Track: 2018-03-08 Monte Puzzillo **Date: 08/03/2018**

Track: 2018-03-08 Monte Puzzillo	**IBP = 87 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	12.44 Km
Analyzed distance	12.44 Km
Lineal distance	0.01 Km

Accumulated climb	654.43 m
Accumulated descent	687.93 m
Maximum height	2172.43 m
Minimal height	1595 m
Climb rate	12.2 %
Descent rate	10.57 %
Positive climb difference per	52.61 m
Negative descent difference per	55.3 m

Total time	5:55:45 h
Time in movement	4:39:13 h
Stopped time	1:16:32 h

Total speed average	2.1 Km/h
Average speed in movement	2.67 Km/h
Maximum held speed	9.97 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1006 (cad. 12.36 m)
Significant points	347 (cad. 35.95 m / 34.49 %)
Aberrant points	41 (4.08 % d. total)

Direction changes per	14.23
Direction changes >5° per	8.44
Accumulated straight stretches	2.373 Km
Straight stretches per	190.76 m
Penalizables slope changes	7
Penalizables slope changes per	0.563

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Summary of slopes

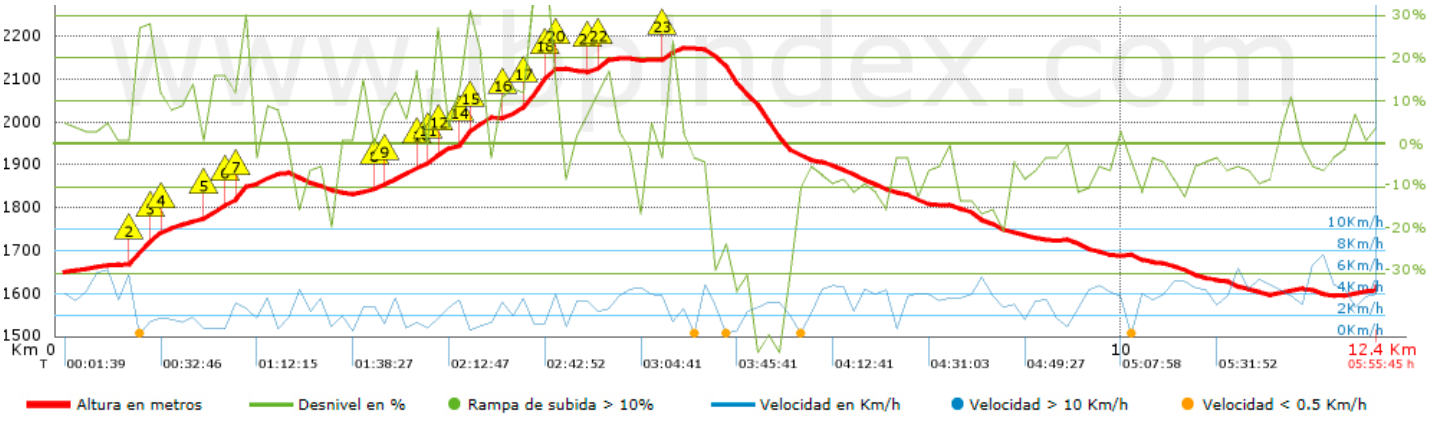


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.286	2.3	1.82	0:09:24
	Between 15 and 30%	1.408	11.32	1.58	0:53:21
	Between 10 and 15%	1.143	9.19	2.42	0:28:23
	Between 5 and 10%	1.018	8.18	2.24	0:27:19
	Between 1 and 5%	1.511	12.15	3.74	0:24:14
	Total :	5.366	43.14	2.26	2:22:41
	Plain				
	Difference of 1%	0.562	4.52	3.17	0:10:39
	Breakdown descents				
	Between 1 and 5%	1.88	15.12	3.22	0:35:05
	Between 5 and 10%	2.16	17.37	3.14	0:41:14
	Between 10 and 15%	1.316	10.58	3.31	0:23:53
	Between 15 and 30%	0.804	6.46	2.87	0:16:47
	Between 30% and 55%	0.35	2.82	2.36	0:08:54
	Total :	6.511	52.35	3.1	2:05:53
	Total track :	12.44	100 %	2.67	4:39:13

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.666	12 %	32 m
2	0.698	28 %	179 m
3	0.877	22 %	69 m
4	0.946	12 %	101 m
5	1.413	15 %	174 m
6	1.587	20 %	108 m
7	1.695	31 %	39 m
8	3.051	13 %	182 m
9	3.345	13 %	164 m
10	3.509	19 %	69 m
11	3.578	13 %	140 m
12	3.718	13 %	36 m
13	3.754	31 %	108 m
14	3.862	18 %	144 m
15	4.146	14 %	216 m
16	4.363	29 %	173 m
17	4.535	32 %	106 m
18	4.642	16 %	34 m
19	4.675	11 %	36 m
20	4.999	12 %	71 m
21	5.071	19 %	111 m
22	5.702	15 %	108 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	2698.082	21.69	1:07:24	2.4	0:22:28	1:29:52	1.8
1750	5076.468	40.81	2:03:26	2.47	0:34:31	2:37:57	1.93
1500	4664.026	37.5	1:28:23	3.17	0:19:33	1:47:56	2.59
Total :	12.439 Km	100 %	4:39:13 h	2.67 Km/h	1:16:32 h	5:55:45 h	2.1 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
0.666	0:08:17	1668	0:09:10	0:09:10 < 10´	0.666
1.275	0:02:59	1767	0:46:40	0:37:30	0.609
1.346	0:02:30	1774	0:50:38	0:03:58 < 10´	0.071
1.515	0:02:50	1795	0:59:57	0:09:19 < 10´	0.168
2.007	0:02:31	1873	1:15:08	0:15:11	0.492
2.703	0:04:02	1831	1:33:46	0:18:38	0.696
3.164	0:02:29	1866	1:50:11	0:16:25	0.461
3.442	0:02:30	1903	2:04:03	0:13:52	0.278
3.754	0:04:00	1944	2:15:06	0:11:03	0.312
5.917	0:13:15 > 10´	2172	3:14:42	0:59:36	2.163
6.246	0:05:45	2137	3:33:06	0:18:24	0.329
6.343	0:03:28	2101	3:42:13	0:09:07 < 10´	0.097
6.886	0:07:57	1928	3:59:24	0:17:11	0.543
7.835	0:02:43	1836	4:22:46	0:23:22	0.949
9.978	0:11:16 > 10´	1688	5:07:58	0:45:12	2.143
Total :	1:16:32 h				

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