Track: 2019-11-26 Monte Camicia	**IBP = 119 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	11.73 Km
Analyzed distance	11.73 Km
Lineal distance	0.05 Km

Accumulated climb	1062.84 m
Accumulated descent	1059.34 m
Maximum height	2560.1 m
Minimal height	1543.5 m
Climb rate	16.81 %
Descent rate	20.26 %
Positive climb difference per km	90.61 m
Negative descent difference per km	90.31 m

Total time	6:03:30 h
Time in movement	3:26:04 h
Stopped time	2:37:26 h

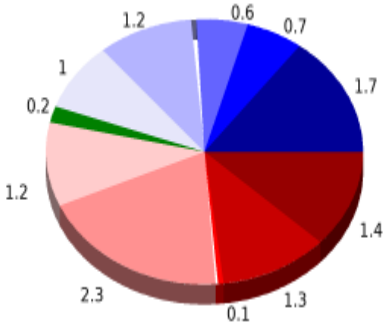
Total speed average	1.94 Km/h
Average speed in movement	3.42 Km/h
Maximum held speed	8.92 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	917 (cad. 12.79 m)
Significant points	328 (cad. 35.87 m / 35.77 %)
Aberrant points	150 (16.36 % d. total)

Direction changes per km	15.69
Direction changes >5° per km	9.97
Accumulated straight stretches	2.109 Km
Straight stretches per km	179.8 m
Penalizables slope changes	7
Penalizables slope changes per km	0.597

