Track: 2019-09-21 Macirenelle Forcone Martellese ed Ugni — **Date: 22/09/2019**

Track: 2019-09-21 Macirenelle Forcone Martellese ed Ugni	**IBP = 180 HKG**
These speeds are average for = RNG	
IBP index reliability= A	

Total length	**21.35 Km**
Analyzed distance	**21.35 Km**
Lineal distance	**0.05 Km**

Accumulated climb	**1966 m**
Accumulated descent	**1963.5 m**
Maximum height	**2259.7 m**
Minimal height	**668.2 m**
Climb rate	**20.48 %**
Descent rate	**17.4 %**
Positive climb difference per	**92.08 m**
Negative descent difference per	**91.97 m**

Total time	**10:55:14 h**
Time in movement	**7:31:15 h**
Stopped time	**3:23:59 h**

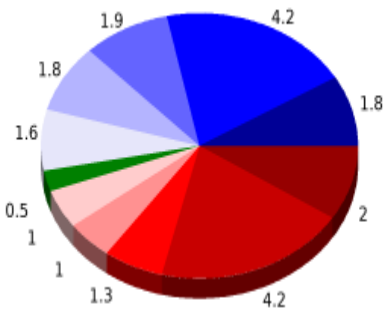
Total speed average	**1.95 Km/h**
Average speed in movement	**2.84 Km/h**
Maximum held speed	**15.22 Km/h**

Max slope filter	**~55 %**
Min. points separation	**~30 m**
Number of points	**1667 (cad. 12.81 m)**
Significant points	**581 (cad. 36.81 m / 34.85 %)**
Aberrant points	**73 (4.38 % d. total)**

Direction changes per	**14.89**
Direction changes >5° per	**12.93**
Accumulated straight stretches	**1.621 Km**
Straight stretches per	**75.93 m**
Penalizables slope changes	**13**
Penalizables slope changes per	**0.609**

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Summary of slopes

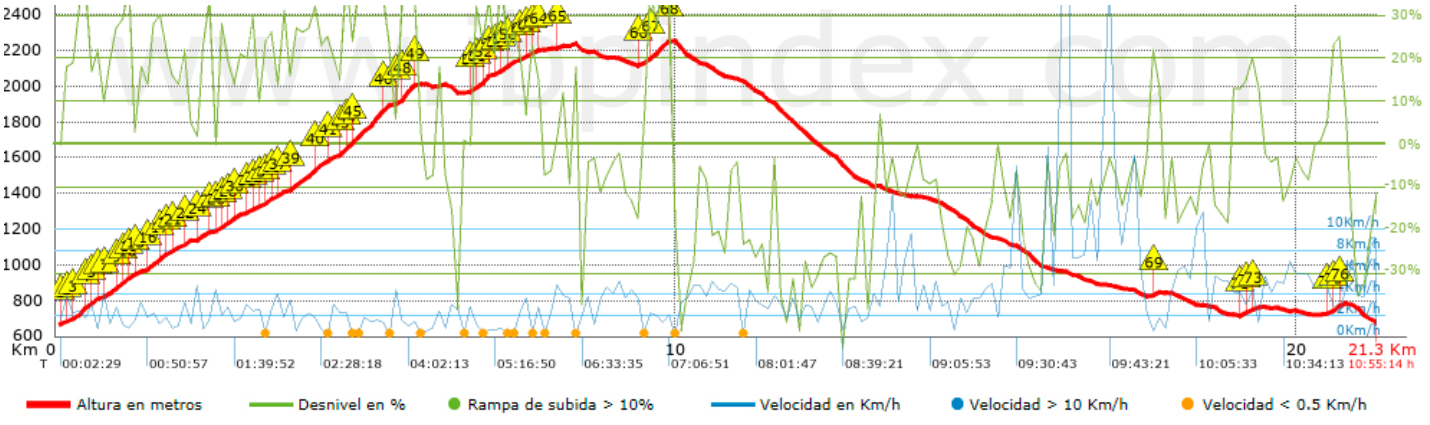


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	**2.03**	**9.51**	**1.55**	**1:18:33**
	Between 15 and 30%	**4.228**	**19.8**	**2.39**	**1:46:02**
	Between 10 and 15%	**1.311**	**6.14**	**2.9**	**0:27:10**
	Between 5 and 10%	**0.986**	**4.62**	**2.79**	**0:21:11**
	Between 1 and 5%	**1.045**	**4.89**	**2.62**	**0:23:53**
	Total :	**9.6**	**44.97**	**2.24**	**4:16:49**
	Plain				
	Difference of 1%	**0.465**	**2.18**	**2.25**	**0:12:25**
	Breakdown descents				
	Between 1 and 5%	**1.571**	**7.36**	**6**	**0:15:43**
	Between 5 and 10%	**1.844**	**8.64**	**3.79**	**0:29:13**
	Between 10 and 15%	**1.886**	**8.83**	**4.41**	**0:25:39**
	Between 15 and 30%	**4.184**	**19.6**	**3.57**	**1:10:20**
	Between 30% and 55%	**1.799**	**8.43**	**2.63**	**0:41:06**
	Total :	**11.283**	**52.85**	**3.72**	**3:02:01**
	Total track :	**21.35**	**100 %**	**2.84**	**7:31:15**

