Track: 2017-06-24 Monte Marsicano	**IBP = 143 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	22.64 Km
Analyzed distance	22.64 Km
Lineal distance	0.02 Km

Accumulated climb	1391.04 m
Accumulated descent	1379.02 m
Maximum height	2254.42 m
Minimal height	1226.3 m
Climb rate	13.86 %
Descent rate	11.45 %
Positive climb difference per	61.44 m
Negative descent difference per	60.91 m

Total time	8:36:59 h
Time in movement	6:44:08 h
Stopped time	1:52:51 h

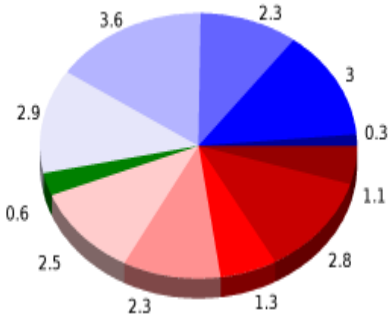
Total speed average	2.63 Km/h
Average speed in movement	3.36 Km/h
Maximum held speed	8.03 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	4469 (cad. 5.07 m)
Significant points	695 (cad. 32.62 m / 15.55 %)
Aberrant points	567 (12.69 % d. total)

Direction changes per	16.08
Direction changes >5º per	12.37
Accumulated straight stretches	3.374 Km
Straight stretches per	149.03 m
Penalizables slope changes	11
Penalizables slope changes per	0.486

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Summary of slopes



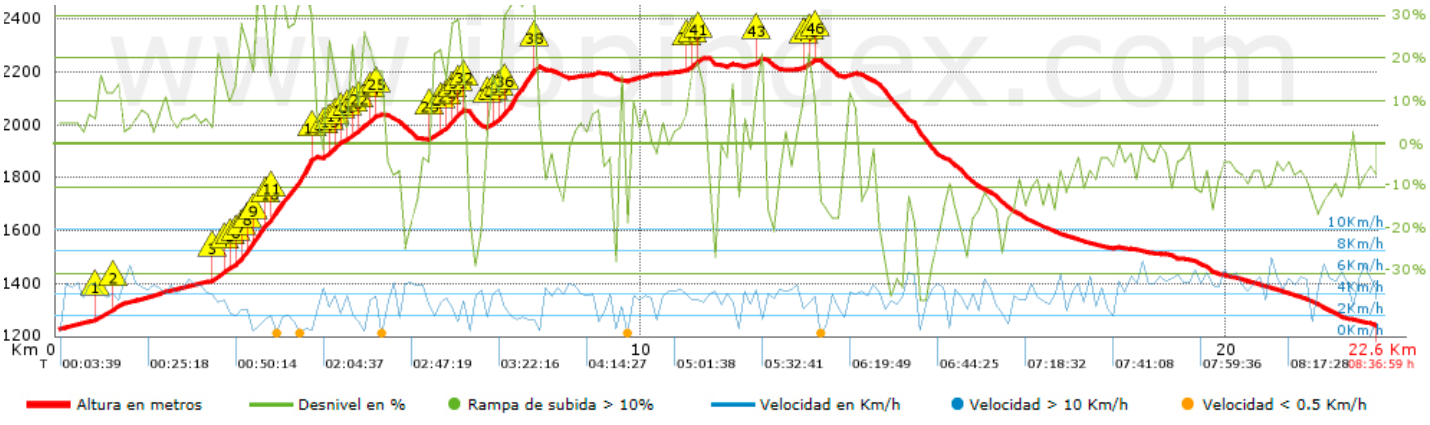
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.115	4.92	1.48	0:45:13
	Between 15 and 30%	2.828	12.49	2.49	1:08:09
	Between 10 and 15%	1.273	5.62	3.35	0:22:46
	Between 5 and 10%	2.327	10.28	3.46	0:40:19
	Between 1 and 5%	2.491	11.01	4.06	0:36:47
	Total :	10.034	44.32	2.82	3:33:14
	Plain				
	Difference of 1%	0.561	2.48	4.55	0:07:24
	Breakdown descents				
	Between 1 and 5%	2.851	12.59	4.28	0:39:56
	Between 5 and 10%	3.593	15.87	4.21	0:51:13
	Between 10 and 15%	2.337	10.32	3.72	0:37:39
	Between 15 and 30%	2.958	13.07	3.6	0:49:15
	Between 30% and 55%	0.304	1.34	3.34	0:05:27
	Total :	12.042	53.2	3.94	3:03:30
	Total track :	22.64	100 %	3.36	6:44:08

