Track: 2018-01-20 Monte Porrara	**IBP = 109 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	11.37 Km
Analyzed distance	11.37 Km
Lineal distance	0.01 Km

Accumulated climb	967 m
Accumulated descent	1004.5 m
Maximum height	2139.5 m
Minimal height	1253.2 m
Climb rate	18.04 %
Descent rate	17.7 %
Positive climb difference per	85.05 m
Negative descent difference per	88.35 m

Total time	5:51:02 h
Time in movement	4:15:25 h
Stopped time	1:35:37 h

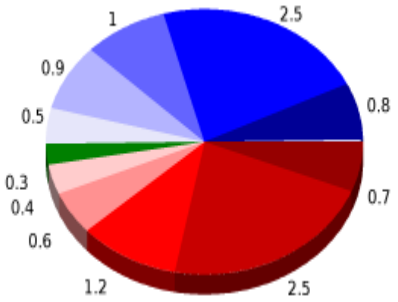
Total speed average	1.94 Km/h
Average speed in movement	2.67 Km/h
Maximum held speed	5.95 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	912 (cad. 12.46 m)
Significant points	319 (cad. 35.75 m / 34.98 %)
Aberrant points	20 (2.19 % d. total)

Direction changes per	15.74
Direction changes >5º per	12.05
Accumulated straight stretches	1.218 Km
Straight stretches per	107.12 m
Penalizables slope changes	6
Penalizables slope changes per	0.528

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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%	0.663	5.83	2.18	0:18:16
	Between 15 and 30%	2.48	21.81	1.93	1:17:04
	Between 10 and 15%	1.17	10.29	2.64	0:26:32
	Between 5 and 10%	0.611	5.38	2.39	0:15:21
	Between 1 and 5%	0.436	3.84	2.48	0:10:33
	Total :	5.359	47.15	2.18	2:27:46
	Plain				
	Difference of 1%	0.331	2.92	2.73	0:07:17
	Breakdown descents				
	Between 1 and 5%	0.504	4.43	3.48	0:08:41
	Between 5 and 10%	0.924	8.13	3.66	0:15:08
	Between 10 and 15%	1.031	9.07	4.06	0:15:15
	Between 15 and 30%	2.466	21.7	3.32	0:44:33
	Between 30% and 55%	0.752	6.62	2.69	0:16:45
	Total :	5.677	49.94	3.39	1:40:22
	Total track :	11.37	100 %	2.67	4:15:25

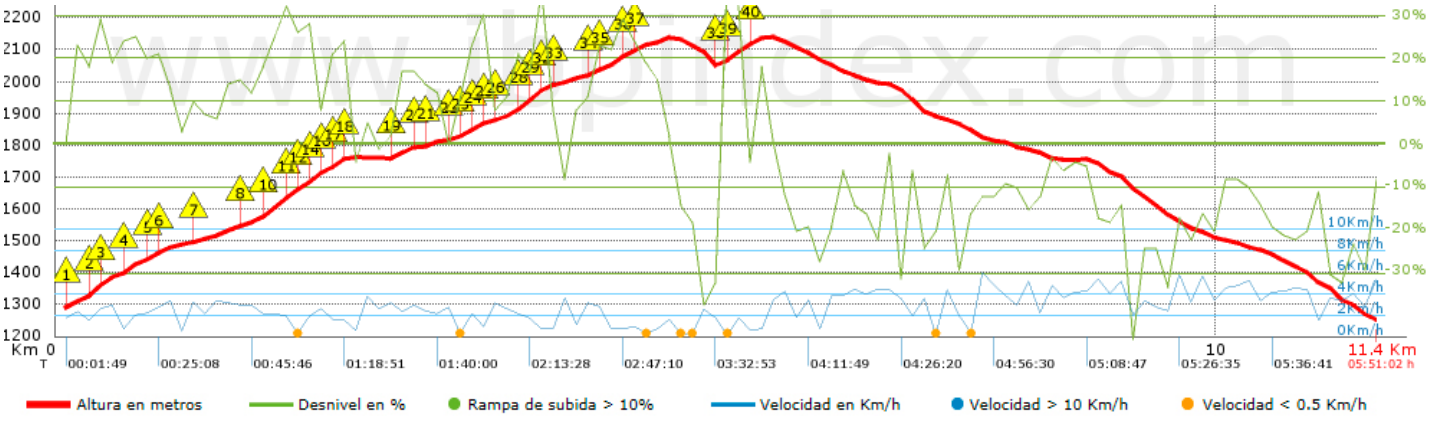
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Track: 2018-01-20 Monte Porrara	**IBP = 109 HKG**
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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
1	0.11	23 %	190 m
2	0.3	34 %	107 m
3	0.407	27 %	30 m
4	0.538	24 %	176 m
5	0.714	20 %	151 m
6	0.865	16 %	105 m
7	1.198	12 %	381 m
8	1.579	16 %	177 m
9	1.756	24 %	34 m
10	1.79	30 %	135 m
11	1.925	27 %	102 m
12	2.027	23 %	143 m
13	2.17	39 %	34 m
14	2.204	20 %	69 m
15	2.273	15 %	32 m
16	2.305	19 %	107 m
17	2.412	31 %	37 m
18	2.449	20 %	77 m
19	2.897	16 %	149 m
20	3.193	11 %	99 m
21	3.5	22 %	106 m
22	3.606	20 %	71 m
23	3.784	19 %	171 m
24	3.955	24 %	34 m
25	3.99	30 %	73 m
26	4.063	30 %	63 m

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27	4.127	36 %	32 m
28	4.158	31 %	34 m
29	4.518	12 %	113 m
30	4.63	19 %	210 m
31	4.84	21 %	105 m
32	4.945	16 %	206 m
33	5.709	25 %	31 m
34	5.74	37 %	183 m
35	5.996	18 %	73 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	2694.297	23.7	1:07:21	2.4	0:49:19	1:56:40	1.39
1750	3739.331	32.9	1:22:57	2.7	0:32:51	1:55:48	1.94
1500	2451.001	21.56	0:57:01	2.58	0:06:23	1:03:24	2.32
Total :	8.885 Km	78.16 %	3:27:19 h	2.57 Km/h	1:28:33 h	4:55:52 h	1.8 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
0.505	0:02:50	1386	0:12:56	0:12:56	0.505
1.01	0:04:14	1483	0:28:49	0:15:53	0.505
1.992	0:06:23	1643	0:56:42	0:27:53	0.982
2.527	0:03:17	1764	1:19:51	0:23:09	0.534
3.428	0:06:52	1824	1:44:37	0:24:46	0.901
4.097	0:08:00	1948	2:15:12	0:30:35	0.669
4.84	0:02:59	2068	2:44:11	0:28:59	0.743
4.975	0:06:33	2097	2:51:40	0:07:29 < 10´	0.135
5.084	0:02:31	2115	3:01:26	0:09:46 < 10´	0.109
5.284	0:05:24	2138	3:08:56	0:07:30 < 10´	0.2
5.35	0:09:18	2132	3:15:19	0:06:23 < 10´	0.066
5.709	0:13:36 > 10´	2043	3:34:45	0:19:26	0.359
5.854	0:03:33	2092	3:52:35	0:17:50	0.145
5.996	0:02:43	2122	3:58:38	0:06:03 < 10´	0.142
6.481	0:02:42	2090	4:11:49	0:13:11	0.485
7.525	0:09:51	1898	4:31:44	0:19:55	1.045
7.837	0:04:51	1854	4:48:29	0:16:45	0.311
Total :	1:35:37 h				

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