Track: 2018-09-16 Il periplo delle mura Aureliane — **Date: 17/09/2018**

Track: 2018-09-16 Il periplo delle mura Aureliane	**IBP = 58 HKG**
These speeds are average for = HKG	
IBP index reliability= E	

Total length	22.86 Km
Analyzed distance	22.86 Km
Lineal distance	0.11 Km

Accumulated climb	127.71 m
Accumulated descent	136.28 m
Maximum height	74.24 m
Minimal height	6.54 m
Climb rate	3.22 %
Descent rate	3.52 %
Positive climb difference per	5.59 m
Negative descent difference per	5.96 m

Total time	6:04:18 h
Time in movement	5:37:37 h
Stopped time	0:26:41 h

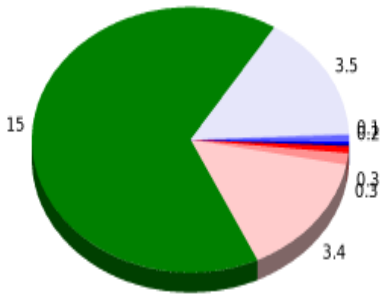
Total speed average	3.77 Km/h
Average speed in movement	4.06 Km/h
Maximum held speed	8.87 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1626 (cad. 14.06 m)
Significant points	628 (cad. 36.46 m / 38.62 %)
Aberrant points	0 (0 % d. total)

Direction changes per	13.43
Direction changes >5° per	10.19
Accumulated straight stretches	3.4 Km
Straight stretches per	148.73 m
Penalizables slope changes	0
Penalizables slope changes per	0

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Summary of slopes

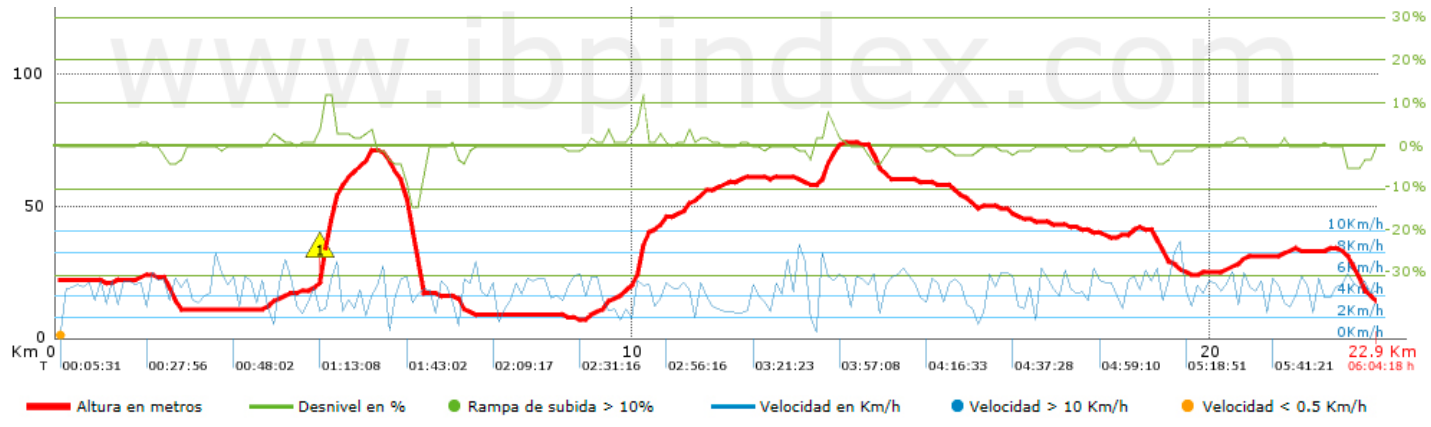


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0	0	0	0:00:00
	Between 15 and 30%	0	0	0	0:00:00
	Between 10 and 15%	0.317	1.39	4.42	0:04:18
	Between 5 and 10%	0.273	1.2	4.15	0:03:57
	Between 1 and 5%	3.37	14.74	3.61	0:55:59
	Total :	3.96	17.32	3.7	1:04:14
	Plain				
	Difference of 1%	15.032	65.75	4.11	3:39:37
	Breakdown descents				
	Between 1 and 5%	3.53	15.44	4.39	0:48:16
	Between 5 and 10%	0.11	0.48	5.36	0:01:14
	Between 10 and 15%	0.231	1.01	3.25	0:04:16
	Between 15 and 30%	0	0	0	0:00:00
	Between 30% and 55%	0	0	0	0:00:00
	Total :	3.871	16.93	4.32	0:53:46
	Total track :	22.86	100 %	4.06	5:37:37

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Steep slopes > 10%			
Steep slope	Mileage point	Average slope	Interval
1	4.56	12 %	239 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
Total :	0 Km	--- %	--- h	--- Km/h	--- h	--- h	--- Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
5.69	0:06:18	69	1:31:37	1:31:37	5.69
13.053	0:15:35 > 10´	57	3:37:02	2:05:25	7.363
Total :	0:26:41 h				

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