Track: 2017-10-28 Cresta di Iaccio dei M. e Murolungo — **Date: 29/10/2017**

Track: 2017-10-28 Cresta di Iaccio dei M. e Murolungo	**IBP = 127 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	14.7 Km
Analyzed distance	14.7 Km
Lineal distance	0.01 Km

Accumulated climb	1297.3 m
Accumulated descent	1299.7 m
Maximum height	2186.18 m
Minimal height	950.89 m
Climb rate	19.22 %
Descent rate	16.63 %
Positive climb difference per	88.25 m
Negative descent difference per	88.41 m

Total time	8:12:09 h
Time in movement	5:54:59 h
Stopped time	2:17:10 h

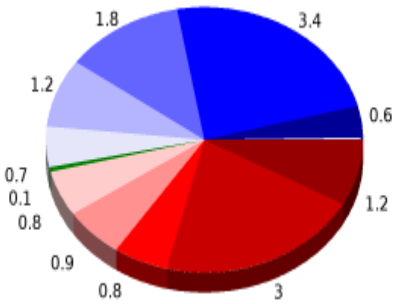
Total speed average	1.79 Km/h
Average speed in movement	2.48 Km/h
Maximum held speed	6.61 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	4004 (cad. 3.67 m)
Significant points	465 (cad. 31.68 m / 11.61 %)
Aberrant points	962 (24.03 % d. total)

Direction changes per	17.69
Direction changes >5° per	14.01
Accumulated straight stretches	1.783 Km
Straight stretches per	121.29 m
Penalizables slope changes	6
Penalizables slope changes per	0.408

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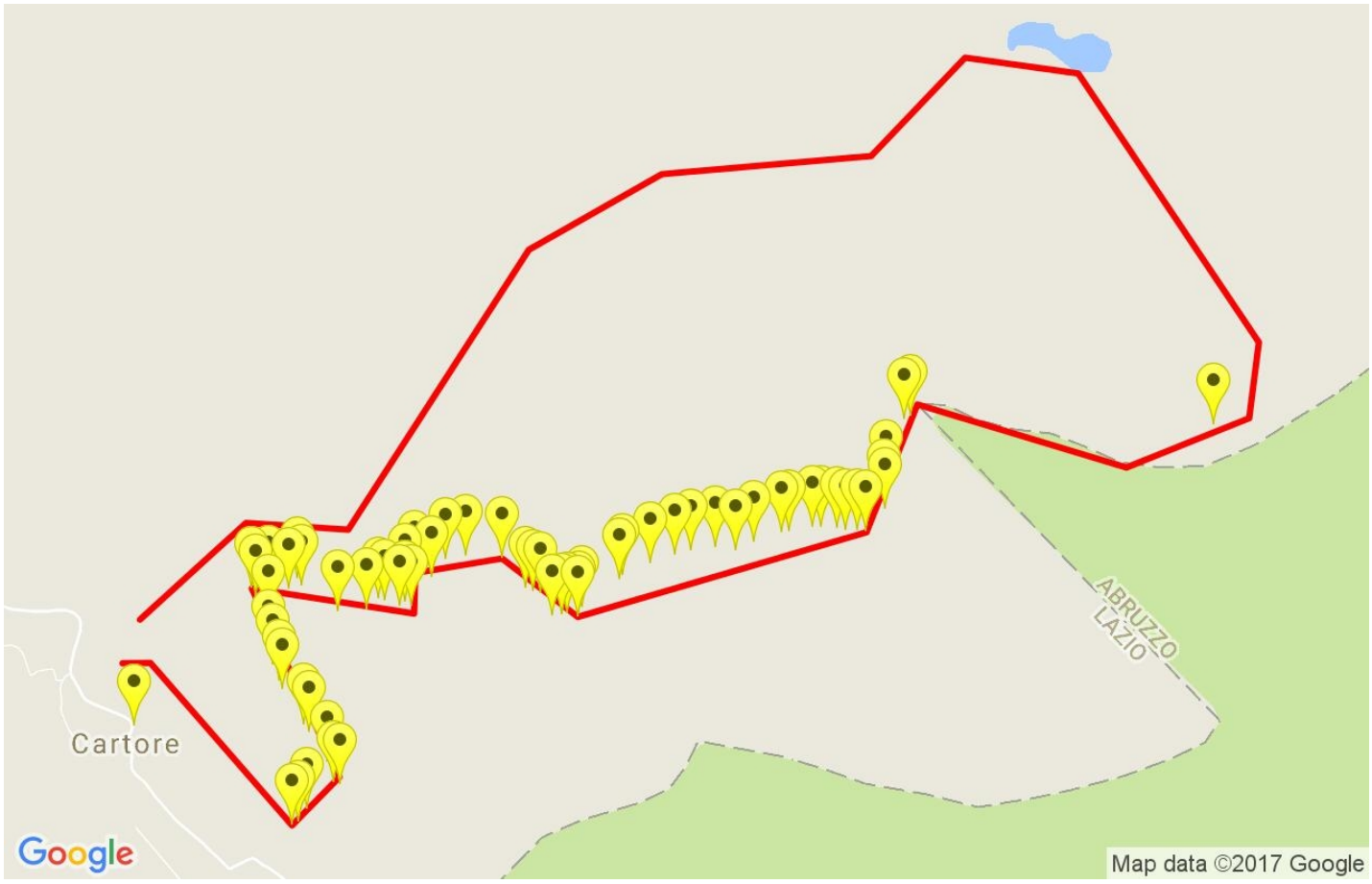
Summary of slopes

