Track: 2018-06-09 Monte Velino dal sentiero 5	**IBP = 146 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	13.48 Km
Analyzed distance	13.48 Km
Lineal distance	0.01 Km

Accumulated climb	1479.82 m
Accumulated descent	1481.03 m
Maximum height	2487.1 m
Minimal height	1132.1 m
Climb rate	20.26 %
Descent rate	26.18 %
Positive climb difference per	109.78 m
Negative descent difference per	109.87 m

Total time	7:48:35 h
Time in movement	5:23:04 h
Stopped time	2:25:31 h

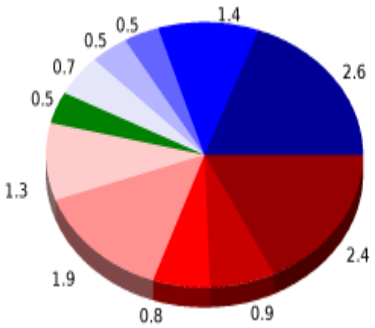
Total speed average	1.73 Km/h
Average speed in movement	2.5 Km/h
Maximum held speed	5.83 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1111 (cad. 12.14 m)
Significant points	375 (cad. 36.05 m / 33.75 %)
Aberrant points	230 (20.7 % d. total)

Direction changes per	15.06
Direction changes >5° per	12.98
Accumulated straight stretches	1.776 Km
Straight stretches per	131.75 m
Penalizables slope changes	6
Penalizables slope changes per	0.445

