Track: 2019-03-09 Monte Sirente dal canale Maiori — **Date: 09/03/2019**

Track: 2019-03-09 Monte Sirente dal canale Maiori	**IBP = 141 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	9.37 Km
Analyzed distance	9.37 Km
Lineal distance	0 Km

Accumulated climb	1305.4 m
Accumulated descent	1221.51 m
Maximum height	2367.4 m
Minimal height	1115.8 m
Climb rate	26.34 %
Descent rate	28.09 %
Positive climb difference per	139.32 m
Negative descent difference per	130.36 m

Total time	7:15:07 h
Time in movement	3:54:44 h
Stopped time	3:20:23 h

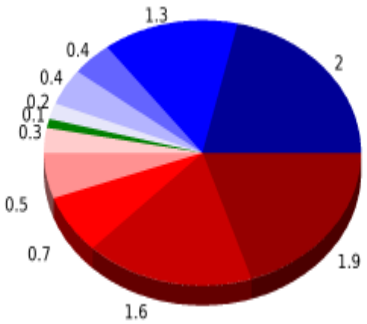
Total speed average	1.29 Km/h
Average speed in movement	2.4 Km/h
Maximum held speed	6.77 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	792 (cad. 11.83 m)
Significant points	262 (cad. 35.89 m / 33.08 %)
Aberrant points	267 (33.71 % d. total)

Direction changes per	14.19
Direction changes >5º per	10.78
Accumulated straight stretches	1.369 Km
Straight stretches per	146.1 m
Penalizables slope changes	6
Penalizables slope changes per	0.641

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Summary of slopes



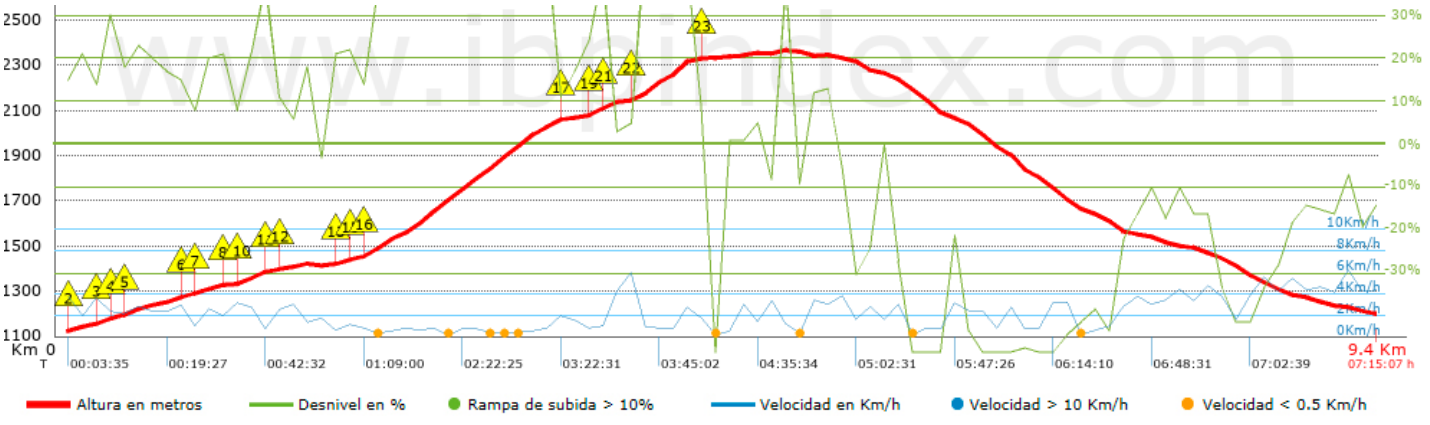
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.899	20.27	2.34	0:48:38
	Between 15 and 30%	1.583	16.9	2.03	0:46:42
	Between 10 and 15%	0.723	7.71	2.8	0:15:29
	Between 5 and 10%	0.47	5.02	1.89	0:14:56
	Between 1 and 5%	0.281	3	2.71	0:06:13
	Total :	4.956	52.91	2.25	2:11:58
	Plain				
	Difference of 1%	0.063	0.67	3.42	0:01:06
	Breakdown descents				
	Between 1 and 5%	0.233	2.49	2.23	0:06:17
	Between 5 and 10%	0.433	4.63	4.18	0:06:13
	Between 10 and 15%	0.403	4.3	2.24	0:10:46
	Between 15 and 30%	1.274	13.6	3.18	0:24:04
	Between 30% and 55%	2.005	21.41	2.21	0:54:20
	Total :	4.348	46.42	2.57	1:41:40
	Total track :	9.37	100 %	2.4	3:54:44

