Track: 2019-08-05 Il sentiero del Centenario	**IBP = 185 HKG**
These speeds are average for = HKG	
IBP index reliability= B	

Total length	18.28 Km
Analyzed distance	18.28 Km
Lineal distance	13.1 Km

Accumulated climb	1674.82 m
Accumulated descent	1787.72 m
Maximum height	2562.1 m
Minimal height	1633.4 m
Climb rate	17.67 %
Descent rate	21.03 %
Positive climb difference per	91.62 m
Negative descent difference per	97.8 m

Total time	10:07:35 h
Time in movement	6:18:32 h
Stopped time	3:49:03 h

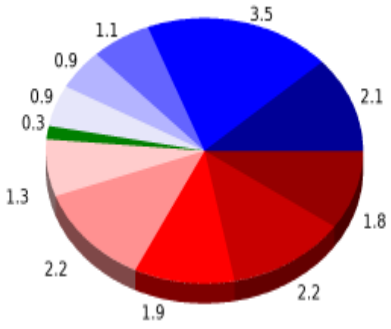
Total speed average	1.81 Km/h
Average speed in movement	2.9 Km/h
Maximum held speed	6.35 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1460 (cad. 12.52 m)
Significant points	509 (cad. 35.98 m / 34.86 %)
Aberrant points	168 (11.51 % d. total)

Direction changes per	16.08
Direction changes >5º per	13.46
Accumulated straight stretches	1.617 Km
Straight stretches per	88.46 m
Penalizables slope changes	15
Penalizables slope changes per	0.821

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Summary of slopes

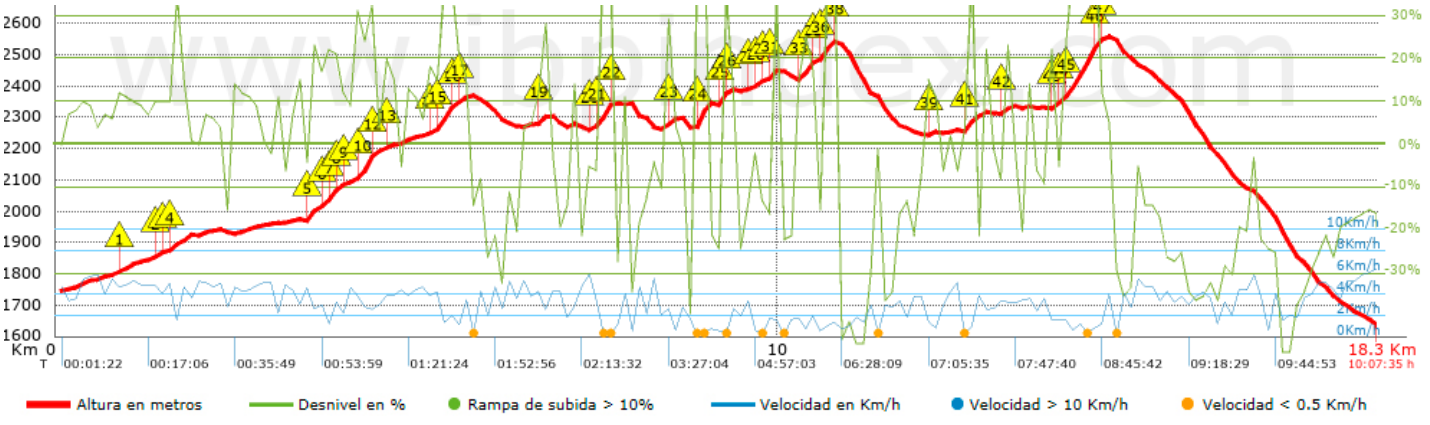


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.836	10.04	2.08	0:52:59
	Between 15 and 30%	2.248	12.3	2.24	1:00:19
	Between 10 and 15%	1.862	10.18	3.12	0:35:47
	Between 5 and 10%	2.226	12.18	4.16	0:32:07
	Between 1 and 5%	1.306	7.15	3.91	0:20:03
	Total :	9.478	51.85	2.83	3:21:15
	Plain				
	Difference of 1%	0.302	1.65	3.9	0:04:39
	Breakdown descents				
	Between 1 and 5%	0.891	4.88	3.76	0:14:14
	Between 5 and 10%	0.91	4.98	3.52	0:15:31
	Between 10 and 15%	1.118	6.12	3.27	0:20:31
	Between 15 and 30%	3.517	19.24	3.18	1:06:20
	Between 30% and 55%	2.063	11.28	2.21	0:56:02
	Total :	8.5	46.5	2.95	2:52:38
	Total track :	18.28	100 %	2.9	6:18:32

