Track: 2018-06-25 Monte Rotondo e Monte Sant'Angelo — **Date: 27/06/2018**

Track: 2018-06-25 Monte Rotondo e Monte Sant'Angelo	**IBP = 171 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	**12.03 Km**
Analyzed distance	**12.03 Km**
Lineal distance	**0.02 Km**

Accumulated climb	**1444.92 m**
Accumulated descent	**1489.12 m**
Maximum height	**2663.22 m**
Minimal height	**1516.6 m**
Climb rate	**24.55 %**
Descent rate	**25.43 %**
Positive climb difference per	**120.11 m**
Negative descent difference per	**123.78 m**

Total time	**8:27:03 h**
Time in movement	**5:00:57 h**
Stopped time	**3:26:06 h**

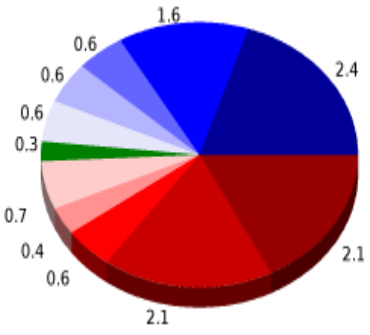
Total speed average	**1.42 Km/h**
Average speed in movement	**2.4 Km/h**
Maximum held speed	**6.26 Km/h**

Max slope filter	**~55 %**
Min. points separation	**~30 m**
Number of points	**1037 (cad. 11.6 m)**
Significant points	**337 (cad. 35.8 m / 32.5 %)**
Aberrant points	**194 (18.71 % d. total)**

Direction changes per	**15.63**
Direction changes >5° per	**12.47**
Accumulated straight stretches	**1.689 Km**
Straight stretches per	**140.4 m**
Penalizables slope changes	**10**
Penalizables slope changes per	**0.831**