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
 1	0.04	15 %	36 m
 2	0.076	17 %	175 m
 3	0.251	15 %	99 m
 4	0.349	24 %	148 m
 5	0.497	18 %	370 m
 6	0.867	16 %	142 m
 7	1.009	22 %	106 m
 8	1.115	21 %	36 m
 9	1.255	18 %	37 m
 10	1.292	22 %	145 m
 11	1.437	22 %	121 m
 12	1.937	18 %	113 m
 13	2.05	22 %	30 m
 14	2.08	14 %	98 m
 15	2.178	45 %	1320 m
 16	3.498	11 %	112 m
 17	3.725	24 %	32 m
 18	3.758	23 %	73 m
 19	3.831	41 %	37 m
 20	3.868	29 %	96 m
 21	4.075	39 %	480 m
 22	4.554	27 %	34 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2250	1561.54	16.67	0:41:03	2.28	0:40:38	1:21:41	1.15
2000	1588.058	16.95	0:48:18	1.97	0:32:25	1:20:43	1.18
1750	1071.607	11.44	0:18:56	3.4	0:53:01	1:11:57	0.89
1500	1441.578	15.39	0:41:15	2.1	0:59:02	1:40:17	0.86
Total :	5.663 Km	60.45 %	2:29:32 h	2.27 Km/h	3:05:06 h	5:34:38 h	1.02 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
1.437	0:03:35	1371	0:38:57	0:38:57	1.437
1.875	0:02:58	1413	0:52:40	0:13:43	0.438
2.147	0:02:20	1450	1:06:40	0:14:00	0.272
2.21	0:06:24	1465	1:10:45	0:04:05 < 10´	0.063
2.278	0:13:03 > 10´	1490	1:18:49	0:08:04 < 10´	0.068
2.451	0:06:45	1560	1:34:15	0:15:26	0.174
2.596	0:27:00 > 10´	1621	1:45:54	0:11:39	0.144
2.842	0:08:18	1735	2:19:49	0:33:55	0.246
2.974	0:10:20 > 10´	1798	2:30:32	0:10:43	0.132
3.104	0:04:48	1860	2:43:12	0:12:40	0.13
3.176	0:17:03 > 10´	1894	2:49:58	0:06:46 < 10´	0.072
3.348	0:07:23	1976	3:08:14	0:18:16	0.172
3.725	0:02:26	2070	3:26:16	0:18:02	0.377
4.248	0:02:33	2210	3:42:29	0:16:13	0.523
4.315	0:02:50	2242	3:46:41	0:04:12 < 10´	0.067
4.62	0:28:49 > 10´	2351	4:00:35	0:13:54	0.305
5.214	0:08:59	2366	4:44:02	0:43:27	0.594
5.987	0:20:58 > 10´	2230	5:11:01	0:26:59	0.772
6.237	0:03:48	2112	5:41:36	0:30:35	0.251
6.564	0:02:23	1993	5:56:05	0:14:29	0.326
6.75	0:02:41	1904	6:02:09	0:06:04 < 10´	0.187
6.887	0:02:45	1839	6:07:11	0:05:02 < 10´	0.137
7.237	0:09:04	1680	6:20:13	0:13:02	0.35
7.349	0:03:10	1655	6:34:16	0:14:03	0.112
Total :	3:20:23 h				

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