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
 1	0.829	12 %	210 m
 2	1.335	12 %	107 m
 3	1.581	19 %	248 m
 4	3.469	25 %	153 m
 5	3.622	17 %	105 m
 6	3.728	26 %	145 m
 7	3.873	19 %	76 m
 8	3.949	13 %	79 m
 9	4.132	32 %	204 m
 10	4.336	33 %	68 m
 11	4.404	20 %	31 m
 12	4.55	17 %	104 m
 13	5.136	14 %	157 m
 14	5.293	34 %	191 m
 15	5.484	26 %	71 m
 16	5.556	12 %	124 m
 17	6.648	12 %	31 m
 18	6.679	26 %	111 m
 19	7.365	14 %	31 m
 20	7.5	34 %	141 m
 21	7.641	45 %	38 m
 22	8.427	29 %	39 m
 23	8.818	38 %	240 m
 24	9.17	35 %	101 m
 25	9.303	15 %	115 m
 26	9.567	12 %	36 m

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27	9.671	16 %	106 m
28	9.777	22 %	37 m
29	9.883	11 %	35 m
30	9.918	29 %	101 m
31	10.231	15 %	32 m
32	10.263	27 %	183 m
33	10.446	17 %	35 m
34	10.481	11 %	102 m
35	10.583	30 %	138 m
36	10.721	46 %	62 m
37	10.783	11 %	33 m
38	12.034	12 %	111 m
39	12.567	16 %	33 m
40	12.6	42 %	99 m
41	13.055	16 %	109 m
42	13.732	17 %	171 m
43	13.903	15 %	105 m
44	14.008	43 %	400 m
45	14.408	28 %	30 m
46	14.437	12 %	40 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2500	848.127	4.64	0:23:43	2.15	0:30:35	0:54:18	0.94
2250	9554.394	52.27	3:41:18	2.59	3:15:09	6:56:27	1.38
2000	2865.921	15.68	0:57:42	2.98	0:03:19	1:01:01	2.82
1750	4136.366	22.63	1:04:34	3.84		1:04:34	3.84
1500	874.661	4.78	0:11:15	4.66		0:11:15	4.66
Total :	18.279 Km	100 %	6:18:32 h	2.9 Km/h	3:49:03 h	10:07:35 h	1.81 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
5.745	0:08:17	2375	1:39:56	1:39:56	5.745
7.467	0:09:51	2271	2:16:34	0:36:38	1.722
7.534	0:25:54 > 10´	2283	2:28:17	0:11:43	0.068
7.926	0:04:59	2358	3:06:55	0:38:38	0.392
8.466	0:03:12	2277	3:27:04	0:20:09	0.54
8.756	0:18:40 > 10´	2268	3:38:47	0:11:43	0.289
8.852	0:05:33	2270	3:58:39	0:19:52	0.096
8.922	0:14:29 > 10´	2303	4:06:05	0:07:26 < 10´	0.07
9.058	0:04:41	2345	4:22:08	0:16:03	0.137
9.17	0:11:01 > 10´	2340	4:29:06	0:06:58 < 10´	0.112
9.635	0:11:36 > 10´	2399	4:53:34	0:24:28	0.464
9.987	0:21:35 > 10´	2450	5:15:40	0:22:06	0.352
10.263	0:03:32	2419	5:42:55	0:27:15	0.276
10.481	0:07:32	2474	5:53:53	0:10:58	0.218
10.753	0:14:34 > 10´	2542	6:09:05	0:15:12	0.273
10.849	0:02:35	2547	6:25:34	0:16:29	0.095
11.331	0:05:58	2367	6:44:44	0:19:10	0.483
12.114	0:02:27	2243	7:06:07	0:21:23	0.782
12.501	0:15:04 > 10´	2258	7:14:00	0:07:53 < 10´	0.387
14.008	0:08:19	2365	8:08:16	0:54:16	1.507
14.182	0:12:29 > 10´	2434	8:21:07	0:12:51	0.174
14.344	0:02:21	2506	8:38:48	0:17:41	0.163
14.562	0:11:05 > 10´	2558	8:47:51	0:09:03 < 10´	0.218
16.705	0:03:19	2027	9:37:07	0:49:16	2.142
Total :	3:49:03 h				

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