Track: 2018-04-21 Monti Rapina e Pescofalcone — **Date: 21/04/2018**

Track: 2018-04-21 Monti Rapina e Pescofalcone	**IBP = 156 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	13.13 Km
Analyzed distance	13.13 Km
Lineal distance	0.02 Km

Accumulated climb	1503.6 m
Accumulated descent	1459.8 m
Maximum height	2658.7 m
Minimal height	1185.9 m
Climb rate	22.71 %
Descent rate	22.82 %
Positive climb difference per	114.52 m
Negative descent difference per	111.18 m

Total time	7:34:20 h
Time in movement	4:56:52 h
Stopped time	2:37:28 h

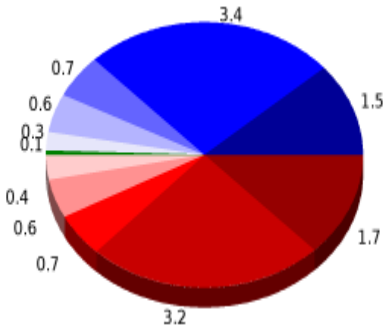
Total speed average	1.73 Km/h
Average speed in movement	2.65 Km/h
Maximum held speed	8.9 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1021 (cad. 12.86 m)
Significant points	362 (cad. 36.36 m / 35.46 %)
Aberrant points	25 (2.45 % d. total)

Direction changes per	14.7
Direction changes >5º per	9.37
Accumulated straight stretches	2.402 Km
Straight stretches per	182.94 m
Penalizables slope changes	8
Penalizables slope changes per	0.609

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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%	1.726	13.15	1.65	1:02:49
	Between 15 and 30%	3.178	24.21	2.28	1:23:44
	Between 10 and 15%	0.712	5.42	2.5	0:17:04
	Between 5 and 10%	0.598	4.56	2.51	0:14:19
	Between 1 and 5%	0.406	3.09	4.36	0:05:35
	Total :	6.62	50.43	2.16	3:03:31
	Plain				
	Difference of 1%	0.108	0.82	2.45	0:02:38
	Breakdown descents				
	Between 1 and 5%	0.251	1.91	7	0:02:09
	Between 5 and 10%	0.602	4.59	2.69	0:13:26
	Between 10 and 15%	0.687	5.23	3.04	0:13:33
	Between 15 and 30%	3.352	25.54	3.61	0:55:42
	Between 30% and 55%	1.506	11.48	3.49	0:25:53
	Total :	6.398	48.74	3.47	1:50:43
	Total track :	13.13	100 %	2.65	4:56:52

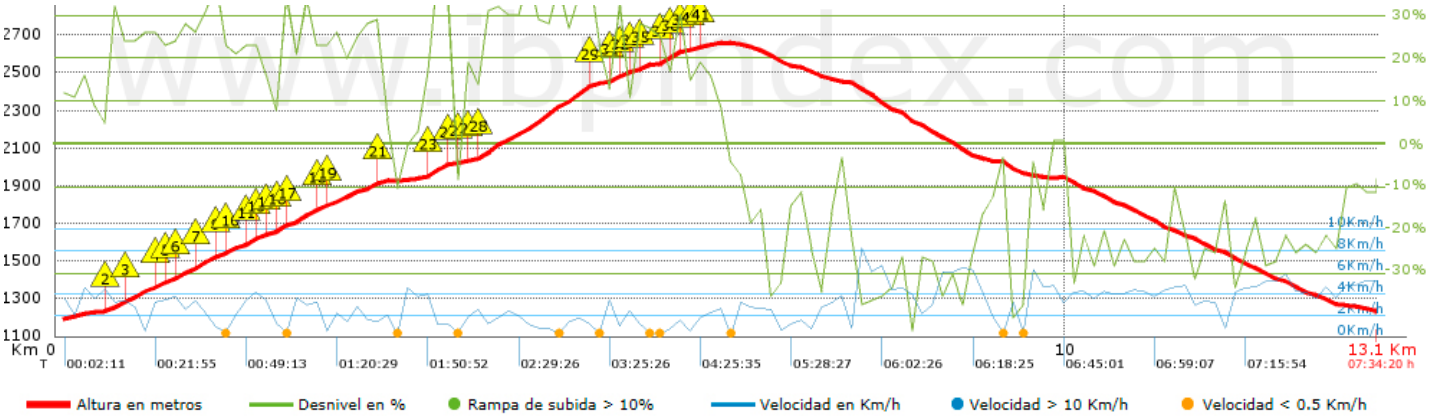
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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
 1	0	12 %	287 m
 2	0.476	24 %	232 m
 3	0.708	27 %	217 m
 4	0.925	23 %	154 m
 5	1.079	28 %	118 m
 6	1.197	23 %	146 m
 7	1.343	30 %	181 m
 8	1.524	33 %	72 m
 9	1.596	11 %	30 m
 10	1.626	23 %	230 m
 11	1.856	31 %	105 m
 12	1.961	20 %	34 m
 13	1.995	21 %	67 m
 14	2.096	17 %	74 m
 15	2.17	27 %	70 m
 16	2.241	29 %	303 m
 17	2.544	23 %	106 m
 18	2.65	24 %	470 m
 19	3.12	29 %	36 m
 20	3.156	31 %	38 m
 21	3.631	17 %	78 m
 22	3.709	38 %	150 m
 23	3.859	19 %	45 m
 24	4.009	11 %	31 m
 25	4.04	16 %	117 m
 26	4.157	24 %	42 m

