Track: 2019-02-19 Monte di Canale — **Date: 20/02/2019**

Track: 2019-02-19 Monte di Canale	**IBP = 128 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	8.62 Km
Analyzed distance	8.62 Km
Lineal distance	0.69 Km

Accumulated climb	1060.39 m
Accumulated descent	1134.99 m
Maximum height	2203.5 m
Minimal height	1186.4 m
Climb rate	25.99 %
Descent rate	25.43 %
Positive climb difference per	123.02 m
Negative descent difference per	131.67 m

Total time	7:02:20 h
Time in movement	3:46:30 h
Stopped time	3:15:50 h

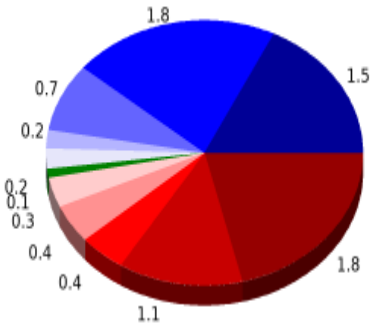
Total speed average	1.22 Km/h
Average speed in movement	2.28 Km/h
Maximum held speed	5.53 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	733 (cad. 11.76 m)
Significant points	244 (cad. 35.47 m / 33.29 %)
Aberrant points	155 (21.15 % d. total)

Direction changes per	15.55
Direction changes >5º per	12.99
Accumulated straight stretches	0.807 Km
Straight stretches per	93.62 m
Penalizables slope changes	7
Penalizables slope changes per	0.812

