Track: 2018-03-04 Monte Orsello — **Date: 04/03/2018**

Track: 2018-03-04 Monte Orsello	**IBP = 76 HKG**
These speeds are average for = HKG	
IBP index reliability= B	

Total length	10.39 Km
Analyzed distance	10.39 Km
Lineal distance	0.01 Km

Accumulated climb	597.9 m
Accumulated descent	601.7 m
Maximum height	2044.9 m
Minimal height	1537.8 m
Climb rate	12.46 %
Descent rate	11.85 %
Positive climb difference per	57.55 m
Negative descent difference per	57.91 m

Total time	6:38:53 h
Time in movement	3:45:35 h
Stopped time	2:53:18 h

Total speed average	1.56 Km/h
Average speed in movement	2.76 Km/h
Maximum held speed	5.3 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	857 (cad. 12.12 m)
Significant points	291 (cad. 35.81 m / 33.96 %)
Aberrant points	5 (0.58 % d. total)

Direction changes per	14.44
Direction changes >5º per	10.3
Accumulated straight stretches	1.932 Km
Straight stretches per	185.95 m
Penalizables slope changes	3
Penalizables slope changes per	0.289

Find The Best bike routes
cicloide
www.cicloide.com

Summary of slopes



	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.142	1.36	1.8	0:04:43
	Between 15 and 30%	1.556	14.98	2.05	0:45:35
	Between 10 and 15%	1.022	9.84	2.3	0:26:42
	Between 5 and 10%	1.187	11.43	2.57	0:27:41
	Between 1 and 5%	0.891	8.58	2.72	0:19:39
	Total :	4.798	46.2	2.32	2:04:20
	Plain				
	Difference of 1%	0.508	4.89	3.24	0:09:25
	Breakdown descents				
	Between 1 and 5%	1.222	11.76	2.9	0:25:16
	Between 5 and 10%	1.2	11.55	3.4	0:21:12
	Between 10 and 15%	1.091	10.51	3.72	0:17:35
	Between 15 and 30%	1.456	14.02	3.4	0:25:42
	Between 30% and 55%	0.11	1.06	3.16	0:02:05
	Total :	5.079	48.91	3.32	1:31:50
	Total track :	10.39	100 %	2.76	3:45:35

Copyright IBPindexTeam © 2012. All Rights Reserved

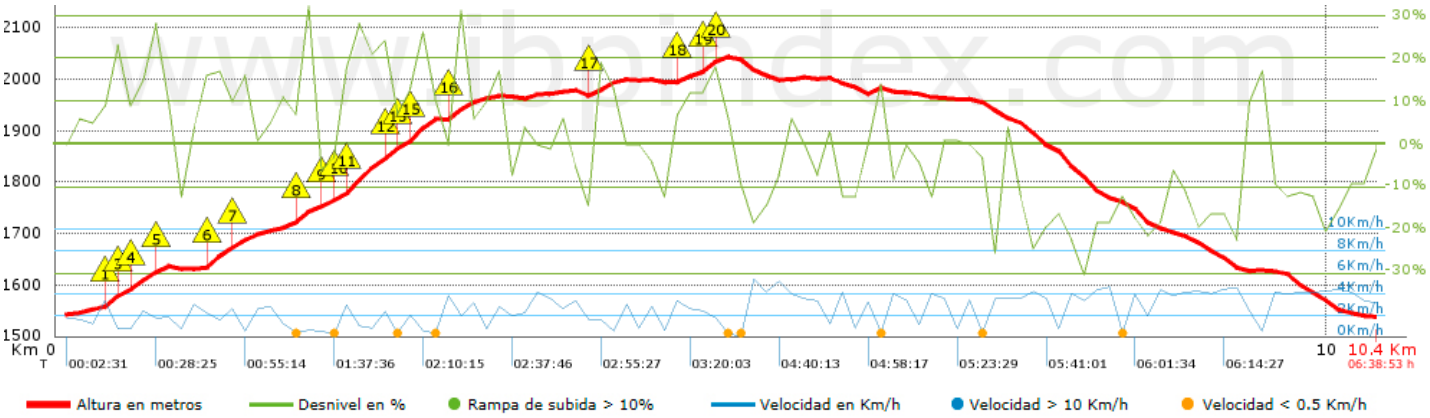
Track: 2018-03-04 Monte Orsello **Date: 04/03/2018**

