Track: 2018-01-06 Cresta di Iaccio dei Montoni e Murolungo — **Date: 06/01/2018**

Track: 2018-01-06 Cresta di Iaccio dei Montoni e Murolungo	**IBP = 128 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	12.5 Km
Analyzed distance	12.5 Km
Lineal distance	0.01 Km

Accumulated climb	1286.2 m
Accumulated descent	1274.2 m
Maximum height	2187.1 m
Minimal height	938.9 m
Climb rate	22.36 %
Descent rate	19.23 %
Positive climb difference per	102.9 m
Negative descent difference per	101.94 m

Total time	6:25:37 h
Time in movement	4:50:40 h
Stopped time	1:34:57 h

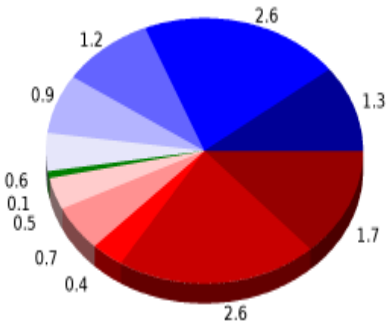
Total speed average	1.95 Km/h
Average speed in movement	2.58 Km/h
Maximum held speed	6.62 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1001 (cad. 12.49 m)
Significant points	347 (cad. 36.13 m / 34.67 %)
Aberrant points	63 (6.29 % d. total)

Direction changes per	15.04
Direction changes >5º per	12.16
Accumulated straight stretches	1.408 Km
Straight stretches per	112.64 m
Penalizables slope changes	5
Penalizables slope changes per	0.4

