Track: 2018-06-26 Vallone del Palombaro e Monte Ugni — **Date: 27/06/2018**

Track: 2018-06-26 Vallone del Palombaro e Monte Ugni	**IBP = 123 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	19.71 Km
Analyzed distance	19.71 Km
Lineal distance	0.02 Km

Accumulated climb	1298.9 m
Accumulated descent	1325.3 m
Maximum height	2046.8 m
Minimal height	733.6 m
Climb rate	20.17 %
Descent rate	10.23 %
Positive climb difference per	65.9 m
Negative descent difference per	67.24 m

Total time	7:34:14 h
Time in movement	5:44:42 h
Stopped time	1:49:32 h

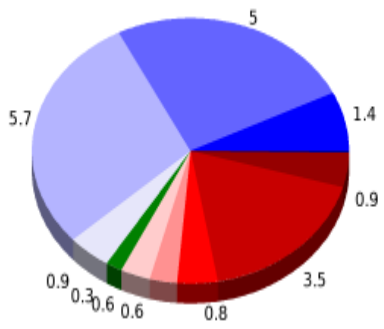
Total speed average	2.6 Km/h
Average speed in movement	3.43 Km/h
Maximum held speed	7.19 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1510 (cad. 13.05 m)
Significant points	544 (cad. 36.29 m / 36.03 %)
Aberrant points	31 (2.05 % d. total)

Direction changes per	12.43
Direction changes >5º per	10.2
Accumulated straight stretches	2.127 Km
Straight stretches per	107.91 m
Penalizables slope changes	3
Penalizables slope changes per	0.152

