Track: 2019-03-30 Semprevisa sentiero Nardi — **Date: 30/03/2019**

Track: 2019-03-30 Semprevisa sentiero Nardi	**IBP = 108 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	11.29 Km
Analyzed distance	11.29 Km
Lineal distance	0.01 Km

Accumulated climb	1118.27 m
Accumulated descent	1108.67 m
Maximum height	1535.37 m
Minimal height	531.3 m
Climb rate	22.65 %
Descent rate	18.24 %
Positive climb difference per	99.05 m
Negative descent difference per	98.2 m

Total time	7:09:21 h
Time in movement	4:03:20 h
Stopped time	3:06:01 h

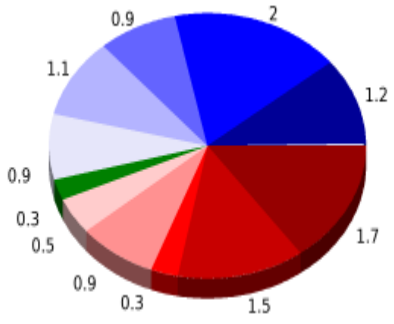
Total speed average	1.58 Km/h
Average speed in movement	2.78 Km/h
Maximum held speed	6.96 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	919 (cad. 12.29 m)
Significant points	314 (cad. 36.07 m / 34.17 %)
Aberrant points	72 (7.83 % d. total)

Direction changes per	15.59
Direction changes >5° per	12.05
Accumulated straight stretches	1.29 Km
Straight stretches per	114.26 m
Penalizables slope changes	7
Penalizables slope changes per	0.62

