Track: 2018-12-22 Monte Chiarano	**IBP = 126 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	10 Km
Analyzed distance	10 Km
Lineal distance	0.02 Km

Accumulated climb	1181.18 m
Accumulated descent	1211.48 m
Maximum height	2186.64 m
Minimal height	985 m
Climb rate	24.74 %
Descent rate	24.02 %
Positive climb difference per	118.12 m
Negative descent difference per	121.15 m

Total time	6:19:49 h
Time in movement	4:11:39 h
Stopped time	2:08:10 h

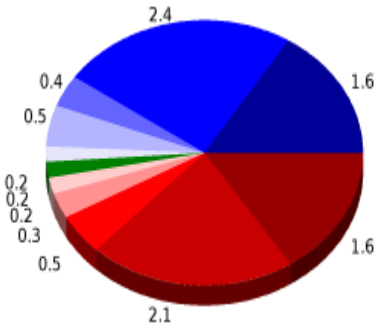
Total speed average	1.58 Km/h
Average speed in movement	2.38 Km/h
Maximum held speed	6.21 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	861 (cad. 11.61 m)
Significant points	285 (cad. 35.2 m / 33.1 %)
Aberrant points	135 (15.68 % d. total)

Direction changes per	15.6
Direction changes >5º per	12.8
Accumulated straight stretches	0.78 Km
Straight stretches per	78 m
Penalizables slope changes	5
Penalizables slope changes per	0.5

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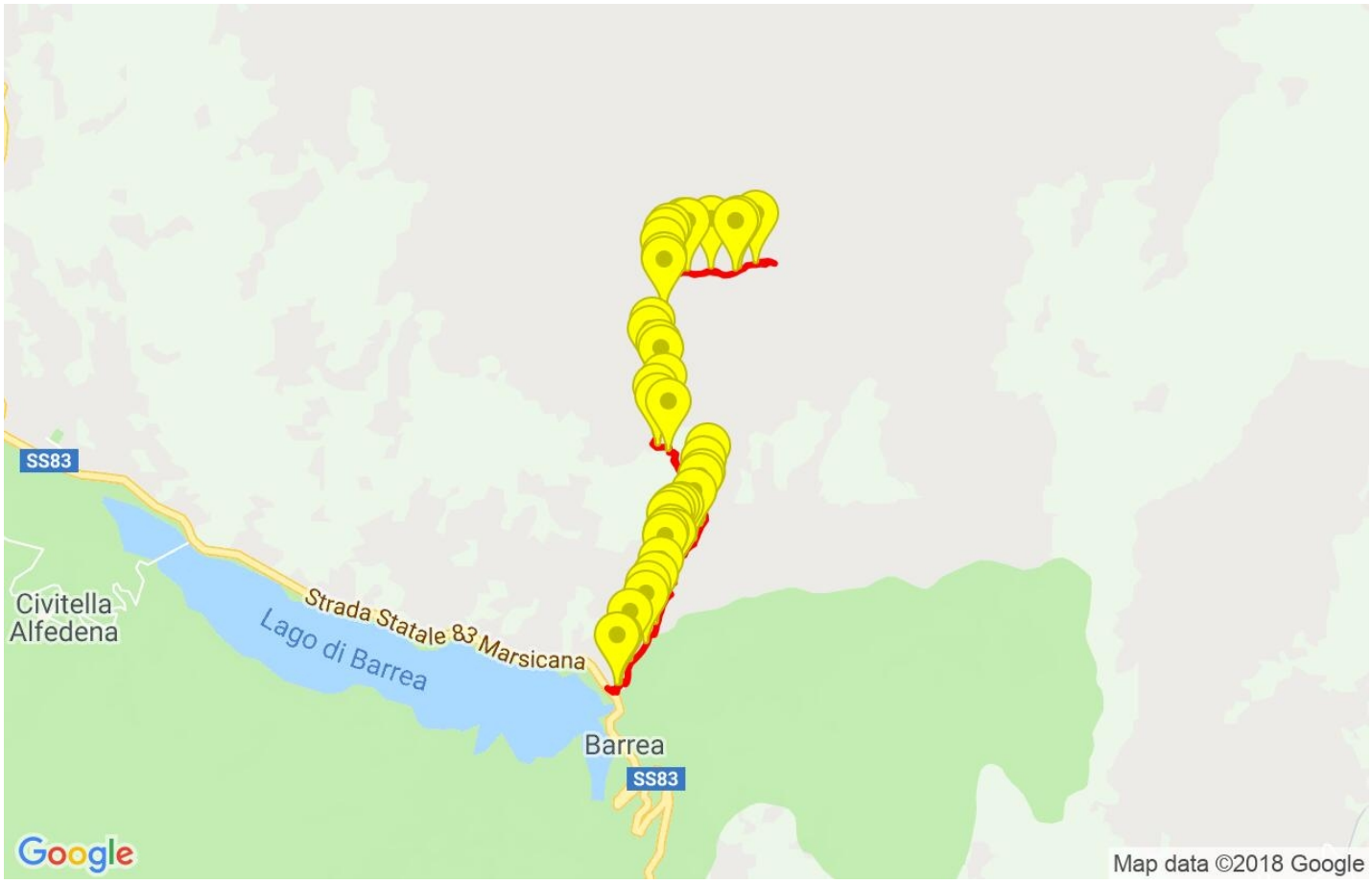
Summary of slopes