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Summary of slopes

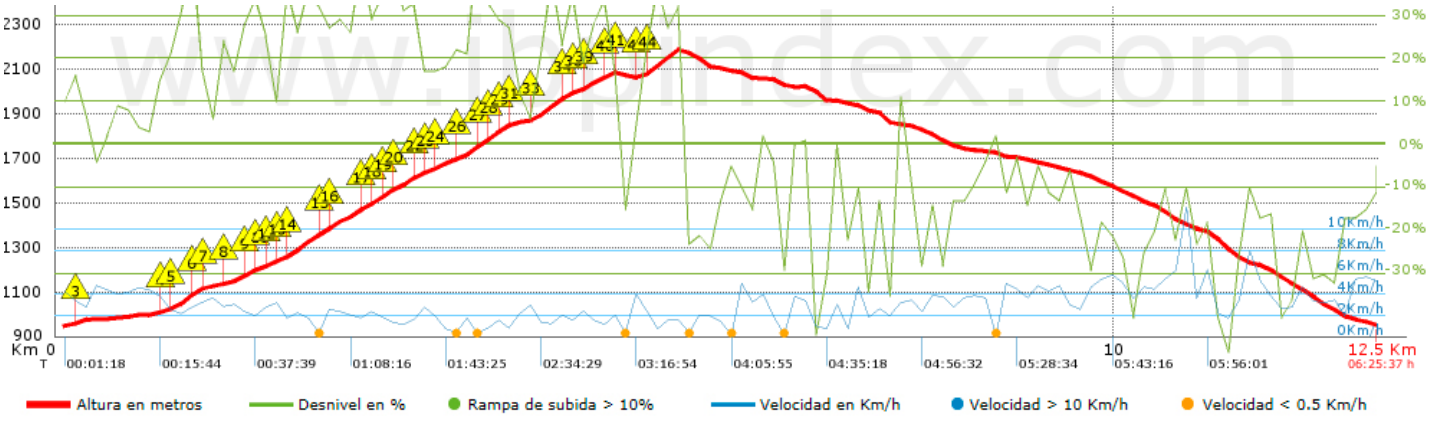


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.673	13.39	1.57	1:04:08
	Between 15 and 30%	2.555	20.44	2.05	1:14:48
	Between 10 and 15%	0.36	2.88	2.48	0:08:43
	Between 5 and 10%	0.679	5.43	2.86	0:14:15
	Between 1 and 5%	0.484	3.88	4.09	0:07:06
	Total :	5.753	46.02	2.04	2:49:00
	Plain				
	Difference of 1%	0.121	0.97	4.73	0:01:32
	Breakdown descents				
	Between 1 and 5%	0.644	5.15	3.71	0:10:24
	Between 5 and 10%	0.94	7.52	3.92	0:14:24
	Between 10 and 15%	1.169	9.35	3.84	0:18:16
	Between 15 and 30%	2.575	20.6	3.46	0:44:41
	Between 30% and 55%	1.301	10.4	2.41	0:32:23
	Total :	6.628	53.02	3.31	2:00:08
	Total track :	12.5	100 %	2.58	4:50:40

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.139	16 %	30 m
2	0.169	20 %	73 m
3	1.007	22 %	77 m
4	1.084	37 %	205 m
5	1.289	17 %	80 m
6	1.369	16 %	41 m
7	1.544	19 %	180 m
8	1.725	21 %	107 m
9	1.832	25 %	125 m
10	1.957	21 %	34 m
11	1.991	16 %	97 m
12	2.088	21 %	36 m
13	2.125	32 %	311 m
14	2.436	29 %	101 m
15	2.537	29 %	283 m
16	2.82	27 %	104 m
17	2.924	26 %	107 m
18	3.031	29 %	116 m
19	3.147	32 %	175 m
20	3.322	33 %	67 m
21	3.389	16 %	73 m
22	3.463	17 %	103 m
23	3.566	21 %	177 m
24	3.743	22 %	33 m
25	3.775	26 %	144 m
26	3.92	37 %	103 m

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27	4.023	32 %	172 m
28	4.195	33 %	32 m
29	4.227	27 %	39 m
30	4.266	11 %	200 m
31	4.466	25 %	35 m
32	4.5	31 %	283 m
33	4.784	40 %	34 m
34	4.818	35 %	39 m
35	4.857	14 %	77 m
36	4.934	19 %	38 m
37	4.972	22 %	39 m
38	5.011	29 %	175 m
39	5.186	22 %	37 m
40	5.223	17 %	38 m
41	5.482	13 %	40 m
42	5.522	22 %	40 m
43	5.562	35 %	311 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	2237.17	17.9	0:55:58	2.4	0:41:28	1:37:26	1.38
1750	2319.303	18.55	1:06:17	2.1	0:15:25	1:21:42	1.7
1500	2758.847	22.07	1:03:00	2.63	0:30:28	1:33:28	1.77
Total :	7.315 Km	58.52 %	3:05:15 h	2.37 Km/h	1:27:21 h	4:32:36 h	1.61 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
2.359	0:07:36	1324	0:51:00	0:51:00	2.359
3.566	0:02:38	1652	1:38:05	0:47:05	1.207
3.671	0:04:58	1676	1:43:25	0:05:20 < 10´	0.105
3.887	0:06:30	1722	1:56:26	0:13:01	0.216
3.955	0:06:34	1750	2:04:46	0:08:20 < 10´	0.068
4.227	0:02:59	1836	2:19:46	0:15:00	0.273
5.261	0:07:50	2085	3:05:03	0:45:17	1.033
5.637	0:02:47	2101	3:20:55	0:15:52	0.376
5.873	0:06:29	2187	3:32:58	0:12:03	0.236
6.282	0:15:48 > 10´	2102	3:49:23	0:16:25	0.409
6.758	0:08:34	2054	4:12:39	0:23:16	0.475
7.174	0:02:24	2000	4:30:45	0:18:06	0.417
7.396	0:03:28	1958	4:37:45	0:07:00 < 10´	0.221
8.836	0:16:22 > 10´	1726	5:09:25	0:31:40	1.44
Total :	1:34:57 h				

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