Track: 2019-04-19 Monte Gorzano e cima della Laghetta — **Date: 20/04/2019**

Track: 2019-04-19 Monte Gorzano e cima della Laghetta	**IBP = 144 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	16.7 Km
Analyzed distance	16.7 Km
Lineal distance	0.04 Km

Accumulated climb	1401.3 m
Accumulated descent	1394.7 m
Maximum height	2459.2 m
Minimal height	1299.8 m
Climb rate	16.92 %
Descent rate	17.39 %
Positive climb difference per	83.91 m
Negative descent difference per	83.51 m

Total time	8:39:52 h
Time in movement	6:35:06 h
Stopped time	2:04:46 h

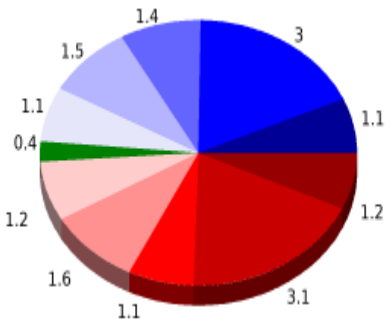
Total speed average	1.93 Km/h
Average speed in movement	2.54 Km/h
Maximum held speed	6.32 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1371 (cad. 12.18 m)
Significant points	468 (cad. 35.76 m / 34.14 %)
Aberrant points	45 (3.28 % d. total)

Direction changes per	15.15
Direction changes >5° per	11.56
Accumulated straight stretches	1.752 Km
Straight stretches per	104.91 m
Penalizables slope changes	10
Penalizables slope changes per	0.599

Find The Best bike routes
cicloide
www.cicloide.com

Summary of slopes



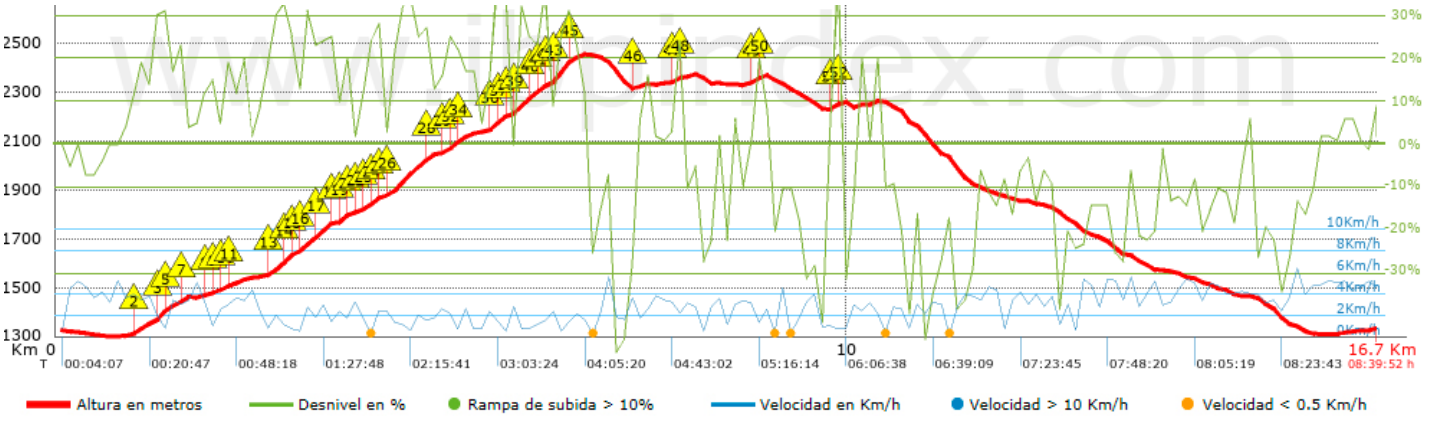
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.239	7.42	1.69	0:43:56
	Between 15 and 30%	3.136	18.78	1.88	1:40:11
	Between 10 and 15%	1.059	6.34	2.25	0:28:13
	Between 5 and 10%	1.635	9.79	2.69	0:36:31
	Between 1 and 5%	1.213	7.26	3.26	0:22:19
	Total :	8.283	49.59	2.15	3:51:10
	Plain				
	Difference of 1%	0.399	2.39	3.57	0:06:42
	Breakdown descents				
	Between 1 and 5%	1.063	6.36	3.76	0:16:58
	Between 5 and 10%	1.45	8.68	3.79	0:22:57
	Between 10 and 15%	1.402	8.39	3.6	0:23:23
	Between 15 and 30%	3.036	18.18	2.8	1:05:06
	Between 30% and 55%	1.069	6.4	2.23	0:28:50
	Total :	8.02	48.02	3.06	2:37:14
	Total track :	16.7	100 %	2.54	6:35:06

