Track: 2019-08-17 Monte Cava da Corvaro — **Date: 17/08/2019**

Track: 2019-08-17 Monte Cava da Corvaro	**IBP = 117 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	15.7 Km
Analyzed distance	15.7 Km
Lineal distance	0.03 Km

Accumulated climb	1225.7 m
Accumulated descent	1225.3 m
Maximum height	1994.9 m
Minimal height	859.6 m
Climb rate	15.82 %
Descent rate	16.29 %
Positive climb difference per	78.07 m
Negative descent difference per	78.04 m

Total time	5:13:39 h
Time in movement	4:48:26 h
Stopped time	0:25:13 h

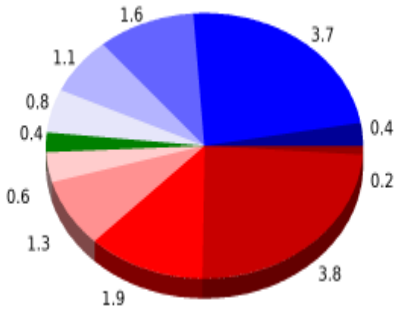
Total speed average	3 Km/h
Average speed in movement	3.27 Km/h
Maximum held speed	6.21 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1197 (cad. 13.11 m)
Significant points	435 (cad. 36.17 m / 36.34 %)
Aberrant points	7 (0.58 % d. total)

Direction changes per	13.5
Direction changes >5° per	10.19
Accumulated straight stretches	2.011 Km
Straight stretches per	128.09 m
Penalizables slope changes	6
Penalizables slope changes per	0.382

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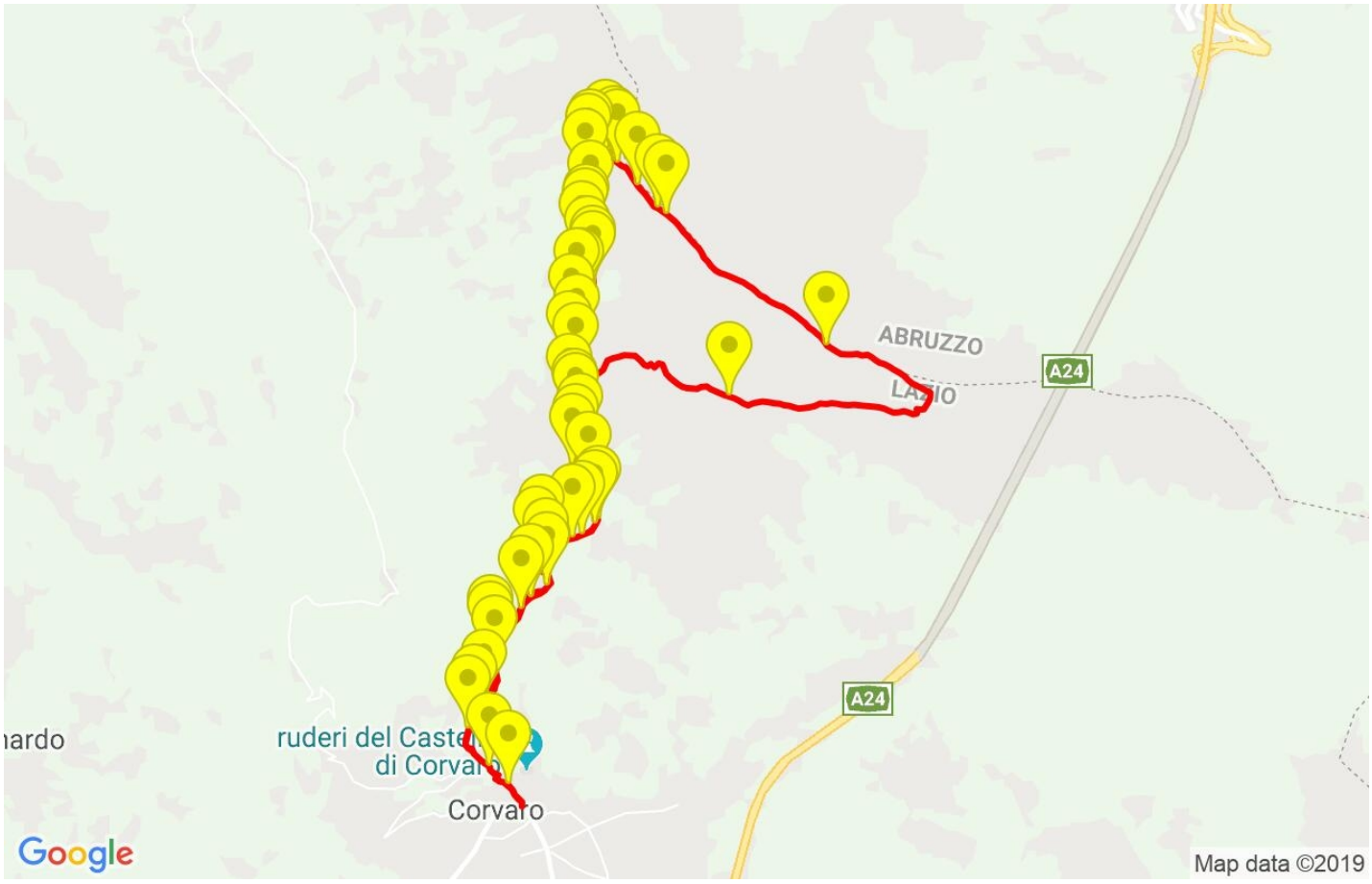
Summary of slopes

