Track: 2018-08-04 Sentiero del Centenario	**IBP = 179 HKG**
These speeds are average for = HKG	
IBP index reliability= B	

Total length	18.23 Km
Analyzed distance	18.23 Km
Lineal distance	13.09 Km

Accumulated climb	1596.59 m
Accumulated descent	1779.09 m
Maximum height	2558.7 m
Minimal height	1627.2 m
Climb rate	17.11 %
Descent rate	21.26 %
Positive climb difference per	87.58 m
Negative descent difference per	97.59 m

Total time	8:16:24 h
Time in movement	6:17:05 h
Stopped time	1:59:19 h

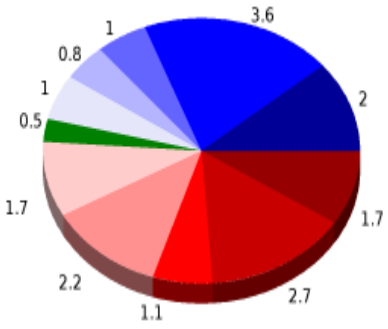
Total speed average	2.2 Km/h
Average speed in movement	2.9 Km/h
Maximum held speed	7.16 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1433 (cad. 12.72 m)
Significant points	510 (cad. 35.81 m / 35.59 %)
Aberrant points	166 (11.58 % d. total)

Direction changes per	15.03
Direction changes >5° per	12.62
Accumulated straight stretches	2.233 Km
Straight stretches per	122.49 m
Penalizables slope changes	13
Penalizables slope changes per	0.713

