Track: 2017-07-29Monte Corvo dalla cresta Ovest **Date: 29/07/2017**

Track: 2017-07-29Monte Corvo dalla cresta Ovest	**IBP = 161 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	16.03 Km
Analyzed distance	16.03 Km
Lineal distance	0 Km

Accumulated climb	1620.5 m
Accumulated descent	1548.33 m
Maximum height	2619.25 m
Minimal height	1205.63 m
Climb rate	22.37 %
Descent rate	18.08 %
Positive climb difference per	101.09 m
Negative descent difference per	96.59 m

Total time	9:57:08 h
Time in movement	5:44:59 h
Stopped time	4:12:09 h

Total speed average	1.61 Km/h
Average speed in movement	2.79 Km/h
Maximum held speed	8.62 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	4782 (cad. 3.35 m)
Significant points	503 (cad. 31.93 m / 10.52 %)
Aberrant points	1587 (33.19 % d. total)

Direction changes per	17.03
Direction changes >5° per	13.79
Accumulated straight stretches	1.756 Km
Straight stretches per	109.54 m
Penalizables slope changes	9
Penalizables slope changes per	0.562

Find The Best bike routes
cicloide
www.cicloide.com

Summary of slopes

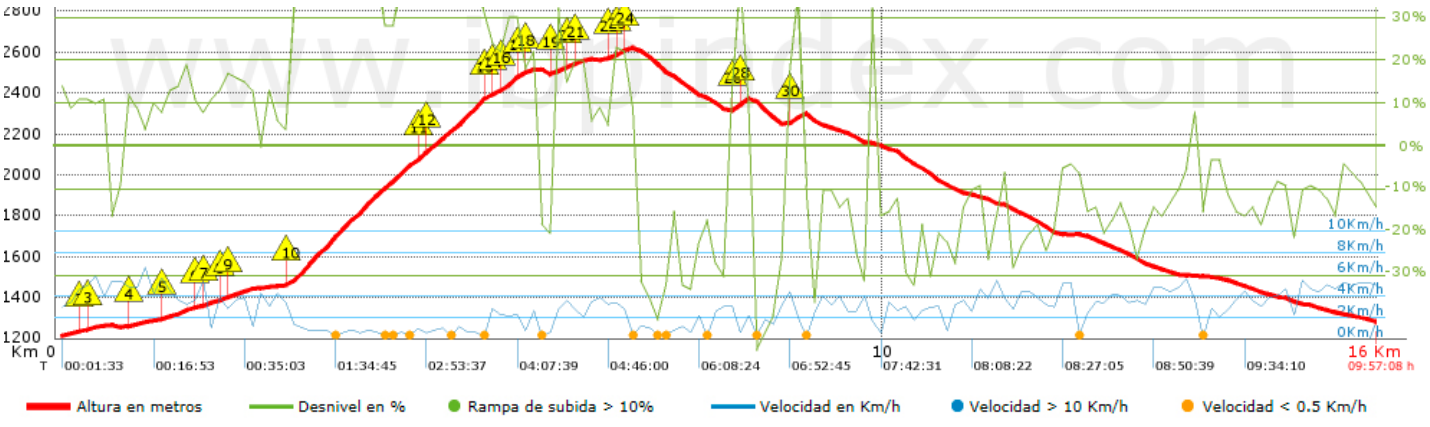


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	2.313	14.43	1.8	1:17:14
	Between 15 and 30%	1.851	11.55	2.35	0:47:10
	Between 10 and 15%	1.378	8.6	3.3	0:25:03
	Between 5 and 10%	1.13	7.05	3.77	0:17:59
	Between 1 and 5%	0.574	3.58	3.64	0:09:27
	Total :	7.245	45.2	2.46	2:56:53
	Plain				
	Difference of 1%	0.217	1.36	4.04	0:03:14
	Breakdown descents				
	Between 1 and 5%	0.544	3.39	4.32	0:07:33
	Between 5 and 10%	1.494	9.32	4.43	0:20:15
	Between 10 and 15%	2.006	12.52	3.98	0:30:15
	Between 15 and 30%	3.209	20.02	2.82	1:08:19
	Between 30% and 55%	1.313	8.19	2.05	0:38:30
	Total :	8.566	53.44	3.12	2:44:52
	Total track :	16.03	100 %	2.79	5:44:59

Copyright IBPindexTeam © 2012. All Rights Reserved

Track: 2017-07-29Monte Corvo dalla cresta Ovest	**IBP = 161 HKG**
These speeds are average for = HKG	
IBP index reliability= A	





