Track: 2019-07-06 Palazzo Borghese e M. Le Porche — **Date: 06/07/2019**

Track: 2019-07-06 Palazzo Borghese e M. Le Porche	**IBP = 128 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	17.97 Km
Analyzed distance	17.97 Km
Lineal distance	0.01 Km

Accumulated climb	1227.2 m
Accumulated descent	1211.3 m
Maximum height	2230.9 m
Minimal height	1313.3 m
Climb rate	14.12 %
Descent rate	13.55 %
Positive climb difference per	68.29 m
Negative descent difference per	67.41 m

Total time	6:10:28 h
Time in movement	4:53:09 h
Stopped time	1:17:19 h

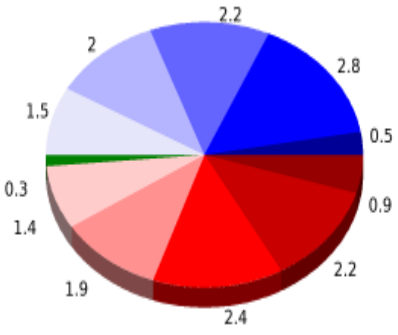
Total speed average	2.91 Km/h
Average speed in movement	3.68 Km/h
Maximum held speed	7.78 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1323 (cad. 13.58 m)
Significant points	491 (cad. 36.66 m / 37.11 %)
Aberrant points	35 (2.65 % d. total)

Direction changes per	12.58
Direction changes >5° per	8.9
Accumulated straight stretches	2.429 Km
Straight stretches per	135.17 m
Penalizables slope changes	10
Penalizables slope changes per	0.557

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Summary of slopes

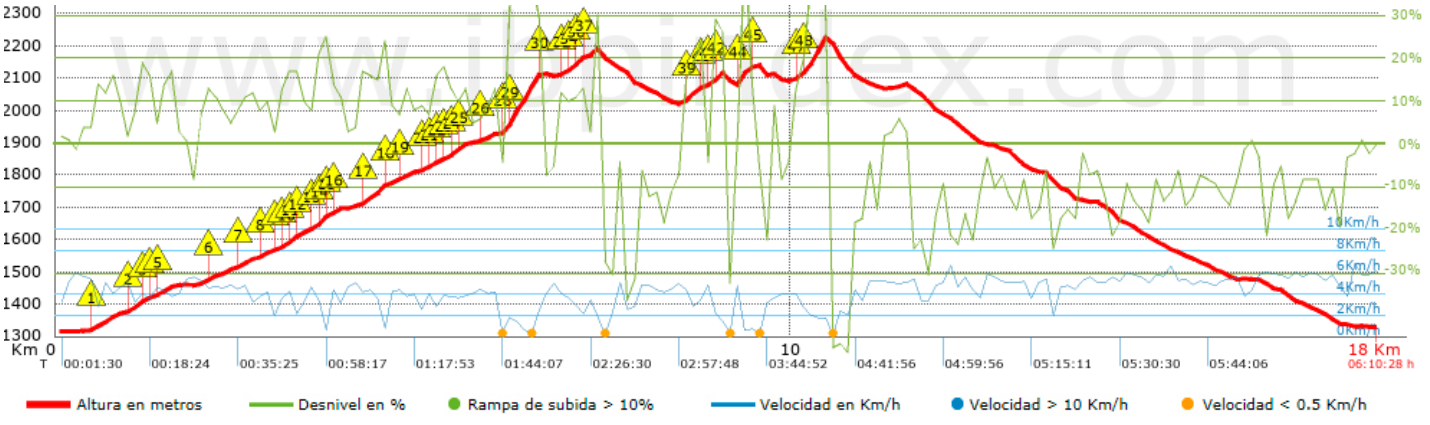


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.862	4.8	1.85	0:27:56
	Between 15 and 30%	2.199	12.24	2.89	0:45:36
	Between 10 and 15%	2.354	13.1	3.9	0:36:12
	Between 5 and 10%	1.886	10.5	3.85	0:29:23
	Between 1 and 5%	1.387	7.72	3.77	0:22:04
	Total :	8.688	48.36	3.23	2:41:11
	Plain				
	Difference of 1%	0.335	1.86	5.18	0:03:53
	Breakdown descents				
	Between 1 and 5%	1.492	8.3	4.62	0:19:22
	Between 5 and 10%	2.014	11.21	5.09	0:23:45
	Between 10 and 15%	2.15	11.96	4.68	0:27:34
	Between 15 and 30%	2.795	15.56	3.86	0:43:29
	Between 30% and 55%	0.492	2.74	2.12	0:13:55
	Total :	8.942	49.77	4.19	2:08:05
	Total track :	17.97	100 %	3.68	4:53:09

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
 1	0.482	12 %	363 m
 2	0.962	12 %	187 m
 3	1.149	18 %	114 m
 4	1.263	15 %	32 m
 5	1.417	15 %	179 m
 6	2.035	12 %	263 m
 7	2.468	11 %	289 m
 8	2.757	11 %	116 m
 9	2.98	12 %	102 m
 10	3.082	14 %	39 m
 11	3.121	18 %	97 m
 12	3.218	11 %	287 m
 13	3.506	16 %	38 m
 14	3.544	22 %	98 m
 15	3.642	20 %	78 m
 16	3.72	13 %	83 m
 17	4.117	17 %	356 m
 18	4.693	13 %	114 m
 19	5.096	11 %	39 m
 20	5.212	12 %	32 m
 21	5.243	16 %	114 m
 22	5.357	17 %	104 m
 23	5.462	16 %	69 m
 24	6.058	14 %	35 m
 25	6.092	24 %	41 m
 26	6.134	38 %	432 m

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27	6.566	24 %	34 m
28	6.825	12 %	39 m
29	6.864	11 %	107 m
30	6.972	16 %	33 m
31	7.005	17 %	75 m
32	7.08	23 %	29 m
33	7.109	25 %	39 m
34	7.148	13 %	42 m
35	8.527	15 %	42 m
36	8.569	20 %	155 m
37	8.725	23 %	74 m
38	8.912	11 %	34 m
39	8.946	30 %	113 m
40	9.273	20 %	33 m
41	9.306	38 %	111 m
42	9.447	14 %	30 m
43	10.014	13 %	42 m
44	10.056	15 %	117 m
45	10.173	37 %	291 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	5692.102	31.68	2:00:14	2.84	1:06:54	3:07:08	1.83
1750	3633.965	20.23	0:58:47	3.71	0:06:23	1:05:10	3.35
1500	4240.598	23.6	0:57:09	4.45	0:04:02	1:01:11	4.16
Total :	13.567 Km	75.52 %	3:56:10 h	3.45 Km/h	1:17:19 h	5:13:29 h	2.6 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
3.642	0:04:02	1661	0:54:15	0:54:15	3.642
6.011	0:06:23	1931	1:37:44	0:43:29	2.369
6.28	0:03:47	1998	1:51:29	0:13:45	0.269
6.39	0:06:07	2045	1:58:08	0:06:39 < 10´	0.111
7.367	0:09:28	2191	2:29:08	0:31:00	0.977
9.059	0:04:46	2117	3:12:22	0:43:14	1.692
9.344	0:03:14	2100	3:24:07	0:11:45	0.285
9.447	0:02:43	2129	3:29:21	0:05:14 < 10´	0.103
9.52	0:09:37	2140	3:32:57	0:03:36 < 10´	0.073
10.464	0:27:12 > 10´	2225	4:03:42	0:30:45	0.944
Total :	1:17:19 h				

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