Track: 2019-05-11 Rifugio Sebastiani	**IBP = 79 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	14.36 Km
Analyzed distance	14.36 Km
Lineal distance	0.02 Km

Accumulated climb	599.4 m
Accumulated descent	600.9 m
Maximum height	2104.5 m
Minimal height	1557 m
Climb rate	8.95 %
Descent rate	8.93 %
Positive climb difference per	41.74 m
Negative descent difference per	41.85 m

Total time	5:52:43 h
Time in movement	4:39:21 h
Stopped time	1:13:22 h

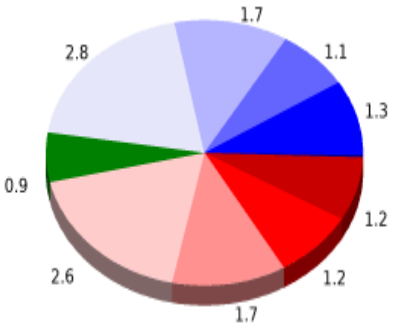
Total speed average	2.44 Km/h
Average speed in movement	3.08 Km/h
Maximum held speed	7.5 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1095 (cad. 13.12 m)
Significant points	401 (cad. 35.91 m / 36.62 %)
Aberrant points	2 (0.18 % d. total)

Direction changes per	14.55
Direction changes >5º per	11.28
Accumulated straight stretches	2.269 Km
Straight stretches per	158.01 m
Penalizables slope changes	3
Penalizables slope changes per	0.209

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Summary of slopes



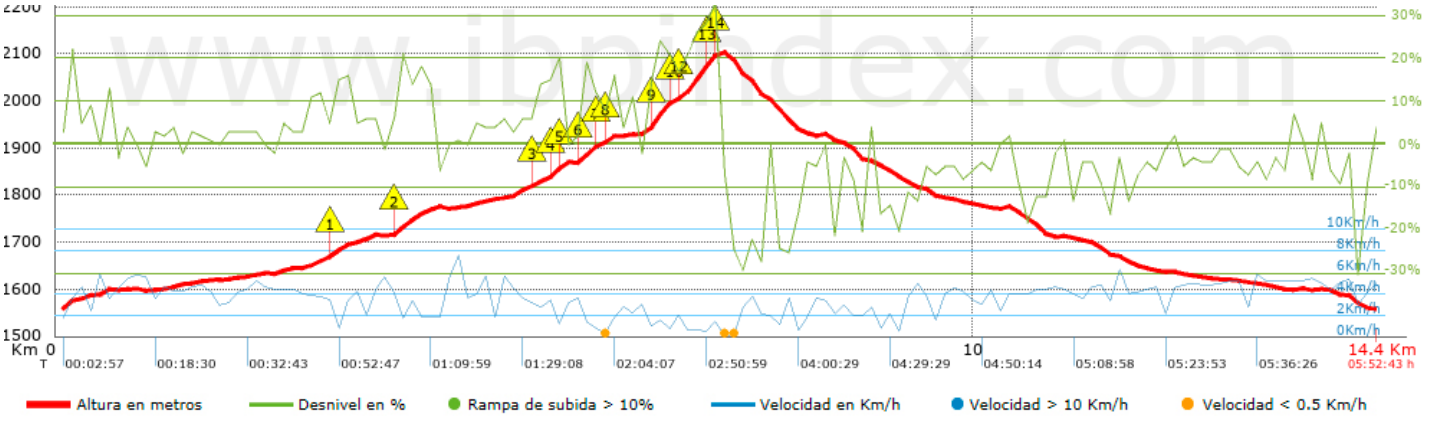
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.033	0.23	1.35	0:01:29
	Between 15 and 30%	1.201	8.36	1.7	0:42:22
	Between 10 and 15%	1.186	8.25	2.6	0:27:19
	Between 5 and 10%	1.671	11.63	3.36	0:29:48
	Between 1 and 5%	2.606	18.14	3.77	0:41:30
	Total :	6.696	46.62	2.82	2:22:28
	Plain				
	Difference of 1%	0.938	6.53	3.46	0:16:16
	Breakdown descents				
	Between 1 and 5%	2.755	19.18	3.94	0:41:57
	Between 5 and 10%	1.669	11.62	3.29	0:30:25
	Between 10 and 15%	1.055	7.35	3.4	0:18:36
	Between 15 and 30%	1.251	8.71	2.53	0:29:39
	Between 30% and 55%	0	0	0	0:00:00
	Total :	6.73	46.85	3.35	2:00:37
	Total track :	14.36	100 %	3.08	4:39:21

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Track: 2019-05-11 Rifugio Sebastiani **Date: 11/05/2019**

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	2.975	12 %	209 m
2	3.655	13 %	395 m
3	5.192	11 %	168 m
4	5.36	17 %	109 m
5	5.468	19 %	41 m
6	5.687	19 %	136 m
7	5.999	15 %	96 m
8	6.461	23 %	187 m
9	6.648	11 %	101 m
10	6.749	17 %	35 m
11	6.783	25 %	308 m
12	7.091	16 %	36 m
13	7.128	21 %	68 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2000	1009.091	7.03	0:28:06	2.15	0:50:52	1:18:58	0.77
1750	5675.554	39.51	2:11:17	2.59	0:22:30	2:33:47	2.21
1500	7679.341	53.46	1:59:58	3.84		1:59:58	3.84
Total :	14.364 Km	100 %	4:39:21 h	3.09 Km/h	1:13:22 h	5:52:43 h	2.44 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
5.823	0:02:18	1899	1:49:21	1:49:21	5.823
5.889	0:07:15	1906	1:52:50	0:03:29 < 10´	0.066
6.573	0:03:15	1971	2:23:38	0:30:48	0.684
6.82	0:06:25	2014	2:34:26	0:10:48	0.247
6.952	0:03:22	2046	2:44:24	0:09:58 < 10´	0.132
7.161	0:02:48	2097	2:55:36	0:11:12	0.21
7.229	0:38:17 > 10´	2105	2:59:25	0:03:49 < 10´	0.068
8.032	0:02:57	1945	3:57:32	0:58:07	0.803
8.914	0:02:42	1873	4:23:40	0:26:08	0.882
9.127	0:04:03	1846	4:30:05	0:06:25 < 10´	0.212
Total :	1:13:22 h				

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