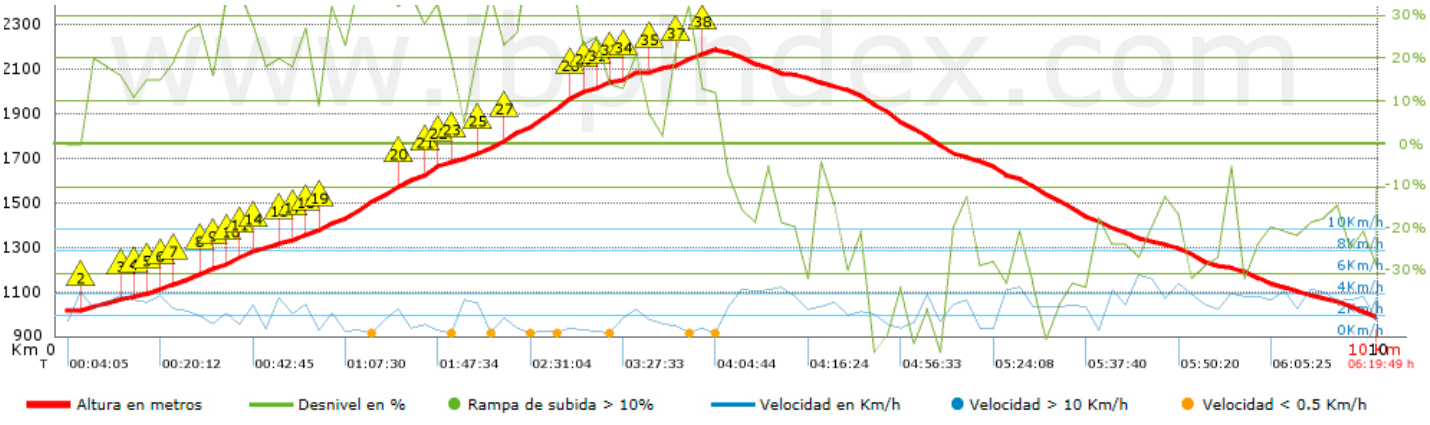


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.624	16.24	1.99	0:48:52
	Between 15 and 30%	2.148	21.49	2.08	1:01:54
	Between 10 and 15%	0.511	5.11	2.5	0:12:14
	Between 5 and 10%	0.276	2.76	1.94	0:08:31
	Between 1 and 5%	0.216	2.16	1.89	0:06:51
	Total :	4.774	47.75	2.07	2:18:22
	Plain				
	Difference of 1%	0.179	1.79	1.61	0:06:40
	Breakdown descents				
	Between 1 and 5%	0.175	1.75	2.82	0:03:43
	Between 5 and 10%	0.455	4.55	3.23	0:08:27
	Between 10 and 15%	0.444	4.44	2.36	0:11:18
	Between 15 and 30%	2.42	24.2	3.4	0:42:45
	Between 30% and 55%	1.551	15.51	2.3	0:40:24
	Total :	5.044	50.46	2.84	1:46:37
	Total track :	10	100 %	2.38	4:11:39

