Track: 2018-05-26 Tavola Rotonda	**IBP = 129 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	10.73 Km
Analyzed distance	10.73 Km
Lineal distance	0 Km

Accumulated climb	1229 m
Accumulated descent	1226.7 m
Maximum height	2399.1 m
Minimal height	1173 m
Climb rate	22.59 %
Descent rate	23.86 %
Positive climb difference per	114.54 m
Negative descent difference per	114.32 m

Total time	6:09:38 h
Time in movement	4:22:36 h
Stopped time	1:47:02 h

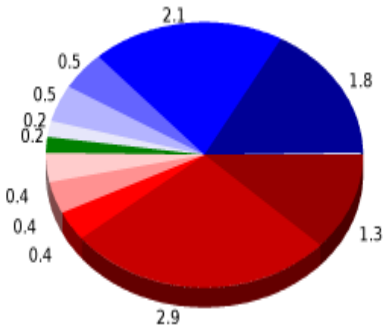
Total speed average	1.74 Km/h
Average speed in movement	2.45 Km/h
Maximum held speed	7.12 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	857 (cad. 12.52 m)
Significant points	296 (cad. 36.38 m / 34.54 %)
Aberrant points	13 (1.52 % d. total)

Direction changes per	13.98
Direction changes >5º per	10.44
Accumulated straight stretches	2.15 Km
Straight stretches per	200.37 m
Penalizables slope changes	3
Penalizables slope changes per	0.28

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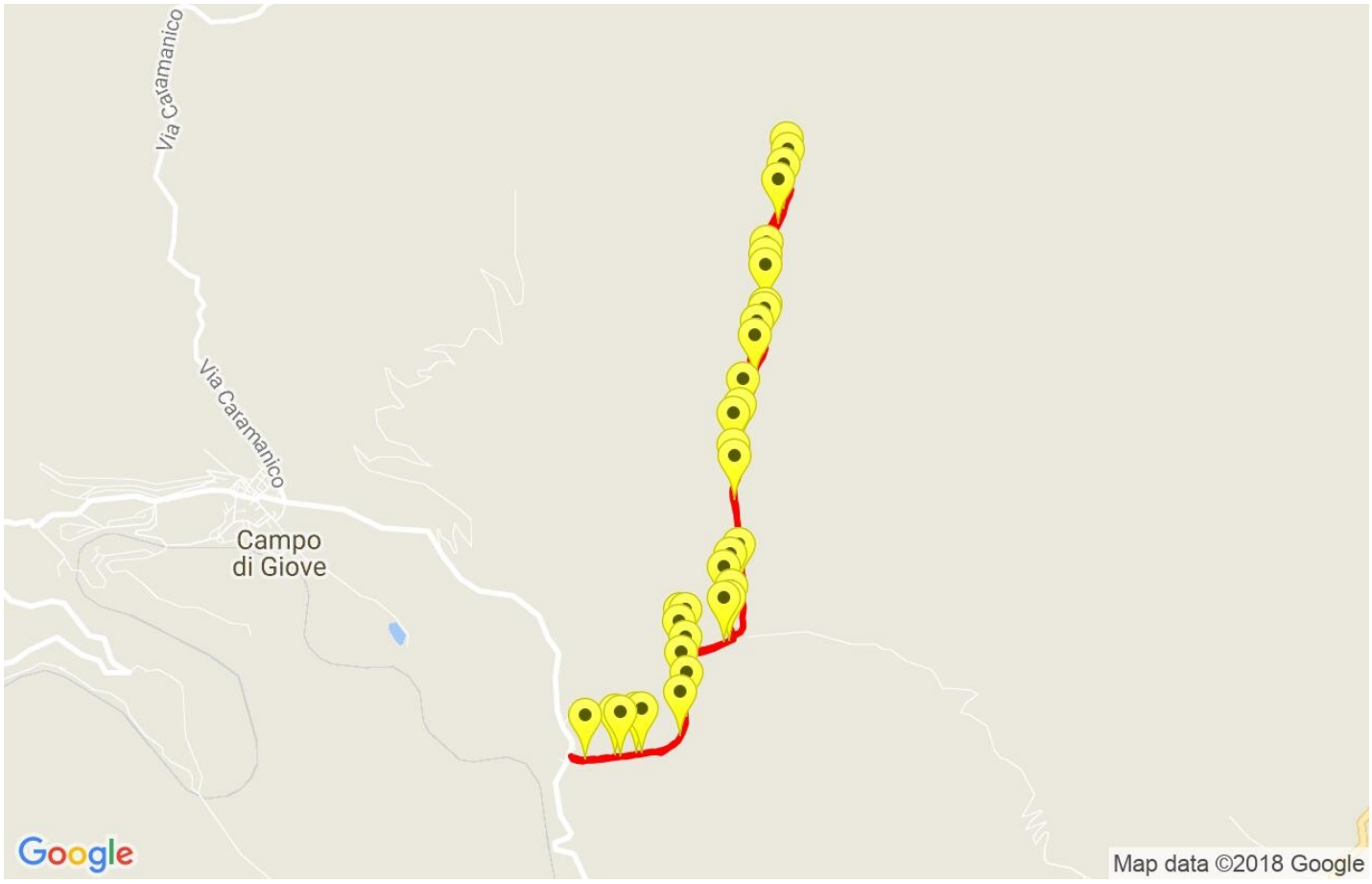
Summary of slopes

