Track: 2017-12-30 Fosso delle Cannuccete — **Date: 31/12/2017**

Track: 2017-12-30 Fosso delle Cannuccete	**IBP = 42 HKG**
These speeds are average for = HKG	
IBP index reliability= B	

Total length	7.47 Km
Analyzed distance	7.47 Km
Lineal distance	0.01 Km

Accumulated climb	342.26 m
Accumulated descent	346.28 m
Maximum height	733.71 m
Minimal height	563.68 m
Climb rate	9.82 %
Descent rate	9.94 %
Positive climb difference per	45.82 m
Negative descent difference per	46.36 m

Total time	5:01:42 h
Time in movement	3:01:15 h
Stopped time	2:00:27 h

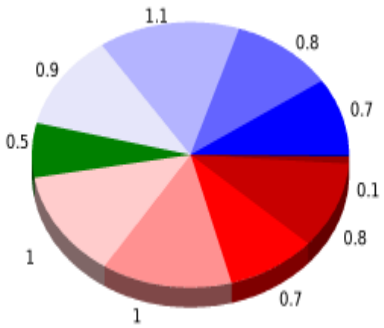
Total speed average	1.49 Km/h
Average speed in movement	2.47 Km/h
Maximum held speed	5.35 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1031 (cad. 7.24 m)
Significant points	214 (cad. 35.06 m / 20.76 %)
Aberrant points	43 (4.17 % d. total)

Direction changes per	12.72
Direction changes >5° per	10.84
Accumulated straight stretches	0.595 Km
Straight stretches per	79.65 m
Penalizables slope changes	4
Penalizables slope changes per	0.536

