Track: 2018-12-01 Costone Orientale	**IBP = 95 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	16.13 Km
Analyzed distance	16.13 Km
Lineal distance	0.01 Km

Accumulated climb	776.5 m
Accumulated descent	778 m
Maximum height	2271.2 m
Minimal height	1552.2 m
Climb rate	9.49 %
Descent rate	10.89 %
Positive climb difference per	48.14 m
Negative descent difference per	48.23 m

Total time	7:00:19 h
Time in movement	4:39:41 h
Stopped time	2:20:38 h

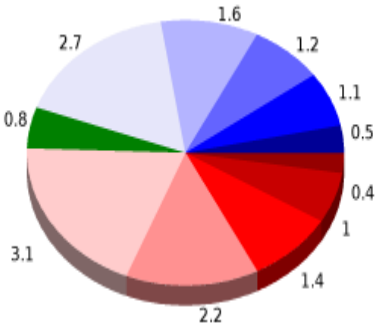
Total speed average	2.3 Km/h
Average speed in movement	3.46 Km/h
Maximum held speed	7.09 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1220 (cad. 13.22 m)
Significant points	443 (cad. 36.49 m / 36.31 %)
Aberrant points	44 (3.61 % d. total)

Direction changes per	12.96
Direction changes >5° per	10.48
Accumulated straight stretches	2.149 Km
Straight stretches per	133.23 m
Penalizables slope changes	5
Penalizables slope changes per	0.31

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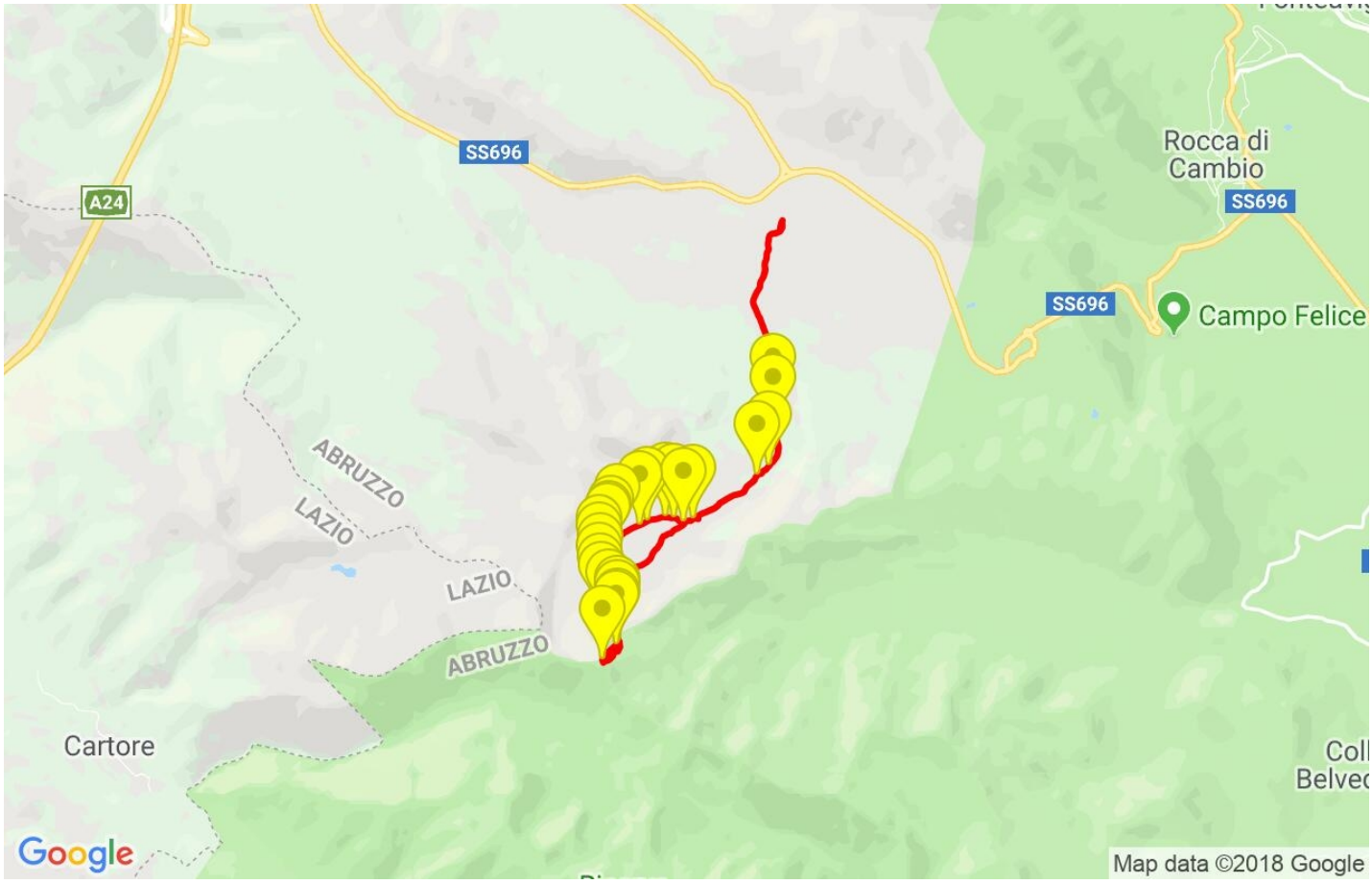
Summary of slopes