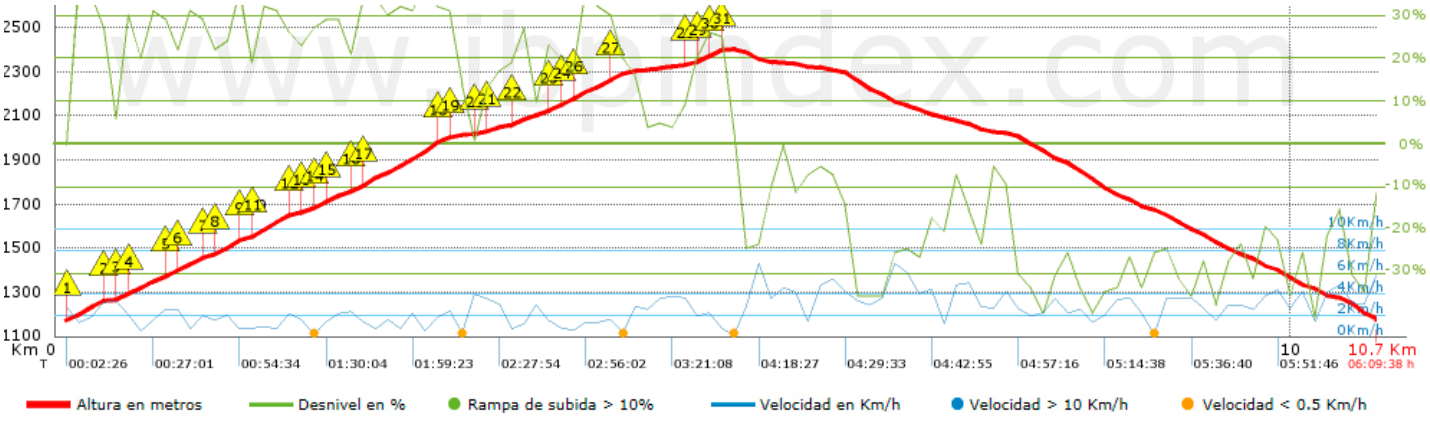


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.292	12.04	1.82	0:42:39
	Between 15 and 30%	2.941	27.4	2.03	1:27:05
	Between 10 and 15%	0.443	4.13	2.26	0:11:47
	Between 5 and 10%	0.374	3.49	3.28	0:06:51
	Between 1 and 5%	0.389	3.63	4.18	0:05:35
	Total :	5.439	50.69	2.12	2:33:57
	Plain				
	Difference of 1%	0.151	1.4	2.55	0:03:33
	Breakdown descents				
	Between 1 and 5%	0.192	1.79	4.21	0:02:44
	Between 5 and 10%	0.485	4.52	3.65	0:07:59
	Between 10 and 15%	0.547	5.1	3.47	0:09:28
	Between 15 and 30%	2.076	19.35	3.14	0:39:40
	Between 30% and 55%	1.841	17.16	2.44	0:45:15
	Total :	5.141	47.91	2.93	1:45:06
	Total track :	10.73	100 %	2.45	4:22:36

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
 1	0.109	32 %	238 m
 2	0.347	27 %	39 m
 3	0.501	24 %	38 m
 4	0.539	28 %	322 m
 5	0.861	24 %	142 m
 6	1.003	27 %	180 m
 7	1.183	24 %	107 m
 8	1.29	27 %	156 m
 9	1.446	26 %	113 m
 10	1.559	23 %	34 m
 11	1.593	30 %	292 m
 12	1.885	19 %	35 m
 13	1.92	17 %	98 m
 14	2.019	26 %	173 m
 15	2.191	23 %	143 m
 16	2.334	19 %	109 m
 17	2.443	32 %	644 m
 18	3.087	30 %	76 m
 19	3.391	14 %	78 m
 20	3.469	16 %	187 m
 21	3.656	21 %	316 m
 22	3.972	24 %	100 m
 23	4.072	27 %	107 m
 24	4.179	25 %	37 m
 25	4.216	31 %	278 m
 26	4.494	24 %	73 m

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27	5.092	19 %	110 m
28	5.203	25 %	105 m
29	5.308	24 %	77 m
30	5.385	11 %	30 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2250	2075.415	19.34	0:46:29	2.68	0:46:11	1:32:40	1.34
2000	2574.193	23.99	0:55:52	2.76	0:18:45	1:14:37	2.07
1750	1563.727	14.57	0:43:29	2.16	0:09:43	0:53:12	1.76
1500	1862.036	17.35	0:47:08	2.37	0:25:34	1:12:42	1.54
Total :	8.075 Km	75.25 %	3:12:58 h	2.51 Km/h	1:40:13 h	4:53:11 h	1.65 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
0.614	0:03:45	1304	0:18:46	0:18:46	0.614
1.003	0:03:04	1405	0:34:08	0:15:22	0.389
1.446	0:02:54	1521	0:51:40	0:17:32	0.443
1.521	0:02:56	1543	0:56:16	0:04:36 < 10´	0.075
1.745	0:02:30	1608	1:06:44	0:10:28	0.224
1.988	0:08:42	1668	1:15:22	0:08:38 < 10´	0.244
2.476	0:02:45	1781	1:40:45	0:25:23	0.488
2.719	0:03:05	1858	1:51:53	0:11:08	0.243
2.937	0:03:53	1924	2:01:22	0:09:29 < 10´	0.218
3.201	0:09:48	2006	2:11:43	0:10:21	0.264
3.615	0:03:22	2048	2:28:41	0:16:58	0.414
4.007	0:02:26	2132	2:44:04	0:15:23	0.392
4.148	0:03:09	2169	2:48:49	0:04:45 < 10´	0.141
4.53	0:06:18	2280	3:05:51	0:17:02	0.382
5.277	0:02:19	2369	3:28:36	0:22:45	0.747
5.415	0:37:34 > 10´	2397	3:36:05	0:07:29 < 10´	0.138
8.802	0:08:32	1683	5:21:19	1:45:14	3.387
Total :	1:47:02 h				

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