Track: 2019-06-05Cresta di Iaccio dei M. e Murolungo — **Date: 05/06/2019**

Track: 2019-06-05Cresta di Iaccio dei M. e Murolungo	**IBP = 141 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	14.99 Km
Analyzed distance	14.99 Km
Lineal distance	0.01 Km

Accumulated climb	1414.7 m
Accumulated descent	1389.2 m
Maximum height	2183.3 m
Minimal height	952.8 m
Climb rate	20.6 %
Descent rate	17.75 %
Positive climb difference per	94.38 m
Negative descent difference per	92.68 m

Total time	7:53:16 h
Time in movement	5:31:03 h
Stopped time	2:22:13 h

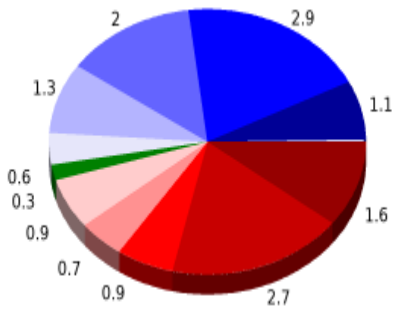
Total speed average	1.9 Km/h
Average speed in movement	2.72 Km/h
Maximum held speed	6.65 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1197 (cad. 12.52 m)
Significant points	420 (cad. 35.77 m / 35.09 %)
Aberrant points	52 (4.34 % d. total)

Direction changes per	14.81
Direction changes >5° per	11.21
Accumulated straight stretches	2.27 Km
Straight stretches per	151.43 m
Penalizables slope changes	8
Penalizables slope changes per	0.534

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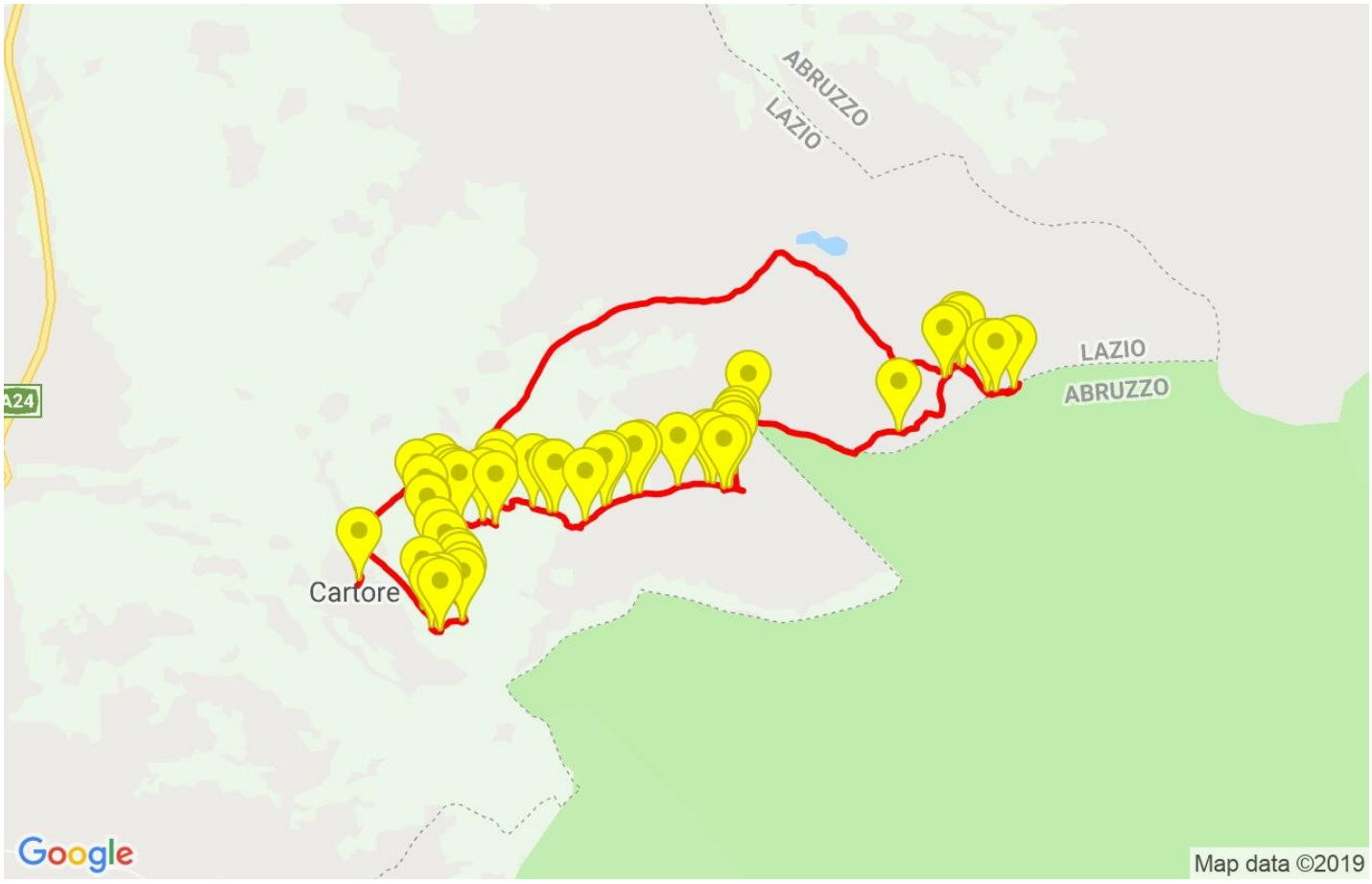
Summary of slopes