Find The Best bike routes
cicloide
www.cicloide.com

Summary of slopes

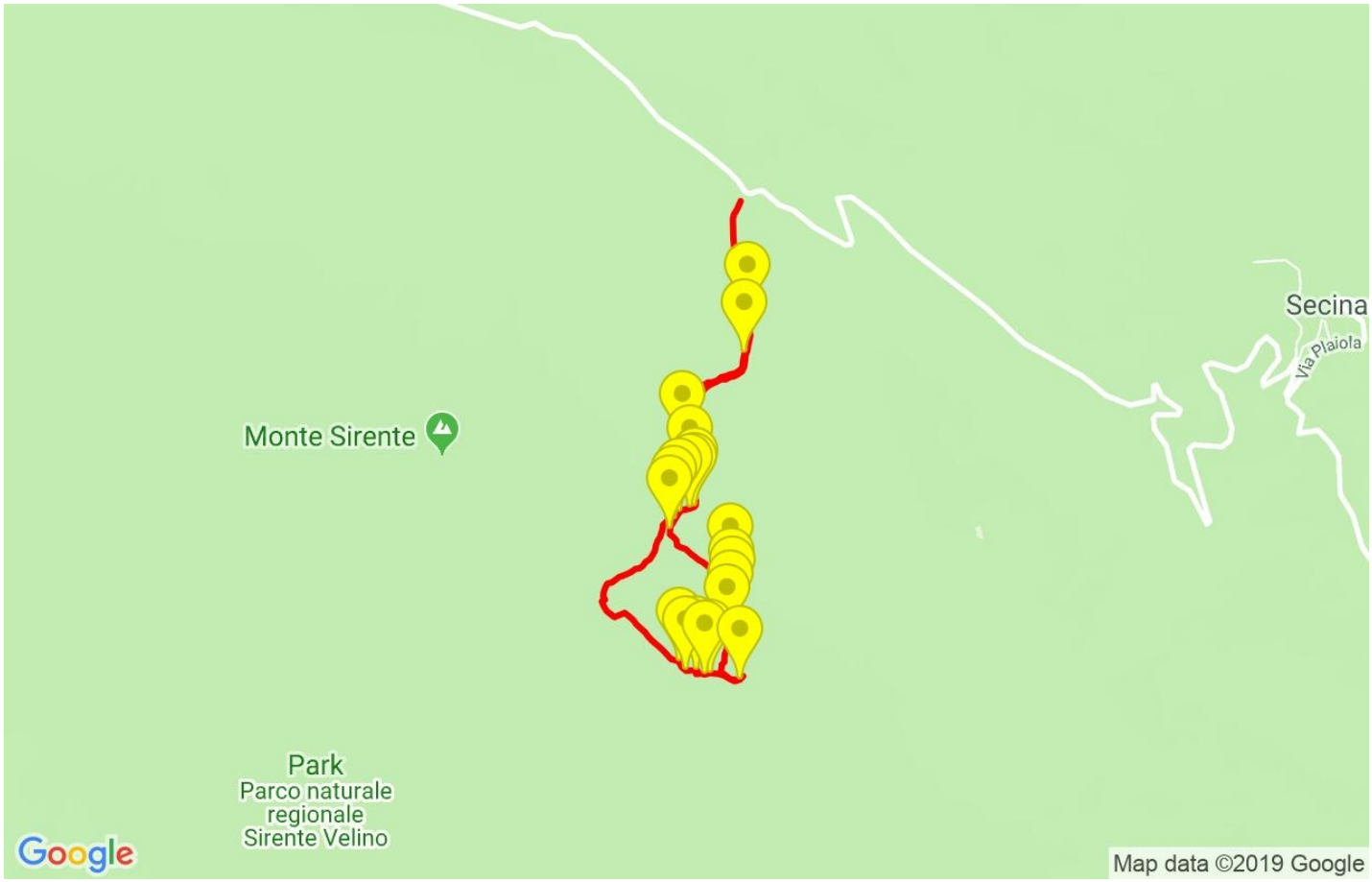


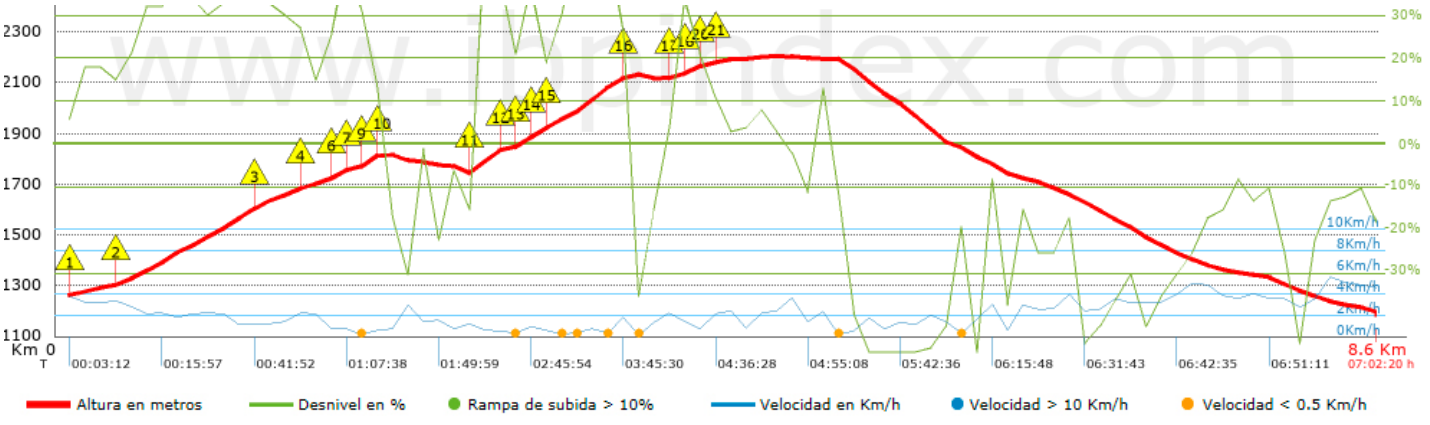
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.814	21.05	2.11	0:51:41
	Between 15 and 30%	1.147	13.3	1.82	0:37:44
	Between 10 and 15%	0.401	4.65	2.35	0:10:15
	Between 5 and 10%	0.42	4.87	2.8	0:09:00
	Between 1 and 5%	0.299	3.47	2.38	0:07:33
	Total :	4.08	47.34	2.11	1:56:13
	Plain				
	Difference of 1%	0.076	0.88	1.44	0:03:10
	Breakdown descents				
	Between 1 and 5%	0.225	2.61	2.91	0:04:38
	Between 5 and 10%	0.236	2.73	2.61	0:05:25
	Between 10 and 15%	0.744	8.63	3.19	0:14:01
	Between 15 and 30%	1.755	20.36	3	0:35:04
	Between 30% and 55%	1.504	17.45	1.88	0:47:59
	Total :	4.464	51.78	2.5	1:47:07
	Total track :	8.62	100 %	2.28	3:46:30

Copyright IBPindexTeam © 2012. All Rights Reserved

Track: 2019-02-19 Monte di Canale **Date: 20/02/2019**

Track: 2019-02-19 Monte di Canale	**IBP = 128 HKG**
These speeds are average for = HKG	
IBP index reliability= A	





Copyright IBPindexTeam © 2012. All Rights Reserved

Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.088	15 %	265 m
2	0.353	32 %	953 m
3	1.306	25 %	275 m
4	1.581	19 %	166 m
5	1.747	25 %	34 m
6	1.781	43 %	38 m
7	1.819	22 %	97 m
8	1.916	29 %	69 m
9	1.984	35 %	89 m
10	2.073	21 %	30 m
11	2.656	42 %	211 m
12	2.868	15 %	99 m
13	2.966	35 %	106 m
14	3.072	35 %	104 m
15	3.177	39 %	494 m
16	3.671	37 %	35 m
17	3.994	11 %	34 m
18	4.029	32 %	97 m
19	4.126	21 %	74 m
20	4.199	13 %	78 m
21	4.277	16 %	66 m

Copyright IBPindexTeam © 2012. All Rights Reserved

High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2000	2102.314	24.39	0:56:56	2.22	1:25:58	2:22:54	0.88
1750	2139.831	24.82	1:02:15	2.06	1:47:01	2:49:16	0.76
1500	1834.815	21.29	0:56:17	1.96	0:02:51	0:59:08	1.86
Total :	6.077 Km	70.5 %	2:55:28 h	2.08 Km/h	3:15:50 h	6:11:18 h	0.98 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
1.747	0:02:51	1713	1:00:04	1:00:04	1.747
1.819	0:11:03 > 10´	1738	1:04:37	0:04:33 < 10´	0.072
1.984	0:16:19 > 10´	1780	1:20:45	0:16:08	0.165
2.484	0:02:54	1779	1:52:10	0:31:25	0.499
2.695	0:34:30 > 10´	1755	2:02:39	0:10:29	0.211
3.072	0:04:07	1884	2:45:54	0:43:15	0.377
3.247	0:44:59 > 10´	1941	2:56:25	0:10:31	0.174
3.706	0:29:06 > 10´	2129	3:47:05	0:50:40	0.459
4.094	0:02:37	2145	4:27:27	0:40:22	0.388
4.385	0:02:33	2192	4:40:40	0:13:13	0.29
5.009	0:28:09 > 10´	2196	4:58:58	0:18:18	0.624
5.348	0:02:39	2069	5:36:22	0:37:24	0.339
5.783	0:10:43 > 10´	1865	5:57:07	0:20:45	0.435
6.062	0:03:20	1779	6:15:48	0:18:41	0.278
Total :	3:15:50 h				

Copyright IBPindexTeam © 2012. All Rights Reserved