Track: 2017-07-15 Il Sentiero del Centenario	**IBP = 178 HKG**
These speeds are average for = HKG	
IBP index reliability= B	

Total length	19.38 Km
Analyzed distance	19.38 Km
Lineal distance	13.08 Km

Accumulated climb	1606.43 m
Accumulated descent	1791.94 m
Maximum height	2559.17 m
Minimal height	1624.77 m
Climb rate	16.13 %
Descent rate	20.01 %
Positive climb difference per	82.89 m
Negative descent difference per	92.46 m

Total time	8:54:28 h
Time in movement	6:40:18 h
Stopped time	2:14:10 h

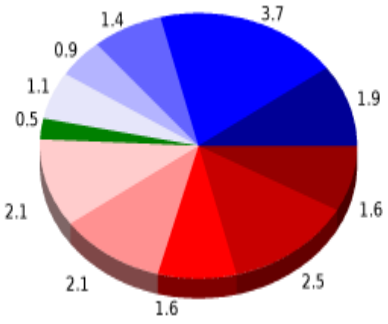
Total speed average	2.18 Km/h
Average speed in movement	2.9 Km/h
Maximum held speed	6.04 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	4914 (cad. 3.94 m)
Significant points	605 (cad. 32.09 m / 12.31 %)
Aberrant points	1330 (27.07 % d. total)

Direction changes per	16.77
Direction changes >5° per	14.19
Accumulated straight stretches	2.046 Km
Straight stretches per	105.57 m
Penalizables slope changes	12
Penalizables slope changes per	0.619

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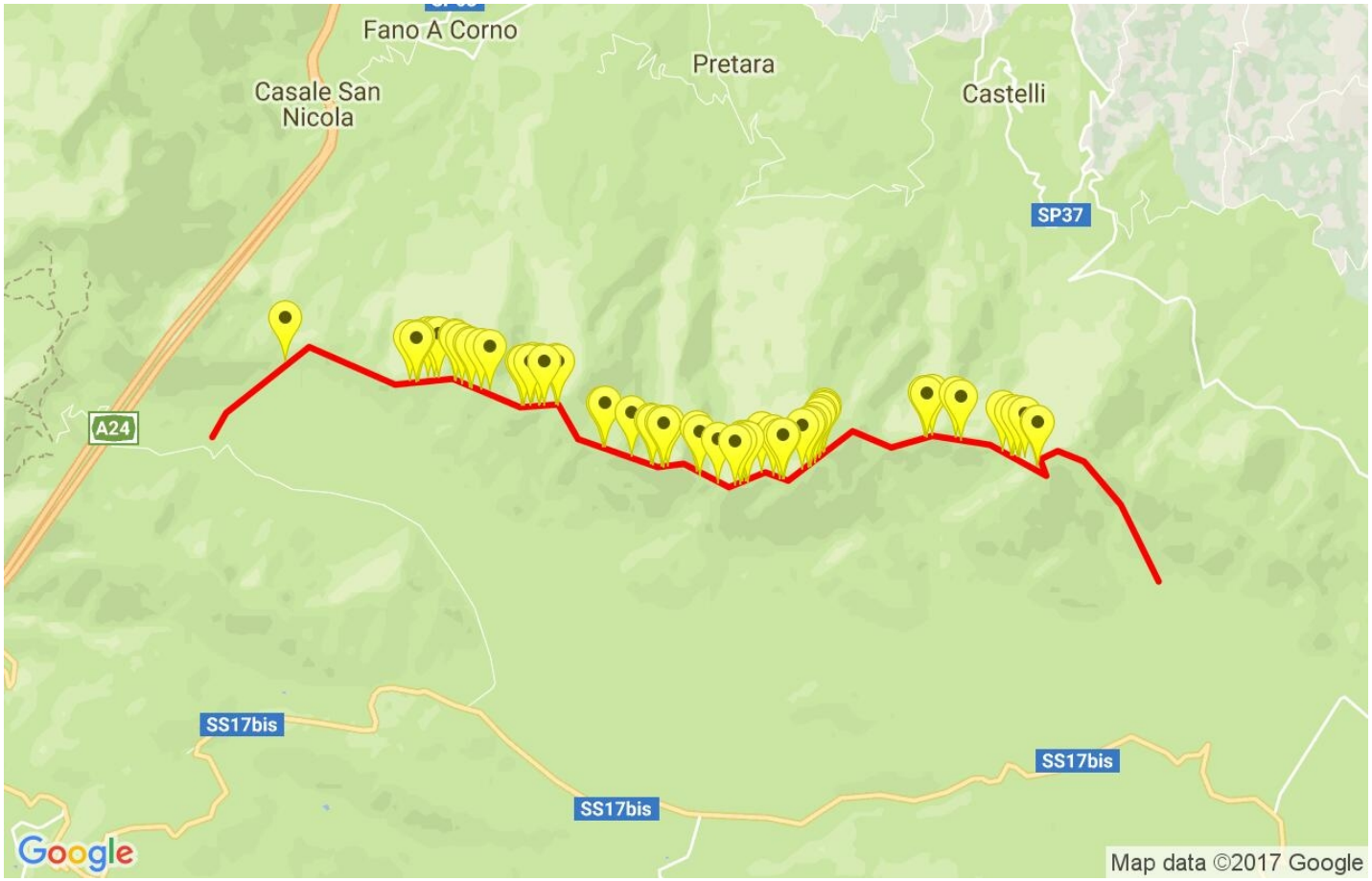
Summary of slopes