Find The Best bike routes
cicloide
www.cicloide.com

Summary of slopes

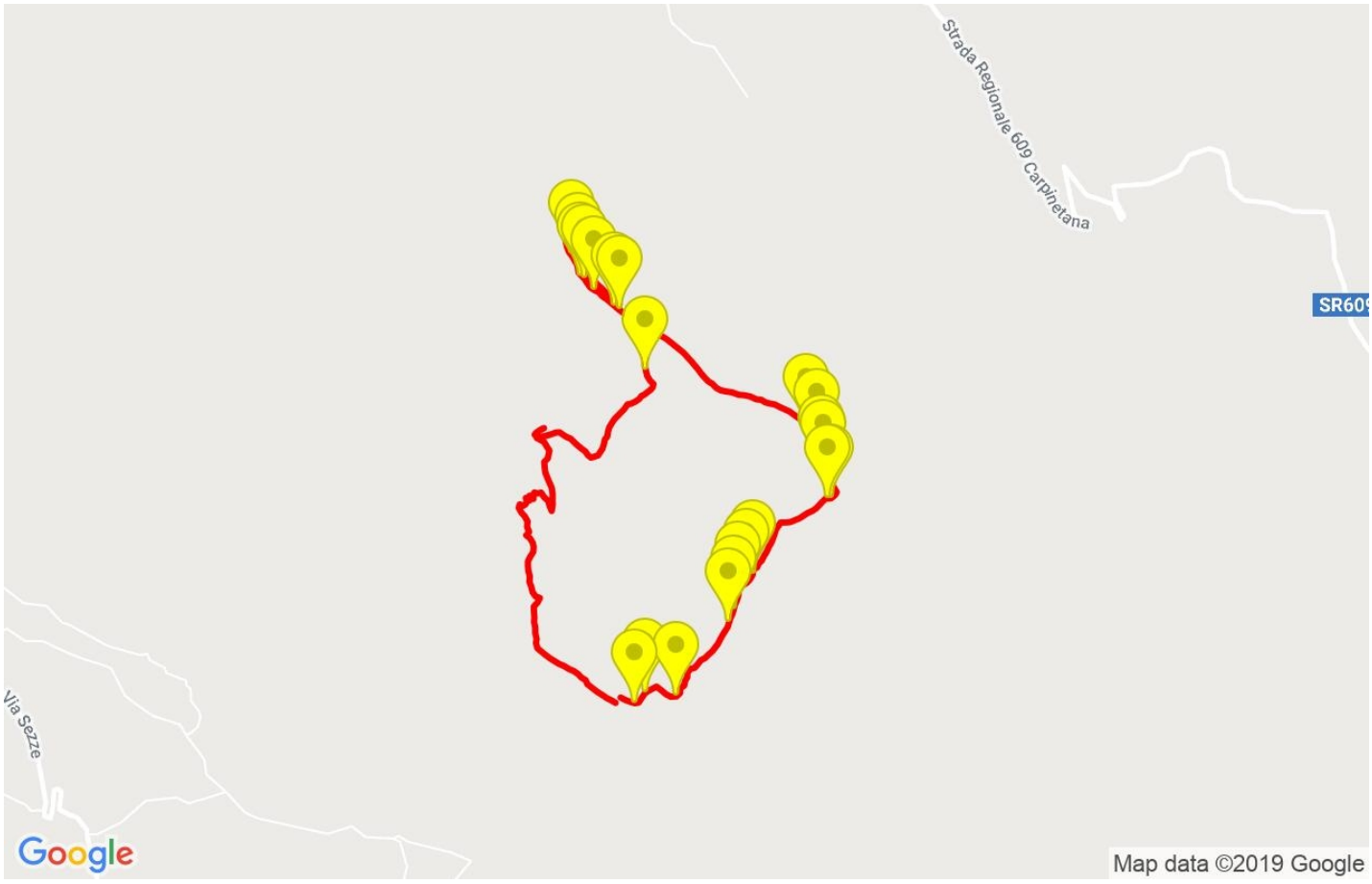


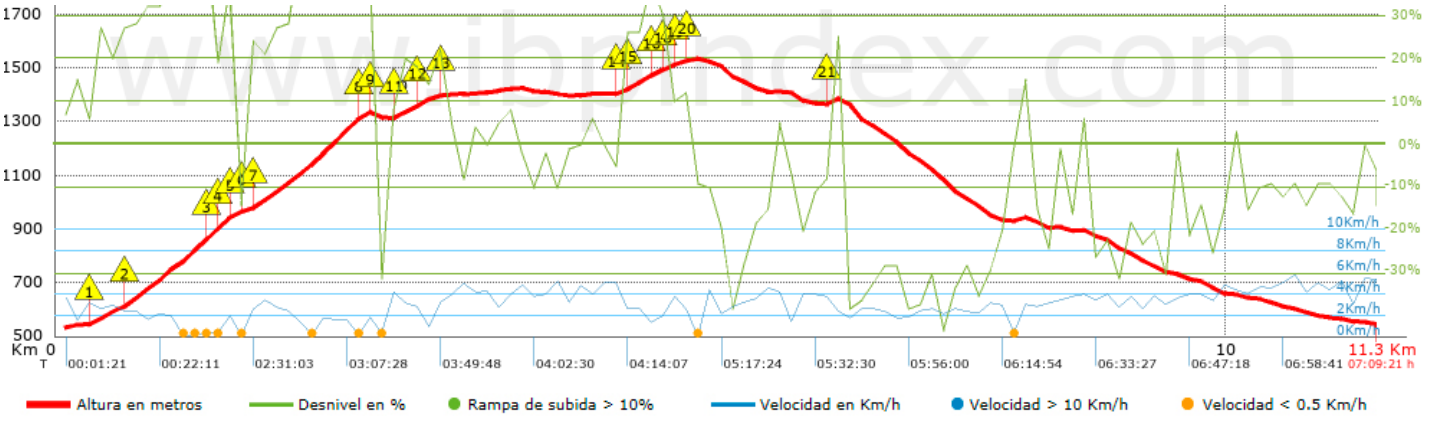
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.712	15.17	1.97	0:52:04
	Between 15 and 30%	1.534	13.59	2.38	0:38:37
	Between 10 and 15%	0.315	2.79	1.81	0:10:26
	Between 5 and 10%	0.852	7.55	3.83	0:13:22
	Between 1 and 5%	0.524	4.64	4.22	0:07:27
	Total :	4.938	43.73	2.43	2:01:56
	Plain				
	Difference of 1%	0.275	2.44	4.27	0:03:52
	Breakdown descents				
	Between 1 and 5%	0.9	7.97	3.95	0:13:41
	Between 5 and 10%	1.073	9.5	3.67	0:17:33
	Between 10 and 15%	0.934	8.28	3.9	0:14:23
	Between 15 and 30%	1.98	17.54	3.01	0:39:29
	Between 30% and 55%	1.19	10.54	2.2	0:32:26
	Total :	6.077	53.83	3.1	1:57:32
	Total track :	11.29	100 %	2.78	4:03:20

Copyright IBPindexTeam © 2012. All Rights Reserved

Track: 2019-03-30 Semprevisa sentiero Nardi **Date: 30/03/2019**

Track: 2019-03-30 Semprevisa sentiero Nardi	**IBP = 108 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	0.251	21 %	266 m
2	0.517	35 %	740 m
3	1.256	37 %	106 m
4	1.362	37 %	109 m
5	1.471	45 %	60 m
6	1.6	22 %	72 m
7	1.671	36 %	909 m
8	2.581	36 %	35 m
9	2.616	37 %	37 m
10	2.85	15 %	41 m
11	2.891	20 %	186 m
12	3.077	18 %	172 m
13	3.249	22 %	37 m
14	4.797	22 %	42 m
15	4.839	25 %	184 m
16	5.023	23 %	105 m
17	5.128	30 %	35 m
18	5.163	24 %	73 m
19	5.237	12 %	95 m
20	5.332	15 %	105 m
21	6.573	18 %	109 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
1500	504.5	4.47	0:11:42	2.59	0:43:16	0:54:58	0.55
Total :	0.505 Km	4.47 %	0:11:42 h	2.59 Km/h	0:43:16 h	0:54:58 h	0.55 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
1.02	1:09:45 > 10´	763	0:28:58	0:28:58	1.02
1.189	0:18:56 > 10´	829	1:40:41	1:11:43	0.169
1.501	0:18:18 > 10´	953	2:08:21	0:27:40	0.311
2.089	0:09:13	1115	2:44:32	0:36:11	0.589
2.48	0:14:33 > 10´	1268	3:07:28	0:22:56	0.39
2.653	0:07:21	1334	3:26:01	0:18:33	0.173
5.407	0:43:16 > 10´	1532	4:28:12	1:02:11	2.754
8.097	0:04:39	930	6:15:35	1:47:23	2.69
Total :	3:06:01 h				

Copyright IBPindexTeam © 2012. All Rights Reserved