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.179	11 %	31 m
2	0.211	17 %	238 m
3	0.448	13 %	159 m
4	0.607	15 %	72 m
5	0.679	20 %	97 m
6	0.776	20 %	109 m
7	0.886	26 %	213 m
8	1.099	32 %	35 m
9	1.202	18 %	41 m
10	1.243	31 %	134 m
11	1.378	37 %	40 m
12	1.418	28 %	39 m
13	1.457	14 %	30 m
14	1.487	17 %	140 m
15	1.626	16 %	105 m
16	1.732	18 %	37 m
17	1.769	24 %	100 m
18	1.869	20 %	105 m
19	1.974	32 %	631 m
20	2.605	28 %	128 m
21	2.733	36 %	108 m
22	2.841	21 %	99 m
23	2.94	18 %	207 m
24	3.147	22 %	42 m
25	3.19	36 %	134 m
26	3.323	25 %	93 m

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27	3.416	39 %	479 m
28	3.896	30 %	36 m
29	3.932	16 %	102 m
30	4.034	27 %	75 m
31	4.11	29 %	36 m
32	4.145	14 %	110 m
33	4.255	39 %	35 m
34	4.291	27 %	75 m
35	4.465	12 %	184 m
36	4.649	22 %	32 m
37	4.681	34 %	139 m
38	4.82	13 %	37 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2000	2009.204	20.1	0:52:19	2.3	0:23:19	1:15:38	1.59
1750	1399.447	14	0:46:23	1.81	0:56:01	1:42:24	0.82
1500	1799.327	18	0:44:45	2.41	0:32:34	1:17:19	1.4
Total :	5.208 Km	52.09 %	2:23:27 h	2.18 Km/h	1:51:54 h	4:15:21 h	1.22 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
1.487	0:02:32	1284	0:43:20	0:43:20	1.487
1.869	0:03:02	1355	0:53:15	0:09:55 < 10´	0.382
2.078	0:04:12	1407	1:02:05	0:08:50 < 10´	0.209
2.175	0:03:29	1428	1:07:30	0:05:25 < 10´	0.097
2.347	0:06:45	1490	1:17:46	0:10:16	0.171
2.638	0:02:27	1590	1:34:29	0:16:43	0.291
2.8	0:04:11	1636	1:42:16	0:07:47 < 10´	0.163
2.875	0:06:31	1664	1:47:34	0:05:18 < 10´	0.075
3.226	0:05:03	1734	2:04:01	0:16:27	0.351
3.416	0:02:26	1791	2:16:27	0:12:26	0.19
3.481	0:07:45	1814	2:21:23	0:04:56 < 10´	0.065
3.621	0:13:05 > 10´	1865	2:35:48	0:14:25	0.14
3.752	0:13:27 > 10´	1920	2:51:15	0:15:27	0.13
3.966	0:03:41	1996	3:08:30	0:17:15	0.214
4.145	0:07:25	2035	3:17:39	0:09:09 < 10´	0.179
4.718	0:05:09	2127	3:45:49	0:28:10	0.573
4.924	0:07:04	2183	3:57:40	0:11:51	0.206
6.253	0:19:18 > 10´	1908	4:34:29	0:36:49	1.329
6.92	0:04:19	1700	5:14:44	0:40:15	0.668
7.009	0:03:18	1679	5:19:56	0:05:12 < 10´	0.088
7.838	0:03:01	1421	5:39:10	0:19:14	0.83
Total :	2:08:10 h				

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