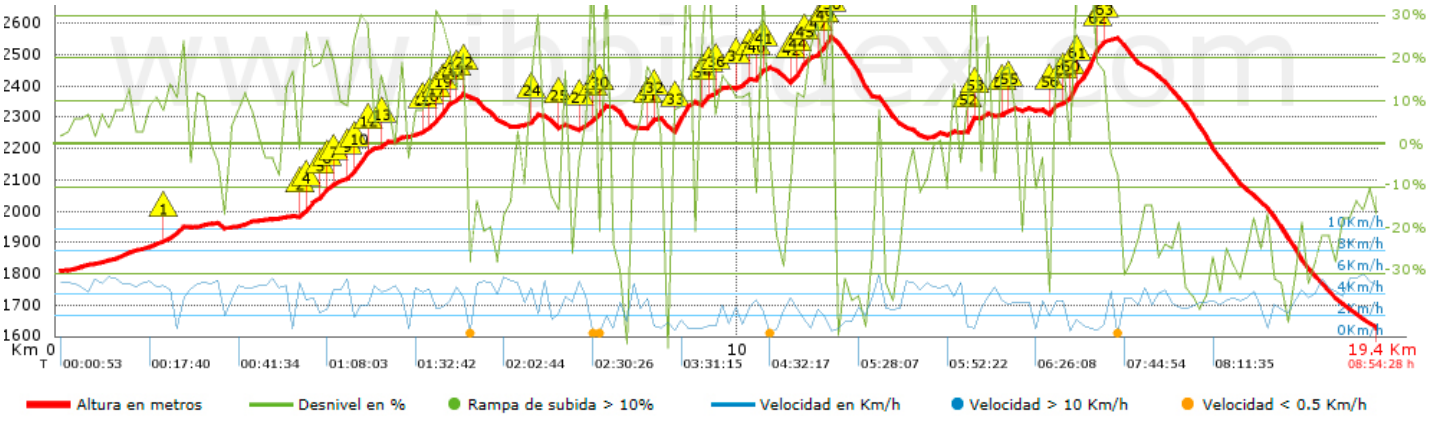


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.63	8.41	1.69	0:57:44
	Between 15 and 30%	2.466	12.72	2.5	0:59:16
	Between 10 and 15%	1.635	8.43	2.88	0:34:02
	Between 5 and 10%	2.146	11.07	3.88	0:33:10
	Between 1 and 5%	2.085	10.75	4.09	0:30:37
	Total :	9.961	51.39	2.78	3:34:49
	Plain				
	Difference of 1%	0.466	2.4	4.13	0:06:46
	Breakdown descents				
	Between 1 and 5%	1.075	5.54	3.64	0:17:44
	Between 5 and 10%	0.942	4.86	3.54	0:15:58
	Between 10 and 15%	1.37	7.07	3.86	0:21:17
	Between 15 and 30%	3.666	18.91	3.04	1:12:27
	Between 30% and 55%	1.905	9.83	2.23	0:51:17
	Total :	8.957	46.21	3.01	2:58:43
	Total track :	19.38	100 %	2.9	6:40:18