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Summary of slopes

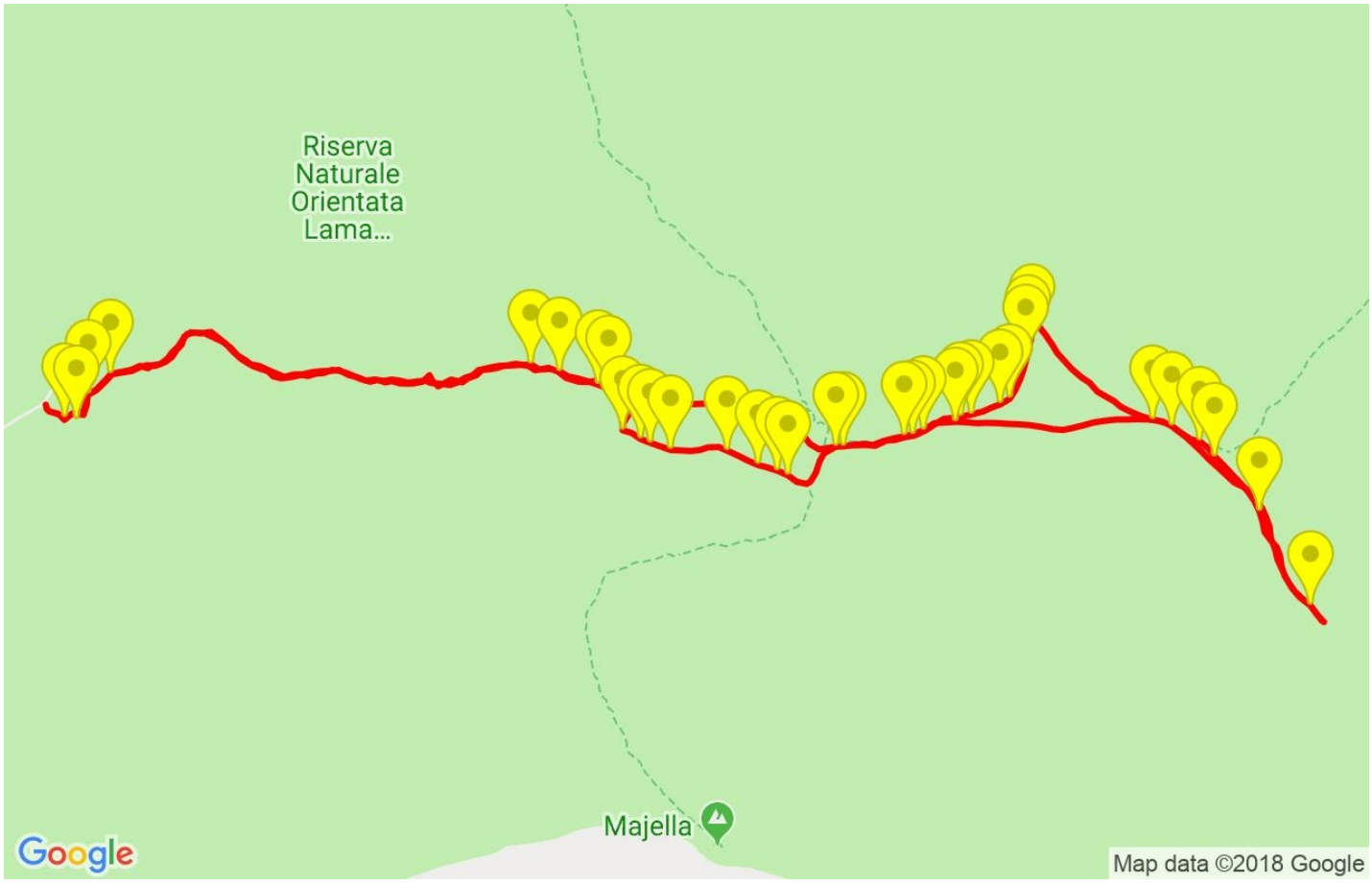


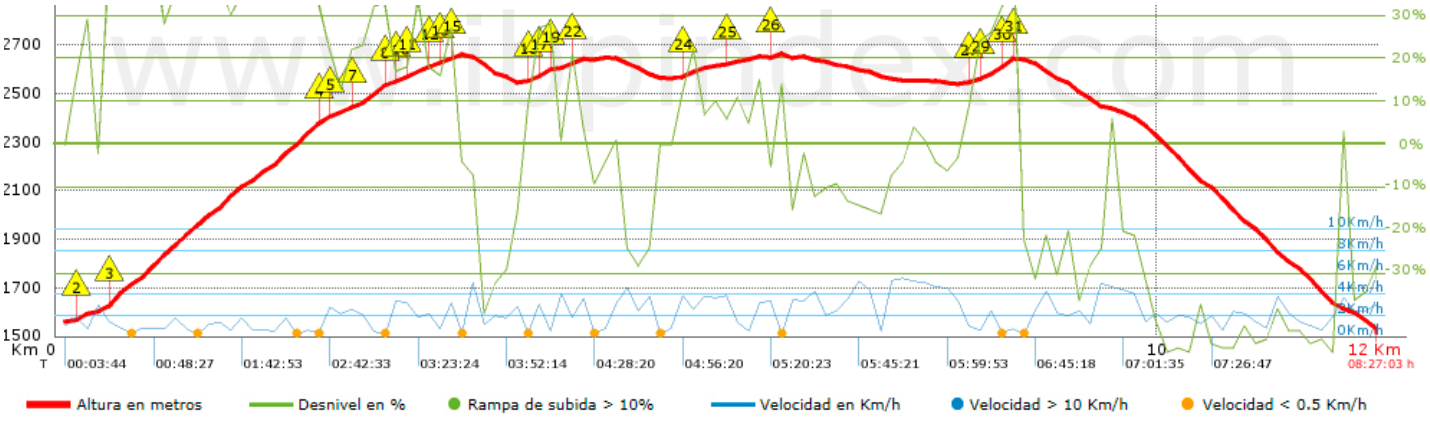
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	**2.092**	**17.39**	**1.88**	**1:06:42**
	Between 15 and 30%	**2.084**	**17.32**	**2.42**	**0:51:39**
	Between 10 and 15%	**0.645**	**5.36**	**2.72**	**0:14:13**
	Between 5 and 10%	**0.405**	**3.36**	**2.39**	**0:10:09**
	Between 1 and 5%	**0.661**	**5.49**	**2.97**	**0:13:21**
	Total :	**5.886**	**48.93**	**2.26**	**2:36:04**
	Plain				
	Difference of 1%	**0.288**	**2.4**	**2.02**	**0:08:33**
	Breakdown descents				
	Between 1 and 5%	**0.606**	**5.04**	**4.68**	**0:07:46**
	Between 5 and 10%	**0.633**	**5.26**	**3.59**	**0:10:34**
	Between 10 and 15%	**0.562**	**4.67**	**3.27**	**0:10:18**
	Between 15 and 30%	**1.619**	**13.46**	**3.06**	**0:31:45**
	Between 30% and 55%	**2.436**	**20.25**	**1.92**	**1:15:57**
	Total :	**5.856**	**48.67**	**2.58**	**2:16:20**
	Total track :	**12.03**	**100 %**	**2.4**	**5:00:57**