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Summary of slopes

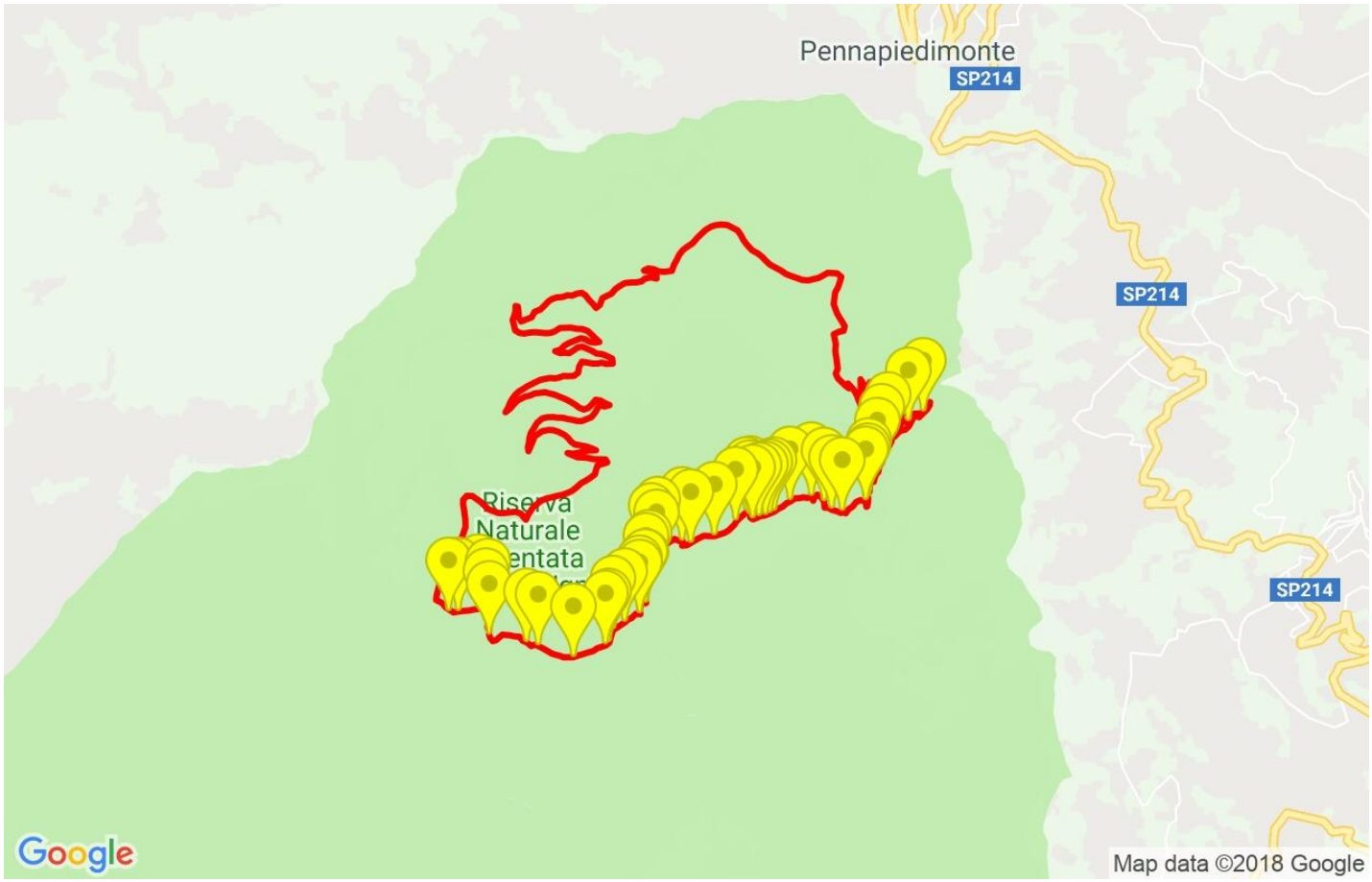


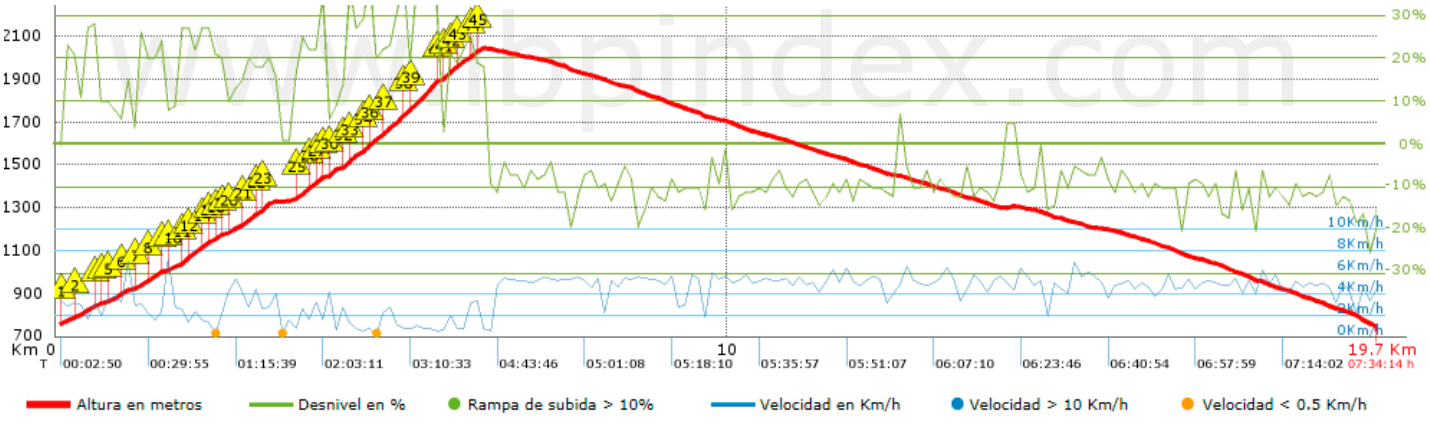
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.928	4.71	1.69	0:32:52
	Between 15 and 30%	3.525	17.89	2.11	1:40:12
	Between 10 and 15%	0.813	4.13	3.16	0:15:25
	Between 5 and 10%	0.612	3.11	2.7	0:13:37
	Between 1 and 5%	0.561	2.85	4.63	0:07:16
	Total :	6.439	32.67	2.28	2:49:22
	Plain				
	Difference of 1%	0.314	1.59	2.76	0:06:50
	Breakdown descents				
	Between 1 and 5%	0.85	4.31	4.4	0:11:35
	Between 5 and 10%	5.715	29	4.88	1:10:15
	Between 10 and 15%	4.979	25.27	4.67	1:04:02
	Between 15 and 30%	1.41	7.15	3.74	0:22:38
	Between 30% and 55%	0	0	0	0:00:00
	Total :	12.954	65.73	4.61	2:48:30
	Total track :	19.71	100 %	3.43	5:44:42

