Track: 2017-08-12 Monte Sirente dalla valle Lupara — **Date: 12/08/2017**

Track: 2017-08-12 Monte Sirente dalla valle Lupara	**IBP = 133 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	16.78 Km
Analyzed distance	16.78 Km
Lineal distance	0.04 Km

Accumulated climb	1309.95 m
Accumulated descent	1284.3 m
Maximum height	2338.06 m
Minimal height	1162.37 m
Climb rate	18.16 %
Descent rate	14.92 %
Positive climb difference per	78.07 m
Negative descent difference per	76.54 m

Total time	7:14:25 h
Time in movement	6:24:51 h
Stopped time	0:49:34 h

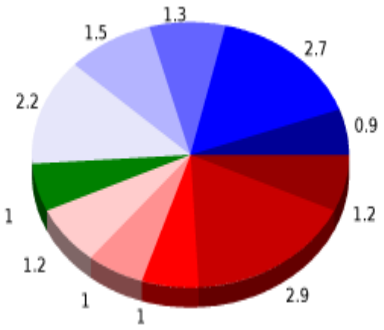
Total speed average	2.32 Km/h
Average speed in movement	2.62 Km/h
Maximum held speed	7.79 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	3767 (cad. 4.45 m)
Significant points	523 (cad. 32.14 m / 13.88 %)
Aberrant points	811 (21.53 % d. total)

Direction changes per	16.27
Direction changes >5° per	12.93
Accumulated straight stretches	1.684 Km
Straight stretches per	100.36 m
Penalizables slope changes	8
Penalizables slope changes per	0.477

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Summary of slopes

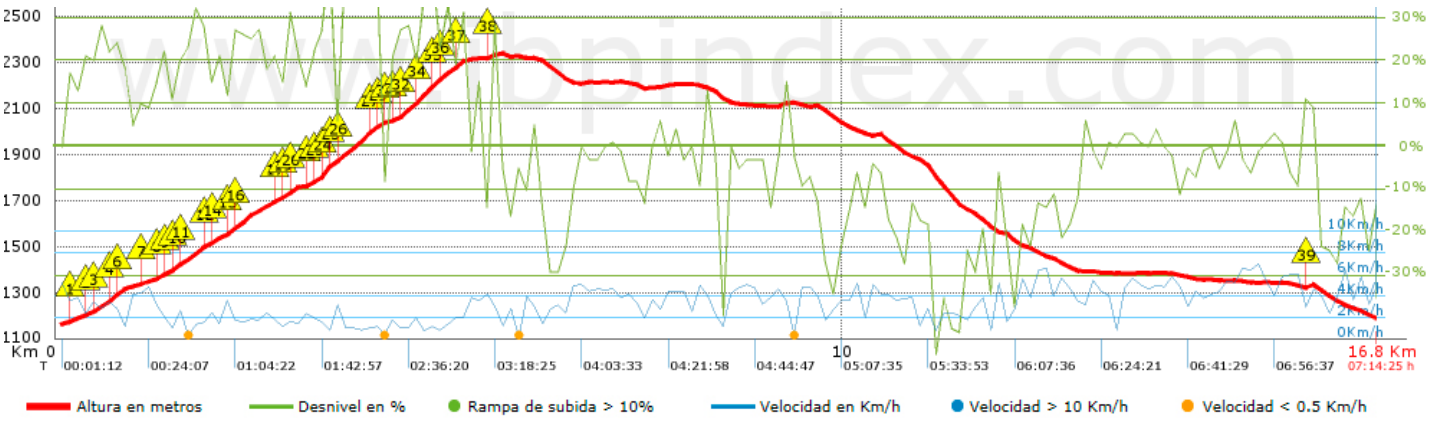


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.155	6.89	1.3	0:53:30
	Between 15 and 30%	2.92	17.4	1.86	1:34:19
	Between 10 and 15%	1.006	6	2.84	0:21:14
	Between 5 and 10%	0.967	5.76	3.23	0:17:58
	Between 1 and 5%	1.166	6.95	4.18	0:16:45
	Total :	7.215	43.01	2.12	3:23:46
	Plain				
	Difference of 1%	0.955	5.69	4.2	0:13:38
	Breakdown descents				
	Between 1 and 5%	2.169	12.93	3.67	0:35:25
	Between 5 and 10%	1.525	9.09	4	0:22:53
	Between 10 and 15%	1.307	7.79	3.64	0:21:33
	Between 15 and 30%	2.72	16.21	2.72	0:59:56
	Between 30% and 55%	0.885	5.28	1.92	0:27:40
	Total :	8.607	51.3	3.08	2:47:27
	Total track :	16.78	100 %	2.62	6:24:51

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
 1	0.133	15 %	201 m
 2	0.334	17 %	122 m
 3	0.456	22 %	225 m
 4	0.682	25 %	100 m
 5	0.782	28 %	33 m
 6	0.815	17 %	134 m
 7	1.045	12 %	251 m
 8	1.296	21 %	97 m
 9	1.393	14 %	88 m
 10	1.481	27 %	95 m
 11	1.576	26 %	251 m
 12	1.827	25 %	93 m
 13	1.92	16 %	94 m
 14	2.014	17 %	158 m
 15	2.172	29 %	126 m
 16	2.297	23 %	427 m
 17	2.724	16 %	150 m
 18	2.874	16 %	31 m
 19	2.905	30 %	93 m
 20	2.998	22 %	63 m
 21	3.129	14 %	64 m
 22	3.194	20 %	32 m
 23	3.225	21 %	95 m
 24	3.321	37 %	179 m
 25	3.5	32 %	31 m
 26	3.62	33 %	308 m

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27	3.928	33 %	123 m
28	4.051	16 %	31 m
29	4.082	28 %	66 m
30	4.216	11 %	30 m
31	4.245	15 %	95 m
32	4.341	33 %	183 m
33	4.524	21 %	89 m
34	4.613	40 %	151 m
35	4.764	36 %	89 m
36	4.853	25 %	246 m
37	5.099	28 %	33 m
38	5.513	20 %	92 m
39	15.844	14 %	92 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	1402.571	8.36	0:34:47	2.42	0:21:20	0:56:07	1.5
2000	4767.34	28.42	1:47:29	2.66	0:15:06	2:02:35	2.33
1750	2106.516	12.56	1:10:08	1.8	0:04:46	1:14:54	1.69
1500	2148.484	12.81	1:07:14	1.92		1:07:14	1.92
Total :	10.425 Km	62.14 %	4:39:38 h	2.24 Km/h	0:41:12 h	5:20:50 h	1.95 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
1.606	0:05:54	1428	0:36:36	0:36:36	1.606
3.44	0:02:21	1831	1:47:57	1:11:21	1.835
4.051	0:05:21	2015	2:16:35	0:28:38	0.61
4.642	0:02:45	2143	2:44:20	0:27:45	0.591
4.764	0:02:24	2190	2:52:39	0:08:19 < 10´	0.122
5.761	0:21:20 > 10´	2322	3:23:48	0:31:09	0.997
9.29	0:04:36	2123	4:51:13	1:27:25	3.529
11.058	0:02:25	1851	5:33:53	0:42:40	1.768
13.433	0:02:28	1383	6:26:27	0:52:34	2.375
Total :	0:49:34 h				

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