Track: 2018-04-07 Monte Aquila — **Date: 07/04/2018**

Track: 2018-04-07 Monte Aquila	**IBP = 91 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	6.19 Km
Analyzed distance	6.19 Km
Lineal distance	0.01 Km

Accumulated climb	605.5 m
Accumulated descent	611.3 m
Maximum height	2495.2 m
Minimal height	2137.1 m
Climb rate	19.98 %
Descent rate	20.23 %
Positive climb difference per	97.82 m
Negative descent difference per	98.76 m

Total time	4:28:46 h
Time in movement	2:29:28 h
Stopped time	1:59:18 h

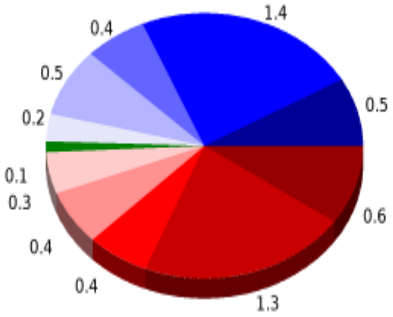
Total speed average	1.38 Km/h
Average speed in movement	2.48 Km/h
Maximum held speed	5.71 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	502 (cad. 12.33 m)
Significant points	173 (cad. 35.98 m / 34.46 %)
Aberrant points	30 (5.98 % d. total)

Direction changes per	11.79
Direction changes >5º per	9.21
Accumulated straight stretches	0.882 Km
Straight stretches per	142.49 m
Penalizables slope changes	5
Penalizables slope changes per	0.808