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27	4.199	34 %	1079 m
28	5.278	25 %	72 m
29	5.465	24 %	36 m
30	5.501	30 %	101 m
31	5.602	18 %	39 m
32	5.64	11 %	100 m
33	5.741	29 %	62 m
34	5.803	23 %	33 m
35	5.938	25 %	32 m
36	5.97	31 %	99 m
37	6.07	33 %	70 m
38	6.14	24 %	71 m
39	6.24	15 %	142 m
40	6.382	19 %	33 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2500	1847.463	14.07	0:53:41	2.06	1:16:11	2:09:52	0.85
2250	1843.28	14.04	0:47:22	2.33	0:29:29	1:16:51	1.44
2000	1939.046	14.77	0:53:44	2.17	0:16:32	1:10:16	1.66
1750	2587.974	19.72	0:50:25	3.08	0:19:33	1:09:58	2.22
1500	1989.689	15.16	0:41:22	2.89	0:11:51	0:53:13	2.24
Total :	10.207 Km	77.76 %	4:06:34 h	2.48 Km/h	2:33:36 h	6:40:10 h	1.53 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
0.777	0:03:52	1306	0:15:05	0:15:05	0.777
1.596	0:04:37	1528	0:39:25	0:24:20	0.82
2.17	0:04:15	1655	0:57:37	0:18:12	0.574
2.616	0:04:06	1778	1:13:22	0:15:45	0.446
3.294	0:10:34 > 10´	1929	1:35:27	0:22:05	0.677
3.905	0:04:24	2018	1:59:56	0:24:29	0.611
4.652	0:02:49	2199	2:33:12	0:33:16	0.747
4.721	0:06:35	2226	2:38:15	0:05:03 < 10´	0.07
4.947	0:09:34	2302	2:51:03	0:12:48	0.226
5.312	0:08:03	2433	3:14:38	0:23:35	0.365
5.773	0:04:16	2516	3:38:01	0:23:23	0.461
5.866	0:09:21	2541	3:45:47	0:07:46 < 10´	0.093
6.005	0:05:33	2559	4:00:44	0:14:57	0.138
6.211	0:08:32	2616	4:13:29	0:12:45	0.206
6.616	0:36:30 > 10´	2659	4:30:54	0:17:25	0.405
7.145	0:02:59	2568	5:19:49	0:48:55	0.529
7.352	0:09:00	2527	5:32:00	0:12:11	0.207
7.78	0:07:59	2451	5:51:15	0:19:15	0.428
9.337	0:06:37	2030	6:25:03	0:33:48	1.557
9.523	0:04:53	1976	6:34:40	0:09:37 < 10´	0.186
11.516	0:02:59	1552	7:09:33	0:34:53	1.993
Total :	2:37:28 h				

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