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
 1	0.109	19 %	147 m
 2	0.257	14 %	290 m
 3	0.546	21 %	103 m
 4	0.649	12 %	105 m
 5	0.754	16 %	209 m
 6	0.963	19 %	77 m
 7	1.18	19 %	229 m
 8	1.408	21 %	137 m
 9	1.545	13 %	110 m
 10	1.655	12 %	173 m
 11	1.828	28 %	175 m
 12	2.003	20 %	137 m
 13	2.14	27 %	37 m
 14	2.178	31 %	40 m
 15	2.217	26 %	42 m
 16	2.259	13 %	70 m
 17	2.329	17 %	72 m
 18	2.4	24 %	32 m
 19	2.432	14 %	70 m
 20	2.599	20 %	194 m
 21	2.793	23 %	185 m
 22	2.978	22 %	132 m
 23	3.11	24 %	117 m
 24	3.53	18 %	62 m
 25	3.592	26 %	136 m
 26	3.729	20 %	183 m

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27	3.912	22 %	37 m
28	3.949	17 %	113 m
29	4.062	27 %	32 m
30	4.093	21 %	124 m
31	4.217	15 %	33 m
32	4.251	21 %	159 m
33	4.41	28 %	104 m
34	4.514	27 %	109 m
35	4.623	40 %	31 m
36	4.654	24 %	249 m
37	4.903	29 %	272 m
38	5.175	24 %	107 m
39	5.283	35 %	373 m
40	5.655	14 %	97 m
41	5.752	24 %	119 m
42	5.872	25 %	135 m
43	6.007	26 %	145 m
44	6.152	27 %	68 m
45	6.22	19 %	140 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	965.056	4.9	0:13:39	4.24	0:40:19	0:53:58	1.07
1750	3272.9	16.61	0:58:28	3.36	0:23:46	1:22:14	2.39
1500	3469.294	17.6	0:58:34	3.55	0:23:37	1:22:11	2.53
Total :	7.707 Km	39.11 %	2:10:41 h	3.54 Km/h	1:27:42 h	3:38:23 h	2.12 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
2.259	0:06:05	1137	0:59:02	0:59:02	2.259
3.268	0:04:50	1330	1:34:03	0:35:01	1.009
3.5	0:07:03	1335	1:44:08	0:10:05	0.232
4.093	0:03:52	1456	2:08:00	0:23:52	0.593
4.376	0:03:10	1513	2:17:49	0:09:49 < 10´	0.282
4.514	0:04:54	1549	2:25:06	0:07:17 < 10´	0.139
4.623	0:02:27	1579	2:32:50	0:07:44 < 10´	0.109
4.687	0:09:57	1600	2:36:22	0:03:32 < 10´	0.063
5.104	0:03:09	1704	3:00:07	0:23:45	0.418
5.242	0:03:23	1748	3:07:10	0:07:03 < 10´	0.138
5.457	0:02:42	1815	3:19:51	0:12:41	0.214
5.551	0:04:28	1851	3:25:39	0:05:48 < 10´	0.095
5.655	0:07:36	1888	3:32:27	0:06:48 < 10´	0.104
5.908	0:02:46	1942	3:45:31	0:13:04	0.253
6.007	0:02:51	1963	3:51:05	0:05:34 < 10´	0.098
6.295	0:40:19 > 10´	2033	4:00:48	0:09:43 < 10´	0.288
Total :	1:49:32 h				

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