Copyright IBPindexTeam © 2012. All Rights Reserved

Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0	12 %	93 m
2	0.415	11 %	174 m
3	0.837	12 %	93 m
4	1.282	13 %	393 m
5	1.78	14 %	192 m
6	1.973	15 %	133 m
7	2.106	14 %	251 m
8	2.797	39 %	1556 m
9	4.353	28 %	89 m
10	4.442	38 %	702 m
11	5.144	26 %	91 m
12	5.235	23 %	96 m
13	5.331	21 %	62 m
14	5.393	30 %	219 m
15	5.612	28 %	31 m
16	5.643	18 %	129 m
17	5.998	22 %	158 m
18	6.156	11 %	93 m
19	6.248	17 %	99 m
20	6.708	17 %	31 m
21	6.739	25 %	89 m
22	6.828	22 %	60 m
23	8.131	12 %	31 m
24	8.162	30 %	123 m
25	8.285	34 %	30 m
26	8.314	18 %	63 m

Copyright IBPindexTeam © 2012. All Rights Reserved

27	8.831	17 %	31 m
28	8.862	32 %	149 m

Copyright IBPindexTeam © 2012. All Rights Reserved

High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2500	1573.582	9.82	0:39:53	2.37	0:52:09	1:32:02	1.03
2250	2646.798	16.51	1:12:20	2.2	1:11:24	2:23:44	1.1
2000	2184.883	13.63	0:57:51	2.27	0:36:08	1:33:59	1.39
1750	2052.095	12.8	0:45:36	2.7	0:26:41	1:12:17	1.7
1500	2590.238	16.16	0:48:01	3.24	1:05:47	1:53:48	1.37
Total :	11.048 Km	68.93 %	4:23:41 h	2.51 Km/h	4:12:09 h	8:35:50 h	1.29 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
2.985	0:02:20	1533	0:55:46	0:55:46	2.985
3.044	0:05:56	1553	0:59:34	0:03:48 < 10´	0.059
3.136	0:05:07	1596	1:07:28	0:07:54 < 10´	0.092
3.229	0:02:19	1633	1:14:45	0:07:17 < 10´	0.093
3.289	0:16:00 > 10´	1658	1:18:45	0:04:00 < 10´	0.061
3.408	0:02:49	1708	1:36:26	0:17:41	0.119
3.527	0:02:19	1765	1:44:45	0:08:19 < 10´	0.119
3.59	0:04:05	1792	1:48:14	0:03:29 < 10´	0.063
3.776	0:03:19	1857	1:59:24	0:11:10	0.186
3.837	0:05:34	1884	2:03:55	0:04:31 < 10´	0.062
3.93	0:08:48	1925	2:10:58	0:07:03 < 10´	0.092
4.145	0:02:59	1995	2:25:50	0:14:52	0.215
4.205	0:08:13	2019	2:30:20	0:04:30 < 10´	0.06
4.382	0:07:18	2084	2:44:45	0:14:25	0.178
4.659	0:14:03 > 10´	2176	3:04:09	0:19:24	0.277
4.905	0:03:29	2256	3:27:24	0:23:15	0.245
4.967	0:17:00 > 10´	2285	3:32:58	0:05:34 < 10´	0.063
5.579	0:02:56	2476	4:07:39	0:34:41	0.611
5.806	0:07:18	2520	4:15:28	0:07:49 < 10´	0.227
5.93	0:03:27	2498	4:26:13	0:10:45	0.124
6.919	0:30:07 > 10´	2614	4:51:53	0:25:40	0.989
7.194	0:14:44 > 10´	2565	5:31:44	0:39:51	0.275
7.438	0:02:20	2488	5:53:19	0:21:35	0.244
7.559	0:02:55	2451	5:59:12	0:05:53 < 10´	0.12
7.806	0:08:28	2384	6:08:59	0:09:47 < 10´	0.247
8.192	0:03:17	2322	6:26:10	0:17:11	0.387
8.409	0:05:32	2377	6:35:49	0:09:39 < 10´	0.216
9.011	0:22:00 > 10´	2299	6:57:59	0:22:10	0.603
9.879	0:03:35	2155	7:36:08	0:38:09	0.868
10.704	0:02:36	1964	7:59:22	0:23:14	0.825
12.324	0:04:45	1712	8:29:17	0:29:55	1.62
13.84	0:26:31 > 10´	1509	8:59:04	0:29:47	1.516
Total :	4:12:09 h				

Copyright IBPindexTeam © 2012. All Rights Reserved