Track: 2019-10-05 Dal Puzzillo al Costone — **Date: 05/10/2019**

Track: 2019-10-05 Dal Puzzillo al Costone	**IBP = 133 HKG**
These speeds are average for = HKG	
IBP index reliability= B	

Total length	19.36 Km
Analyzed distance	19.36 Km
Lineal distance	0.04 Km

Accumulated climb	1141 m
Accumulated descent	1142.4 m
Maximum height	2270.3 m
Minimal height	1554.1 m
Climb rate	13.73 %
Descent rate	10.98 %
Positive climb difference per km	58.94 m
Negative descent difference per km	59.01 m

Total time	7:17:11 h
Time in movement	5:52:42 h
Stopped time	1:24:29 h

Total speed average	2.66 Km/h
Average speed in movement	3.29 Km/h
Maximum held speed	6.18 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1458 (cad. 13.28 m)
Significant points	531 (cad. 36.54 m / 36.42 %)
Aberrant points	55 (3.77 % d. total)

Direction changes per km	13.95
Direction changes >5º per km	10.64
Accumulated straight stretches	2.923 Km
Straight stretches per km	150.98 m
Penalizables slope changes	12
Penalizables slope changes per km	0.62

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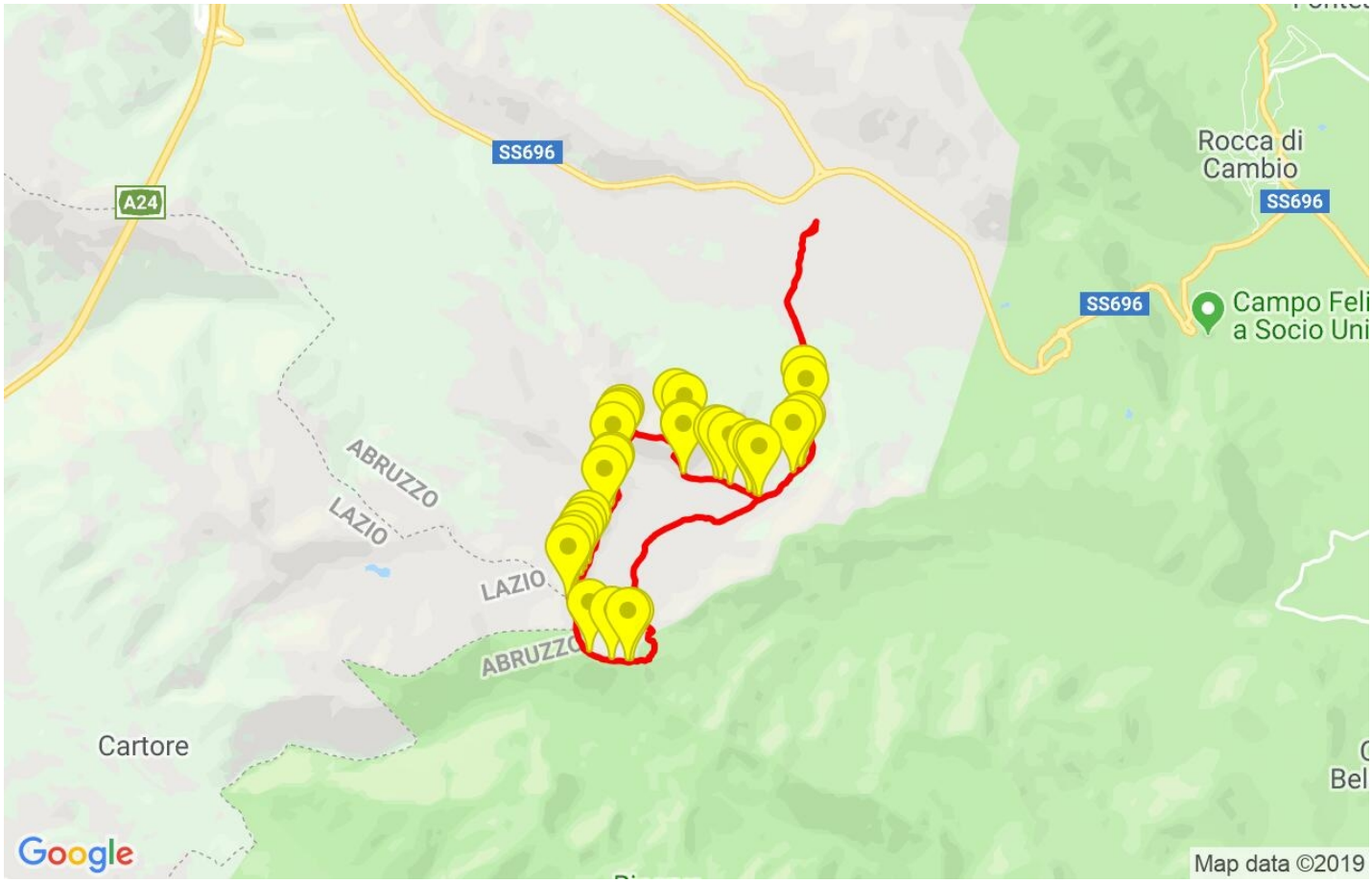
Summary of slopes

