Track: 2018-12-29 Picco Italia e Bicchero — **Date: 29/12/2018**

Track: 2018-12-29 Picco Italia e Bicchero	**IBP = 107 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	14.3 Km
Analyzed distance	14.3 Km
Lineal distance	0.1 Km

Accumulated climb	1067 m
Accumulated descent	1069.4 m
Maximum height	2163.1 m
Minimal height	1125.8 m
Climb rate	15.43 %
Descent rate	15.39 %
Positive climb difference per	74.62 m
Negative descent difference per	74.78 m

Total time	6:25:07 h
Time in movement	4:22:20 h
Stopped time	2:02:47 h

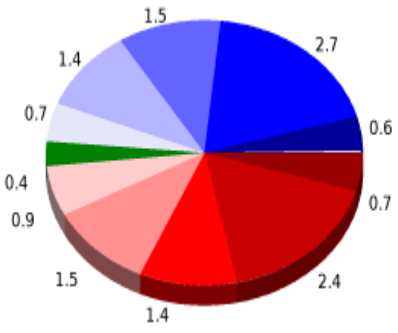
Total speed average	2.23 Km/h
Average speed in movement	3.27 Km/h
Maximum held speed	6.15 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1143 (cad. 12.51 m)
Significant points	397 (cad. 36.12 m / 34.73 %)
Aberrant points	36 (3.15 % d. total)

Direction changes per	14.27
Direction changes >5° per	11.05
Accumulated straight stretches	2.268 Km
Straight stretches per	158.6 m
Penalizables slope changes	6
Penalizables slope changes per	0.419

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Summary of slopes

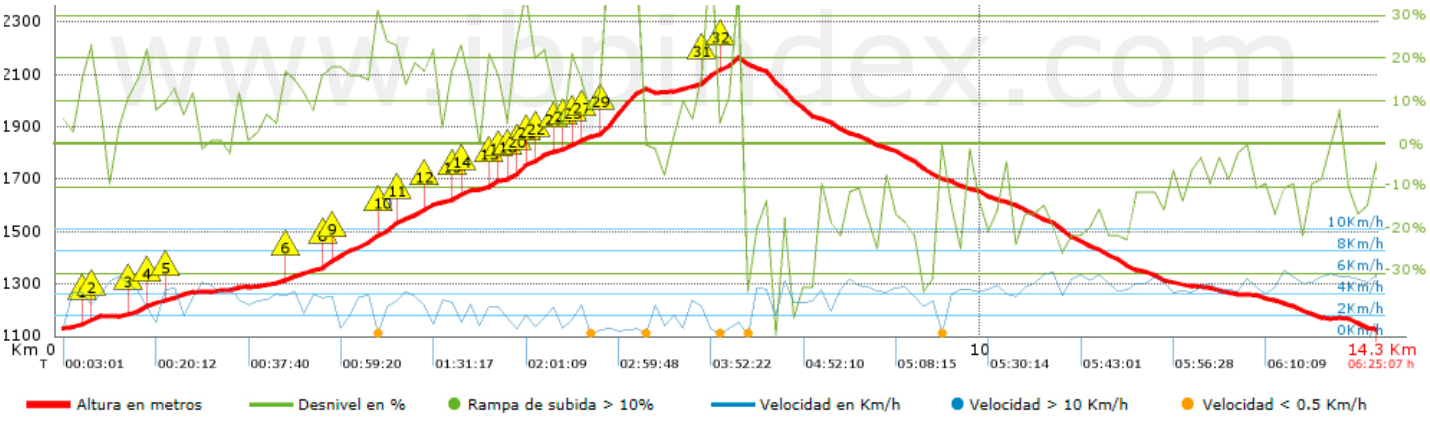


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.717	5.02	2.63	0:16:23
	Between 15 and 30%	2.352	16.44	2.4	0:58:48
	Between 10 and 15%	1.427	9.98	2.99	0:28:36
	Between 5 and 10%	1.515	10.59	3.2	0:28:24
	Between 1 and 5%	0.905	6.33	2.96	0:18:22
	Total :	6.917	48.36	2.76	2:30:33
	Plain				
	Difference of 1%	0.439	3.07	3.35	0:07:52
	Breakdown descents				
	Between 1 and 5%	0.722	5.05	4.29	0:10:06
	Between 5 and 10%	1.431	10	4.13	0:20:46
	Between 10 and 15%	1.512	10.57	4.4	0:20:38
	Between 15 and 30%	2.724	19.05	4.05	0:40:22
	Between 30% and 55%	0.559	3.91	2.78	0:12:03
	Total :	6.947	48.57	4.01	1:43:55
	Total track :	14.3	100 %	3.27	4:22:20

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.219	14 %	103 m
2	0.322	16 %	142 m
3	0.717	14 %	283 m
4	1.146	11 %	269 m
5	2.426	14 %	257 m
6	2.817	17 %	38 m
7	2.855	21 %	114 m
8	2.969	18 %	477 m
9	3.446	25 %	256 m
10	3.703	17 %	225 m
11	3.927	18 %	181 m
12	4.24	20 %	170 m
13	4.41	13 %	69 m
14	4.63	24 %	99 m
15	4.729	16 %	33 m
16	4.907	19 %	37 m
17	4.944	24 %	34 m
18	4.979	34 %	100 m
19	5.079	22 %	36 m
20	5.115	19 %	205 m
21	5.32	14 %	71 m
22	5.491	16 %	34 m
23	5.524	20 %	107 m
24	5.631	15 %	33 m
25	5.664	16 %	78 m
26	5.843	12 %	36 m

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27	5.879	39 %	440 m
28	6.925	17 %	72 m
29	6.998	28 %	166 m
30	7.164	19 %	183 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	1771.481	12.39	0:41:02	2.59	1:01:33	1:42:35	1.04
1750	2537.925	17.74	0:51:02	2.98	0:38:52	1:29:54	1.69
1500	3039.52	21.25	1:03:21	2.88	0:09:07	1:12:28	2.52
Total :	7.349 Km	51.38 %	2:35:25 h	2.84 Km/h	1:49:32 h	4:24:57 h	1.66 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
2.969	0:02:39	1385	0:54:49	0:54:49	2.969
3.446	0:08:18	1472	1:06:42	0:11:53	0.477
4.944	0:02:46	1710	1:54:53	0:48:11	1.498
5.699	0:18:03 > 10´	1854	2:23:13	0:28:20	0.754
5.912	0:02:53	1883	2:44:22	0:21:09	0.213
5.984	0:17:56 > 10´	1912	2:48:26	0:04:04 < 10´	0.071
6.215	0:02:54	2002	3:08:05	0:19:39	0.231
6.28	0:15:30 > 10´	2026	3:13:06	0:05:01 < 10´	0.065
6.667	0:02:47	2034	3:37:55	0:24:49	0.387
6.998	0:02:43	2069	3:47:18	0:09:23 < 10´	0.331
7.064	0:13:58 > 10´	2094	3:52:22	0:05:04 < 10´	0.067
7.201	0:02:27	2121	4:09:45	0:17:23	0.136
7.383	0:21:14 > 10´	2163	4:17:25	0:07:40 < 10´	0.182
9.454	0:06:21	1718	5:14:36	0:57:11	2.071
Total :	2:02:47 h				

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