Track: 2018-07-24 Sentiero del Centenario	**IBP = 190 HKG**
These speeds are average for = HKG	
IBP index reliability= B	

Total length	18.32 Km
Analyzed distance	18.32 Km
Lineal distance	13.09 Km

Accumulated climb	1738.12 m
Accumulated descent	1883.04 m
Maximum height	2559.22 m
Minimal height	1625.3 m
Climb rate	19.05 %
Descent rate	21.58 %
Positive climb difference per	94.88 m
Negative descent difference per	102.79 m

Total time	8:16:00 h
Time in movement	6:13:49 h
Stopped time	2:02:11 h

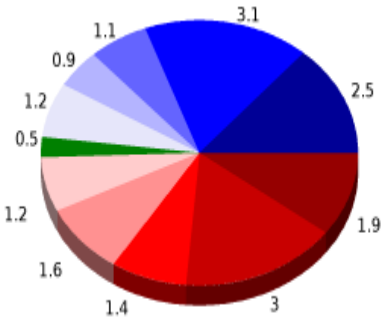
Total speed average	2.22 Km/h
Average speed in movement	2.94 Km/h
Maximum held speed	6.66 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1495 (cad. 12.26 m)
Significant points	515 (cad. 35.65 m / 34.45 %)
Aberrant points	282 (18.86 % d. total)

Direction changes per	16.1
Direction changes >5º per	13.05
Accumulated straight stretches	2.021 Km
Straight stretches per	110.32 m
Penalizables slope changes	13
Penalizables slope changes per	0.709

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Summary of slopes

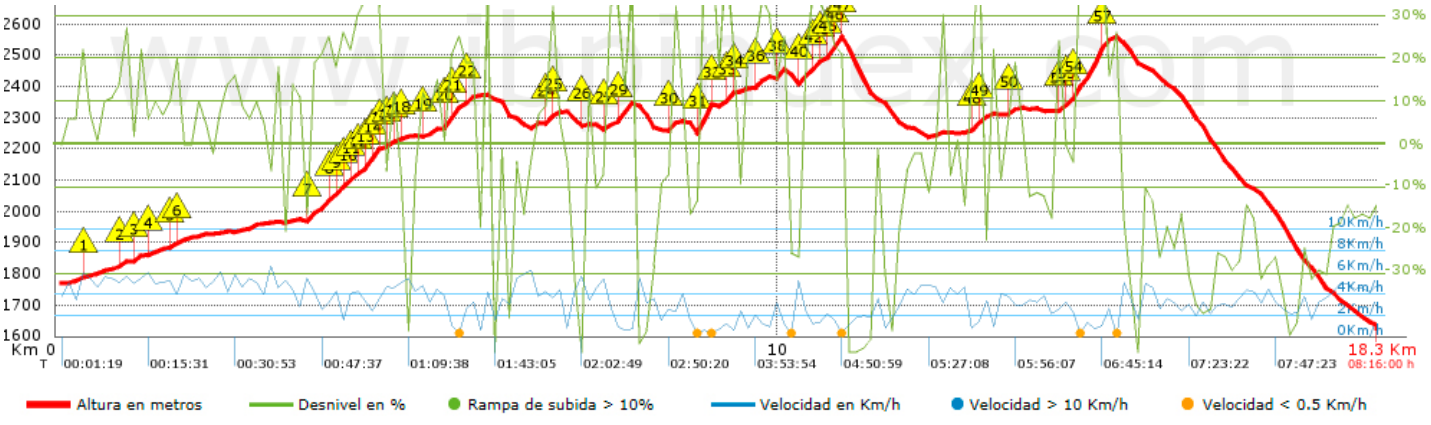


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.937	10.57	1.99	0:58:18
	Between 15 and 30%	2.998	16.36	2.49	1:12:11
	Between 10 and 15%	1.42	7.75	3.64	0:23:24
	Between 5 and 10%	1.592	8.69	4.26	0:22:25
	Between 1 and 5%	1.175	6.41	4.29	0:16:25
	Total :	9.122	49.78	2.84	3:12:43
	Plain				
	Difference of 1%	0.475	2.59	4.07	0:07:00
	Breakdown descents				
	Between 1 and 5%	1.184	6.46	3.58	0:19:50
	Between 5 and 10%	0.865	4.72	3.74	0:13:52
	Between 10 and 15%	1.11	6.06	3.6	0:18:29
	Between 15 and 30%	3.107	16.96	3.36	0:55:32
	Between 30% and 55%	2.462	13.44	2.23	1:06:23
	Total :	8.728	47.63	3.01	2:54:06
	Total track :	18.32	100 %	2.94	6:13:49