Find The Best bike routes
cicloide
www.cicloide.com

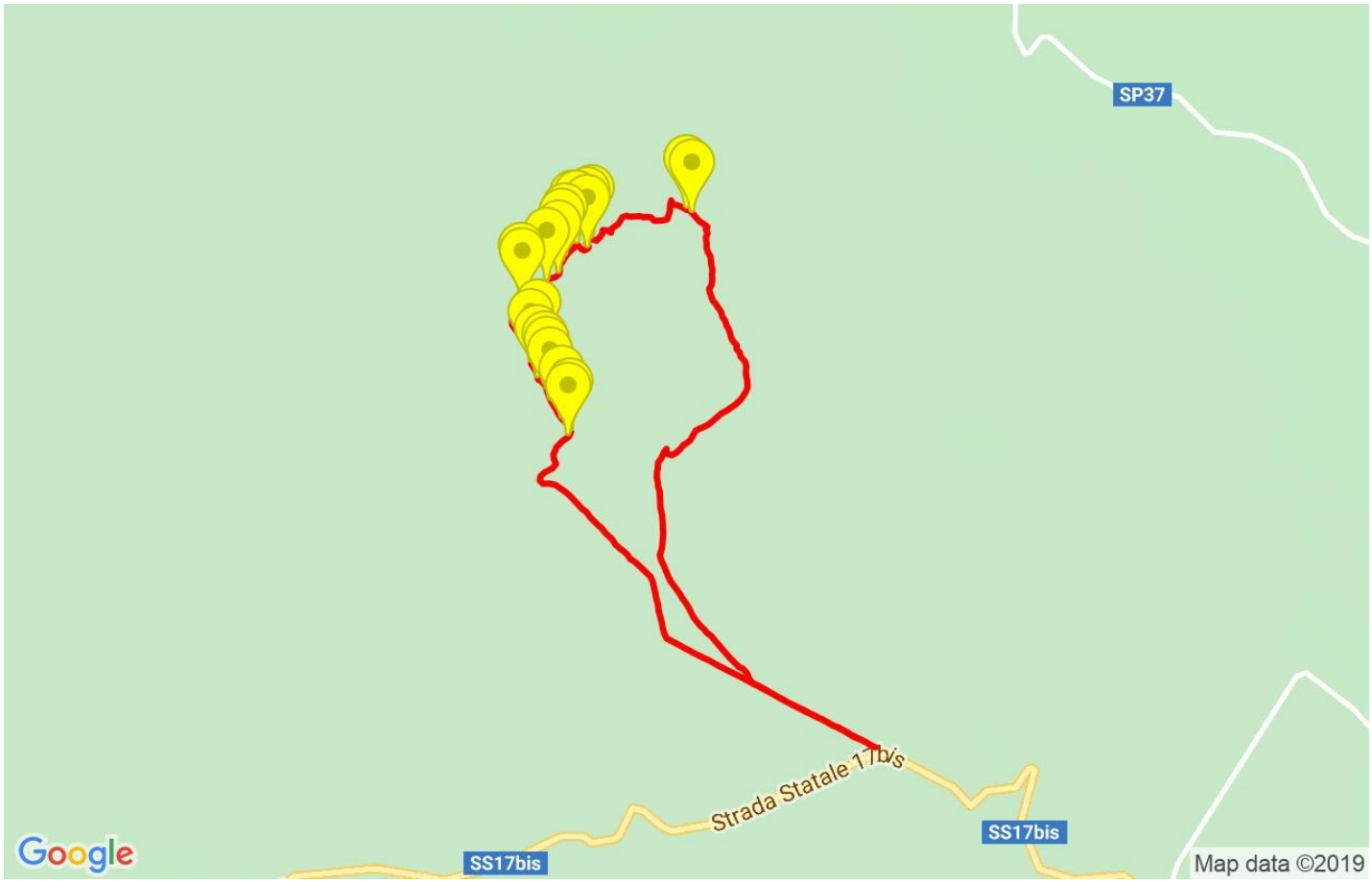
Summary of slopes

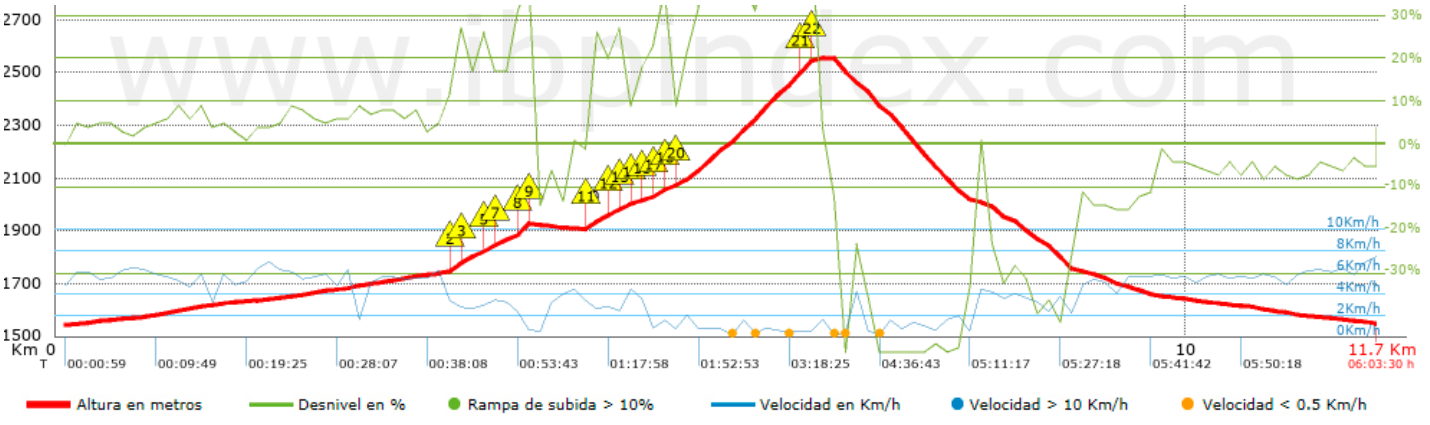


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.37	11.68	2.65	0:31:05
	Between 15 and 30%	1.252	10.67	2.57	0:29:16
	Between 10 and 15%	0.139	1.19	2.91	0:02:52
	Between 5 and 10%	2.338	19.93	4.97	0:28:15
	Between 1 and 5%	1.224	10.43	5.16	0:14:14
	Total :	6.323	53.9	3.59	1:45:42
	Plain				
	Difference of 1%	0.18	1.53	3.03	0:03:34
	Breakdown descents				
	Between 1 and 5%	0.996	8.49	5.01	0:11:56
	Between 5 and 10%	1.217	10.37	4.89	0:14:56
	Between 10 and 15%	0.614	5.23	3.74	0:09:51
	Between 15 and 30%	0.722	6.16	3.19	0:13:35
	Between 30% and 55%	1.679	14.32	2.17	0:46:30
	Total :	5.228	44.57	3.24	1:36:48
	Total track :	11.73	100 %	3.42	3:26:04

Copyright IBPindexTeam © 2012. All Rights Reserved

Track: 2019-11-26 Monte Camicia	**IBP = 119 HKG**
These speeds are average for = HKG	
IBP index reliability= A	





Copyright IBPindexTeam © 2012. All Rights Reserved

Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
 1	3.425	12 %	39 m
 2	3.464	28 %	108 m
 3	3.572	22 %	154 m
 4	3.726	26 %	76 m
 5	3.803	25 %	36 m
 6	3.839	17 %	69 m
 7	3.908	18 %	117 m
 8	4.025	37 %	108 m
 9	4.133	33 %	69 m
 10	4.652	16 %	34 m
 11	4.686	23 %	211 m
 12	4.897	27 %	104 m
 13	5.001	12 %	97 m
 14	5.098	17 %	38 m
 15	5.136	11 %	113 m
 16	5.249	23 %	35 m
 17	5.284	41 %	98 m