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.137	17 %	67 m
2	0.204	28 %	109 m
3	0.423	39 %	1971 m
4	2.394	23 %	114 m
5	2.508	16 %	140 m
6	2.648	22 %	41 m
7	2.69	32 %	252 m
8	2.942	29 %	71 m
9	3.013	17 %	37 m
10	3.05	19 %	75 m
11	3.125	19 %	205 m
12	3.33	16 %	114 m
13	3.444	16 %	69 m
14	3.513	28 %	40 m
15	3.554	25 %	75 m
16	4.303	19 %	38 m
17	4.341	26 %	105 m
18	4.446	28 %	39 m
19	4.485	12 %	145 m
20	4.63	21 %	36 m
21	4.666	23 %	40 m
22	4.706	24 %	34 m
23	5.618	13 %	72 m
24	5.69	23 %	110 m
25	6.11	11 %	172 m
26	6.487	17 %	92 m

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27	8.305	17 %	38 m
28	8.343	24 %	34 m
29	8.377	26 %	218 m
30	8.595	35 %	35 m
31	8.63	32 %	74 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	6401.271	53.21	2:11:05	2.93	1:46:13	3:57:18	1.62
2250	1715.636	14.26	0:48:42	2.11	0:24:44	1:13:26	1.4
2000	1204.207	10.01	0:41:10	1.76	0:21:01	1:02:11	1.16
1750	1213.829	10.09	0:36:40	1.99	0:31:44	1:08:24	1.06
1500	1495.353	12.43	0:43:20	2.07	0:22:24	1:05:44	1.36
Total :	12.03 Km	100 %	5:00:57 h	2.4 Km/h	3:26:06 h	8:27:03 h	1.42 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
0.174	0:02:31	1567	0:08:03	0:08:03 < 10´	0.174
0.462	0:03:27	1626	0:18:56	0:10:53	0.288
0.54	0:09:25	1658	0:23:42	0:04:46 < 10´	0.078
0.715	0:03:00	1726	0:37:54	0:14:12	0.175
0.789	0:06:12	1760	0:42:15	0:04:21 < 10´	0.074
0.888	0:03:09	1807	0:49:39	0:07:24 < 10´	0.099
1.075	0:03:11	1876	0:58:48	0:09:09 < 10´	0.187
1.204	0:11:49 > 10´	1927	1:06:31	0:07:43 < 10´	0.129
1.488	0:02:52	2042	1:30:34	0:24:03	0.284
1.549	0:03:33	2067	1:35:16	0:04:42 < 10´	0.061
1.683	0:03:34	2116	1:42:53	0:07:37 < 10´	0.134
1.799	0:03:02	2157	1:50:54	0:08:01 < 10´	0.116
1.926	0:03:52	2194	1:58:13	0:07:19 < 10´	0.127
2.066	0:12:50 > 10´	2253	2:06:55	0:08:42 < 10´	0.14
2.24	0:02:56	2323	2:27:26	0:20:31	0.174
2.333	0:05:00	2366	2:33:05	0:05:39 < 10´	0.093
2.764	0:03:58	2460	2:50:33	0:17:28	0.431
2.913	0:14:28 > 10´	2511	3:00:02	0:09:29 < 10´	0.149
3.444	0:02:44	2621	3:27:40	0:27:38	0.532
3.628	0:07:02	2662	3:33:39	0:05:59 < 10´	0.184
4.236	0:06:37	2548	3:56:44	0:23:05	0.608
4.38	0:04:32	2570	4:06:55	0:10:11	0.144
4.783	0:06:24	2642	4:21:08	0:14:13	0.403
4.921	0:03:01	2649	4:30:59	0:09:51 < 10´	0.138
5.444	0:10:28 > 10´	2564	4:43:41	0:12:42	0.522
6.249	0:04:05	2639	5:11:04	0:27:23	0.806
6.517	0:12:34 > 10´	2652	5:20:54	0:09:50 < 10´	0.268
7.387	0:04:20	2582	5:47:30	0:26:36	0.87
8.343	0:03:37	2552	6:06:34	0:19:04	0.956
8.489	0:07:48	2586	6:13:08	0:06:34 < 10´	0.146
8.595	0:02:57	2616	6:21:55	0:08:47 < 10´	0.106
8.66	0:15:36 > 10´	2643	6:26:52	0:04:57 < 10´	0.065
10.526	0:04:08	2086	7:29:18	1:02:26	1.866
10.852	0:07:23	1943	7:43:51	0:14:33	0.326
11.384	0:04:01	1722	8:07:05	0:23:14	0.531
Total :	3:26:06 h				

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