2070 | 3:58:30 | 0:19:30 | 0.816 |
| 9.723 | 0:19:16 > 10´ | 1802 | 4:31:44 | 0:33:14 | 2.329 |
| 11.133 | 0:11:12 > 10´ | 1947 | 5:21:46 | 0:50:02 | 1.41 |
| 11.744 | 0:07:16 | 1967 | 5:43:08 | 0:21:22 | 0.611 |
| 11.869 | 0:04:55 | 2015 | 5:53:15 | 0:10:07 | 0.125 |
| 12.126 | 0:08:21 | 2041 | 6:02:56 | 0:09:41 < 10´ | 0.258 |
| 13.217 | 0:02:34 | 1848 | 6:30:47 | 0:27:51 | 1.09 |
| 16.292 | 0:08:16 | 1839 | 7:23:37 | 0:52:50 | 3.076 |
| 17.557 | 0:02:59 | 1543 | 7:56:43 | 0:33:06 | 1.265 |
| Total : | 2:07:37 h | | | | |

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