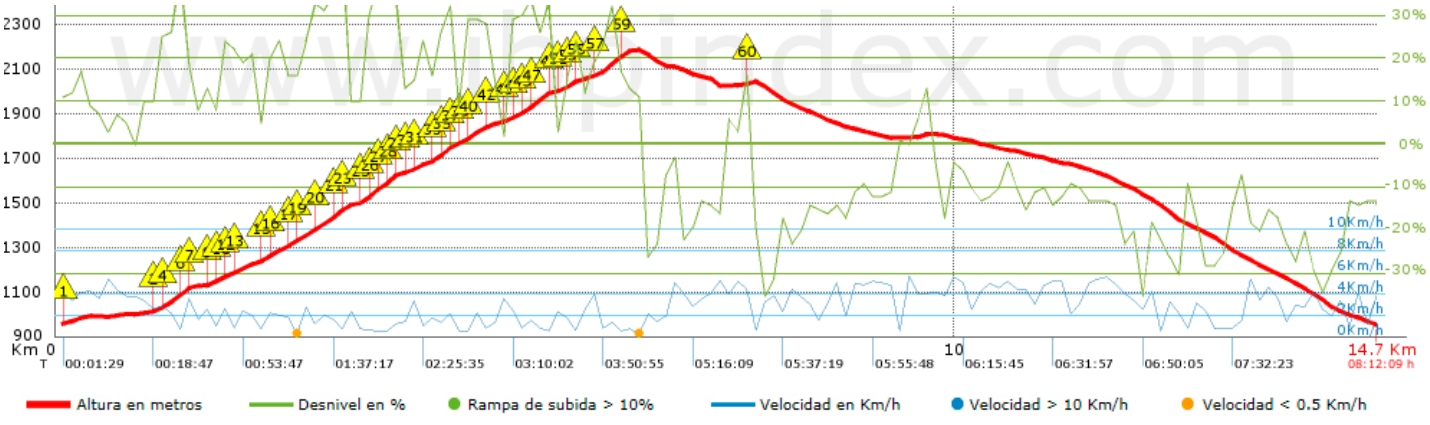


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.246	8.47	1.7	0:44:02
	Between 15 and 30%	2.963	20.16	1.95	1:30:58
	Between 10 and 15%	0.829	5.64	2.4	0:20:46
	Between 5 and 10%	0.918	6.25	2.75	0:20:04
	Between 1 and 5%	0.793	5.39	2.84	0:16:46
	Total :	6.749	45.92	2.1	3:12:36
	Plain				
	Difference of 1%	0.136	0.93	4.3	0:01:54
	Breakdown descents				
	Between 1 and 5%	0.734	5	2.92	0:15:04
	Between 5 and 10%	1.226	8.34	3.33	0:22:04
	Between 10 and 15%	1.829	12.44	3.21	0:34:11
	Between 15 and 30%	3.401	23.14	2.83	1:12:10
	Between 30% and 55%	0.624	4.24	2.2	0:17:00
	Total :	7.814	53.16	2.92	2:40:29
	Total track :	14.7	100 %	2.48	5:54:59