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
 1	0.325	11 %	95 m
 2	0.837	11 %	107 m
 3	1.054	16 %	120 m
 4	1.306	18 %	110 m
 5	1.623	11 %	187 m
 6	3.475	22 %	301 m
 7	3.776	20 %	98 m
 8	3.874	24 %	102 m
 9	4.009	20 %	101 m
 10	4.11	22 %	39 m
 11	4.149	21 %	75 m
 12	4.224	25 %	105 m
 13	4.329	37 %	99 m
 14	4.428	22 %	106 m
 15	4.572	13 %	109 m
 16	4.681	14 %	70 m
 17	4.751	48 %	38 m
 18	5.36	33 %	136 m
 19	5.496	23 %	117 m
 20	5.613	17 %	171 m
 21	6.766	11 %	34 m
 22	6.799	22 %	106 m
 23	6.905	15 %	75 m
 24	7.298	15 %	114 m
 25	7.601	15 %	31 m
 26	7.734	33 %	39 m

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27	7.773	28 %	107 m
28	8.45	23 %	108 m
29	8.866	48 %	197 m
30	9.063	11 %	38 m
31	9.238	34 %	105 m
32	9.343	22 %	32 m
33	9.634	16 %	69 m
34	9.703	15 %	140 m
35	9.957	29 %	32 m
36	9.988	30 %	72 m
37	10.279	23 %	33 m
38	10.312	23 %	107 m
39	10.419	36 %	72 m
40	10.49	11 %	31 m
41	10.521	11 %	106 m
42	10.626	29 %	35 m
43	10.661	34 %	133 m
44	10.795	47 %	30 m
45	10.824	20 %	32 m
46	12.64	16 %	82 m
47	12.723	38 %	110 m
48	13.17	13 %	117 m
49	13.824	17 %	149 m
50	13.972	23 %	30 m
51	14.002	19 %	74 m
52	14.076	40 %	354 m
53	14.43	47 %	41 m
54	14.471	47 %	36 m

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55	14.506	14 %	97 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	827.279	4.51	0:24:49	2	0:20:38	0:45:27	1.09
2250	9596.338	52.37	3:42:37	2.59	1:35:20	5:17:57	1.81
2000	2798.824	15.27	0:50:26	3.33	0:06:13	0:56:39	2.96
1750	4360.882	23.8	1:05:24	4		1:05:24	4
1500	740.602	4.04	0:10:33	4.21		0:10:33	4.21
Total :	18.324 Km	100 %	6:13:49 h	2.94 Km/h	2:02:11 h	8:16:00 h	2.22 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
5.459	0:08:14	2299	1:20:54	1:20:54	5.459
5.817	0:03:33	2378	1:35:34	0:14:40	0.358
7.773	0:21:08 > 10´	2286	2:12:36	0:37:02	1.957
7.914	0:03:28	2329	2:34:50	0:22:14	0.14
8.798	0:18:11 > 10´	2270	2:59:11	0:24:21	0.884
8.994	0:05:57	2310	3:21:25	0:22:14	0.197
9.102	0:02:48	2347	3:30:31	0:09:06 < 10´	0.107
9.312	0:02:57	2369	3:40:23	0:09:52 < 10´	0.21
10.061	0:10:31 > 10´	2455	4:09:32	0:29:09	0.749
10.795	0:07:39	2537	4:43:20	0:33:48	0.734
11.361	0:03:15	2359	5:09:32	0:26:12	0.566
12.64	0:03:02	2252	5:36:09	0:26:37	1.28
14.109	0:07:25	2368	6:15:31	0:39:22	1.469
14.271	0:11:04 > 10´	2428	6:28:20	0:12:49	0.162
14.642	0:12:59 > 10´	2551	6:49:55	0:21:35	0.371
Total :	2:02:11 h				

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