Track: 2019-09-14 Torri di Casanova	**IBP = 115 HKG**
These speeds are average for = HKG	
IBP index reliability= B	

Total length	15.59 Km
Analyzed distance	15.59 Km
Lineal distance	0.11 Km

Accumulated climb	973.45 m
Accumulated descent	962.45 m
Maximum height	2371.2 m
Minimal height	1803.6 m
Climb rate	12.91 %
Descent rate	12.69 %
Positive climb difference per	62.44 m
Negative descent difference per	61.74 m

Total time	7:26:23 h
Time in movement	4:51:45 h
Stopped time	2:34:38 h

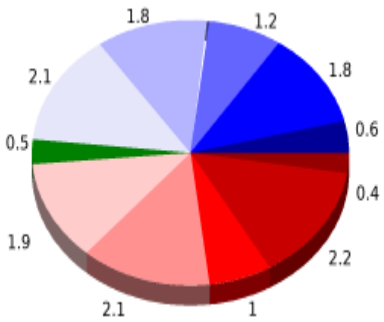
Total speed average	2.1 Km/h
Average speed in movement	3.21 Km/h
Maximum held speed	5.88 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1191 (cad. 13.09 m)
Significant points	428 (cad. 36.51 m / 35.94 %)
Aberrant points	58 (4.87 % d. total)

Direction changes per	14.62
Direction changes >5º per	11.29
Accumulated straight stretches	2.477 Km
Straight stretches per	158.88 m
Penalizables slope changes	7
Penalizables slope changes per	0.449

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Summary of slopes



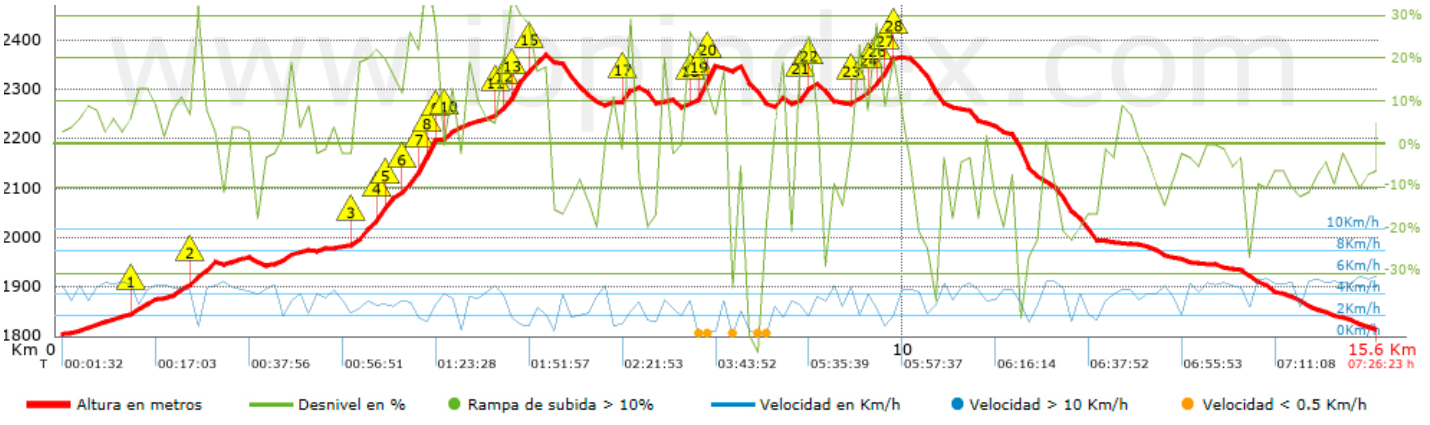
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.432	2.77	1.74	0:14:55
	Between 15 and 30%	2.245	14.4	2.61	0:51:32
	Between 10 and 15%	0.957	6.14	2.81	0:20:25
	Between 5 and 10%	2.053	13.17	3.85	0:31:58
	Between 1 and 5%	1.855	11.9	3.76	0:29:37
	Total :	7.542	48.38	3.05	2:28:27
	Plain				
	Difference of 1%	0.463	2.97	3.8	0:07:19
	Breakdown descents				
	Between 1 and 5%	2.075	13.31	3.83	0:32:31
	Between 5 and 10%	1.827	11.72	3.62	0:30:19
	Between 10 and 15%	1.238	7.94	3.72	0:19:57
	Between 15 and 30%	1.816	11.65	2.78	0:39:15
	Between 30% and 55%	0.628	4.03	2.7	0:13:57
	Total :	7.585	48.65	3.35	2:15:59
	Total track :	15.59	100 %	3.21	4:51:45

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Track: 2019-09-14 Torri di Casanova **Date: 14/09/2019**

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	1.607	16 %	206 m
2	3.501	19 %	221 m
3	3.722	22 %	182 m
4	3.905	18 %	146 m
5	4.05	19 %	221 m
6	4.272	34 %	129 m
7	4.401	29 %	35 m
8	4.436	27 %	37 m
9	4.578	15 %	170 m
10	5.182	13 %	44 m
11	5.226	14 %	112 m
12	5.339	31 %	184 m
13	5.522	25 %	68 m
14	5.59	16 %	142 m
15	6.678	13 %	34 m
16	6.712	26 %	104 m
17	7.431	12 %	144 m
18	7.575	36 %	99 m
19	7.674	46 %	31 m
20	8.718	20 %	113 m
21	8.831	19 %	79 m
22	9.386	12 %	192 m
23	9.577	16 %	42 m
24	9.619	28 %	38 m
25	9.658	20 %	106 m
26	9.764	29 %	84 m

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 27	9.848	20 %	36 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2250	5614.048	36.01	1:58:49	2.83	2:31:12	4:30:01	1.25
2000	3005.363	19.28	1:03:29	2.84	0:03:26	1:06:55	2.69
1750	6970.479	44.71	1:49:27	3.82		1:49:27	3.82
Total :	15.59 Km	100 %	4:51:45 h	3.21 Km/h	2:34:38 h	7:26:23 h	2.1 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
4.68	0:03:26	2213	1:27:35	1:27:35	4.68
5.767	0:04:30	2369	1:56:22	0:28:47	1.087
7.509	0:17:40 > 10´	2269	2:41:12	0:44:50	1.742
7.575	0:36:29 > 10´	2278	2:59:30	0:18:18	0.066
7.705	0:04:32	2328	3:37:40	0:38:10	0.13
7.895	0:33:23 > 10´	2358	3:46:44	0:09:04 < 10´	0.19
8.079	0:04:04	2345	4:25:18	0:38:34	0.185
8.153	0:26:54 > 10´	2311	4:31:34	0:06:16 < 10´	0.074
8.298	0:23:40 > 10´	2275	4:58:59	0:27:25	0.144
Total :	2:34:38 h				

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