Find The Best bike routes
cicloide
www.cicloide.com

Summary of slopes

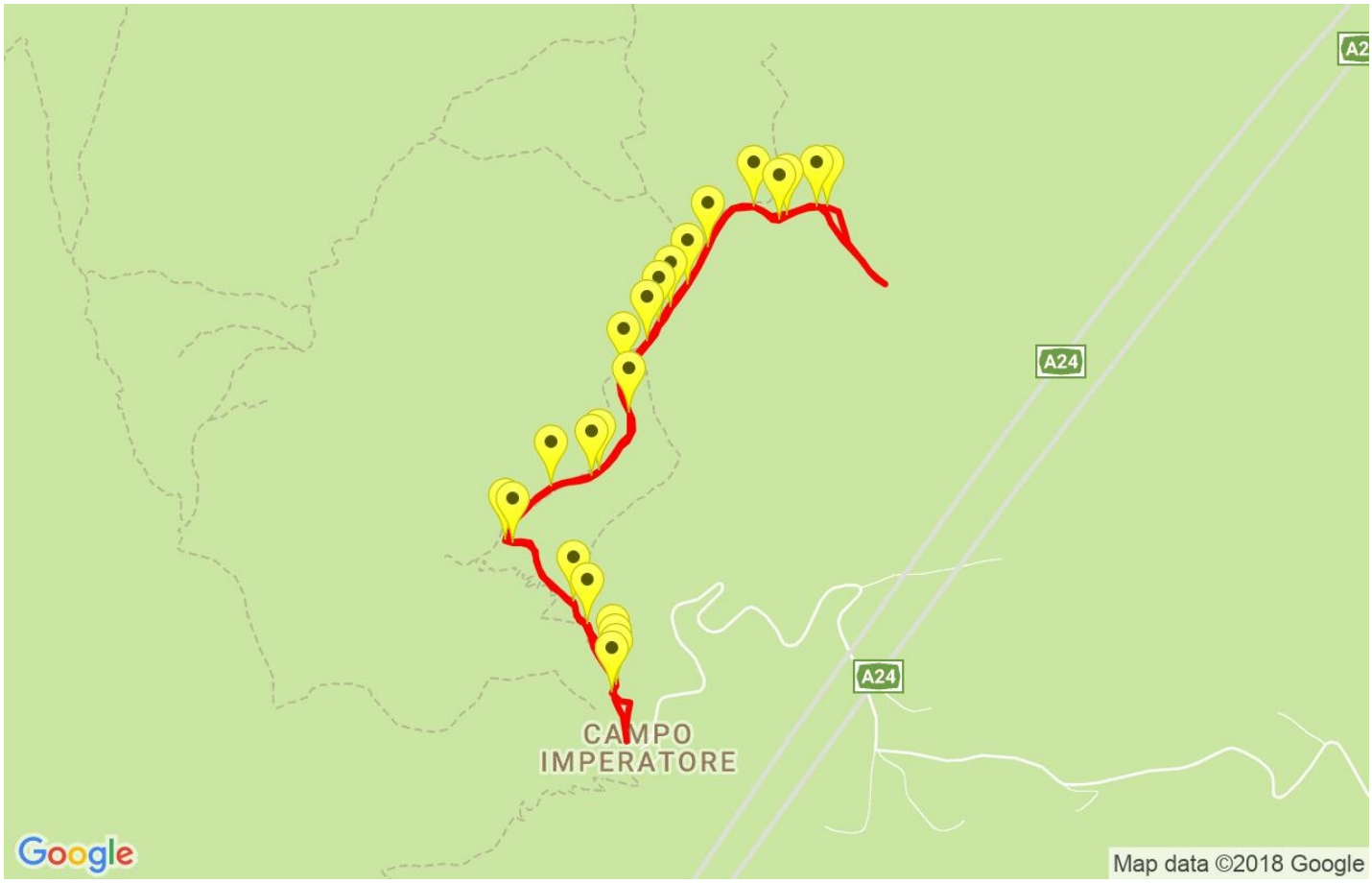


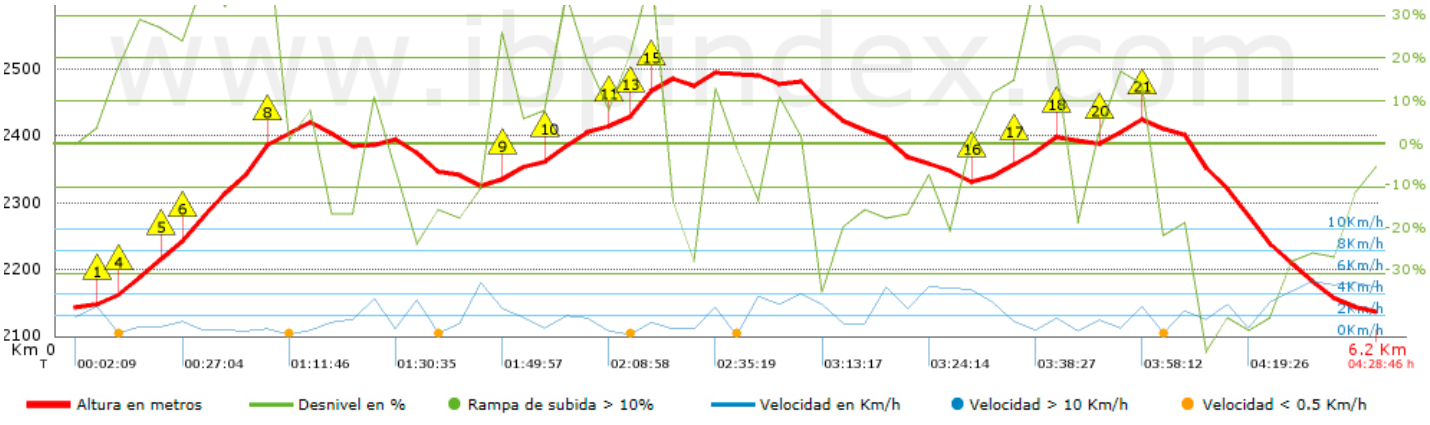
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.626	10.12	2.46	0:15:16
	Between 15 and 30%	1.306	21.1	1.75	0:44:51
	Between 10 and 15%	0.397	6.41	2.85	0:08:21
	Between 5 and 10%	0.397	6.42	2.97	0:08:01
	Between 1 and 5%	0.304	4.91	3.46	0:05:16
	Total :	3.031	48.96	2.22	1:21:45
	Plain				
	Difference of 1%	0.138	2.22	2.15	0:03:50
	Breakdown descents				
	Between 1 and 5%	0.189	3.05	5.11	0:02:13
	Between 5 and 10%	0.507	8.2	2.91	0:10:27
	Between 10 and 15%	0.415	6.7	3.81	0:06:32
	Between 15 and 30%	1.364	22.03	2.76	0:29:40
	Between 30% and 55%	0.547	8.83	2.18	0:15:01
	Total :	3.021	48.81	2.84	1:03:53
	Total track :	6.19	100 %	2.48	2:29:28

