Track: 20108-02-10 Monte Cefalone	**IBP = 108 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	5.19 Km
Analyzed distance	5.19 Km
Lineal distance	0.04 Km

Accumulated climb	698.31 m
Accumulated descent	704.61 m
Maximum height	2148.98 m
Minimal height	1533 m
Climb rate	26.82 %
Descent rate	29.31 %
Positive climb difference per	134.55 m
Negative descent difference per	135.76 m

Total time	3:44:29 h
Time in movement	2:19:24 h
Stopped time	1:25:05 h

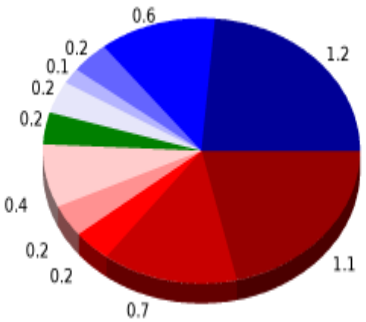
Total speed average	1.39 Km/h
Average speed in movement	2.23 Km/h
Maximum held speed	6.05 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	439 (cad. 11.83 m)
Significant points	145 (cad. 36.08 m / 33.03 %)
Aberrant points	142 (32.35 % d. total)

Direction changes per	14.64
Direction changes >5° per	10.4
Accumulated straight stretches	0.955 Km
Straight stretches per	184.01 m
Penalizables slope changes	5
Penalizables slope changes per	0.962

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Summary of slopes

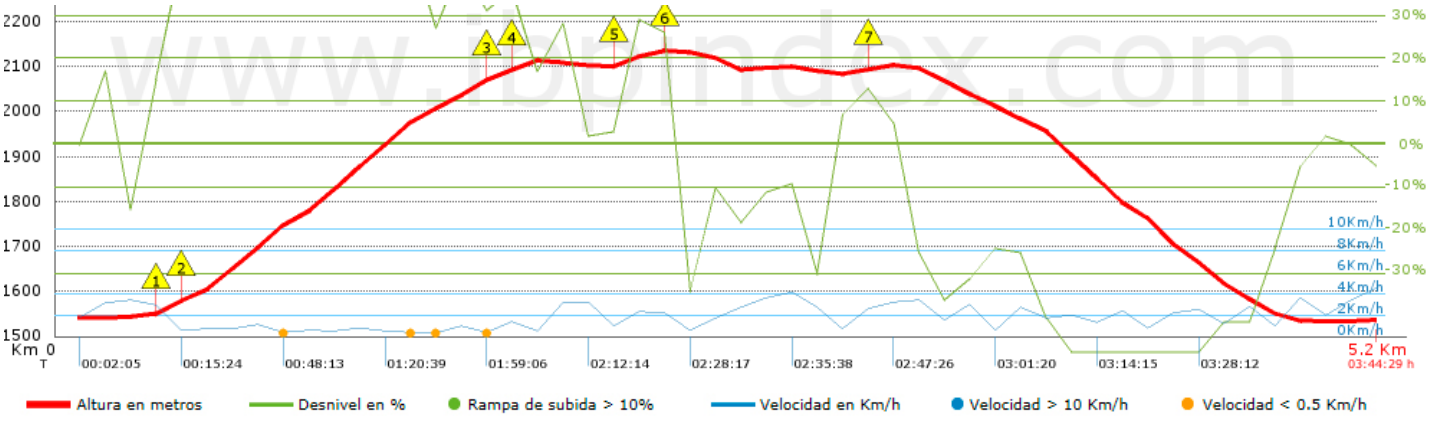


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.12	21.56	1.72	0:39:01
	Between 15 and 30%	0.717	13.8	2.63	0:16:21
	Between 10 and 15%	0.222	4.27	2.51	0:05:18
	Between 5 and 10%	0.182	3.51	2.35	0:04:39
	Between 1 and 5%	0.363	7	2.41	0:09:03
	Total :	2.604	50.13	2.1	1:14:22
	Plain				
	Difference of 1%	0.187	3.6	2.71	0:04:09
	Breakdown descents				
	Between 1 and 5%	0.193	3.71	3.63	0:03:11
	Between 5 and 10%	0.143	2.76	2.65	0:03:15
	Between 10 and 15%	0.232	4.47	2.03	0:06:53
	Between 15 and 30%	0.631	12.14	2.9	0:13:03
	Between 30% and 55%	1.205	23.19	2.09	0:34:31
	Total :	2.404	46.27	2.37	1:00:53
	Total track :	5.19	100 %	2.23	2:19:24

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
 1	0.332	16 %	114 m
 2	0.446	41 %	1235 m
 3	1.68	32 %	71 m
 4	1.751	12 %	139 m
 5	2.2	17 %	136 m
 6	2.337	26 %	37 m
 7	3.142	13 %	115 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	2265.921	43.62	0:57:24	2.37	0:24:18	1:21:42	1.66
1750	1110.615	21.38	0:30:33	2.18	0:40:43	1:11:16	0.94
1500	1818.434	35	0:51:27	2.12	0:20:04	1:11:31	1.53
Total :	5.195 Km	100 %	2:19:24 h	2.24 Km/h	1:25:05 h	3:44:29 h	1.39 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
0.37	0:03:44	1550	0:08:01	0:08:01 < 10´	0.37
0.483	0:03:22	1579	0:15:24	0:07:23 < 10´	0.113
0.627	0:03:01	1634	0:25:39	0:10:15	0.144
0.773	0:03:11	1697	0:35:58	0:10:19	0.147
0.843	0:06:46	1729	0:41:27	0:05:29 < 10´	0.069
0.919	0:07:07	1763	0:49:48	0:08:21 < 10´	0.076
1.021	0:04:20	1810	0:59:18	0:09:30 < 10´	0.103
1.127	0:06:22	1861	1:07:48	0:08:30 < 10´	0.106
1.228	0:15:58 > 10´	1909	1:16:36	0:08:48 < 10´	0.101
1.403	0:10:50 > 10´	1990	1:35:47	0:19:11	0.175
1.581	0:04:34	2036	1:51:47	0:16:00	0.178
1.751	0:03:51	2092	2:02:11	0:10:24	0.17
2.409	0:03:16	2149	2:23:52	0:21:41	0.657
2.961	0:03:04	2090	2:37:57	0:14:05	0.553
3.638	0:03:09	2019	2:58:11	0:20:14	0.677
4.227	0:02:30	1778	3:18:41	0:20:30	0.589
Total :	1:25:05 h				

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