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	1.596	12 %	220 m
2	3.595	26 %	95 m
3	3.69	11 %	30 m
4	3.72	19 %	153 m
5	3.873	26 %	97 m
6	3.97	18 %	63 m
7	4.034	11 %	233 m
8	4.267	17 %	33 m
9	4.3	24 %	99 m
10	4.399	32 %	161 m
11	4.56	25 %	34 m
12	4.594	17 %	32 m
13	4.727	15 %	123 m
14	5.366	15 %	33 m
15	5.399	13 %	95 m
16	5.494	22 %	30 m
17	5.525	29 %	126 m
18	5.651	33 %	31 m
19	5.682	19 %	67 m
20	5.749	15 %	163 m
21	5.912	22 %	63 m
22	5.975	18 %	29 m
23	6.938	16 %	30 m
24	6.968	27 %	92 m
25	7.379	14 %	104 m
26	7.679	11 %	32 m

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27	7.838	43 %	30 m
28	7.868	17 %	123 m
29	7.991	35 %	93 m
30	8.631	29 %	92 m
31	8.723	15 %	29 m
32	9.059	37 %	240 m
33	9.514	41 %	65 m
34	9.579	11 %	60 m
35	9.671	18 %	100 m
36	9.928	13 %	216 m
37	10.144	12 %	32 m
38	10.273	23 %	32 m
39	10.305	29 %	31 m
40	10.336	32 %	64 m
41	10.755	22 %	131 m
42	10.886	37 %	29 m
43	10.916	28 %	66 m
44	11.011	14 %	129 m
45	11.14	28 %	31 m
46	11.17	29 %	93 m
47	11.263	30 %	32 m
48	11.296	45 %	31 m
49	11.326	34 %	30 m
50	13.355	24 %	29 m
51	13.385	40 %	95 m
52	13.48	21 %	30 m
53	13.837	12 %	92 m
54	13.929	18 %	32 m

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55	14.563	17 %	159 m
56	14.721	20 %	34 m
57	14.756	15 %	96 m
58	14.852	29 %	60 m
59	14.912	31 %	96 m
60	15.008	39 %	302 m
61	15.31	35 %	31 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2500	906.962	4.68	0:27:46	1.96	0:35:44	1:03:30	0.86
2250	10045.136	51.82	3:57:55	2.53	1:26:11	5:24:06	1.86
2000	3221.227	16.62	0:57:42	3.35	0:02:39	1:00:21	3.2
1750	4440.357	22.91	1:07:33	3.94	0:09:36	1:17:09	3.45
1500	770.316	3.97	0:09:22	4.93		0:09:22	4.93
Total :	19.384 Km	100 %	6:40:18 h	2.91 Km/h	2:14:10 h	8:54:28 h	2.18 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
1.658	0:02:50	1913	0:21:18	0:21:18	1.658
3.4	0:06:46	1980	0:51:44	0:30:26	1.742
5.098	0:02:39	2238	1:26:22	0:34:38	1.698
5.975	0:10:19 > 10´	2373	1:44:56	0:18:34	0.878
7.774	0:04:14	2273	2:22:42	0:37:46	1.799
7.868	0:13:21 > 10´	2289	2:30:26	0:07:44 < 10´	0.094
8.116	0:02:19	2342	2:49:19	0:18:53	0.249
8.752	0:02:20	2292	3:07:23	0:18:04	0.636
8.997	0:09:17	2265	3:15:46	0:08:23 < 10´	0.244
9.209	0:02:48	2305	3:31:56	0:16:10	0.212
9.269	0:02:25	2334	3:36:45	0:04:49 < 10´	0.06
9.359	0:02:21	2348	3:41:09	0:04:24 < 10´	0.089
10.4	0:14:05 > 10´	2456	4:20:56	0:39:47	1.041
11.326	0:10:43 > 10´	2548	5:04:10	0:43:14	0.926
13.45	0:02:16	2285	6:02:33	0:58:23	2.123
14.278	0:02:51	2328	6:21:42	0:19:09	0.828
14.788	0:07:05	2356	6:36:45	0:15:03	0.511
15.098	0:10:30 > 10´	2439	6:55:00	0:18:15	0.31
15.504	0:25:01 > 10´	2554	7:15:45	0:20:45	0.406
Total :	2:14:10 h				

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