Track: 2018-03-24 Cresta di Iaccio dei Montoni — **Date: 24/03/2018**

Track: 2018-03-24 Cresta di Iaccio dei Montoni	**IBP = 128 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	12.45 Km
Analyzed distance	12.45 Km
Lineal distance	0.03 Km

Accumulated climb	1279 m
Accumulated descent	1295.4 m
Maximum height	2185.2 m
Minimal height	942.7 m
Climb rate	22.14 %
Descent rate	19.93 %
Positive climb difference per	102.73 m
Negative descent difference per	104.05 m

Total time	9:56:28 h
Time in movement	5:11:04 h
Stopped time	4:45:24 h

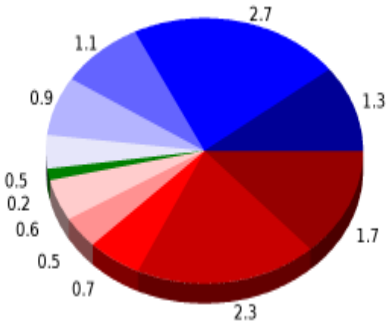
Total speed average	1.25 Km/h
Average speed in movement	2.4 Km/h
Maximum held speed	6.12 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1071 (cad. 11.62 m)
Significant points	352 (cad. 35.47 m / 32.87 %)
Aberrant points	74 (6.91 % d. total)

Direction changes per	14.94
Direction changes >5º per	11.08
Accumulated straight stretches	2.128 Km
Straight stretches per	170.92 m
Penalizables slope changes	5
Penalizables slope changes per	0.402

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Summary of slopes

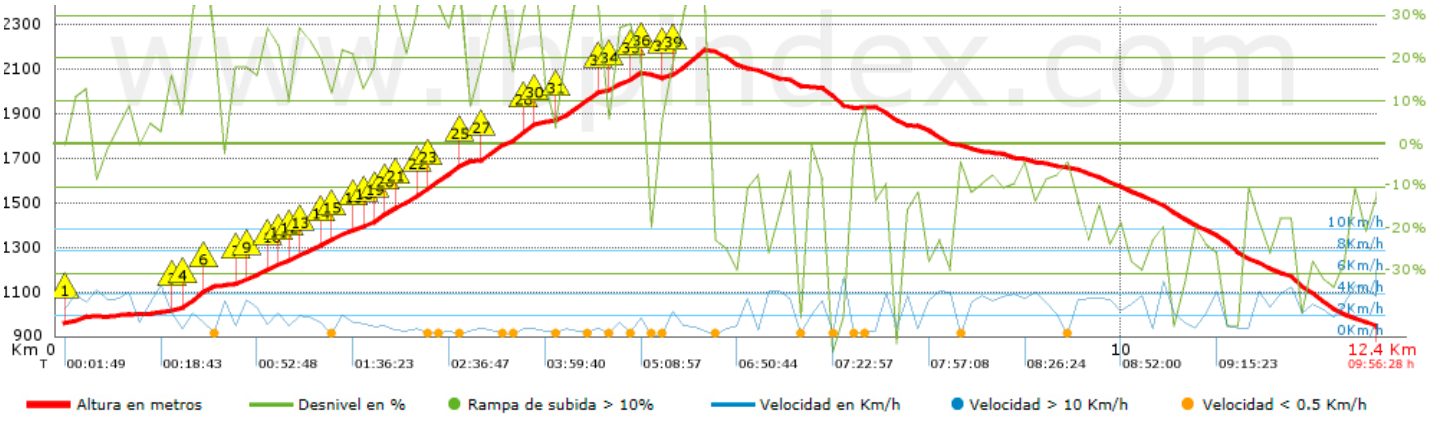


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.687	13.55	1.88	0:53:42
	Between 15 and 30%	2.275	18.27	1.7	1:20:15
	Between 10 and 15%	0.746	5.99	2.6	0:17:14
	Between 5 and 10%	0.508	4.08	2.55	0:11:58
	Between 1 and 5%	0.56	4.5	3.46	0:09:43
	Total :	5.776	46.4	2	2:52:52
	Plain				
	Difference of 1%	0.173	1.39	2.03	0:05:06
	Breakdown descents				
	Between 1 and 5%	0.512	4.11	3.56	0:08:38
	Between 5 and 10%	0.903	7.25	3.3	0:16:26
	Between 10 and 15%	1.087	8.73	3.09	0:21:07
	Between 15 and 30%	2.707	21.75	3.11	0:52:10
	Between 30% and 55%	1.291	10.37	2.23	0:34:45
	Total :	6.501	52.22	2.93	2:13:06
	Total track :	12.45	100 %	2.4	5:11:04

