Track: 2019-01-05 Cima dei Monti di Bagno — **Date: 05/01/2019**

Track: 2019-01-05 Cima dei Monti di Bagno	**IBP = 124 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	13.57 Km
Analyzed distance	13.57 Km
Lineal distance	0 Km

Accumulated climb	1318.3 m
Accumulated descent	1333.6 m
Maximum height	2084.3 m
Minimal height	786.5 m
Climb rate	20.09 %
Descent rate	19.53 %
Positive climb difference per	97.15 m
Negative descent difference per	98.28 m

Total time	6:06:30 h
Time in movement	5:18:53 h
Stopped time	0:47:37 h

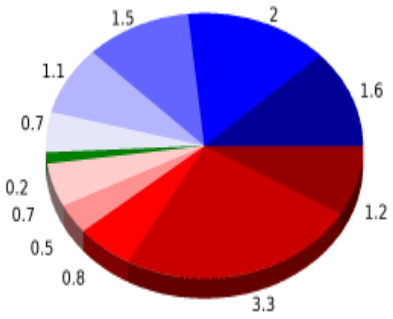
Total speed average	2.22 Km/h
Average speed in movement	2.55 Km/h
Maximum held speed	7.47 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1076 (cad. 12.61 m)
Significant points	377 (cad. 36.1 m / 35.04 %)
Aberrant points	63 (5.86 % d. total)

Direction changes per	15.33
Direction changes >5º per	12.45
Accumulated straight stretches	1.334 Km
Straight stretches per	98.31 m
Penalizables slope changes	6
Penalizables slope changes per	0.442

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Summary of slopes



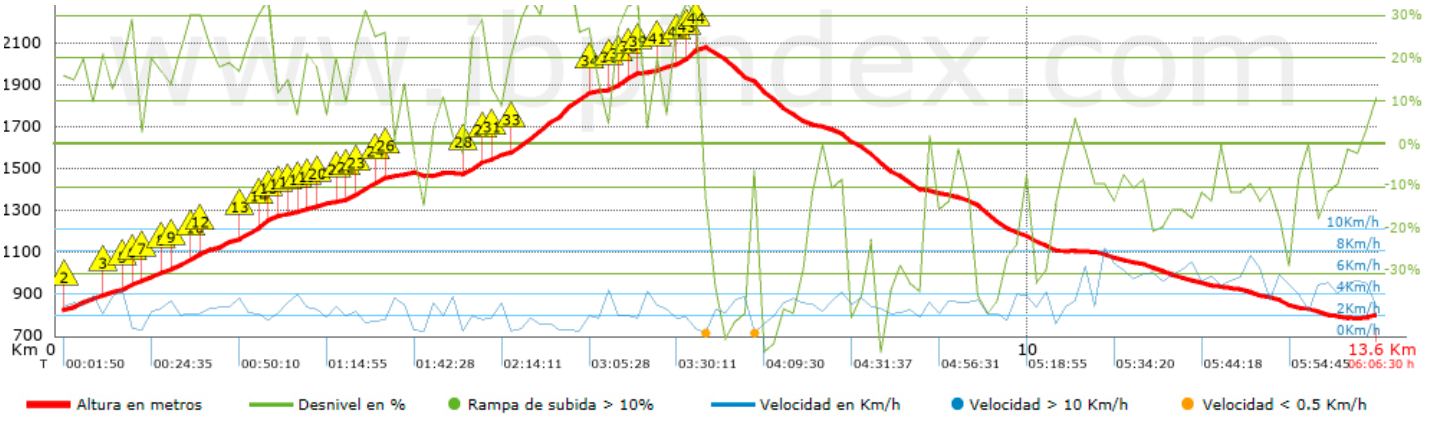
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.151	8.48	1.52	0:45:18
	Between 15 and 30%	3.339	24.6	2.11	1:35:01
	Between 10 and 15%	0.829	6.11	2.36	0:21:06
	Between 5 and 10%	0.532	3.92	2.8	0:11:24
	Between 1 and 5%	0.711	5.24	3.64	0:11:44
	Total :	6.562	48.35	2.13	3:04:33
	Plain				
	Difference of 1%	0.182	1.34	3.27	0:03:20
	Breakdown descents				
	Between 1 and 5%	0.706	5.2	3.5	0:12:07
	Between 5 and 10%	1.065	7.85	4.69	0:13:38
	Between 10 and 15%	1.498	11.04	4.24	0:21:12
	Between 15 and 30%	1.956	14.41	2.79	0:42:04
	Between 30% and 55%	1.604	11.82	2.29	0:41:59
	Total :	6.829	50.31	3.13	2:11:00
	Total track :	13.57	100 %	2.55	5:18:53

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
 1	0	12 %	37 m
 2	0.037	17 %	403 m
 3	0.44	20 %	101 m
 4	0.639	18 %	59 m
 5	0.699	21 %	37 m
 6	0.736	23 %	136 m
 7	0.872	20 %	228 m
 8	1.1	15 %	99 m
 9	1.199	22 %	139 m
 10	1.338	27 %	135 m
 11	1.473	12 %	37 m
 12	1.51	20 %	382 m
 13	1.892	29 %	195 m
 14	2.087	31 %	104 m
 15	2.19	21 %	43 m
 16	2.343	11 %	138 m
 17	2.481	13 %	40 m
 18	2.596	19 %	115 m
 19	2.711	16 %	30 m
 20	2.847	15 %	151 m
 21	2.998	22 %	112 m
 22	3.11	28 %	204 m
 23	3.314	20 %	33 m
 24	3.347	26 %	39 m
 25	3.386	11 %	166 m
 26	4.169	15 %	42 m

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27	4.211	29 %	171 m
28	4.383	23 %	68 m
29	4.451	19 %	40 m
30	4.491	12 %	144 m
31	4.635	21 %	37 m
32	4.672	35 %	804 m
33	5.476	18 %	35 m
34	5.66	15 %	29 m
35	5.69	16 %	41 m
36	5.731	26 %	176 m
37	5.907	25 %	34 m
38	5.94	33 %	38 m
39	6.128	20 %	39 m
40	6.167	14 %	145 m
41	6.312	22 %	113 m
42	6.425	37 %	143 m
43	6.568	29 %	72 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	537.247	3.96	0:14:02	2.3	0:09:00	0:23:02	1.4
1750	1863.065	13.73	0:53:04	2.11	0:13:56	1:07:00	1.67
1500	1863.692	13.73	0:56:11	1.99	0:10:50	1:07:01	1.67
Total :	4.264 Km	31.41 %	2:03:17 h	2.08 Km/h	0:33:46 h	2:37:03 h	1.63 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
0.843	0:02:44	963	0:19:08	0:19:08	0.843
3.623	0:06:48	1483	1:39:28	1:20:20	2.78
4.094	0:04:19	1477	1:56:37	0:17:09	0.471
4.564	0:03:50	1564	2:14:11	0:17:34	0.47
4.74	0:03:20	1597	2:21:51	0:07:40 < 10´	0.175
5.081	0:03:40	1720	2:40:10	0:18:19	0.341
5.244	0:03:06	1785	2:51:40	0:11:30	0.163
5.338	0:04:08	1819	2:57:49	0:06:09 < 10´	0.094
6.458	0:03:09	2022	3:33:09	0:35:20	1.12
6.639	0:05:51	2084	3:42:43	0:09:34 < 10´	0.181
7.133	0:06:42	1919	3:57:57	0:15:14	0.494
Total :	0:47:37 h				

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