Track: 2019-06-08 M. Sirente per la Valle Lupara — **Date: 08/06/2019**

Track: 2019-06-08 M. Sirente per la Valle Lupara	**IBP = 138 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	15.64 Km
Analyzed distance	15.64 Km
Lineal distance	0.02 Km

Accumulated climb	1367.88 m
Accumulated descent	1272.08 m
Maximum height	2340 m
Minimal height	1105.2 m
Climb rate	21.32 %
Descent rate	14.86 %
Positive climb difference per	87.46 m
Negative descent difference per	81.34 m

Total time	7:23:43 h
Time in movement	5:40:10 h
Stopped time	1:43:33 h

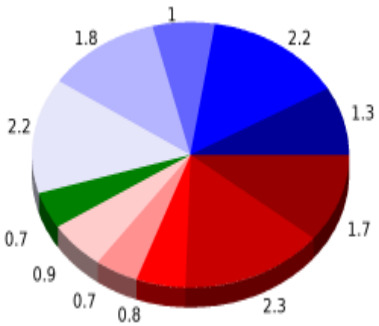
Total speed average	2.11 Km/h
Average speed in movement	2.76 Km/h
Maximum held speed	6.91 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1277 (cad. 12.25 m)
Significant points	437 (cad. 35.87 m / 34.22 %)
Aberrant points	129 (10.1 % d. total)

Direction changes per	14.39
Direction changes >5° per	11.32
Accumulated straight stretches	2.312 Km
Straight stretches per	147.83 m
Penalizables slope changes	8
Penalizables slope changes per	0.512

