Track: 2019-02-09 Monte La Monna — **Date: 09/02/2019**

Track: 2019-02-09 Monte La Monna	**IBP = 115 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	13.43 Km
Analyzed distance	13.43 Km
Lineal distance	0.02 Km

Accumulated climb	1261.1 m
Accumulated descent	1263.1 m
Maximum height	1952.6 m
Minimal height	713.4 m
Climb rate	19.27 %
Descent rate	18.91 %
Positive climb difference per	93.9 m
Negative descent difference per	94.05 m

Total time	6:36:19 h
Time in movement	5:06:05 h
Stopped time	1:30:14 h

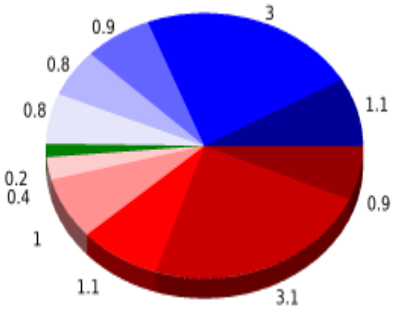
Total speed average	2.03 Km/h
Average speed in movement	2.63 Km/h
Maximum held speed	5.83 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1066 (cad. 12.6 m)
Significant points	375 (cad. 35.91 m / 35.18 %)
Aberrant points	17 (1.59 % d. total)

Direction changes per	13.85
Direction changes >5º per	11.69
Accumulated straight stretches	1.119 Km
Straight stretches per	83.32 m
Penalizables slope changes	5
Penalizables slope changes per	0.372

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Summary of slopes

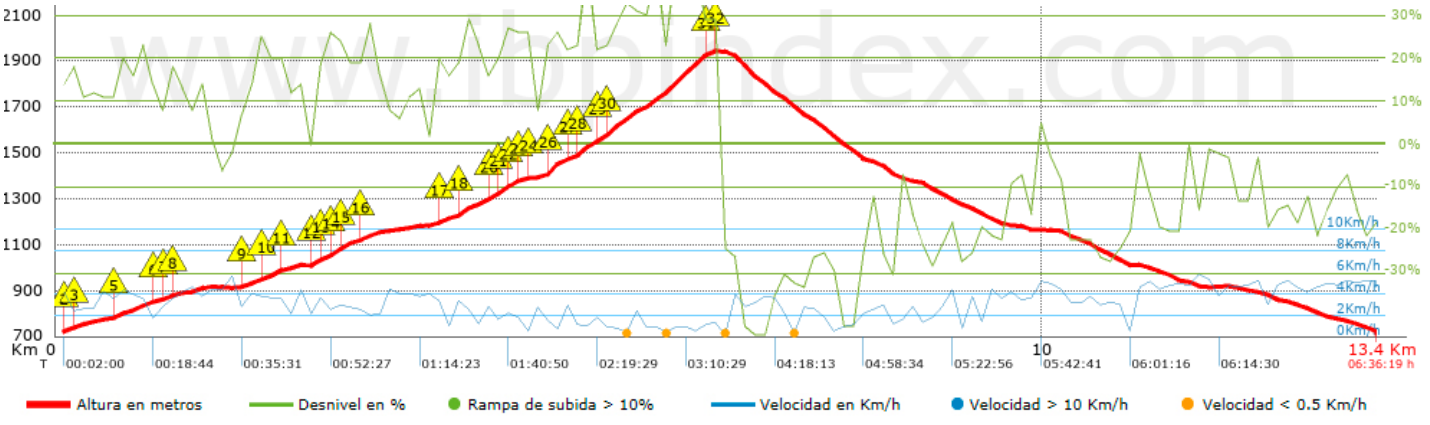


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.945	7.04	1.39	0:40:52
	Between 15 and 30%	3.06	22.78	2.21	1:23:04
	Between 10 and 15%	1.123	8.36	2.68	0:25:08
	Between 5 and 10%	0.971	7.23	3.27	0:17:48
	Between 1 and 5%	0.445	3.32	3.4	0:07:51
	Total :	6.545	48.73	2.25	2:54:43
	Plain				
	Difference of 1%	0.206	1.53	2.93	0:04:13
	Breakdown descents				
	Between 1 and 5%	0.803	5.98	3.74	0:12:53
	Between 5 and 10%	0.821	6.11	3.63	0:13:33
	Between 10 and 15%	0.898	6.69	4.12	0:13:05
	Between 15 and 30%	3.039	22.63	3.23	0:56:27
	Between 30% and 55%	1.119	8.33	2.15	0:31:11
	Total :	6.68	49.74	3.15	2:07:09
	Total track :	13.43	100 %	2.63	5:06:05

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
1	0.031	14 %	40 m
2	0.07	15 %	109 m
3	0.179	12 %	216 m
4	0.515	12 %	79 m
5	0.594	18 %	345 m
6	0.939	12 %	133 m
7	1.072	15 %	69 m
8	1.141	19 %	34 m
9	1.861	11 %	181 m
10	2.041	21 %	209 m
11	2.25	20 %	38 m
12	2.57	20 %	119 m
13	2.689	27 %	107 m
14	2.796	23 %	111 m
15	2.907	20 %	186 m
16	3.093	16 %	178 m
17	3.849	18 %	210 m
18	4.059	23 %	303 m
19	4.362	25 %	33 m
20	4.396	24 %	75 m
21	4.47	30 %	66 m
22	4.536	24 %	112 m
23	4.649	12 %	97 m
24	4.745	11 %	105 m
25	4.918	22 %	32 m
26	4.95	32 %	176 m

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27	5.126	18 %	142 m
28	5.268	32 %	193 m
29	5.461	29 %	93 m
30	5.553	34 %	1026 m
31	6.58	26 %	35 m
32	6.614	29 %	36 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
1750	1188.259	8.85	0:36:07	1.97	0:48:59	1:25:06	0.84
1500	1567.179	11.67	0:52:48	1.78	0:24:33	1:17:21	1.22
Total :	2.755 Km	20.52 %	1:28:55 h	1.86 Km/h	1:13:32 h	2:42:27 h	1.02 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
4.71	0:07:02	1382	1:45:39	1:45:39	4.71
5.047	0:03:38	1440	2:02:20	0:16:41	0.337
5.553	0:03:12	1576	2:24:02	0:21:42	0.506
5.71	0:05:46	1627	2:32:47	0:08:45 < 10´	0.157
6.136	0:04:45	1755	2:54:51	0:22:04	0.426
6.38	0:06:22	1848	3:10:29	0:15:38	0.244
6.717	0:37:52 > 10´	1953	3:29:37	0:19:08	0.336
7.403	0:06:44	1721	4:21:06	0:51:29	0.687
7.8	0:08:51	1599	4:38:12	0:17:06	0.397
9.12	0:02:18	1286	5:24:24	0:46:12	1.32
10.832	0:03:44	1019	5:57:32	0:33:08	1.712
Total :	1:30:14 h				

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