Track: 2018-07-14 Monte Sirente	**IBP = 134 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	15.47 Km
Analyzed distance	15.47 Km
Lineal distance	0.05 Km

Accumulated climb	1288.07 m
Accumulated descent	1281.27 m
Maximum height	2347.47 m
Minimal height	1197 m
Climb rate	19.95 %
Descent rate	15.67 %
Positive climb difference per	83.26 m
Negative descent difference per	82.82 m

Total time	7:27:03 h
Time in movement	5:29:24 h
Stopped time	1:57:39 h

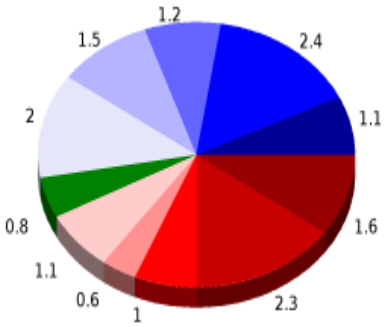
Total speed average	2.08 Km/h
Average speed in movement	2.82 Km/h
Maximum held speed	6.69 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1208 (cad. 12.81 m)
Significant points	426 (cad. 36.41 m / 35.26 %)
Aberrant points	89 (7.37 % d. total)

Direction changes per	13.57
Direction changes >5° per	10.67
Accumulated straight stretches	1.689 Km
Straight stretches per	109.18 m
Penalizables slope changes	8
Penalizables slope changes per	0.517

