Track: 2018-11-21 Dal Puzzillo al Costone	**IBP = 137 HKG**
These speeds are average for = HKG	
IBP index reliability= B	

Total length	18.9 Km
Analyzed distance	18.9 Km
Lineal distance	0.03 Km

Accumulated climb	1188.63 m
Accumulated descent	1197.38 m
Maximum height	2286.1 m
Minimal height	1553.2 m
Climb rate	13.77 %
Descent rate	12.52 %
Positive climb difference per	62.89 m
Negative descent difference per	63.35 m

Total time	6:34:23 h
Time in movement	5:24:00 h
Stopped time	1:10:23 h

Total speed average	2.88 Km/h
Average speed in movement	3.5 Km/h
Maximum held speed	7.51 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1419 (cad. 13.32 m)
Significant points	517 (cad. 36.64 m / 36.43 %)
Aberrant points	135 (9.51 % d. total)

Direction changes per	15.56
Direction changes >5° per	11.85
Accumulated straight stretches	2.197 Km
Straight stretches per	116.24 m
Penalizables slope changes	13
Penalizables slope changes per	0.688

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Summary of slopes

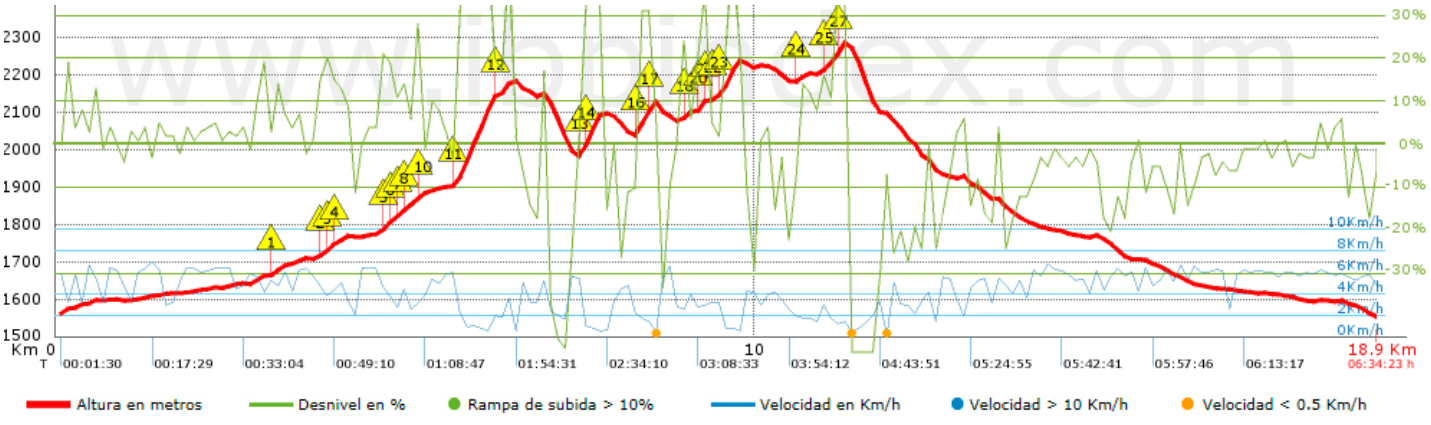


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.268	6.71	1.62	0:47:06
	Between 15 and 30%	1.535	8.12	2.78	0:33:04
	Between 10 and 15%	1.108	5.86	3.73	0:17:50
	Between 5 and 10%	1.839	9.73	3.8	0:29:03
	Between 1 and 5%	2.882	15.25	4.67	0:37:02
	Total :	8.632	45.66	3.16	2:44:05
	Plain				
	Difference of 1%	0.711	3.76	4.66	0:09:09
	Breakdown descents				
	Between 1 and 5%	3.236	17.12	4.75	0:40:54
	Between 5 and 10%	2.096	11.08	4.59	0:27:24
	Between 10 and 15%	1.234	6.53	4.19	0:17:41
	Between 15 and 30%	2.159	11.42	3.55	0:36:30
	Between 30% and 55%	0.837	4.43	1.78	0:28:17
	Total :	9.561	50.58	3.81	2:30:46
	Total track :	18.9	100 %	3.5	5:24:00

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
1	3.092	13 %	150 m
2	3.747	14 %	80 m
3	3.826	15 %	153 m
4	3.98	12 %	111 m
5	4.639	22 %	120 m
6	4.759	17 %	73 m
7	4.831	14 %	178 m
8	5.009	15 %	103 m
9	5.112	28 %	39 m
10	5.151	29 %	30 m
11	5.701	43 %	541 m
12	6.242	17 %	151 m
13	7.476	25 %	70 m
14	7.546	38 %	270 m
15	8.256	21 %	40 m
16	8.296	34 %	205 m
17	8.501	24 %	36 m
18	8.916	22 %	109 m
19	9.131	21 %	70 m
20	9.2	17 %	33 m
21	9.233	36 %	36 m
22	9.365	14 %	145 m
23	9.509	33 %	201 m
24	10.604	13 %	146 m
25	10.919	16 %	224 m
26	11.144	27 %	72 m

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27	11.215	39 %	34 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	276.241	1.46	0:10:28	1.58	0:05:38	0:16:06	1.03
2000	5922.205	31.33	2:24:40	2.46	1:04:45	3:29:25	1.7
1750	4847.773	25.64	1:16:00	3.83		1:16:00	3.83
1500	7858.405	41.57	1:32:52	5.08		1:32:52	5.08
Total :	18.905 Km	100 %	5:24:00 h	3.5 Km/h	1:10:23 h	6:34:23 h	2.88 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
5.971	0:02:33	2017	1:26:46	1:26:46	5.971
6.104	0:05:01	2072	1:34:43	0:07:57 < 10´	0.133
6.528	0:03:54	2183	1:50:37	0:15:54	0.424
7.617	0:02:18	2027	2:17:50	0:27:13	1.089
7.714	0:03:33	2070	2:23:58	0:06:08 < 10´	0.097
7.775	0:04:16	2092	2:29:09	0:05:11 < 10´	0.061
8.537	0:06:12	2125	2:52:47	0:23:38	0.762
9.509	0:02:25	2154	3:18:26	0:25:39	0.973
9.579	0:16:26 > 10´	2171	3:21:54	0:03:28 < 10´	0.069
11.281	0:05:38	2286	4:19:52	0:57:58	1.702
11.784	0:18:07 > 10´	2100	4:44:31	0:24:39	0.503
Total :	1:10:23 h				

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