Copyright IBPindexTeam © 2012. All Rights Reserved

Track: 2018-04-07 Monte Aquila **Date: 07/04/2018**

Track: 2018-04-07 Monte Aquila	**IBP = 91 HKG**
These speeds are average for = HKG	
IBP index reliability= A	





Copyright IBPindexTeam © 2012. All Rights Reserved

Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.192	15 %	32 m
2	0.224	18 %	33 m
3	0.257	21 %	34 m
4	0.291	27 %	171 m
5	0.462	27 %	102 m
6	0.564	35 %	364 m
7	0.928	48 %	31 m
8	0.959	20 %	128 m
9	2.038	24 %	101 m
10	2.279	21 %	238 m
11	2.622	22 %	31 m
12	2.654	35 %	112 m
13	2.766	40 %	38 m
14	2.804	20 %	42 m
15	4.279	11 %	72 m
16	4.487	28 %	148 m
17	4.635	17 %	36 m
18	4.901	20 %	141 m
19	5.043	14 %	30 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
2250	5069.646	81.91	2:01:35	2.5	1:52:09	3:53:44	1.3
2000	1119.698	18.09	0:27:53	2.41	0:07:09	0:35:02	1.92
Total :	6.189 Km	100 %	2:29:28 h	2.48 Km/h	1:59:18 h	4:28:46 h	1.38 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
0.192	0:07:09	2151	0:04:26	0:04:26 < 10´	0.192
0.595	0:02:50	2254	0:28:17	0:23:51	0.403
0.663	0:11:06 > 10´	2279	0:32:11	0:03:54 < 10´	0.068
0.827	0:10:03 > 10´	2326	0:46:29	0:14:18	0.164
0.928	0:02:35	2371	0:58:23	0:11:54	0.101
1.024	0:08:10	2403	1:03:36	0:05:13 < 10´	0.096
1.123	0:02:56	2417	1:14:04	0:10:28	0.1
1.489	0:02:44	2393	1:27:09	0:13:05	0.366
1.666	0:07:06	2374	1:32:44	0:05:35 < 10´	0.177
2.248	0:02:19	2359	1:55:20	0:22:36	0.581
2.479	0:04:40	2405	2:03:18	0:07:58 < 10´	0.232
2.591	0:08:46	2420	2:09:33	0:06:15 < 10´	0.112
2.766	0:03:24	2467	2:24:10	0:14:37	0.174
2.926	0:02:34	2482	2:30:07	0:05:57 < 10´	0.16
3.119	0:26:18 > 10´	2492	2:35:55	0:05:48 < 10´	0.193
4.454	0:03:09	2357	3:32:59	0:57:04	1.335
4.71	0:04:21	2403	3:44:11	0:11:12	0.256
4.901	0:02:44	2391	3:51:55	0:07:44 < 10´	0.192
5.073	0:06:24	2424	3:58:12	0:06:17 < 10´	0.172
Total :	1:59:18 h				

Copyright IBPindexTeam © 2012. All Rights Reserved