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
	0.101	14 %	39 m
	0.14	14 %	143 m
	0.283	34 %	211 m
	0.494	19 %	115 m
	0.609	37 %	33 m
	0.642	16 %	109 m
	0.751	21 %	175 m
	0.926	30 %	76 m
	1.002	21 %	101 m
	1.103	34 %	34 m
	1.138	38 %	33 m
	1.171	38 %	38 m
	1.278	11 %	35 m
	1.313	16 %	141 m
	1.454	27 %	252 m
	1.705	32 %	30 m
	1.735	22 %	39 m
	1.774	15 %	69 m
	1.843	16 %	35 m
	1.878	20 %	181 m
	2.059	35 %	41 m
	2.302	28 %	149 m
	2.451	17 %	37 m
	2.6	19 %	36 m
	2.635	24 %	138 m
	2.773	30 %	68 m

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27	2.841	20 %	71 m
28	2.912	15 %	107 m
29	3.02	16 %	112 m
30	3.131	17 %	168 m
31	3.3	17 %	29 m
32	3.329	23 %	104 m
33	3.433	29 %	73 m
34	3.542	15 %	63 m
35	3.604	15 %	135 m
36	3.74	16 %	33 m
37	3.773	29 %	429 m
38	4.202	22 %	212 m
39	4.414	18 %	141 m
40	4.556	21 %	32 m
41	4.588	40 %	106 m
42	4.693	23 %	113 m
43	4.806	38 %	491 m
44	5.298	23 %	76 m
45	5.487	19 %	40 m
46	5.526	38 %	219 m
47	5.745	31 %	66 m
48	6.692	25 %	31 m
49	6.723	30 %	172 m
50	6.895	47 %	33 m
51	6.928	19 %	64 m
52	7.026	15 %	75 m
53	7.102	11 %	37 m
54	7.139	30 %	67 m

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55	7.206	23 %	97 m
56	7.303	18 %	132 m
57	7.435	21 %	37 m
58	7.472	15 %	114 m
59	7.586	19 %	59 m
60	7.645	24 %	83 m
61	7.728	15 %	38 m
62	7.766	33 %	32 m
63	8.06	13 %	101 m
64	9.355	12 %	177 m
65	9.532	35 %	319 m
66	9.851	22 %	37 m
67	17.629	17 %	145 m
68	19.069	18 %	29 m
69	19.098	15 %	106 m
70	19.204	18 %	30 m
71	19.234	15 %	105 m
72	20.488	15 %	39 m
73	20.527	24 %	185 m
74	20.712	12 %	66 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	108.827	0.51	0:03:12	2.04	0:14:47	0:17:59	0.36
2000	4711.104	22.07	1:40:59	2.8	1:33:37	3:14:36	1.45
1750	2227.033	10.43	1:07:34	1.98	0:31:10	1:38:44	1.35
1500	1745.388	8.18	0:44:31	2.35	0:30:04	1:14:35	1.4
Total :	8.792 Km	41.19 %	3:36:16 h	2.44 Km/h	2:49:38 h	6:25:54 h	1.37 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
0.564	0:03:58	780	0:16:12	0:16:12	0.564
1.071	0:06:15	896	0:35:31	0:19:19	0.507
1.774	0:02:38	1058	1:02:01	0:26:30	0.703
2.27	0:02:50	1136	1:19:53	0:17:52	0.496
3.3	0:04:37	1328	1:49:21	0:29:28	1.029
3.802	0:04:23	1426	2:07:43	0:18:22	0.503
4.239	0:14:13 > 10´	1550	2:25:38	0:17:55	0.437
4.658	0:07:39	1646	2:49:30	0:23:52	0.419
4.847	0:04:48	1703	3:01:05	0:11:35	0.189
5.33	0:26:34 > 10´	1883	3:25:02	0:23:57	0.483
5.781	0:03:33	2002	4:07:06	0:42:04	0.452
5.849	0:10:17 > 10´	2011	4:12:34	0:05:28 < 10´	0.067
6.52	0:04:36	1961	4:42:16	0:29:42	0.671
6.794	0:05:04	1996	4:55:04	0:12:48	0.275
6.862	0:03:28	2013	5:02:23	0:07:19 < 10´	0.068
6.962	0:06:22	2056	5:09:22	0:06:59 < 10´	0.1
7.239	0:17:01 > 10´	2103	5:23:33	0:14:11	0.277
7.645	0:07:13	2174	5:49:26	0:25:53	0.406
7.798	0:07:54	2211	5:59:55	0:10:29	0.153
8.332	0:11:11 > 10´	2231	6:18:41	0:18:46	0.535
9.355	0:04:29	2116	6:49:06	0:30:25	1.022
9.888	0:14:47 > 10´	2258	7:07:45	0:18:39	0.533
10.991	0:17:05 > 10´	2041	7:40:12	0:32:27	1.103
12.631	0:03:24	1578	8:35:57	0:55:45	1.64
14.394	0:03:10	1315	9:11:40	0:35:43	1.763
17.597	0:03:33	825	9:48:34	0:36:54	3.204
17.848	0:02:57	851	9:57:12	0:08:38 < 10´	0.251
Total :	3:23:59 h				

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