Track: 2019-11-01 Monte Bicco e Monte Bove — **Date: 01/11/2019**

Track: 2019-11-01 Monte Bicco e Monte Bove	**IBP = 106 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	12.26 Km
Analyzed distance	12.26 Km
Lineal distance	0.06 Km

Accumulated climb	908.36 m
Accumulated descent	918.96 m
Maximum height	2163.1 m
Minimal height	1641.1 m
Climb rate	15.55 %
Descent rate	14.81 %
Positive climb difference per km	74.09 m
Negative descent difference per km	74.96 m

Total time	5:09:07 h
Time in movement	4:01:55 h
Stopped time	1:07:12 h

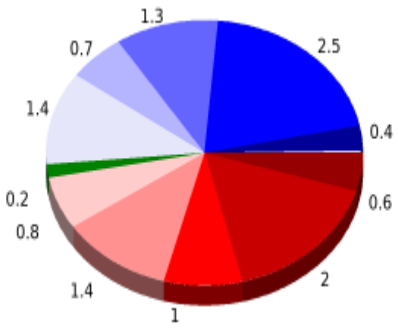
Total speed average	2.38 Km/h
Average speed in movement	3.04 Km/h
Maximum held speed	5.86 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	936 (cad. 13.09 m)
Significant points	337 (cad. 36.47 m / 36 %)
Aberrant points	19 (2.03 % d. total)

Direction changes per km	12.23
Direction changes >5º per km	8.32
Accumulated straight stretches	2.175 Km
Straight stretches per km	177.41 m
Penalizables slope changes	5
Penalizables slope changes per km	0.408