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Summary of slopes

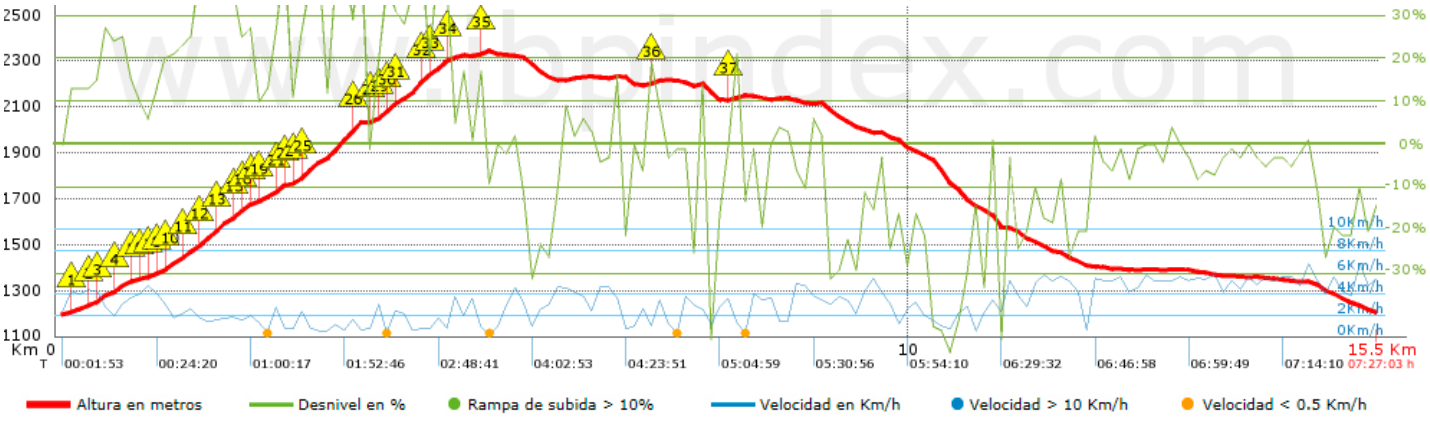


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.569	10.14	1.7	0:55:26
	Between 15 and 30%	2.25	14.54	2.2	1:01:22
	Between 10 and 15%	0.991	6.4	3.05	0:19:29
	Between 5 and 10%	0.552	3.56	4.44	0:07:27
	Between 1 and 5%	1.095	7.08	3.58	0:18:21
	Total :	6.456	41.72	2.39	2:42:05
	Plain				
	Difference of 1%	0.839	5.42	2.87	0:17:32
	Breakdown descents				
	Between 1 and 5%	1.962	12.68	4.26	0:27:38
	Between 5 and 10%	1.48	9.57	4.08	0:21:45
	Between 10 and 15%	1.198	7.74	3.74	0:19:12
	Between 15 and 30%	2.431	15.71	3.18	0:45:48
	Between 30% and 55%	1.107	7.16	1.88	0:35:24
	Total :	8.179	52.85	3.28	2:29:47
	Total track :	15.47	100 %	2.82	5:29:24

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.136	15 %	267 m
2	0.403	16 %	60 m
3	0.463	25 %	225 m
4	0.688	20 %	147 m
5	0.834	12 %	99 m
6	1.051	13 %	156 m
7	1.207	18 %	59 m
8	1.266	20 %	40 m
9	1.305	26 %	161 m
10	1.466	26 %	143 m
11	1.609	31 %	297 m
12	1.906	30 %	109 m
13	2.014	36 %	73 m
14	2.088	19 %	109 m
15	2.197	34 %	77 m
16	2.274	17 %	80 m
17	2.353	15 %	31 m
18	2.384	17 %	145 m
19	2.529	27 %	39 m
20	2.568	24 %	46 m
21	2.614	46 %	43 m
22	2.725	11 %	40 m
23	2.764	17 %	70 m
24	2.834	34 %	669 m
25	3.504	23 %	134 m
26	3.673	12 %	69 m

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27	3.742	22 %	75 m
28	3.817	35 %	91 m
29	3.908	28 %	106 m
30	4.014	37 %	238 m
31	4.252	27 %	138 m
32	4.391	34 %	127 m
33	4.517	33 %	65 m
34	4.926	22 %	107 m
35	6.916	17 %	105 m
36	7.898	22 %	111 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	1289.618	8.33	0:37:04	2.09	0:42:32	1:19:36	0.97
2000	4710.887	30.44	1:44:36	2.7	0:42:33	2:27:09	1.92
1750	1899.964	12.28	0:51:45	2.2	0:20:15	1:12:00	1.58
1500	1943.843	12.56	0:50:51	2.29	0:09:09	1:00:00	1.94
Total :	9.844 Km	63.62 %	4:04:16 h	2.42 Km/h	1:54:29 h	5:58:45 h	1.65 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
2.353	0:05:16	1688	1:03:00	1:03:00	2.353
2.656	0:02:28	1759	1:17:16	0:14:16	0.303
2.912	0:02:39	1799	1:25:23	0:08:07 < 10´	0.256
2.978	0:04:04	1825	1:29:09	0:03:46 < 10´	0.066
3.052	0:04:07	1858	1:35:22	0:06:13 < 10´	0.074
3.327	0:03:56	1940	1:48:50	0:13:28	0.275
3.504	0:02:55	2003	1:58:34	0:09:44 < 10´	0.177
3.567	0:02:18	2033	2:03:19	0:04:45 < 10´	0.064
3.817	0:06:42	2058	2:10:57	0:07:38 < 10´	0.25
4.119	0:03:16	2150	2:28:28	0:17:31	0.302
4.189	0:10:04 > 10´	2177	2:33:13	0:04:45 < 10´	0.07
4.457	0:02:15	2266	2:48:41	0:15:28	0.267
4.999	0:40:17 > 10´	2339	3:07:23	0:18:42	0.542
6.618	0:02:46	2238	4:21:05	1:13:42	1.619
7.224	0:08:53	2215	4:41:23	0:20:18	0.606
8.009	0:05:39	2153	5:10:24	0:29:01	0.784
10.369	0:03:01	1822	6:06:02	0:55:38	2.36
10.66	0:03:53	1698	6:16:40	0:10:38	0.291
12.023	0:03:10	1415	6:42:18	0:25:38	1.363
Total :	1:57:39 h				

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