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Summary of slopes

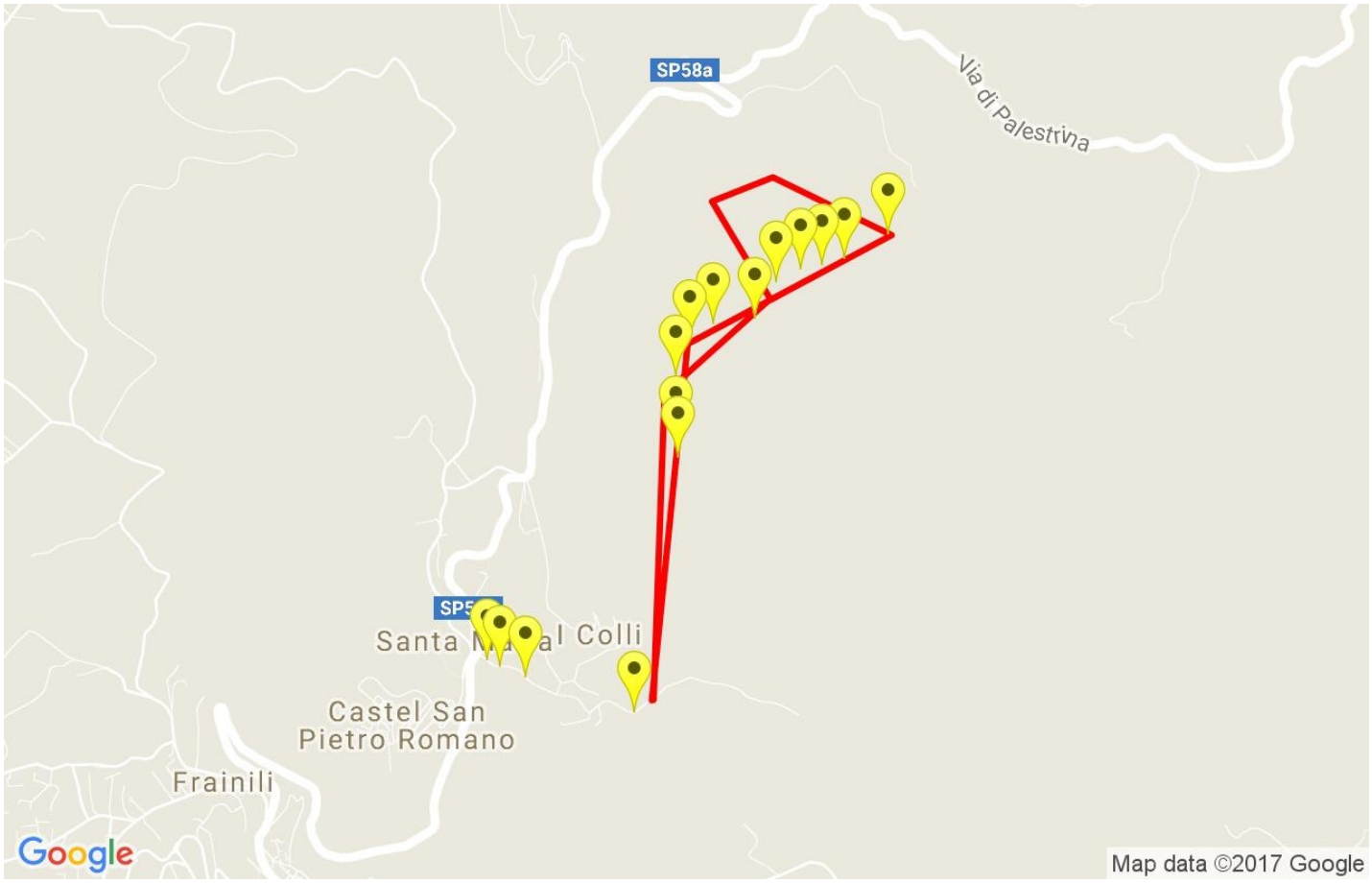


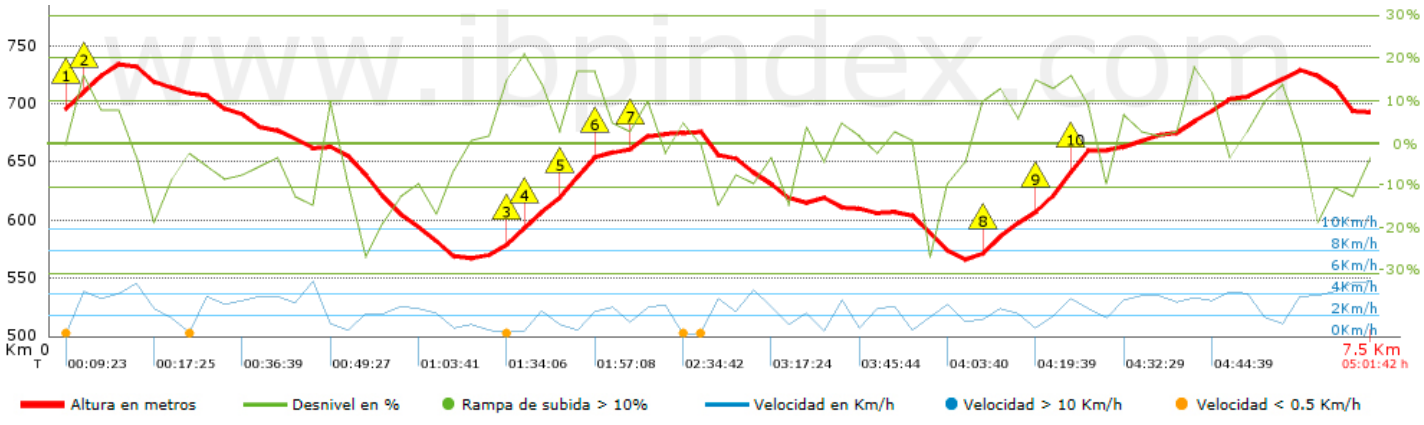
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.072	0.97	3.46	0:01:15
	Between 15 and 30%	0.801	10.72	2.32	0:20:44
	Between 10 and 15%	0.659	8.82	2.29	0:17:17
	Between 5 and 10%	0.952	12.76	2.37	0:24:05
	Between 1 and 5%	1.001	13.41	3.34	0:17:59
	Total :	3.485	46.67	2.57	1:21:20
	Plain				
	Difference of 1%	0.499	6.68	2.33	0:12:52
	Breakdown descents				
	Between 1 and 5%	0.87	11.66	3.44	0:15:10
	Between 5 and 10%	1.064	14.25	2.21	0:28:56
	Between 10 and 15%	0.829	11.1	2.25	0:22:05
	Between 15 and 30%	0.719	9.63	2.07	0:20:52
	Between 30% and 55%	0	0	0	0:00:00
	Total :	3.483	46.65	2.4	1:27:03
	Total track :	7.47	100 %	2.47	3:01:15

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.093	14 %	48 m
2	0.141	15 %	101 m
3	2.543	14 %	164 m
4	2.708	17 %	100 m
5	2.905	20 %	142 m
6	3.047	17 %	30 m
7	3.273	11 %	97 m
8	5.289	16 %	108 m
9	5.529	16 %	241 m
10	5.771	21 %	75 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
Total :	0 Km	--- %	--- h	--- Km/h	--- h	--- h	--- Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
0.664	0:04:56	714	0:21:15	0:21:15	0.664
1.584	0:03:21	663	0:49:27	0:28:12	0.92
2.383	0:14:40 > 10´	564	1:16:35	0:27:08	0.8
2.606	0:04:11	580	1:34:52	0:18:17	0.223
2.905	0:03:38	620	1:48:40	0:13:48	0.299
3.471	0:59:20 > 10´	674	2:07:50	0:19:10	0.566
4.321	0:03:20	620	3:25:21	1:17:31	0.851
4.493	0:12:12 > 10´	609	3:33:32	0:08:11 < 10´	0.172
4.79	0:03:10	606	3:51:53	0:18:21	0.296
5.529	0:02:44	601	4:16:55	0:25:02	0.74
Total :	2:00:27 h				

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