Track: 2017-07-22 I Monti Ernici — **Date: 22/07/2017**

Track: 2017-07-22 I Monti Ernici	**IBP = 123 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	15.01 Km
Analyzed distance	15.01 Km
Lineal distance	0.02 Km

Accumulated climb	1239.71 m
Accumulated descent	1199.24 m
Maximum height	2064.89 m
Minimal height	1107.58 m
Climb rate	14.94 %
Descent rate	18.83 %
Positive climb difference per	82.59 m
Negative descent difference per	79.9 m

Total time	9:24:02 h
Time in movement	5:31:59 h
Stopped time	3:52:03 h

Total speed average	1.6 Km/h
Average speed in movement	2.71 Km/h
Maximum held speed	7.18 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	4239 (cad. 3.54 m)
Significant points	471 (cad. 31.93 m / 11.11 %)
Aberrant points	991 (23.38 % d. total)

Direction changes per	17.52
Direction changes >5° per	12.46
Accumulated straight stretches	2.084 Km
Straight stretches per	138.84 m
Penalizables slope changes	8
Penalizables slope changes per	0.533

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Summary of slopes

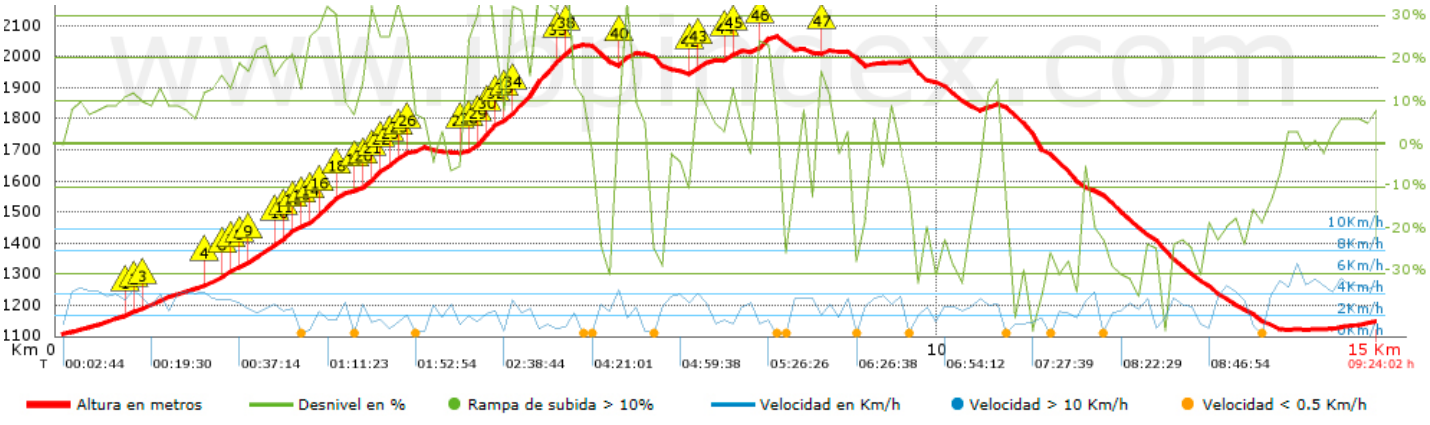


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.06	7.06	1.75	0:36:15
	Between 15 and 30%	2.148	14.31	2.32	0:55:28
	Between 10 and 15%	1.714	11.42	2.93	0:35:03
	Between 5 and 10%	2.313	15.42	3.71	0:37:26
	Between 1 and 5%	1.062	7.07	3.31	0:19:14
	Total :	8.297	55.29	2.71	3:03:26
	Plain				
	Difference of 1%	0.34	2.27	3.34	0:06:07
	Breakdown descents				
	Between 1 and 5%	1.091	7.27	3.23	0:20:14
	Between 5 and 10%	0.436	2.91	3.31	0:07:54
	Between 10 and 15%	0.778	5.19	3.04	0:15:22
	Between 15 and 30%	2.955	19.69	2.76	1:04:07
	Between 30% and 55%	1.109	7.39	1.91	0:34:49
	Total :	6.369	42.44	2.68	2:22:26
	Total track :	15.01	100 %	2.71	5:31:59

