Track: 2018-05-12 Le creste del Morretano **Date: 12/05/2018**

Track: 2018-05-12 Le creste del Morretano	**IBP = 104 HKG**
These speeds are average for = HKG	
IBP index reliability= B	

Total length	13.81 Km
Analyzed distance	13.81 Km
Lineal distance	0.03 Km

Accumulated climb	833.8 m
Accumulated descent	837.2 m
Maximum height	2174.2 m
Minimal height	1600.3 m
Climb rate	13.25 %
Descent rate	12.3 %
Positive climb difference per	60.38 m
Negative descent difference per	60.62 m

Total time	4:48:41 h
Time in movement	3:59:48 h
Stopped time	0:48:53 h

Total speed average	2.87 Km/h
Average speed in movement	3.46 Km/h
Maximum held speed	7.31 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1029 (cad. 13.43 m)
Significant points	380 (cad. 36.45 m / 36.93 %)
Aberrant points	25 (2.43 % d. total)

Direction changes per	15.42
Direction changes >5° per	10.93
Accumulated straight stretches	2.669 Km
Straight stretches per	193.27 m
Penalizables slope changes	9
Penalizables slope changes per	0.651

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Summary of slopes



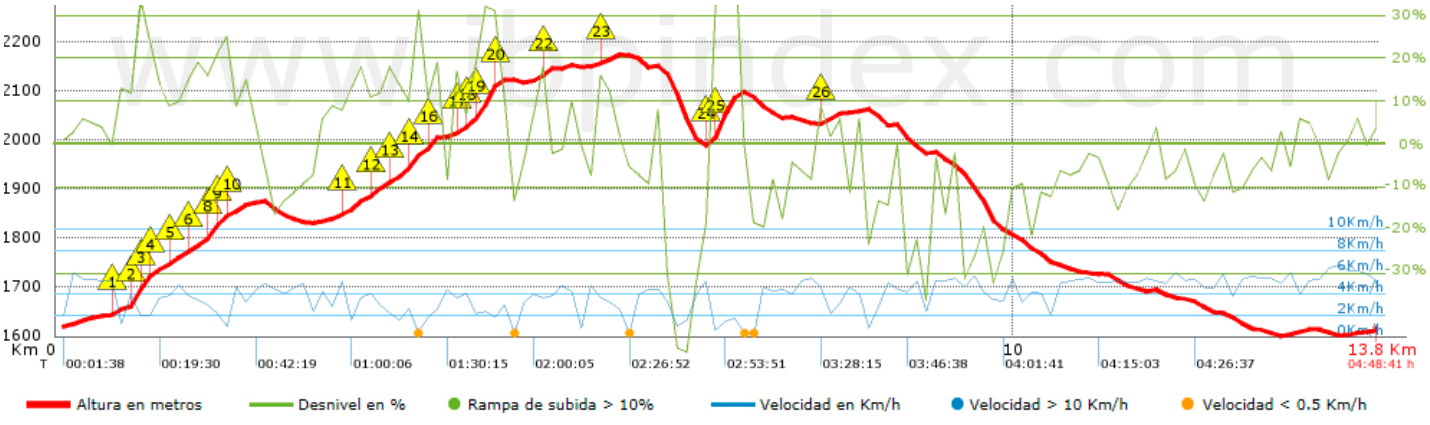
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.552	3.99	1.74	0:19:03
	Between 15 and 30%	1.403	10.15	2.35	0:35:47
	Between 10 and 15%	1.418	10.27	2.71	0:31:24
	Between 5 and 10%	1.519	11	3.54	0:25:43
	Between 1 and 5%	1.403	10.16	4.23	0:19:53
	Total :	6.295	45.57	2.86	2:11:50
	Plain				
	Difference of 1%	0.716	5.18	4.22	0:10:10
	Breakdown descents				
	Between 1 and 5%	1.498	10.85	4.54	0:19:47
	Between 5 and 10%	2.116	15.31	4.64	0:27:22
	Between 10 and 15%	1.295	9.38	4.58	0:16:58
	Between 15 and 30%	1.238	8.96	4.24	0:17:30
	Between 30% and 55%	0.657	4.76	2.44	0:16:11
	Total :	6.804	49.25	4.17	1:37:48
	Total track :	13.81	100 %	3.46	3:59:48

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.613	12 %	138 m
2	0.751	31 %	143 m
3	0.894	22 %	71 m
4	0.965	14 %	103 m
5	1.176	12 %	171 m
6	1.347	15 %	218 m
7	1.565	25 %	35 m
8	1.6	23 %	80 m
9	1.679	29 %	40 m
10	1.72	25 %	31 m
11	2.974	13 %	328 m
12	3.302	11 %	138 m
13	3.44	15 %	267 m
14	3.706	26 %	122 m
15	3.828	18 %	74 m
16	3.902	21 %	37 m
17	4.123	13 %	183 m
18	4.306	19 %	68 m
19	4.374	33 %	199 m
20	4.573	30 %	34 m
21	5.031	21 %	76 m
22	5.107	17 %	32 m
23	5.641	13 %	147 m
24	6.808	14 %	41 m
25	6.849	43 %	240 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	4811.434	34.83	1:35:05	3.04	0:38:51	2:13:56	2.16
1750	4375.352	31.67	1:23:27	3.15	0:10:02	1:33:29	2.81
1500	4627.563	33.5	1:01:16	4.53		1:01:16	4.53
Total :	13.814 Km	100 %	3:59:48 h	3.46 Km/h	0:48:53 h	4:48:41 h	2.87 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
3.706	0:05:53	1945	1:16:00	1:16:00	3.706
4.682	0:07:06	2126	1:48:49	0:32:49	0.975
5.429	0:02:13	2148	2:08:57	0:20:08	0.748
5.902	0:07:16	2174	2:19:04	0:10:07	0.472
6.808	0:04:09	1988	2:45:30	0:26:26	0.906
7.089	0:05:30	2097	2:57:17	0:11:47	0.281
7.152	0:14:04 > 10´	2097	3:03:17	0:06:00 < 10´	0.063
8.45	0:02:42	2070	3:38:20	0:35:03	1.298
Total :	0:48:53 h				

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