Find The Best bike routes
cicloide
www.cicloide.com

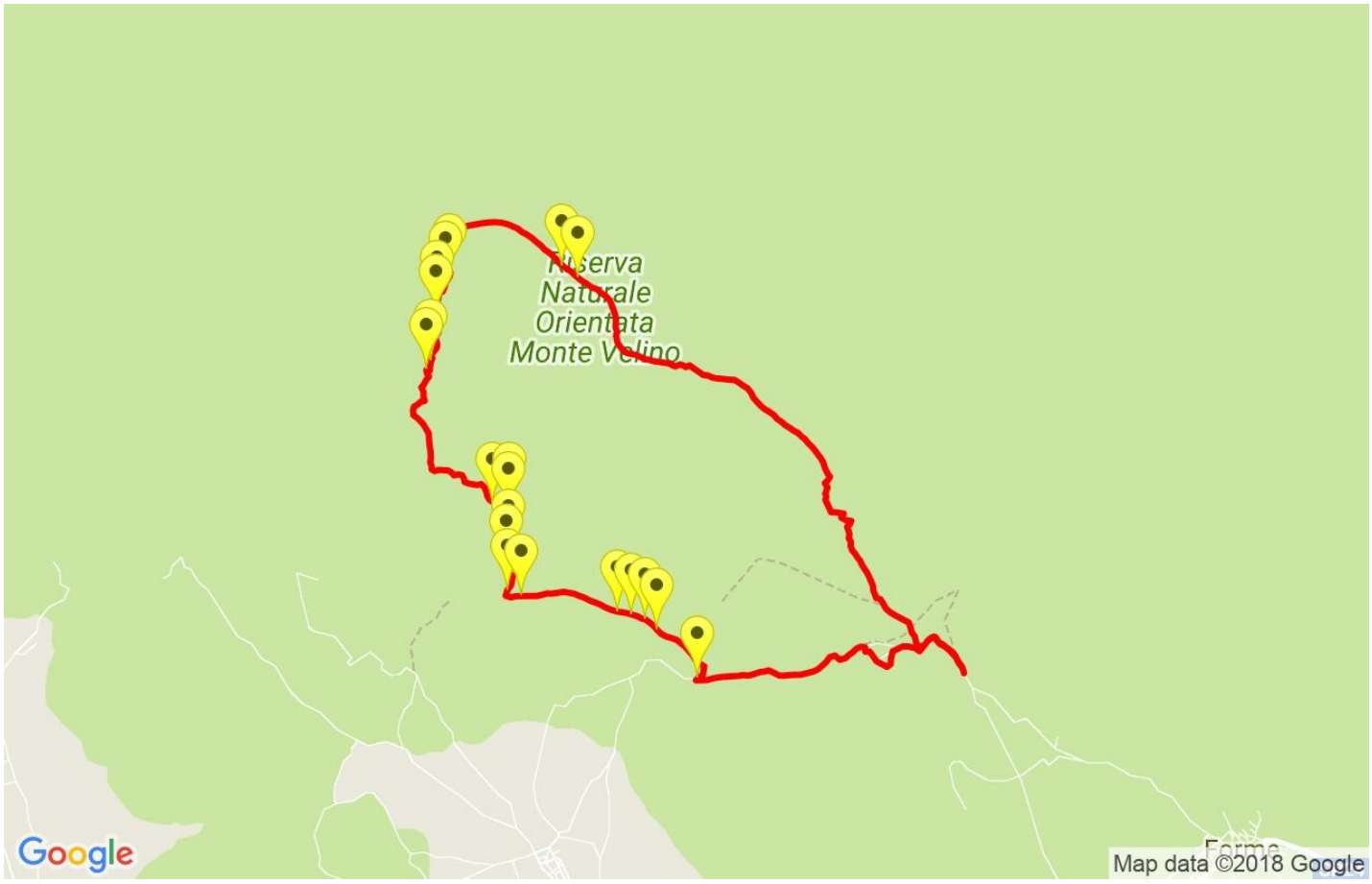
Summary of slopes

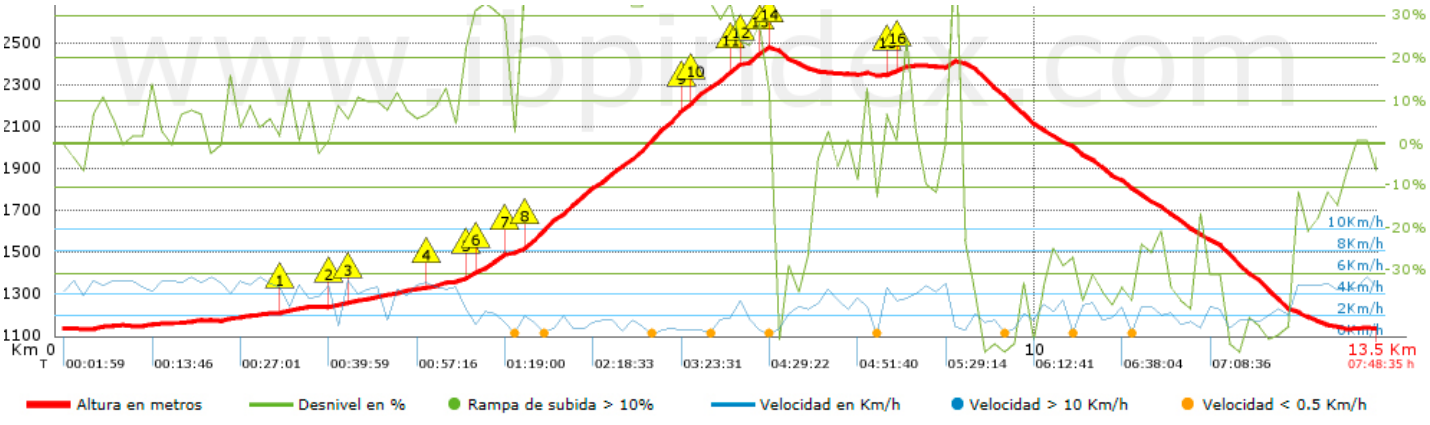


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	2.39	17.72	1.59	1:30:23
	Between 15 and 30%	0.923	6.84	2.32	0:23:55
	Between 10 and 15%	0.805	5.97	3.68	0:13:06
	Between 5 and 10%	1.914	14.19	3.5	0:32:51
	Between 1 and 5%	1.272	9.43	4.51	0:16:56
	Total :	7.303	54.16	2.47	2:57:11
	Plain				
	Difference of 1%	0.523	3.88	3.51	0:08:56
	Breakdown descents				
	Between 1 and 5%	0.686	5.09	3.65	0:11:16
	Between 5 and 10%	0.485	3.6	4.28	0:06:48
	Between 10 and 15%	0.458	3.4	4.47	0:06:09
	Between 15 and 30%	1.393	10.33	2.98	0:28:00
	Between 30% and 55%	2.635	19.54	1.87	1:24:44
	Total :	5.657	41.96	2.48	2:16:57
	Total track :	13.48	100 %	2.5	5:23:04

Copyright IBPindexTeam © 2012. All Rights Reserved

Track: 2018-06-09 Monte Velino dal sentiero 5	**IBP = 146 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	2.289	14 %	103 m
2	2.807	12 %	99 m
3	3.789	12 %	150 m
4	4.137	24 %	108 m
5	4.246	30 %	280 m
6	4.526	26 %	73 m
7	4.741	41 %	1583 m
8	6.323	33 %	113 m
9	6.437	39 %	460 m
10	6.896	18 %	108 m
11	7.005	33 %	175 m
12	7.18	45 %	66 m
13	7.246	12 %	30 m
14	8.466	19 %	139 m
15	8.605	19 %	37 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	3090.546	22.92	1:21:42	2.27	0:56:50	2:18:32	1.34
2000	1279.624	9.49	0:37:52	2.03	0:37:21	1:15:13	1.02
1750	1446.839	10.73	0:44:23	1.96	0:19:44	1:04:07	1.35
1500	1453.668	10.78	0:44:39	1.95	0:23:53	1:08:32	1.27
Total :	7.271 Km	53.93 %	3:28:36 h	2.09 Km/h	2:17:48 h	5:46:24 h	1.26 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
4.599	0:07:43	1496	1:19:39	1:19:39	4.599
4.877	0:08:09	1555	1:36:00	0:16:21	0.278
4.946	0:07:36	1588	1:46:08	0:10:08	0.069
5.181	0:02:49	1687	2:01:12	0:15:04	0.235
5.35	0:02:35	1756	2:11:09	0:09:57 < 10´	0.168
5.656	0:03:41	1875	2:26:37	0:15:28	0.307
5.956	0:09:21	1981	2:41:59	0:15:22	0.3
6.065	0:08:35	2030	2:55:54	0:13:55	0.109
6.214	0:09:19	2101	3:08:18	0:12:24	0.149
6.323	0:03:38	2153	3:19:53	0:11:35	0.11
6.437	0:03:56	2190	3:27:11	0:07:18 < 10´	0.113
6.543	0:14:55 > 10´	2238	3:35:53	0:08:42 < 10´	0.106
7.073	0:03:32	2404	4:09:07	0:33:14	0.53
7.246	0:12:03 > 10´	2475	4:20:06	0:10:59	0.173
8.258	0:22:51 > 10´	2356	4:53:46	0:33:40	1.012
9.152	0:03:29	2411	5:32:49	0:39:03	0.894
9.633	0:06:59	2260	5:54:25	0:21:36	0.481
10.286	0:04:54	2025	6:19:28	0:25:03	0.653
10.853	0:04:07	1844	6:38:04	0:18:36	0.566
11.567	0:02:35	1614	7:03:03	0:24:59	0.714
11.901	0:02:44	1520	7:11:42	0:08:39 < 10´	0.334
Total :	2:25:31 h				

Copyright IBPindexTeam © 2012. All Rights Reserved