Copyright IBPindexTeam © 2012. All Rights Reserved

Track: 2019-04-19 Monte Gorzano e cima della Laghetta **Date: 20/04/2019**

Track: 2019-04-19 Monte Gorzano e cima della Laghetta	**IBP = 144 HKG**
These speeds are average for = HKG	
IBP index reliability= A	





Copyright IBPindexTeam © 2012. All Rights Reserved

Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
 1	0.926	11 %	78 m
 2	1.004	19 %	224 m
 3	1.228	33 %	139 m
 4	1.367	21 %	40 m
 5	1.407	17 %	115 m
 6	1.522	22 %	80 m
 7	1.601	30 %	37 m
 8	1.844	12 %	78 m
 9	1.922	14 %	114 m
 10	2.139	15 %	217 m
 11	2.644	19 %	41 m
 12	2.685	31 %	200 m
 13	2.885	24 %	100 m
 14	2.985	17 %	97 m
 15	3.082	28 %	177 m
 16	3.26	29 %	177 m
 17	3.579	32 %	65 m
 18	3.644	19 %	35 m
 19	3.679	15 %	77 m
 20	3.756	13 %	103 m
 21	3.859	18 %	68 m
 22	3.927	25 %	134 m
 23	4.062	18 %	37 m
 24	4.194	30 %	439 m
 25	4.634	28 %	76 m
 26	4.71	11 %	109 m

Copyright IBPindexTeam © 2012. All Rights Reserved

27	4.819	12 %	108 m
28	4.927	25 %	37 m
29	4.964	28 %	31 m
30	4.995	24 %	77 m
31	5.072	13 %	36 m
32	5.107	18 %	137 m
33	5.415	16 %	37 m
34	5.451	20 %	71 m
35	5.522	28 %	103 m
36	5.626	18 %	134 m
37	5.76	29 %	180 m
38	5.94	26 %	109 m
39	6.048	18 %	100 m
40	6.148	27 %	112 m
41	6.26	39 %	171 m
42	6.431	28 %	70 m
43	6.501	15 %	181 m
44	7.309	13 %	113 m
45	7.784	13 %	40 m
46	7.824	17 %	111 m
47	8.798	21 %	37 m
48	8.835	24 %	73 m
49	9.825	32 %	108 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
2250	3967.493	23.75	1:54:10	2.09	0:44:46	2:38:56	1.5
2000	2799.548	16.76	1:13:08	2.3	0:50:17	2:03:25	1.36
1750	2735.011	16.38	1:12:53	2.25	0:16:34	1:29:27	1.83
1500	2945.712	17.64	1:03:43	2.77	0:06:52	1:10:35	2.5
Total :	12.448 Km	74.53 %	5:23:54 h	2.31 Km/h	1:58:29 h	7:22:23 h	1.69 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
1.293	0:03:01	1380	0:23:49	0:23:49	1.293
2.916	0:06:52	1622	1:08:33	0:44:44	1.623
3.895	0:06:31	1826	1:46:31	0:37:58	0.98
4.425	0:03:48	1952	2:11:53	0:25:22	0.529
4.964	0:02:44	2067	2:33:01	0:21:08	0.539
5.214	0:02:32	2117	2:42:16	0:09:15 < 10´	0.25
5.306	0:10:46 > 10´	2132	2:47:28	0:05:12 < 10´	0.092
5.558	0:03:22	2172	3:03:24	0:15:56	0.252
5.76	0:04:29	2210	3:13:54	0:10:30	0.202
5.827	0:09:19	2228	3:19:46	0:05:52 < 10´	0.067
6.331	0:04:16	2367	3:47:08	0:27:22	0.504
6.717	0:12:08 > 10´	2457	4:06:17	0:19:09	0.386
8.082	0:04:20	2371	4:50:53	0:44:36	1.366
8.981	0:04:28	2367	5:20:17	0:29:24	0.899
9.235	0:06:41	2314	5:31:29	0:11:12	0.255
9.825	0:02:54	2233	5:57:17	0:25:48	0.59
9.934	0:02:22	2268	6:04:16	0:06:59 < 10´	0.108
10.427	0:04:42	2261	6:18:17	0:14:01	0.493
10.736	0:02:49	2192	6:28:09	0:09:52 < 10´	0.309
11.212	0:17:11 > 10´	2041	6:42:13	0:14:04	0.477
11.947	0:02:53	1875	7:16:40	0:34:27	0.735
12.785	0:03:22	1780	7:35:31	0:18:51	0.838
Total :	2:04:46 h				

Copyright IBPindexTeam © 2012. All Rights Reserved