 18	5.382	39 %	32 m
 19	5.481	18 %	31 m
 20	5.512	40 %	1100 m
 21	6.613	47 %	62 m
 22	6.674	14 %	67 m

Copyright IBPindexTeam © 2012. All Rights Reserved

High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2500	382.317	3.26	0:08:48	2.61	0:34:32	0:43:20	0.53
2250	1197.457	10.21	0:29:50	2.41	1:05:52	1:35:42	0.75
2000	1580.048	13.47	0:42:25	2.24	0:49:45	1:32:10	1.03
1750	2416.826	20.6	0:53:12	2.73	0:07:17	1:00:29	2.4
1500	6153.806	52.46	1:11:49	5.14		1:11:49	5.14
Total :	11.73 Km	100 %	3:26:04 h	3.42 Km/h	2:37:26 h	6:03:30 h	1.94 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
4.063	0:03:36	1884	0:53:43	0:53:43	4.063
4.172	0:03:41	1928	0:59:51	0:06:08 < 10´	0.11
5.352	0:04:37	2055	1:33:44	0:33:53	1.179
5.447	0:02:51	2069	1:40:35	0:06:51 < 10´	0.095
5.585	0:02:34	2096	1:46:41	0:06:06 < 10´	0.138
5.681	0:18:52 > 10´	2127	1:52:53	0:06:12 < 10´	0.096
5.844	0:13:25 > 10´	2196	2:13:55	0:21:02	0.163
6.058	0:08:26	2281	2:32:48	0:18:53	0.214
6.229	0:10:07 > 10´	2354	2:47:19	0:14:31	0.171
6.341	0:24:11 > 10´	2396	2:59:05	0:11:46	0.112
6.542	0:12:33 > 10´	2481	3:24:39	0:25:34	0.201
6.809	0:26:39 > 10´	2560	3:41:36	0:16:57	0.267
7.068	0:03:29	2460	4:15:51	0:34:15	0.259
7.208	0:12:21 > 10´	2412	4:22:47	0:06:56 < 10´	0.14
7.36	0:02:38	2340	4:39:33	0:16:46	0.152
7.747	0:03:00	2156	4:57:14	0:17:41	0.387
7.981	0:04:26	2053	5:06:00	0:08:46 < 10´	0.234
Total :	2:37:26 h				

Copyright IBPindexTeam © 2012. All Rights Reserved