Track: 2019-03-31 Periplo delle mura Aureliane — **Date: 01/04/2019**

Track: 2019-03-31 Periplo delle mura Aureliane	**IBP = 53 HKG**
These speeds are average for = HKG	
IBP index reliability= D	

Total length	20.52 Km
Analyzed distance	20.52 Km
Lineal distance	0.13 Km

Accumulated climb	121.55 m
Accumulated descent	115.86 m
Maximum height	71.44 m
Minimal height	11.73 m
Climb rate	3.39 %
Descent rate	3.44 %
Positive climb difference per	5.92 m
Negative descent difference per	5.65 m

Total time	7:59:22 h
Time in movement	6:08:03 h
Stopped time	1:51:19 h

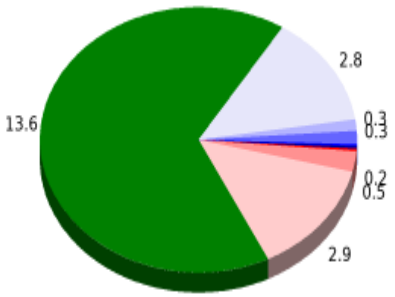
Total speed average	2.57 Km/h
Average speed in movement	3.35 Km/h
Maximum held speed	8.04 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1545 (cad. 13.28 m)
Significant points	565 (cad. 36.38 m / 36.57 %)
Aberrant points	1 (0.06 % d. total)

Direction changes per	14.91
Direction changes >5º per	11.01
Accumulated straight stretches	2.891 Km
Straight stretches per	140.89 m
Penalizables slope changes	0
Penalizables slope changes per	0

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Summary of slopes

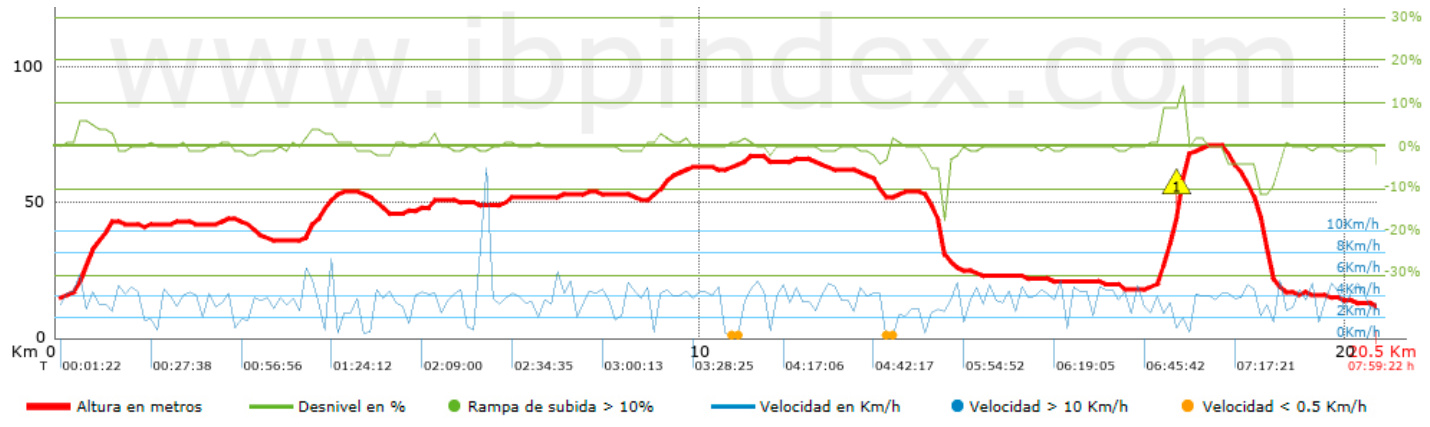


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0	0	0	0:00:00
	Between 15 and 30%	0	0	0	0:00:00
	Between 10 and 15%	0.155	0.76	2.34	0:03:59
	Between 5 and 10%	0.535	2.61	2.87	0:11:11
	Between 1 and 5%	2.899	14.13	3.61	0:48:14
	Total :	3.589	17.49	3.4	1:03:24
	Plain				
	Difference of 1%	13.558	66.08	3.32	4:05:05
	Breakdown descents				
	Between 1 and 5%	2.784	13.57	3.8	0:43:55
	Between 5 and 10%	0.298	1.45	2.48	0:07:12
	Between 10 and 15%	0.252	1.23	2	0:07:34
	Between 15 and 30%	0.037	0.18	2.53	0:00:53
	Between 30% and 55%	0	0	0	0:00:00
	Total :	3.371	16.43	3.4	0:59:34
	Total track :	20.52	100 %	3.35	6:08:03

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	17.358	13 %	155 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
Total :	0 Km	--- %	--- h	--- Km/h	--- h	--- h	--- Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
1.456	0:02:20	42	0:27:38	0:27:38	1.456
4.128	0:02:25	47	1:20:08	0:52:30	2.672
4.314	0:06:45	52	1:24:55	0:04:47 < 10´	0.187
4.704	0:09:47	54	1:38:49	0:13:54	0.389
4.847	0:03:58	52	1:50:11	0:11:22	0.144
9.159	0:04:02	51	3:11:30	1:21:19	4.312
10.322	0:22:40 > 10´	62	3:34:37	0:23:07	1.163
10.47	0:05:28	63	3:58:01	0:23:24	0.148
11.046	0:03:09	66	4:11:16	0:13:15	0.577
12.846	0:41:59 > 10´	52	4:45:52	0:34:36	1.8
13.419	0:03:33	54	5:37:09	0:51:17	0.573
17.545	0:03:33	67	7:01:41	1:24:32	4.126
20.51	0:01:40	12	7:57:42	0:56:01	2.965
Total :	1:51:19 h				

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