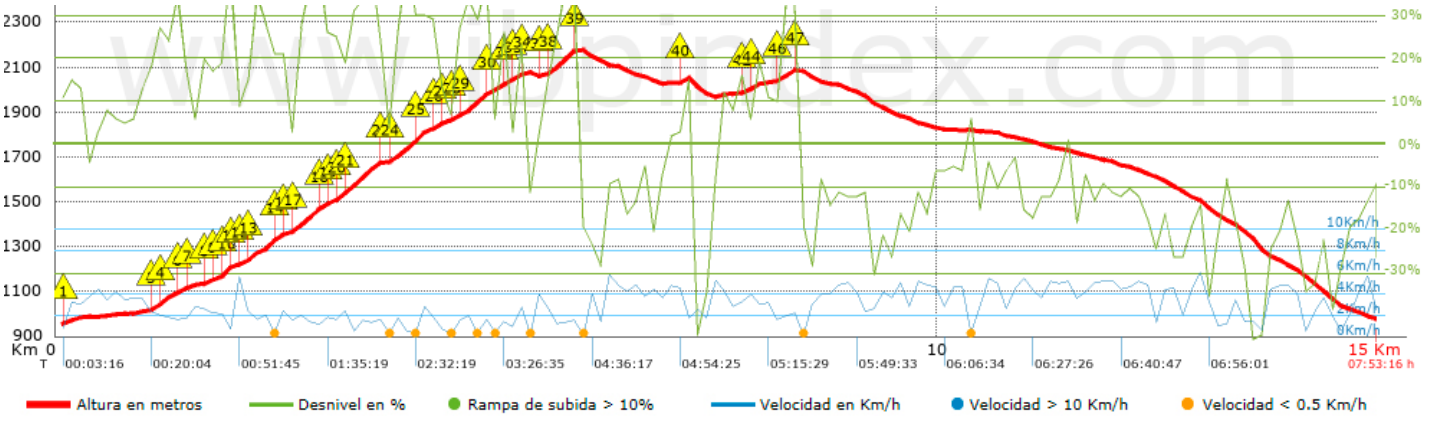


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.623	10.83	1.7	0:57:15
	Between 15 and 30%	2.722	18.16	2	1:21:35
	Between 10 and 15%	0.921	6.15	2.52	0:21:55
	Between 5 and 10%	0.749	5	4.67	0:09:37
	Between 1 and 5%	0.854	5.7	3.1	0:16:31
	Total :	6.869	45.83	2.21	3:06:53
	Plain				
	Difference of 1%	0.292	1.95	4.68	0:03:45
	Breakdown descents				
	Between 1 and 5%	0.576	3.85	4.39	0:07:53
	Between 5 and 10%	1.284	8.56	3.93	0:19:36
	Between 10 and 15%	1.974	13.17	4.33	0:27:22
	Between 15 and 30%	2.895	19.32	3.04	0:57:11
	Between 30% and 55%	1.097	7.32	2.32	0:28:23
	Total :	7.826	52.22	3.34	2:20:25
	Total track :	14.99	100 %	2.72	5:31:03