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Summary of slopes

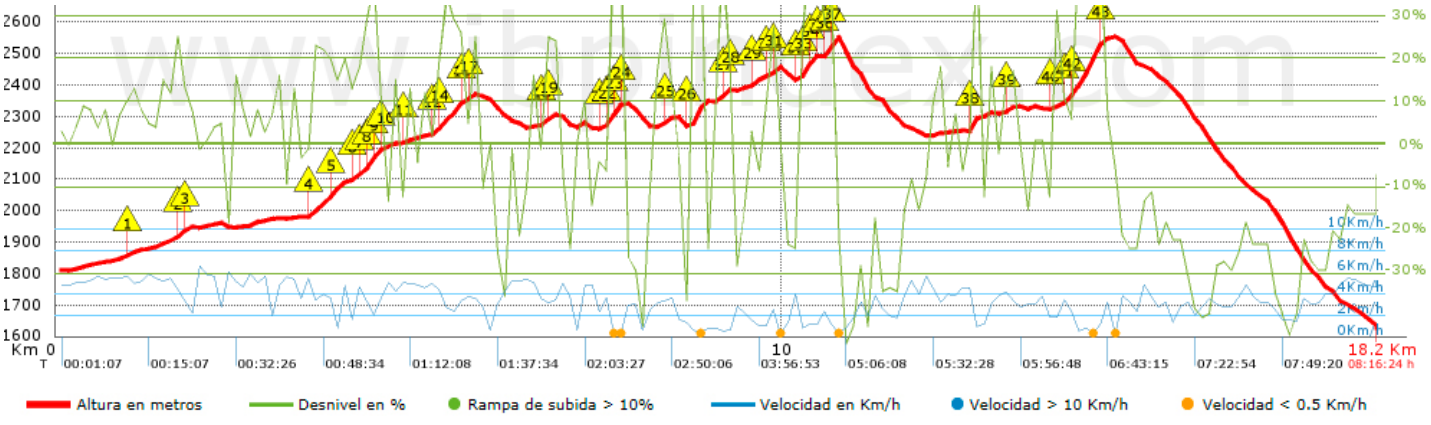


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.696	9.3	2.06	0:49:29
	Between 15 and 30%	2.651	14.54	2.54	1:02:38
	Between 10 and 15%	1.099	6.03	3.41	0:19:20
	Between 5 and 10%	2.232	12.25	3.62	0:37:01
	Between 1 and 5%	1.653	9.07	4.36	0:22:44
	Total :	9.331	51.19	2.93	3:11:12
	Plain				
	Difference of 1%	0.526	2.88	4.71	0:06:42
	Breakdown descents				
	Between 1 and 5%	0.99	5.43	3.2	0:18:34
	Between 5 and 10%	0.779	4.28	3.44	0:13:35
	Between 10 and 15%	0.976	5.35	3.3	0:17:43
	Between 15 and 30%	3.614	19.83	3.11	1:09:49
	Between 30% and 55%	2.011	11.03	2.03	0:59:30
	Total :	8.37	45.92	2.8	2:59:11
	Total track :	18.23	100 %	2.9	6:17:05

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	1.009	12 %	108 m
2	1.624	20 %	111 m
3	1.735	13 %	37 m
4	3.486	22 %	283 m
5	3.769	23 %	207 m
6	4.085	18 %	92 m
7	4.177	20 %	38 m
8	4.215	35 %	170 m
9	4.386	17 %	70 m
10	4.456	23 %	38 m
11	4.783	11 %	101 m
12	5.154	15 %	69 m
13	5.223	14 %	83 m
14	5.306	30 %	221 m
15	5.527	26 %	41 m
16	5.567	13 %	122 m
17	5.689	24 %	102 m
18	6.716	17 %	33 m
19	6.749	24 %	110 m
20	7.457	11 %	31 m
21	7.488	11 %	117 m
22	7.605	34 %	101 m
23	7.707	39 %	66 m
24	7.773	31 %	34 m
25	8.34	29 %	41 m
26	8.707	35 %	273 m

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27	9.115	31 %	108 m
28	9.223	19 %	35 m
29	9.571	30 %	70 m
30	9.787	14 %	37 m
31	9.824	28 %	104 m
32	10.187	24 %	134 m
33	10.32	34 %	94 m
34	10.519	29 %	165 m
35	10.684	48 %	34 m
36	12.561	37 %	151 m
37	13.049	14 %	137 m
38	13.709	17 %	166 m
39	13.875	20 %	111 m
40	13.986	43 %	349 m
41	14.335	43 %	66 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	794.191	4.36	0:20:08	2.37	0:32:30	0:52:38	0.91
2250	9483.643	52.03	3:44:17	2.54	1:26:49	5:11:06	1.83
2000	2894.638	15.88	0:54:22	3.19		0:54:22	3.19
1750	4343.804	23.83	1:09:06	3.77		1:09:06	3.77
1500	709.994	3.9	0:09:12	4.63		0:09:12	4.63
Total :	18.226 Km	100 %	6:17:05 h	2.9 Km/h	1:59:19 h	8:16:24 h	2.2 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
5.856	0:02:54	2364	1:30:44	1:30:44	5.856
7.106	0:03:47	2273	1:56:29	0:25:45	1.25
7.605	0:18:13 > 10´	2277	2:10:36	0:14:07	0.5
8.028	0:02:48	2308	2:37:04	0:26:28	0.422
8.676	0:08:21	2269	2:56:48	0:19:44	0.648
8.773	0:03:17	2278	3:06:41	0:09:53 < 10´	0.097
8.845	0:07:26	2312	3:11:45	0:05:04 < 10´	0.072
8.98	0:06:37	2349	3:21:41	0:09:56 < 10´	0.135
9.115	0:04:46	2345	3:30:13	0:08:32 < 10´	0.135
9.189	0:03:34	2379	3:36:52	0:06:39 < 10´	0.074
9.928	0:09:50	2458	4:06:01	0:29:09	0.739
10.187	0:02:24	2409	4:21:54	0:15:53	0.259
10.684	0:16:56 > 10´	2532	4:43:13	0:21:19	0.497
10.849	0:02:29	2522	5:03:39	0:20:26	0.165
13.986	0:06:57	2366	6:14:14	1:10:35	3.137
14.17	0:05:55	2437	6:26:12	0:11:58	0.184
14.541	0:13:05 > 10´	2556	6:44:34	0:18:22	0.371
Total :	1:59:19 h				

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