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
 1	0.029	12 %	189 m
 2	1.105	20 %	29 m
 3	1.135	25 %	64 m
 4	1.199	33 %	184 m
 5	1.383	25 %	32 m
 6	1.414	19 %	97 m
 7	1.511	11 %	30 m
 8	1.634	13 %	33 m
 9	1.667	17 %	150 m
 10	1.817	20 %	29 m
 11	1.847	19 %	62 m
 12	1.908	19 %	62 m
 13	1.97	21 %	216 m
 14	2.277	24 %	30 m
 15	2.307	27 %	90 m
 16	2.397	22 %	156 m
 17	2.553	24 %	94 m
 18	2.647	16 %	29 m
 19	2.676	24 %	158 m
 20	2.834	28 %	186 m
 21	3.02	26 %	126 m
 22	3.146	46 %	29 m
 23	3.175	34 %	65 m
 24	3.362	24 %	64 m
 25	3.426	34 %	96 m
 26	3.523	25 %	101 m

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27	3.624	33 %	124 m
28	3.748	19 %	93 m
29	3.841	14 %	127 m
30	3.968	18 %	198 m
31	4.166	24 %	30 m
32	4.195	34 %	31 m
33	4.227	26 %	92 m
34	4.319	31 %	61 m
35	4.38	20 %	33 m
36	4.412	23 %	61 m
37	4.473	16 %	32 m
38	4.504	24 %	30 m
39	4.535	27 %	190 m
40	4.724	28 %	34 m
41	4.758	17 %	123 m
42	4.974	13 %	61 m
43	5.035	20 %	96 m
44	5.132	27 %	92 m
45	5.224	27 %	90 m
46	5.314	31 %	127 m
47	5.44	34 %	30 m
48	5.47	11 %	90 m
49	5.56	16 %	31 m
50	5.591	21 %	59 m
51	5.651	30 %	31 m
52	5.682	15 %	60 m
53	5.742	24 %	32 m
54	5.774	14 %	124 m

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	5.93	12 %	67 m
	5.997	30 %	280 m
	6.277	30 %	30 m
	6.307	18 %	91 m
	7.644	23 %	99 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	2393.237	16.28	0:51:27	2.79	1:10:33	2:02:00	1.18
1750	3601.567	24.5	1:24:10	2.57	0:16:58	1:41:08	2.14
1500	2831.425	19.26	1:05:06	2.61	0:10:52	1:15:58	2.24
Total :	8.826 Km	60.05 %	3:20:43 h	2.64 Km/h	1:38:23 h	4:59:06 h	1.77 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
1.289	0:02:58	1064	0:25:46	0:25:46	1.289
2.186	0:02:33	1229	0:58:00	0:32:14	0.897
2.618	0:08:46	1323	1:13:44	0:15:44	0.432
3.146	0:02:39	1452	1:40:47	0:27:03	0.528
3.3	0:05:19	1498	1:48:09	0:07:22 < 10´	0.154
3.426	0:06:56	1514	1:55:28	0:07:19 < 10´	0.126
3.558	0:03:56	1560	2:04:51	0:09:23 < 10´	0.132
4.442	0:07:39	1762	2:41:10	0:36:19	0.883
5.314	0:02:18	1941	3:20:15	0:39:05	0.872
5.378	0:03:44	1961	3:24:14	0:03:59 < 10´	0.065
5.711	0:03:14	2034	3:37:58	0:13:44	0.333
6.026	0:02:18	2080	3:48:37	0:10:39	0.315
6.247	0:03:38	2150	3:57:33	0:08:56 < 10´	0.221
6.338	0:58:30 > 10´	2177	4:03:00	0:05:27 < 10´	0.091
7.742	0:02:53	2050	5:27:40	1:24:40	1.405
9.282	0:03:17	1789	5:59:17	0:31:37	1.54
12.218	0:04:06	1497	6:53:10	0:53:53	2.936
12.478	0:02:24	1425	7:03:50	0:10:40	0.259
12.8	0:02:33	1357	7:14:56	0:11:06	0.322
12.89	0:02:24	1333	7:19:50	0:04:54 < 10´	0.09
12.981	0:05:05	1307	7:25:06	0:05:16 < 10´	0.091
Total :	2:17:10 h				

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