Track: 2017-12-29 Valle del Morretano — **Date: 29/12/2017**

Track: 2017-12-29 Valle del Morretano	**IBP = 58 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	10.53 Km
Analyzed distance	10.53 Km
Lineal distance	0.01 Km

Accumulated climb	373.11 m
Accumulated descent	367.34 m
Maximum height	1894.42 m
Minimal height	1588.72 m
Climb rate	7.5 %
Descent rate	7.49 %
Positive climb difference per	35.43 m
Negative descent difference per	34.89 m

Total time	4:41:10 h
Time in movement	4:06:10 h
Stopped time	0:35:00 h

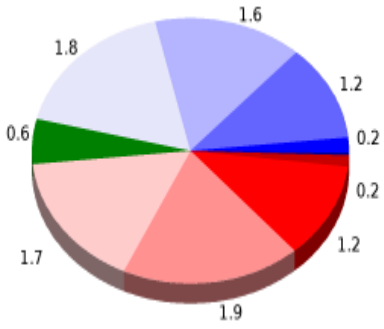
Total speed average	2.25 Km/h
Average speed in movement	2.57 Km/h
Maximum held speed	6.8 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	2632 (cad. 4 m)
Significant points	332 (cad. 31.81 m / 12.61 %)
Aberrant points	210 (7.98 % d. total)

Direction changes per	16.33
Direction changes >5º per	10.45
Accumulated straight stretches	1.87 Km
Straight stretches per	177.59 m
Penalizables slope changes	3
Penalizables slope changes per	0.285

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Summary of slopes

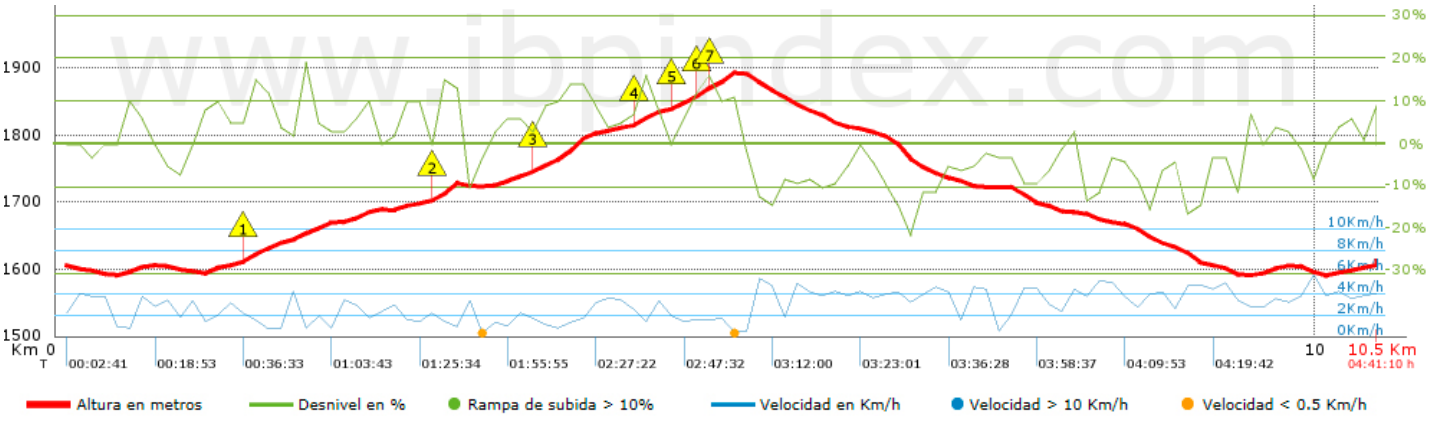


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0	0	0	0:00:00
	Between 15 and 30%	0.211	2	1.12	0:11:20
	Between 10 and 15%	1.171	11.13	1.71	0:41:07
	Between 5 and 10%	1.941	18.44	2.15	0:54:08
	Between 1 and 5%	1.65	15.67	2.65	0:37:25
	Total :	4.974	47.24	2.07	2:24:00
	Plain				
	Difference of 1%	0.648	6.16	2.48	0:15:42
	Breakdown descents				
	Between 1 and 5%	1.841	17.49	3.23	0:34:11
	Between 5 and 10%	1.623	15.41	3.44	0:28:17
	Between 10 and 15%	1.245	11.82	3.61	0:20:43
	Between 15 and 30%	0.198	1.88	3.61	0:03:17
	Between 30% and 55%	0	0	0	0:00:00
	Total :	4.907	46.6	3.4	1:26:28
	Total track :	10.53	100 %	2.57	4:06:10

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
1	1.494	11 %	156 m
2	3.002	15 %	158 m
3	3.804	12 %	341 m
4	4.589	11 %	90 m
5	5.093	11 %	98 m
6	5.191	12 %	128 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
1750	3050.735	28.98	1:12:40	2.52	0:13:15	1:25:55	2.13
1500	7478.101	71.02	2:53:30	2.59	0:21:45	3:15:15	2.3
Total :	10.529 Km	100 %	4:06:10 h	2.57 Km/h	0:35:00 h	4:41:10 h	2.25 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
1.588	0:02:29	1626	0:41:12	0:41:12	1.588
1.65	0:02:18	1631	0:45:08	0:03:56 < 10´	0.062
2.053	0:02:20	1661	0:58:41	0:13:33	0.403
3.345	0:05:31	1724	1:43:25	0:44:44	1.292
3.895	0:02:26	1757	2:10:48	0:27:23	0.55
5.318	0:04:30	1887	2:57:05	0:46:17	1.423
5.379	0:02:34	1892	3:02:09	0:05:04 < 10´	0.061
5.439	0:03:45	1890	3:05:10	0:03:01 < 10´	0.06
7.365	0:09:07	1722	3:42:15	0:37:05	1.926
Total :	0:35:00 h				

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