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
 1	0.072	13 %	235 m
 2	1.048	16 %	36 m
 3	1.085	16 %	70 m
 4	1.155	32 %	175 m
 5	1.33	37 %	70 m
 6	1.617	16 %	106 m
 7	1.723	17 %	67 m
 8	1.791	22 %	140 m
 9	1.93	22 %	171 m
 10	2.101	15 %	109 m
 11	2.21	27 %	35 m
 12	2.246	25 %	214 m
 13	2.46	24 %	101 m
 14	2.561	22 %	195 m
 15	2.756	15 %	114 m
 16	2.87	18 %	33 m
 17	2.903	20 %	71 m
 18	2.974	31 %	137 m
 19	3.112	26 %	104 m
 20	3.216	27 %	132 m
 21	3.347	28 %	102 m
 22	3.449	36 %	325 m
 23	3.774	30 %	34 m
 24	3.808	33 %	29 m
 25	3.942	18 %	35 m
 26	3.978	32 %	428 m

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27	4.406	34 %	30 m
28	4.436	40 %	36 m
29	4.472	11 %	235 m
30	4.707	32 %	338 m
31	5.044	32 %	35 m
32	5.079	11 %	101 m
33	5.181	28 %	210 m
34	5.391	32 %	38 m
35	5.429	16 %	72 m
36	5.701	14 %	35 m
37	5.736	19 %	37 m
38	5.773	36 %	314 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	2065.49	16.59	0:54:22	2.28	1:29:30	2:23:52	0.86
1750	2282.412	18.33	0:41:15	3.32	1:52:55	2:34:10	0.89
1500	2660.225	21.37	1:03:10	2.53	0:52:41	1:55:51	1.38
Total :	7.008 Km	56.29 %	2:38:47 h	2.65 Km/h	4:15:06 h	6:53:53 h	1.02 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
1.085	0:03:08	1016	0:22:01	0:22:01	1.085
1.365	0:05:03	1100	0:34:14	0:12:13	0.28
2.529	0:10:46 > 10´	1328	1:18:35	0:44:21	1.164
3.112	0:03:05	1455	1:54:15	0:35:40	0.583
3.247	0:03:28	1493	2:02:14	0:07:59 < 10´	0.135
3.347	0:03:12	1517	2:08:24	0:06:10 < 10´	0.1
3.449	0:04:48	1546	2:15:01	0:06:37 < 10´	0.102
3.509	0:06:26	1573	2:21:19	0:06:18 < 10´	0.06
3.611	0:03:59	1608	2:31:17	0:09:58 < 10´	0.102
3.705	0:13:59 > 10´	1639	2:38:53	0:07:36 < 10´	0.095
3.808	0:03:48	1673	2:54:21	0:15:28	0.102
3.903	0:03:08	1682	2:59:57	0:05:36 < 10´	0.095
4.014	0:02:53	1701	3:06:24	0:06:27 < 10´	0.111
4.148	0:21:32 > 10´	1740	3:15:34	0:09:10 < 10´	0.134
4.284	0:03:34	1786	3:38:59	0:23:25	0.137
4.363	0:13:14 > 10´	1815	3:44:15	0:05:16 < 10´	0.079
4.601	0:04:09	1865	4:00:43	0:16:28	0.238
4.707	0:02:39	1874	4:06:45	0:06:02 < 10´	0.105
4.808	0:24:14 > 10´	1899	4:12:54	0:06:09 < 10´	0.101
5.079	0:07:09	1993	4:43:38	0:30:44	0.271
5.284	0:04:44	2030	4:56:57	0:13:19	0.205
5.501	0:12:21 > 10´	2085	5:09:40	0:12:43	0.217
5.64	0:14:17 > 10´	2057	5:25:37	0:15:57	0.139
6.01	0:44:41 > 10´	2156	5:56:55	0:31:18	0.369
6.191	0:02:56	2170	6:43:10	0:46:15	0.181
6.52	0:03:56	2094	6:53:34	0:10:24	0.33
6.891	0:06:35	2050	7:02:37	0:09:03 < 10´	0.37
7.182	0:06:00	2014	7:14:39	0:12:02	0.291
7.365	0:04:35	1934	7:25:07	0:10:28	0.183
7.542	0:05:20	1924	7:32:21	0:07:14 < 10´	0.177
7.637	0:03:53	1932	7:39:38	0:07:17 < 10´	0.095
7.809	0:02:20	1894	7:45:29	0:05:51 < 10´	0.172
8.014	0:03:09	1849	7:52:03	0:06:34 < 10´	0.205
8.425	0:11:07 > 10´	1757	8:01:12	0:09:09 < 10´	0.411
9.373	0:07:49	1663	8:31:58	0:30:46	0.948
10.187	0:02:39	1523	8:55:50	0:23:52	0.813
10.968	0:02:13	1321	9:18:38	0:22:48	0.782
11.069	0:02:35	1276	9:24:54	0:06:16 < 10´	0.101
Total :	4:45:24 h				

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