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
 1	0.031	13 %	227 m
 2	1.029	19 %	70 m
 3	1.099	25 %	35 m
 4	1.134	28 %	183 m
 5	1.317	29 %	67 m
 6	1.384	17 %	72 m
 7	1.456	19 %	36 m
 8	1.634	16 %	106 m
 9	1.741	18 %	173 m
 10	1.914	33 %	32 m
 11	1.946	26 %	128 m
 12	2.074	18 %	141 m
 13	2.215	34 %	211 m
 14	2.427	22 %	120 m
 15	2.547	21 %	41 m
 16	2.588	17 %	69 m
 17	2.656	30 %	278 m
 18	2.935	29 %	113 m
 19	3.048	24 %	109 m
 20	3.157	27 %	114 m
 21	3.271	35 %	369 m
 22	3.639	24 %	32 m
 23	3.769	21 %	34 m
 24	3.802	31 %	307 m
 25	4.109	32 %	180 m
 26	4.289	20 %	31 m

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27	4.32	12 %	184 m
28	4.504	19 %	40 m
29	4.544	32 %	283 m
30	4.827	23 %	214 m
31	5.042	26 %	37 m
32	5.079	20 %	108 m
33	5.187	35 %	41 m
34	5.227	24 %	78 m
35	5.48	13 %	38 m
36	5.518	15 %	37 m
37	5.555	24 %	36 m
38	5.591	33 %	279 m
39	5.87	29 %	32 m
40	7.073	21 %	101 m
41	7.72	16 %	35 m
42	7.755	14 %	110 m
43	7.866	22 %	31 m
44	7.897	18 %	108 m
45	8.144	11 %	68 m
46	8.212	24 %	138 m
47	8.349	33 %	35 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	3428.87	22.88	1:21:37	2.52	0:53:28	2:15:05	1.52
1750	3785.066	25.26	1:12:18	3.14	0:38:52	1:51:10	2.04
1500	2624.6	17.51	0:51:42	3.05	0:19:56	1:11:38	2.2
Total :	9.839 Km	65.65 %	3:25:37 h	2.87 Km/h	1:52:16 h	5:17:53 h	1.86 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
1.946	0:03:48	1188	0:46:12	0:46:12	1.946
2.395	0:07:26	1308	1:03:11	0:16:59	0.449
3.337	0:04:31	1562	1:45:21	0:42:10	0.942
3.671	0:06:37	1675	2:02:05	0:16:44	0.334
3.904	0:08:48	1710	2:14:31	0:12:26	0.233
4.046	0:06:14	1761	2:26:05	0:11:34	0.142
4.289	0:02:30	1838	2:41:40	0:15:35	0.243
4.438	0:07:59	1861	2:47:18	0:05:38 < 10´	0.149
4.656	0:09:30	1905	3:00:32	0:13:14	0.218
4.9	0:05:18	1989	3:16:54	0:16:22	0.243
5.305	0:11:26 > 10´	2077	3:34:33	0:17:39	0.406
5.902	0:27:45 > 10´	2181	4:04:17	0:29:44	0.597
8.384	0:14:17 > 10´	2086	5:23:25	1:19:08	2.482
10.338	0:07:21	1819	6:09:55	0:46:30	1.954
13.556	0:04:22	1338	7:09:49	0:59:54	3.219
13.619	0:02:50	1311	7:15:29	0:05:40 < 10´	0.063
14.077	0:04:21	1196	7:26:53	0:11:24	0.457
14.509	0:04:14	1054	7:41:23	0:14:30	0.432
14.985	0:00:34	979	7:52:42	0:11:19	0.477
Total :	2:22:13 h				

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