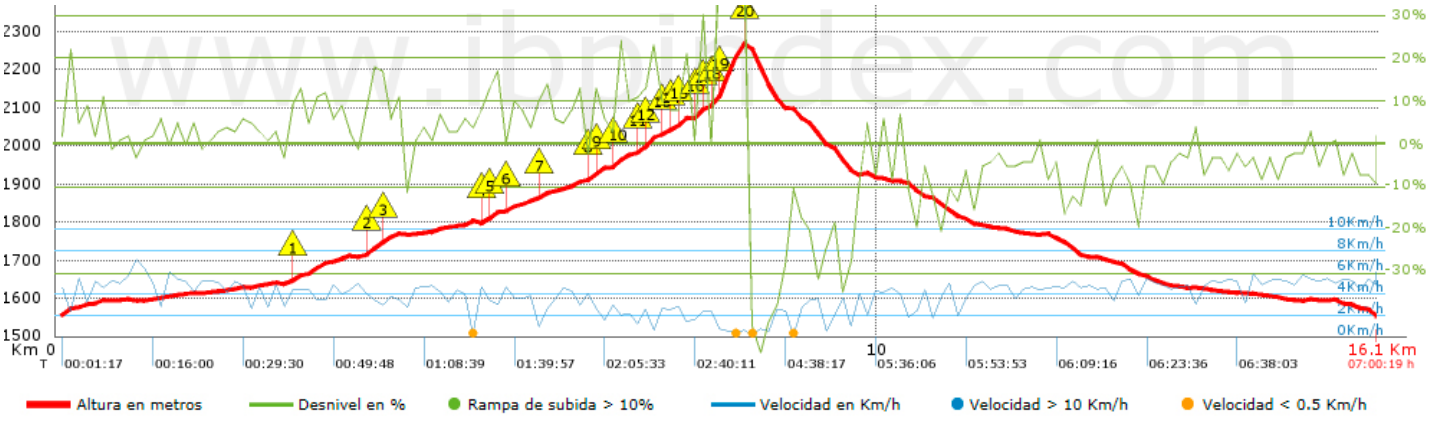


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.37	2.29	5.45	0:04:04
	Between 15 and 30%	1.043	6.46	2.35	0:26:39
	Between 10 and 15%	1.447	8.97	2.55	0:34:04
	Between 5 and 10%	2.17	13.46	2.89	0:45:06
	Between 1 and 5%	3.149	19.53	4.17	0:45:16
	Total :	8.179	50.71	3.16	2:35:09
	Plain				
	Difference of 1%	0.803	4.98	4.27	0:11:17
	Breakdown descents				
	Between 1 and 5%	2.729	16.92	4.16	0:39:20
	Between 5 and 10%	1.641	10.17	4.56	0:21:35
	Between 10 and 15%	1.178	7.3	3.74	0:18:54
	Between 15 and 30%	1.107	6.87	3.12	0:21:18
	Between 30% and 55%	0.49	3.04	2.42	0:12:08
	Total :	7.145	44.31	3.79	1:53:15
	Total track :	16.13	100 %	3.46	4:39:41

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	2.901	11 %	305 m
2	3.768	16 %	211 m
3	3.979	13 %	147 m
4	5.463	11 %	118 m
5	6.496	15 %	72 m
6	6.568	19 %	35 m
7	6.798	18 %	108 m
8	7.058	15 %	139 m
9	7.196	17 %	159 m
10	7.466	11 %	140 m
11	7.605	14 %	111 m
12	7.755	20 %	61 m
13	7.816	26 %	68 m
14	7.987	25 %	34 m
15	8.022	46 %	333 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	151.564	0.94	0:05:56	1.53	0:14:09	0:20:05	0.45
2000	2057.269	12.76	0:46:42	2.64	1:56:33	2:43:15	0.76
1750	6023.247	37.35	1:56:28	3.1	0:09:56	2:06:24	2.86
1500	7894.608	48.95	1:50:35	4.28		1:50:35	4.28
Total :	16.127 Km	100 %	4:39:41 h	3.46 Km/h	2:20:38 h	7:00:19 h	2.3 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
5.017	0:09:56	1800	1:17:30	1:17:30	5.017
7.164	0:03:12	1996	2:19:04	1:01:34	2.147
7.952	0:29:01 > 10´	2103	2:47:34	0:28:30	0.789
8.022	0:23:12 > 10´	2113	3:18:08	0:30:34	0.069
8.175	0:17:00 > 10´	2183	3:43:09	0:25:01	0.153
8.392	0:14:09 > 10´	2271	4:03:33	0:20:24	0.217
8.465	0:02:34	2252	4:20:14	0:16:41	0.072
8.528	0:03:12	2222	4:24:29	0:04:15 < 10´	0.063
8.605	0:03:41	2186	4:28:19	0:03:50 < 10´	0.077
8.856	0:30:35 > 10´	2099	4:38:17	0:09:58 < 10´	0.251
9.263	0:04:06	2031	5:16:52	0:38:35	0.407
Total :	2:20:38 h				

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