Track: 2018-06-19Vallone dell'Inferno e Monte Aquila — **Date: 19/06/2018**

Track: 2018-06-19Vallone dell'Inferno e Monte Aquila	**IBP = 119 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	10.36 Km
Analyzed distance	10.36 Km
Lineal distance	0.03 Km

Accumulated climb	987.66 m
Accumulated descent	908.9 m
Maximum height	2480.8 m
Minimal height	1717.5 m
Climb rate	21.52 %
Descent rate	16.07 %
Positive climb difference per	95.33 m
Negative descent difference per	87.73 m

Total time	5:00:57 h
Time in movement	3:25:01 h
Stopped time	1:35:56 h

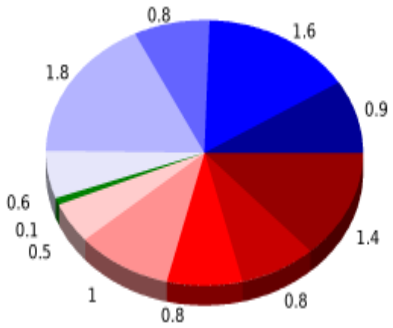
Total speed average	2.06 Km/h
Average speed in movement	3.03 Km/h
Maximum held speed	5.84 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	830 (cad. 12.48 m)
Significant points	291 (cad. 35.71 m / 35.06 %)
Aberrant points	155 (18.67 % d. total)

Direction changes per	14.58
Direction changes >5° per	12.26
Accumulated straight stretches	1.228 Km
Straight stretches per	118.53 m
Penalizables slope changes	9
Penalizables slope changes per	0.869

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Summary of slopes

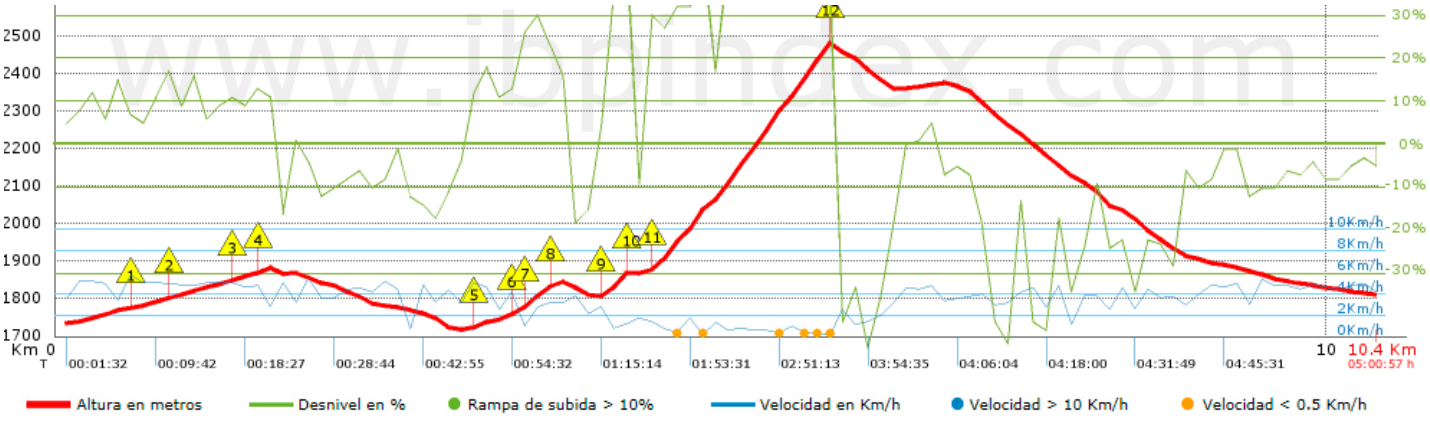


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.375	13.27	1.97	0:41:47
	Between 15 and 30%	0.843	8.14	2.26	0:22:21
	Between 10 and 15%	0.832	8.03	4.14	0:12:03
	Between 5 and 10%	1.035	9.99	3.77	0:16:27
	Between 1 and 5%	0.505	4.87	3.28	0:09:14
	Total :	4.589	44.31	2.7	1:41:52
	Plain				
	Difference of 1%	0.112	1.08	4.23	0:01:35
	Breakdown descents				
	Between 1 and 5%	0.622	6	4.16	0:08:58
	Between 5 and 10%	1.783	17.21	3.78	0:28:17
	Between 10 and 15%	0.838	8.1	4.06	0:12:24
	Between 15 and 30%	1.559	15.06	3.05	0:30:42
	Between 30% and 55%	0.855	8.25	2.42	0:21:13
	Total :	5.656	54.62	3.34	1:41:34
	Total track :	10.36	100 %	3.03	3:25:01

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.601	11 %	102 m
2	0.849	13 %	203 m
3	1.516	12 %	155 m
4	3.246	12 %	328 m
5	3.574	19 %	64 m
6	3.638	28 %	192 m
7	3.83	23 %	38 m
8	4.291	36 %	163 m
9	4.455	17 %	37 m
10	4.621	42 %	1418 m
11	6.038	41 %	32 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	1883.252	18.18	0:40:22	2.8	0:53:37	1:33:59	1.2
2000	1647.792	15.91	0:41:52	2.36	0:23:30	1:05:22	1.51
1750	6012.457	58.05	1:49:34	3.29	0:18:49	2:08:23	2.81
1500	813.391	7.85	0:13:13	3.69		0:13:13	3.69
Total :	10.357 Km	100 %	3:25:01 h	3.03 Km/h	1:35:56 h	5:00:57 h	2.06 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
2.703	0:02:58	1780	0:37:41	0:37:41	2.703
4.326	0:02:40	1819	1:17:29	0:39:48	1.623
4.692	0:13:11 > 10´	1888	1:33:02	0:15:33	0.366
4.963	0:02:32	1987	1:53:31	0:20:29	0.271
5.036	0:10:09 > 10´	2021	1:57:18	0:03:47 < 10´	0.073
5.242	0:03:58	2092	2:14:35	0:17:17	0.206
5.381	0:03:10	2155	2:24:40	0:10:05	0.139
5.514	0:03:41	2218	2:33:58	0:09:18 < 10´	0.133
5.579	0:09:24	2249	2:39:00	0:05:02 < 10´	0.065
5.798	0:23:01 > 10´	2354	2:57:44	0:18:44	0.219
6.001	0:21:12 > 10´	2450	3:24:27	0:26:43	0.203
Total :	1:35:56 h				

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