Track: 2019-03-06 I Gemelli del Sirente — **Date: 08/03/2019**

Track: 2019-03-06 I Gemelli del Sirente	**IBP = 129 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	8.31 Km
Analyzed distance	8.31 Km
Lineal distance	0.01 Km

Accumulated climb	1089 m
Accumulated descent	1074.7 m
Maximum height	2150.1 m
Minimal height	1111.9 m
Climb rate	26.94 %
Descent rate	30.59 %
Positive climb difference per	131.05 m
Negative descent difference per	129.33 m

Total time	7:52:41 h
Time in movement	2:50:44 h
Stopped time	5:01:57 h

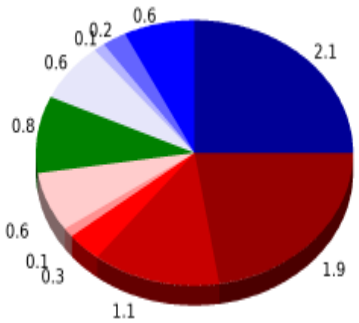
Total speed average	1.05 Km/h
Average speed in movement	2.92 Km/h
Maximum held speed	5.75 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	726 (cad. 11.44 m)
Significant points	239 (cad. 34.91 m / 32.92 %)
Aberrant points	243 (33.47 % d. total)

Direction changes per	17.45
Direction changes >5º per	12.76
Accumulated straight stretches	1.364 Km
Straight stretches per	164.14 m
Penalizables slope changes	6
Penalizables slope changes per	0.722

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Summary of slopes

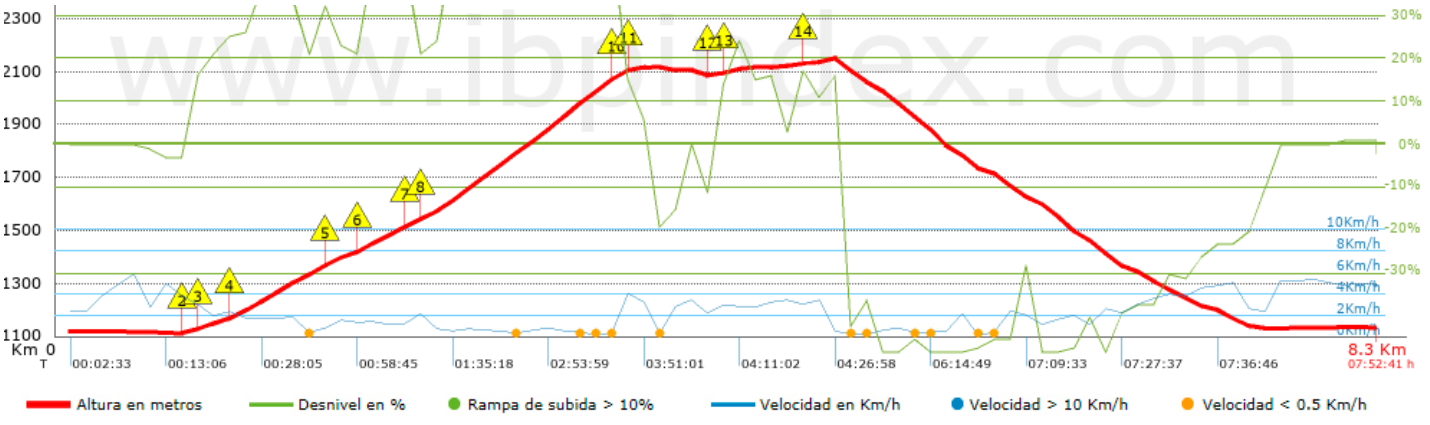


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.947	23.43	2.41	0:48:23
	Between 15 and 30%	1.05	12.64	2.17	0:29:04
	Between 10 and 15%	0.288	3.46	2.55	0:06:46
	Between 5 and 10%	0.116	1.4	3.06	0:02:17
	Between 1 and 5%	0.641	7.72	3.49	0:11:02
	Total :	4.043	48.66	2.49	1:37:32
	Plain				
	Difference of 1%	0.752	9.05	3.26	0:13:52
	Breakdown descents				
	Between 1 and 5%	0.573	6.9	4.61	0:07:27
	Between 5 and 10%	0.076	0.92	2.33	0:01:58
	Between 10 and 15%	0.175	2.11	3.39	0:03:06
	Between 15 and 30%	0.629	7.57	2.95	0:12:47
	Between 30% and 55%	2.06	24.79	3.63	0:34:02
	Total :	3.513	42.29	3.55	0:59:20
	Total track :	8.31	100 %	2.92	2:50:44

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.751	11 %	39 m
2	0.79	16 %	110 m
3	0.9	23 %	151 m
4	1.052	33 %	645 m
5	1.696	22 %	198 m
6	1.895	35 %	263 m
7	2.158	30 %	96 m
8	2.254	44 %	1212 m
9	3.466	48 %	29 m
10	3.495	30 %	64 m
11	4.096	12 %	117 m
12	4.213	11 %	112 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	1880.161	22.63	0:31:19	3.6	1:46:18	2:17:37	0.82
1750	1049.184	12.63	0:07:02	8.95	2:05:51	2:12:53	0.47
1500	1272.836	15.32	0:33:52	2.26	1:02:15	1:36:07	0.79
Total :	4.202 Km	50.58 %	1:12:13 h	3.49 Km/h	4:54:24 h	6:06:37 h	0.69 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
1.497	0:04:48	1315	0:37:48	0:37:48	1.497
1.628	0:02:45	1357	0:46:16	0:08:28 < 10´	0.131
2.254	0:02:51	1543	1:17:07	0:30:51	0.626
2.352	0:09:31	1572	1:23:34	0:06:27 < 10´	0.098
2.455	0:05:57	1612	1:35:18	0:11:44	0.103
2.55	0:05:14	1647	1:43:25	0:08:07 < 10´	0.095
2.646	0:03:00	1689	1:50:48	0:07:23 < 10´	0.096
2.71	0:30:09 > 10´	1720	1:56:13	0:05:25 < 10´	0.065
2.875	1:15:54 > 10´	1793	2:28:54	0:32:41	0.165
3.691	0:07:06	2123	3:51:53	1:22:59	0.816
4.843	2:02:10 > 10´	2145	4:23:13	0:31:20	1.153
5.664	0:03:59	1782	6:29:53	2:06:40	0.821
5.736	0:28:33 > 10´	1749	6:34:56	0:05:03 < 10´	0.071
Total :	5:01:57 h				

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