Track: 2019-04-06 Grotta di San Benedetto — **Date: 06/04/2019**

Track: 2019-04-06 Grotta di San Benedetto	**IBP = 71 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	10.54 Km
Analyzed distance	10.54 Km
Lineal distance	0.02 Km

Accumulated climb	662.9 m
Accumulated descent	708.6 m
Maximum height	1661.3 m
Minimal height	1125.4 m
Climb rate	15.04 %
Descent rate	12.18 %
Positive climb difference per	62.89 m
Negative descent difference per	67.23 m

Total time	6:04:20 h
Time in movement	3:47:48 h
Stopped time	2:16:32 h

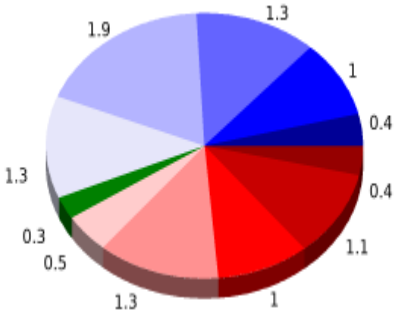
Total speed average	1.74 Km/h
Average speed in movement	2.78 Km/h
Maximum held speed	5.36 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	833 (cad. 12.65 m)
Significant points	291 (cad. 36.34 m / 34.93 %)
Aberrant points	38 (4.56 % d. total)

Direction changes per	13
Direction changes >5º per	9.96
Accumulated straight stretches	1.044 Km
Straight stretches per	99.05 m
Penalizables slope changes	6
Penalizables slope changes per	0.569

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Summary of slopes



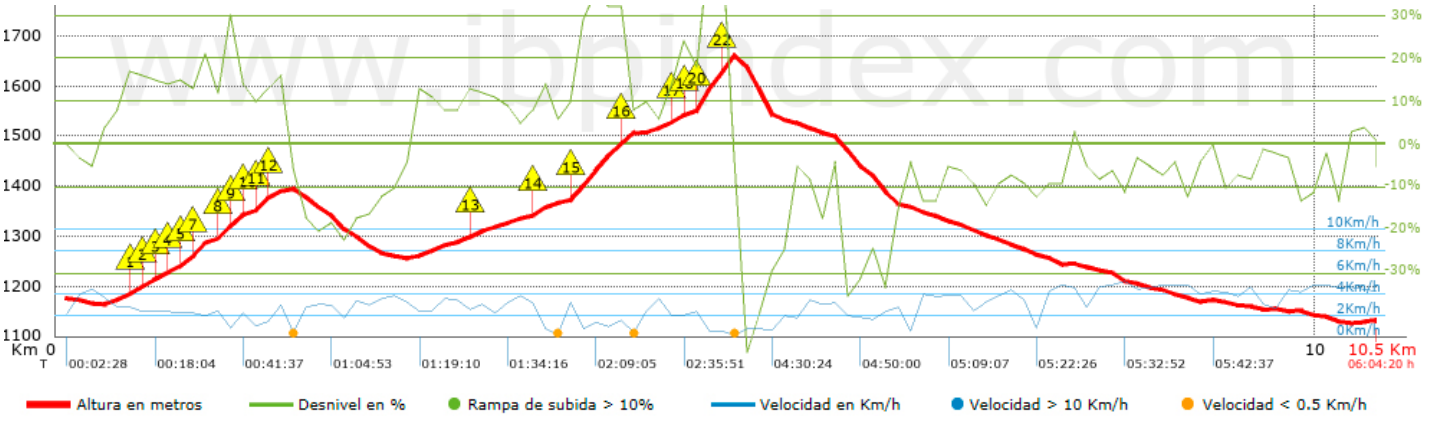
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.413	3.92	2.15	0:11:31
	Between 15 and 30%	1.124	10.66	2.05	0:32:51
	Between 10 and 15%	1.014	9.63	2.08	0:29:18
	Between 5 and 10%	1.348	12.79	3.01	0:26:54
	Between 1 and 5%	0.508	4.82	3.41	0:08:56
	Total :	4.407	41.81	2.41	1:49:30
	Plain				
	Difference of 1%	0.316	3	3.26	0:05:49
	Breakdown descents				
	Between 1 and 5%	1.287	12.21	3.42	0:22:34
	Between 5 and 10%	1.903	18.05	3.63	0:31:29
	Between 10 and 15%	1.257	11.92	2.92	0:25:47
	Between 15 and 30%	1.015	9.63	2.73	0:22:20
	Between 30% and 55%	0.355	3.37	2.07	0:10:19
	Total :	5.817	55.19	3.1	1:52:29
	Total track :	10.54	100 %	2.78	3:47:48

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.539	16 %	109 m
2	0.648	14 %	97 m
3	0.745	16 %	114 m
4	0.859	12 %	109 m
5	0.969	17 %	110 m
6	1.079	30 %	32 m
7	1.111	17 %	152 m
8	1.263	20 %	76 m
9	1.339	26 %	108 m
10	1.446	15 %	147 m
11	1.593	17 %	111 m
12	1.705	16 %	107 m
13	3.235	11 %	177 m
14	3.765	13 %	146 m
15	4.054	28 %	397 m
16	4.451	28 %	71 m
17	4.904	16 %	33 m
18	5.047	17 %	36 m
19	5.083	45 %	201 m
20	5.284	47 %	34 m
21	5.318	16 %	30 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
1500	1650.867	15.66	0:38:16	2.59	1:45:19	2:23:35	0.69
Total :	1.651 Km	15.66 %	0:38:16 h	2.59 Km/h	1:45:19 h	2:23:35 h	0.69 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
1.339	0:02:40	1310	0:35:41	0:35:41	1.339
1.812	0:06:04	1397	0:52:05	0:16:24	0.473
3.8	0:02:57	1347	1:39:11	0:47:06	1.988
3.911	0:12:18 > 10´	1361	1:44:32	0:05:21 < 10´	0.111
4.134	0:02:42	1392	2:01:52	0:17:20	0.223
4.522	0:04:29	1504	2:20:12	0:18:20	0.388
5.083	0:02:54	1550	2:39:41	0:19:29	0.561
5.148	0:08:13	1577	2:45:08	0:05:27 < 10´	0.065
5.253	1:19:49 > 10´	1626	2:54:47	0:09:39 < 10´	0.104
5.484	0:02:40	1622	4:15:28	1:20:41	0.231
5.596	0:07:14	1573	4:23:10	0:07:42 < 10´	0.112
6.74	0:04:32	1359	4:59:30	0:36:20	1.144
Total :	2:16:32 h				

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