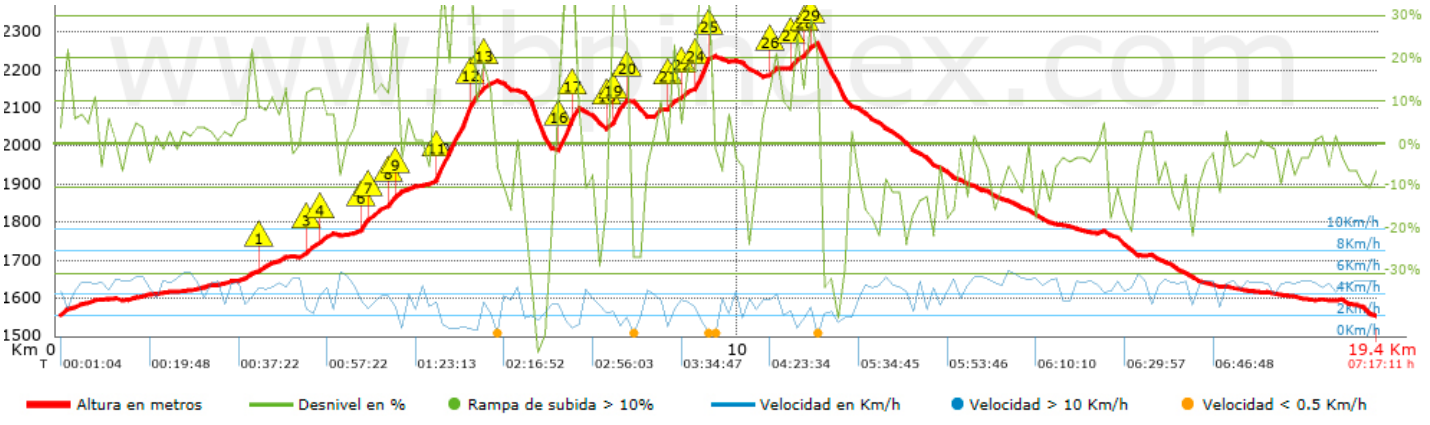


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.011	5.22	1.73	0:35:00
	Between 15 and 30%	1.687	8.71	2.56	0:39:34
	Between 10 and 15%	1.408	7.27	3.41	0:24:46
	Between 5 and 10%	1.669	8.62	3.33	0:30:03
	Between 1 and 5%	2.538	13.11	3.97	0:38:23
	Total :	8.313	42.93	2.97	2:47:46
	Plain				
	Difference of 1%	0.65	3.36	3.51	0:11:07
	Breakdown descents				
	Between 1 and 5%	3.339	17.24	4.28	0:46:49
	Between 5 and 10%	3.065	15.83	4.16	0:44:12
	Between 10 and 15%	1.553	8.02	3.53	0:26:26
	Between 15 and 30%	1.693	8.74	3.3	0:30:45
	Between 30% and 55%	0.753	3.89	1.76	0:25:37
	Total :	10.402	53.72	3.59	2:53:49
	Total track :	19.36	100 %	3.29	5:52:42

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	2.969	12 %	143 m
2	3.638	12 %	40 m
3	3.678	16 %	140 m
4	3.818	12 %	163 m
5	4.417	13 %	40 m
6	4.457	23 %	111 m
7	4.568	13 %	285 m
8	4.853	21 %	141 m
9	5.519	15 %	41 m
10	5.56	39 %	526 m
11	6.086	20 %	154 m
12	6.24	15 %	198 m
13	7.321	12 %	38 m
14	7.359	24 %	36 m
15	7.395	44 %	204 m
16	7.599	23 %	35 m
17	8.109	21 %	33 m
18	8.142	34 %	183 m
19	8.324	26 %	80 m
20	9.001	22 %	114 m
21	9.194	11 %	139 m
22	9.333	14 %	67 m
23	9.4	43 %	175 m
24	9.575	21 %	41 m
25	10.43	15 %	139 m
26	10.751	14 %	224 m

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27	10.975	29 %	37 m
28	11.011	14 %	108 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	175.03	0.9	0:02:31	4.17	0:36:03	0:38:34	0.27
2000	6350.618	32.79	2:38:10	2.41	0:45:41	3:23:51	1.87
1750	5204.891	26.88	1:28:06	3.54	0:02:45	1:30:51	3.44
1500	7634.315	39.42	1:43:55	4.41		1:43:55	4.41
Total :	19.365 Km	100 %	5:52:42 h	3.29 Km/h	1:24:29 h	7:17:11 h	2.66 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
5.702	0:02:45	1963	1:33:10	1:33:10	5.702
5.844	0:02:30	2006	1:40:53	0:07:43 < 10´	0.142
5.986	0:02:37	2067	1:48:33	0:07:40 < 10´	0.142
6.086	0:06:59	2113	1:54:00	0:05:27 < 10´	0.1
6.438	0:08:17	2173	2:06:56	0:12:56	0.352
7.497	0:04:55	2041	2:42:42	0:35:46	1.059
8.404	0:06:18	2130	3:12:19	0:29:37	0.907
9.468	0:05:14	2183	3:44:37	0:32:18	1.064
9.616	0:06:11	2237	3:55:54	0:11:17	0.148
10.751	0:02:40	2205	4:29:53	0:33:59	1.134
11.089	0:36:03 > 10´	2268	4:39:34	0:09:41 < 10´	0.339
Total :	1:24:29 h				

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