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Summary of slopes

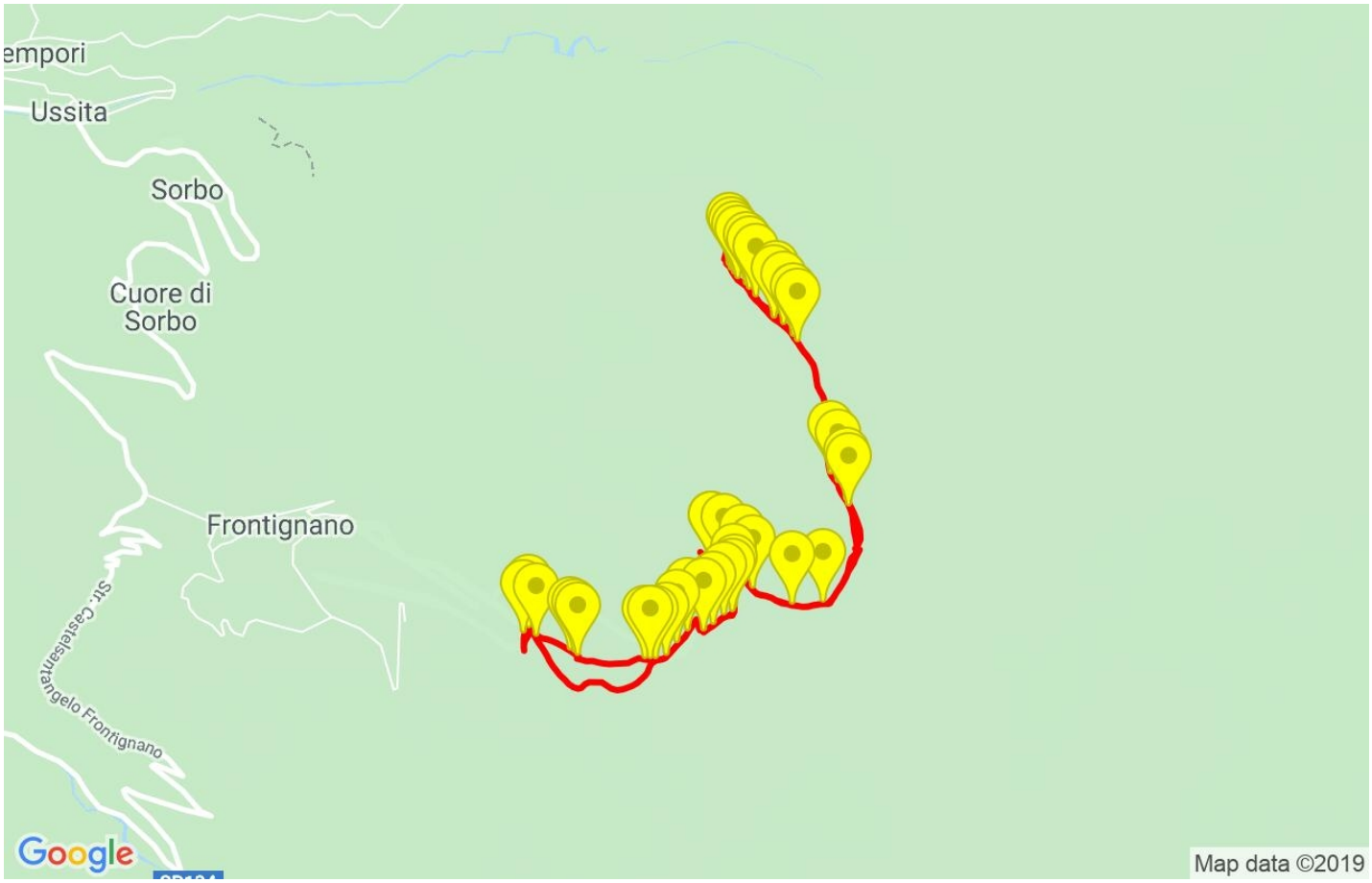


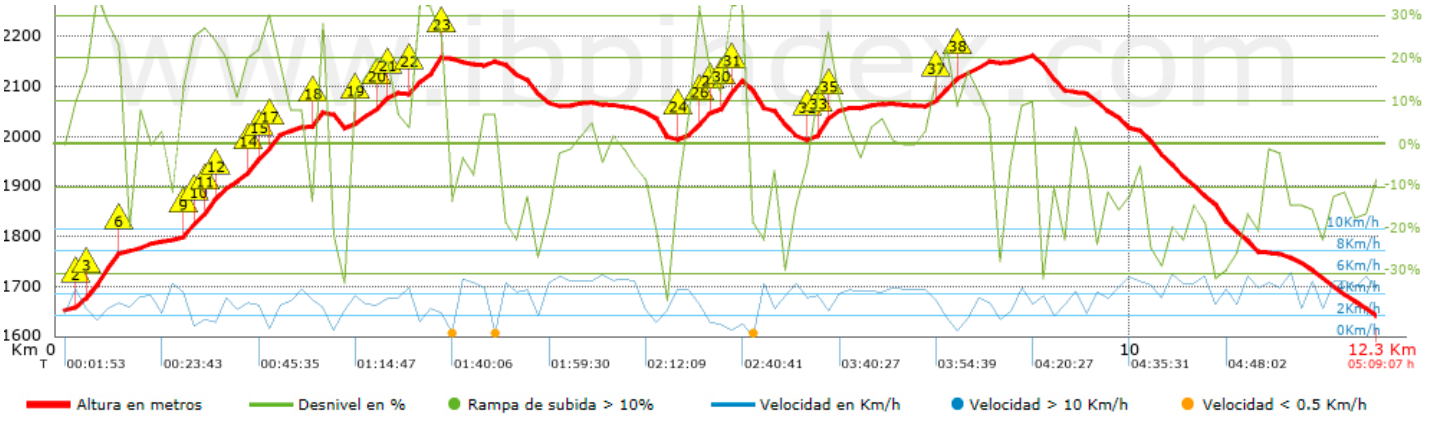
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.642	5.24	1.77	0:21:50
	Between 15 and 30%	2.046	16.7	2.19	0:56:02
	Between 10 and 15%	1.032	8.42	2.36	0:26:11
	Between 5 and 10%	1.36	11.09	3.04	0:26:49
	Between 1 and 5%	0.761	6.21	4.32	0:10:34
	Total :	5.84	47.66	2.48	2:21:26
	Plain				
	Difference of 1%	0.21	1.72	3.34	0:03:47
	Breakdown descents				
	Between 1 and 5%	1.382	11.28	4	0:20:45
	Between 5 and 10%	0.676	5.52	3.98	0:10:12
	Between 10 and 15%	1.3	10.61	4.16	0:18:45
	Between 15 and 30%	2.477	20.22	3.73	0:39:53
	Between 30% and 55%	0.367	3	3.1	0:07:07
	Total :	6.204	50.63	3.85	1:36:42
	Total track :	12.26	100 %	3.04	4:01:55

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.142	12 %	69 m
2	0.211	18 %	74 m
3	0.285	31 %	258 m
4	0.544	23 %	36 m
5	0.579	26 %	32 m
6	0.612	14 %	30 m
7	1.125	14 %	39 m
8	1.164	18 %	38 m
9	1.202	23 %	78 m
10	1.28	27 %	113 m
11	1.393	27 %	111 m
12	1.504	16 %	215 m
13	1.719	21 %	79 m
14	1.798	19 %	111 m
15	1.909	29 %	69 m
16	1.977	39 %	33 m
17	2.01	22 %	71 m
18	2.359	25 %	110 m
19	2.78	14 %	143 m
20	2.923	23 %	101 m
21	3.024	18 %	39 m
22	3.31	28 %	218 m
23	3.528	23 %	68 m
24	5.941	29 %	71 m
25	6.012	23 %	34 m
26	6.046	14 %	70 m

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 27	6.116	12 %	37 m
 28	6.153	24 %	36 m
 29	6.189	32 %	33 m
 30	6.222	23 %	115 m
 31	6.98	11 %	77 m
 32	7.057	31 %	110 m
 33	7.166	22 %	42 m
 34	7.208	11 %	66 m
 35	8.131	16 %	77 m
 36	8.208	25 %	138 m
 37	8.385	12 %	169 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2000	7762.697	63.34	2:33:40	3.03	1:04:27	3:38:07	2.14
1750	3297.054	26.9	1:04:48	3.05	0:02:45	1:07:33	2.93
1500	1195.259	9.75	0:23:27	3.06		0:23:27	3.06
Total :	12.255 Km	100 %	4:01:55 h	3.04 Km/h	1:07:12 h	5:09:07 h	2.38 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
1.876	0:02:45	1952	0:45:35	0:45:35	1.876
2.502	0:03:52	2049	1:05:51	0:20:16	0.626
3.566	0:04:46	2157	1:34:12	0:28:21	1.065
4.035	0:06:57	2147	1:45:01	0:10:49	0.469
6.189	0:03:28	2062	2:30:48	0:45:47	2.154
6.372	0:41:43 > 10´	2111	2:40:41	0:09:53 < 10´	0.182
8.314	0:03:41	2101	3:59:33	1:18:52	1.943
Total :	1:07:12 h				

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