Find The Best bike routes
cicloide
www.cicloide.com

Summary of slopes

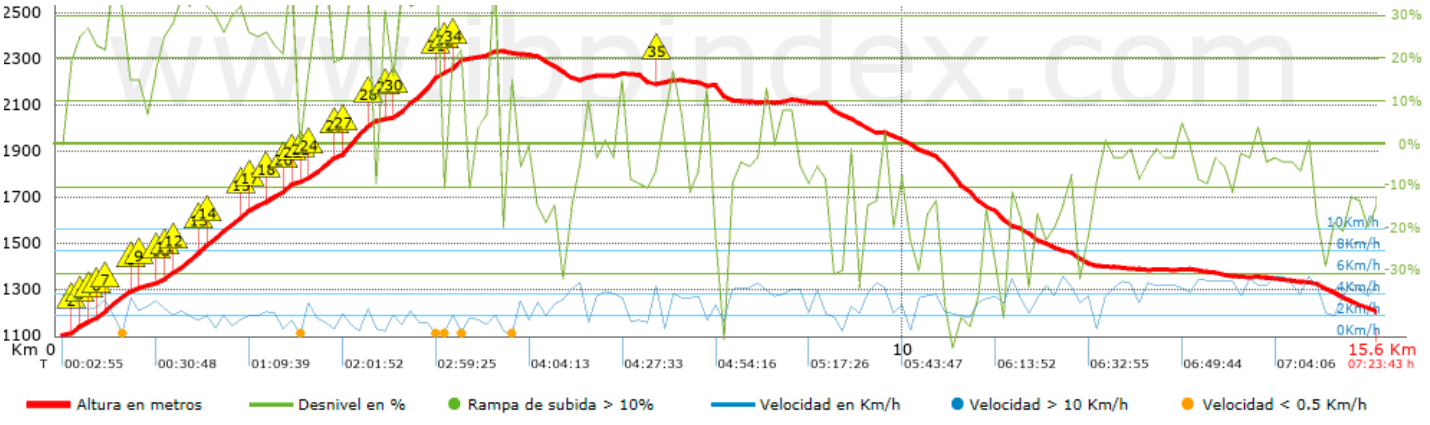


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.727	11.04	1.76	0:58:45
	Between 15 and 30%	2.272	14.53	2.29	0:59:32
	Between 10 and 15%	0.789	5.04	2.84	0:16:39
	Between 5 and 10%	0.732	4.68	2.68	0:16:22
	Between 1 and 5%	0.894	5.72	3.94	0:13:37
	Total :	6.415	41.01	2.33	2:44:55
	Plain				
	Difference of 1%	0.663	4.24	2.94	0:13:32
	Breakdown descents				
	Between 1 and 5%	2.215	14.17	4.13	0:32:09
	Between 5 and 10%	1.787	11.42	3.51	0:30:35
	Between 10 and 15%	1.006	6.43	3.44	0:17:34
	Between 15 and 30%	2.243	14.34	3.23	0:41:37
	Between 30% and 55%	1.311	8.38	1.98	0:39:48
	Total :	8.562	54.74	3.18	2:41:43
	Total track :	15.64	100 %	2.76	5:40:10

Copyright IBPindexTeam © 2012. All Rights Reserved

Track: 2019-06-08 M. Sirente per la Valle Lupara	**IBP = 138 HKG**
These speeds are average for = HKG	
IBP index reliability= A	





Copyright IBPindexTeam © 2012. All Rights Reserved

Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
 1	0.11	17 %	81 m
 2	0.191	23 %	117 m
 3	0.309	19 %	41 m
 4	0.35	23 %	73 m
 5	0.423	23 %	38 m
 6	0.461	25 %	109 m
 7	0.569	32 %	253 m
 8	0.822	13 %	179 m
 9	1.117	12 %	115 m
 10	1.232	23 %	114 m
 11	1.346	31 %	352 m
 12	1.698	29 %	101 m
 13	1.799	30 %	413 m
 14	2.212	34 %	33 m
 15	2.244	20 %	71 m
 16	2.316	23 %	168 m
 17	2.484	21 %	138 m
 18	2.621	21 %	72 m
 19	2.694	35 %	77 m
 20	2.771	30 %	32 m
 21	2.879	14 %	70 m
 22	2.949	16 %	66 m
 23	3.015	36 %	210 m
 24	3.225	14 %	110 m
 25	3.336	20 %	31 m
 26	3.366	39 %	344 m

Copyright IBPindexTeam © 2012. All Rights Reserved

27	3.711	48 %	31 m
28	3.844	14 %	139 m
29	3.983	36 %	482 m
30	4.465	20 %	99 m
31	4.564	19 %	101 m
32	4.666	47 %	36 m
33	4.701	29 %	68 m
34	7.108	11 %	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	1329.126	8.5	0:31:44	2.51	0:30:51	1:02:35	1.27
2000	4562.428	29.17	1:45:39	2.59	0:31:48	2:17:27	1.99
1750	2053.585	13.13	0:53:11	2.32	0:26:54	1:20:05	1.54
1500	1957.547	12.52	0:49:57	2.35	0:05:19	0:55:16	2.13
Total :	9.903 Km	63.32 %	4:00:31 h	2.47 Km/h	1:34:52 h	5:35:23 h	1.77 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
0.684	0:05:48	1241	0:16:07	0:16:07	0.684
1.769	0:02:14	1493	0:49:57	0:33:50	1.085
2.584	0:03:05	1708	1:19:34	0:29:37	0.815
2.771	0:16:14 > 10´	1757	1:27:23	0:07:49 < 10´	0.186
3.192	0:02:46	1854	1:54:50	0:27:27	0.422
3.514	0:03:41	1947	2:09:06	0:14:16	0.321
3.677	0:02:57	2007	2:16:52	0:07:46 < 10´	0.163
3.844	0:04:29	2029	2:23:30	0:06:38 < 10´	0.167
4.401	0:17:32 > 10´	2189	2:48:15	0:24:45	0.556
4.737	0:04:55	2288	3:14:09	0:25:54	0.337
5.203	0:06:55	2339	3:31:19	0:17:10	0.466
5.343	0:19:01 > 10´	2322	3:40:09	0:08:50 < 10´	0.14
7.108	0:02:39	2188	4:39:22	0:59:13	1.765
9.214	0:04:11	2069	5:24:18	0:44:56	2.105
10.001	0:04:13	1953	5:44:15	0:19:57	0.787
12.235	0:02:53	1408	6:33:40	0:49:25	2.235
Total :	1:43:33 h				

Copyright IBPindexTeam © 2012. All Rights Reserved