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
 1	0.72	11 %	163 m
 2	0.883	11 %	93 m
 3	0.976	13 %	249 m
 4	1.626	13 %	195 m
 5	1.821	15 %	92 m
 6	1.913	15 %	100 m
 7	2.012	17 %	92 m
 8	2.104	12 %	92 m
 9	2.196	21 %	225 m
 10	2.421	19 %	166 m
 11	2.587	24 %	90 m
 12	2.678	16 %	33 m
 13	2.801	16 %	34 m
 14	2.836	25 %	91 m
 15	2.927	17 %	92 m
 16	3.019	30 %	156 m
 17	3.175	30 %	29 m
 18	3.393	13 %	60 m
 19	3.453	15 %	95 m
 20	3.548	34 %	91 m
 21	3.639	19 %	95 m
 22	3.734	21 %	93 m
 23	3.826	27 %	63 m
 24	3.89	12 %	33 m
 25	3.922	11 %	106 m
 26	4.601	14 %	32 m

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27	4.633	18 %	91 m
28	4.724	22 %	122 m
29	4.846	35 %	130 m
30	4.976	27 %	29 m
31	5.005	13 %	92 m
32	5.097	25 %	33 m
33	5.13	33 %	509 m
34	5.638	22 %	94 m
35	5.732	47 %	31 m
36	5.764	34 %	30 m
37	5.793	34 %	30 m
38	6.359	17 %	31 m
39	6.391	31 %	96 m
40	7.185	14 %	30 m
41	7.215	22 %	96 m
42	7.311	16 %	65 m
43	7.573	21 %	90 m
44	7.663	12 %	98 m
45	7.948	27 %	159 m
46	8.636	12 %	93 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	2195.027	14.63	0:44:06	2.99	2:13:12	2:57:18	0.74
1750	3977.292	26.5	1:38:57	2.41	0:21:28	2:00:25	1.98
1500	2881.223	19.2	1:21:36	2.12	0:54:02	2:15:38	1.27
Total :	9.054 Km	60.33 %	3:44:39 h	2.42 Km/h	3:28:42 h	7:13:21 h	1.25 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
2.74	0:11:57 > 10´	1448	0:52:28	0:52:28	2.74
3.271	0:04:55	1560	1:17:14	0:24:46	0.531
3.734	0:02:47	1641	1:36:29	0:19:15	0.462
3.955	0:05:46	1689	1:45:58	0:09:29 < 10´	0.222
4.094	0:11:57 > 10´	1706	1:53:32	0:07:34 < 10´	0.139
5.034	0:03:51	1791	2:34:53	0:41:21	0.94
5.449	0:02:36	1909	2:48:10	0:13:17	0.415
5.572	0:02:55	1948	2:54:34	0:06:24 < 10´	0.123
5.888	1:13:09 > 10´	2029	3:07:05	0:12:31	0.317
6.647	0:17:57 > 10´	2008	4:35:32	1:28:27	0.758
8.107	0:31:42 > 10´	2063	5:27:02	0:51:30	1.461
8.986	0:10:24 > 10´	2015	6:15:35	0:48:33	0.878
9.621	0:05:24	1990	6:37:22	0:21:47	0.636
10.675	0:06:42	1847	7:08:48	0:31:26	1.054
11.178	0:24:34 > 10´	1701	7:32:23	0:23:35	0.503
11.789	0:04:03	1565	8:11:09	0:38:46	0.611
12.957	0:02:24	1279	8:43:33	0:32:24	1.168
13.554	0:09:00	1172	8:56:21	0:12:48	0.597
Total :	3:52:03 h				

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