Track: 2018-03-04 Monte Orsello	**IBP = 76 HKG**
These speeds are average for = HKG	
IBP index reliability= B	

Google Maps has not provided map to this document, please contact IBP Index

Google Maps n'a pas fourni de plan pour ce document, se il vous plaît contacter IBP Index

Google Maps no ha proporcionado mapa para este documento, por favor contacta con IBP Index



Copyright IBPindexTeam © 2012. All Rights Reserved

Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.354	17 %	123 m
2	0.477	17 %	31 m
3	0.608	21 %	153 m
4	0.761	11 %	66 m
5	1.117	19 %	205 m
6	1.321	12 %	254 m
7	1.897	24 %	137 m
8	2.034	11 %	65 m
9	2.194	17 %	74 m
10	2.268	24 %	321 m
11	2.589	14 %	66 m
12	2.655	14 %	106 m
13	2.761	17 %	38 m
14	2.798	27 %	110 m
15	3.09	25 %	108 m
16	4.188	14 %	185 m
17	4.913	12 %	140 m
18	5.053	18 %	104 m
19	5.157	12 %	39 m

Copyright IBPindexTeam © 2012. All Rights Reserved

High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2000	1035.32	9.97	0:24:06	2.58	1:05:08	1:29:14	0.7
1750	5437.415	52.36	1:57:14	2.78	1:18:35	3:15:49	1.67
1500	3912.291	37.67	1:24:15	2.79	0:29:35	1:53:50	2.06
Total :	10.385 Km	100 %	3:45:35 h	2.76 Km/h	2:53:18 h	6:38:53 h	1.56 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
0.354	0:05:21	1558	0:10:20	0:10:20	0.354
0.508	0:02:52	1583	0:18:51	0:08:31 < 10´	0.154
0.864	0:02:39	1636	0:31:33	0:12:42	0.355
1.36	0:04:08	1672	0:49:14	0:17:41	0.497
1.819	0:09:11	1719	1:04:37	0:15:23	0.459
2.001	0:04:23	1751	1:17:39	0:13:02	0.182
2.068	0:11:51 > 10´	1752	1:22:44	0:05:05 < 10´	0.067
2.447	0:02:26	1821	1:46:01	0:23:17	0.379
2.621	0:05:59	1862	1:53:46	0:07:45 < 10´	0.174
2.761	0:04:16	1879	2:03:31	0:09:45 < 10´	0.139
2.908	0:07:06	1916	2:11:35	0:08:04 < 10´	0.148
3.308	0:02:42	1960	2:29:28	0:17:53	0.4
4.333	0:04:23	1987	2:57:25	0:27:57	1.025
4.547	0:03:12	1997	3:06:45	0:09:20 < 10´	0.214
4.704	0:03:12	2000	3:12:22	0:05:37 < 10´	0.157
5.237	1:05:08 > 10´	2041	3:28:25	0:16:03	0.533
6.219	0:02:38	1989	4:52:27	1:24:02	0.982
6.441	0:05:10	1979	5:01:20	0:08:53 < 10´	0.221
6.974	0:06:06	1963	5:16:41	0:15:21	0.533
7.186	0:05:33	1961	5:25:24	0:08:43 < 10´	0.212
7.769	0:03:10	1872	5:41:01	0:15:37	0.583
8.334	0:06:28	1765	5:53:27	0:12:26	0.565
9.365	0:05:24	1627	6:17:22	0:23:55	1.031
Total :	2:53:18 h				

Copyright IBPindexTeam © 2012. All Rights Reserved