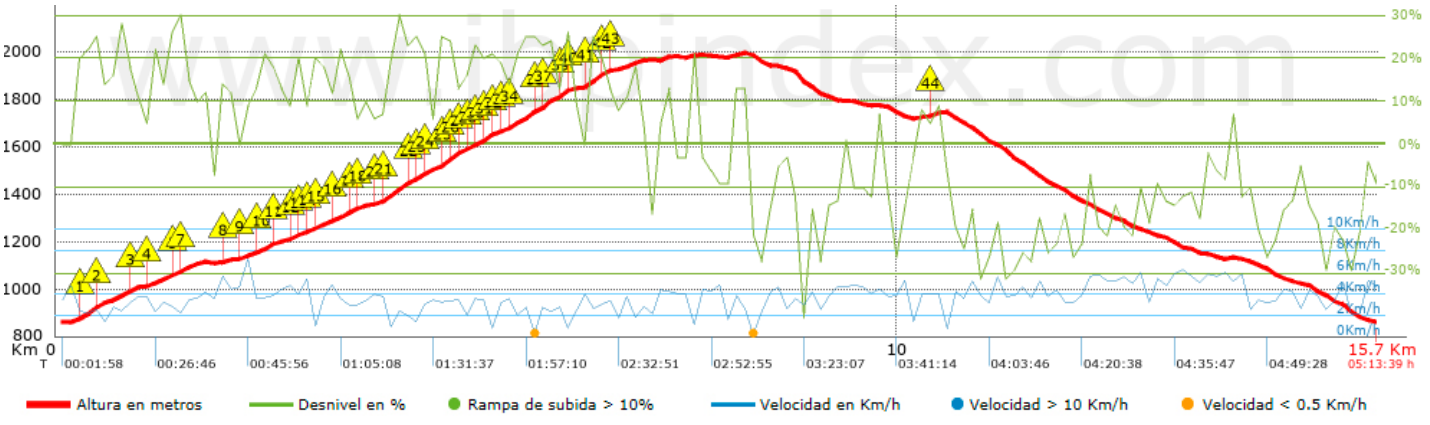


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.184	1.17	2.34	0:04:43
	Between 15 and 30%	3.783	24.1	2.57	1:28:23
	Between 10 and 15%	1.912	12.18	3.07	0:37:26
	Between 5 and 10%	1.317	8.39	3.57	0:22:10
	Between 1 and 5%	0.551	3.51	4.06	0:08:09
	Total :	7.748	49.36	2.89	2:40:51
	Plain				
	Difference of 1%	0.427	2.72	3.83	0:06:41
	Breakdown descents				
	Between 1 and 5%	0.769	4.9	3.67	0:12:35
	Between 5 and 10%	1.073	6.84	4.02	0:16:02
	Between 10 and 15%	1.607	10.24	4.48	0:21:31
	Between 15 and 30%	3.707	23.62	3.55	1:02:37
	Between 30% and 55%	0.368	2.34	2.71	0:08:09
	Total :	7.523	47.93	3.73	2:00:54
	Total track :	15.7	100 %	3.27	4:48:26

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
 1	0.224	23 %	245 m
 2	0.468	18 %	391 m
 3	0.86	17 %	83 m
 4	1.064	13 %	284 m
 5	1.348	25 %	103 m
 6	1.451	13 %	48 m
 7	1.499	18 %	71 m
 8	1.934	12 %	104 m
 9	2.184	16 %	106 m
 10	2.393	19 %	192 m
 11	2.585	11 %	221 m
 12	2.806	18 %	70 m
 13	2.875	11 %	120 m
 14	2.995	23 %	36 m
 15	3.031	15 %	251 m
 16	3.282	20 %	172 m
 17	3.454	23 %	70 m
 18	3.524	11 %	80 m
 19	3.75	13 %	30 m
 20	3.78	14 %	108 m
 21	3.888	24 %	254 m
 22	4.143	17 %	98 m
 23	4.241	23 %	131 m
 24	4.372	16 %	147 m
 25	4.519	26 %	180 m
 26	4.7	34 %	38 m

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27	4.738	15 %	143 m
28	4.881	20 %	39 m
29	4.919	19 %	74 m
30	4.993	21 %	112 m
31	5.105	19 %	97 m
32	5.202	13 %	30 m
33	5.232	16 %	162 m
34	5.395	24 %	230 m
35	5.624	17 %	105 m
36	5.729	23 %	35 m
37	5.764	27 %	146 m
38	5.91	19 %	104 m
39	6.014	17 %	34 m
40	6.048	16 %	105 m
41	6.261	24 %	217 m
42	6.477	18 %	72 m
43	6.55	12 %	311 m
44	10.35	12 %	135 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
1750	4232.855	26.96	1:21:40	3.11	0:12:28	1:34:08	2.7
1500	2877.938	18.33	0:53:09	3.25	0:12:45	1:05:54	2.62
Total :	7.111 Km	45.3 %	2:14:49 h	3.16 Km/h	0:25:13 h	2:40:02 h	2.67 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
5.136	0:02:41	1642	1:47:03	1:47:03	5.136
5.589	0:06:57	1727	1:58:17	0:11:14	0.453
5.985	0:02:13	1815	2:13:33	0:15:16	0.396
8.162	0:10:15 > 10´	1995	3:01:01	0:47:28	2.177
10.517	0:03:07	1748	3:51:35	0:50:34	2.354
Total :	0:25:13 h				

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