Track: 2017-12-23 Cresta di Monte Puzzillo **Date: 23/12/2017**

Track: 2017-12-23 Cresta di Monte Puzzillo	**IBP = 94 HKG**
These speeds are average for = HKG	
IBP index reliability= B	

Total length	12.73 Km
Analyzed distance	12.73 Km
Lineal distance	0.02 Km

Accumulated climb	750.8 m
Accumulated descent	756.36 m
Maximum height	2175.57 m
Minimal height	1549.78 m
Climb rate	11.57 %
Descent rate	14.13 %
Positive climb difference per	58.98 m
Negative descent difference per	59.42 m

Total time	6:12:38 h
Time in movement	3:54:03 h
Stopped time	2:18:35 h

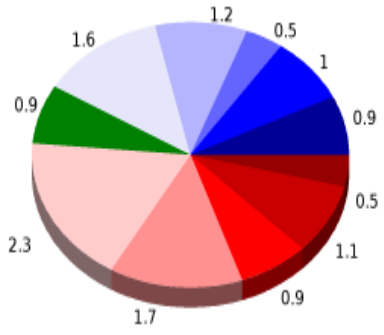
Total speed average	2.05 Km/h
Average speed in movement	3.26 Km/h
Maximum held speed	7.74 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	4154 (cad. 3.06 m)
Significant points	398 (cad. 32.05 m / 9.58 %)
Aberrant points	1434 (34.52 % d. total)

Direction changes per	16.1
Direction changes >5° per	11.86
Accumulated straight stretches	1.951 Km
Straight stretches per	153.26 m
Penalizables slope changes	7
Penalizables slope changes per	0.55

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Summary of slopes



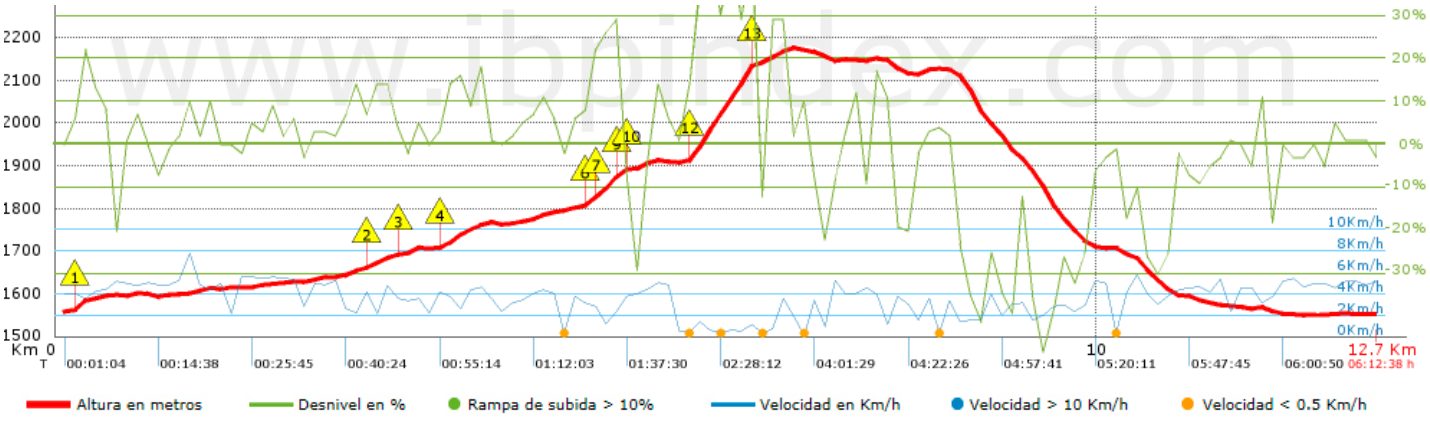
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.511	4.01	3.21	0:09:33
	Between 15 and 30%	1.064	8.36	2.73	0:23:23
	Between 10 and 15%	0.947	7.44	3.21	0:17:43
	Between 5 and 10%	1.717	13.49	3.79	0:27:11
	Between 1 and 5%	2.252	17.69	3.43	0:39:20
	Total :	6.49	51	3.32	1:57:10
	Plain				
	Difference of 1%	0.881	6.93	3.14	0:16:51
	Breakdown descents				
	Between 1 and 5%	1.621	12.74	4.01	0:24:16
	Between 5 and 10%	1.237	9.72	3.71	0:20:01
	Between 10 and 15%	0.516	4.05	4.28	0:07:14
	Between 15 and 30%	1.037	8.15	2.93	0:21:12
	Between 30% and 55%	0.943	7.41	2.07	0:27:19
	Total :	5.354	42.07	3.21	1:40:02
	Total track :	12.73	100 %	3.26	3:54:03

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.162	23 %	97 m
2	3.009	12 %	162 m
3	3.692	15 %	250 m
4	5.069	13 %	30 m
5	5.099	21 %	98 m
6	5.197	27 %	153 m
7	5.35	20 %	32 m
8	5.382	38 %	31 m
9	6.043	14 %	30 m
10	6.073	37 %	605 m
11	6.679	20 %	59 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	2657.938	20.89	1:02:23	2.56	1:33:25	2:35:48	1.02
1750	3127.023	24.57	1:08:13	2.75	0:31:29	1:39:42	1.88
1500	6940.698	54.54	1:43:27	4.03	0:13:41	1:57:08	3.56
Total :	12.726 Km	100 %	3:54:03 h	3.26 Km/h	2:18:35 h	6:12:38 h	2.05 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
4.806	0:06:31	1793	1:16:04	1:16:04	4.806
5.886	0:11:00 > 10´	1913	1:44:38	0:28:34	1.08
5.976	0:04:21	1908	1:57:55	0:13:17	0.09
6.199	0:40:44 > 10´	1956	2:09:23	0:11:28	0.223
6.708	0:13:23 > 10´	2143	2:57:33	0:48:10	0.509
7.076	0:39:28 > 10´	2176	3:16:58	0:19:25	0.368
8.41	0:09:27	2128	4:30:26	1:13:28	1.335
10.092	0:13:41 > 10´	1707	5:21:56	0:51:30	1.682
Total :	2:18:35 h				

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