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Track: 2017-06-24 Monte Marsicano **Date: 24/06/2017**

Track: 2017-06-24 Monte Marsicano	**IBP = 143 HKG**
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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
 1	0.658	11 %	315 m
 2	0.972	18 %	97 m
 3	2.704	19 %	193 m
 4	2.897	13 %	99 m
 5	2.996	16 %	94 m
 6	3.09	23 %	33 m
 7	3.123	29 %	164 m
 8	3.287	24 %	94 m
 9	3.382	32 %	216 m
 10	3.597	20 %	119 m
 11	3.716	34 %	627 m
 12	4.344	30 %	29 m
 13	4.373	20 %	29 m
 14	4.592	16 %	33 m
 15	4.625	22 %	127 m
 16	4.752	19 %	62 m
 17	4.814	13 %	98 m
 18	4.912	11 %	101 m
 19	5.013	20 %	61 m
 20	5.075	17 %	94 m
 21	5.169	18 %	29 m
 22	5.198	21 %	122 m
 23	5.32	16 %	92 m
 24	5.412	16 %	30 m
 25	5.442	13 %	67 m
 26	6.411	15 %	122 m

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27	6.533	16 %	102 m
28	6.635	15 %	32 m
29	6.667	26 %	130 m
30	6.797	23 %	102 m
31	6.899	24 %	30 m
32	6.929	17 %	32 m
33	7.378	12 %	65 m
34	7.443	16 %	158 m
35	7.601	25 %	33 m
36	7.633	33 %	494 m
37	8.128	27 %	61 m
38	8.188	20 %	29 m
39	10.803	14 %	32 m
40	10.835	19 %	158 m
41	10.992	15 %	69 m
42	11.927	12 %	35 m
43	11.962	20 %	93 m
44	12.827	19 %	92 m
45	12.919	11 %	62 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2250	165.633	0.73	0:04:22	2.28		0:04:22	2.28
2000	8283.619	36.59	2:29:53	3.32	1:19:15	3:49:08	2.17
1750	3413.485	15.08	1:10:35	2.9	0:21:27	1:32:02	2.23
1500	4085.601	18.05	1:25:48	2.86	0:08:55	1:34:43	2.59
Total :	15.948 Km	70.45 %	5:10:38 h	3.08 Km/h	1:49:37 h	7:00:15 h	2.28 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
3.349	0:03:52	1545	1:00:43	1:00:43	3.349
3.687	0:05:03	1640	1:18:20	0:17:37	0.337
4.094	0:09:11	1766	1:39:50	0:21:30	0.407
4.281	0:02:58	1835	1:55:48	0:15:58	0.187
5.198	0:03:47	1979	2:20:29	0:24:41	0.917
5.54	0:09:27	2033	2:29:58	0:09:29 < 10´	0.342
6.991	0:03:31	2055	3:09:56	0:39:58	1.451
8.218	0:22:03 > 10´	2215	3:41:25	0:31:29	1.226
9.5	0:02:49	2191	4:23:21	0:41:56	1.282
9.689	0:18:28 > 10´	2174	4:29:36	0:06:15 < 10´	0.19
11.596	0:03:13	2230	5:22:02	0:52:26	1.907
12.98	0:19:44 > 10´	2245	5:47:57	0:25:55	1.384
14.685	0:02:44	2003	6:36:08	0:48:11	1.704
15.171	0:02:47	1875	6:45:41	0:09:33 < 10´	0.486
Total :	1:52:51 h				

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