Track: 2019-12-24 Anello del Costone — **Date: 24/12/2019**

Track: 2019-12-24 Anello del Costone	**IBP = 117 HKG**
These speeds are average for = HKG	
IBP index reliability= B	

Total length	18.07 Km
Analyzed distance	18.07 Km
Lineal distance	0.03 Km

Accumulated climb	975.4 m
Accumulated descent	953.3 m
Maximum height	2273.2 m
Minimal height	1531.5 m
Climb rate	11.45 %
Descent rate	11.29 %
Positive climb difference per km	53.98 m
Negative descent difference per km	52.76 m

Total time	6:32:47 h
Time in movement	5:04:24 h
Stopped time	1:28:23 h

Total speed average	2.76 Km/h
Average speed in movement	3.56 Km/h
Maximum held speed	7.5 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1369 (cad. 13.2 m)
Significant points	497 (cad. 36.43 m / 36.3 %)
Aberrant points	49 (3.58 % d. total)

Direction changes per km	14.55
Direction changes >5º per km	10.96
Accumulated straight stretches	2.86 Km
Straight stretches per km	158.27 m
Penalizables slope changes	10
Penalizables slope changes per km	0.553

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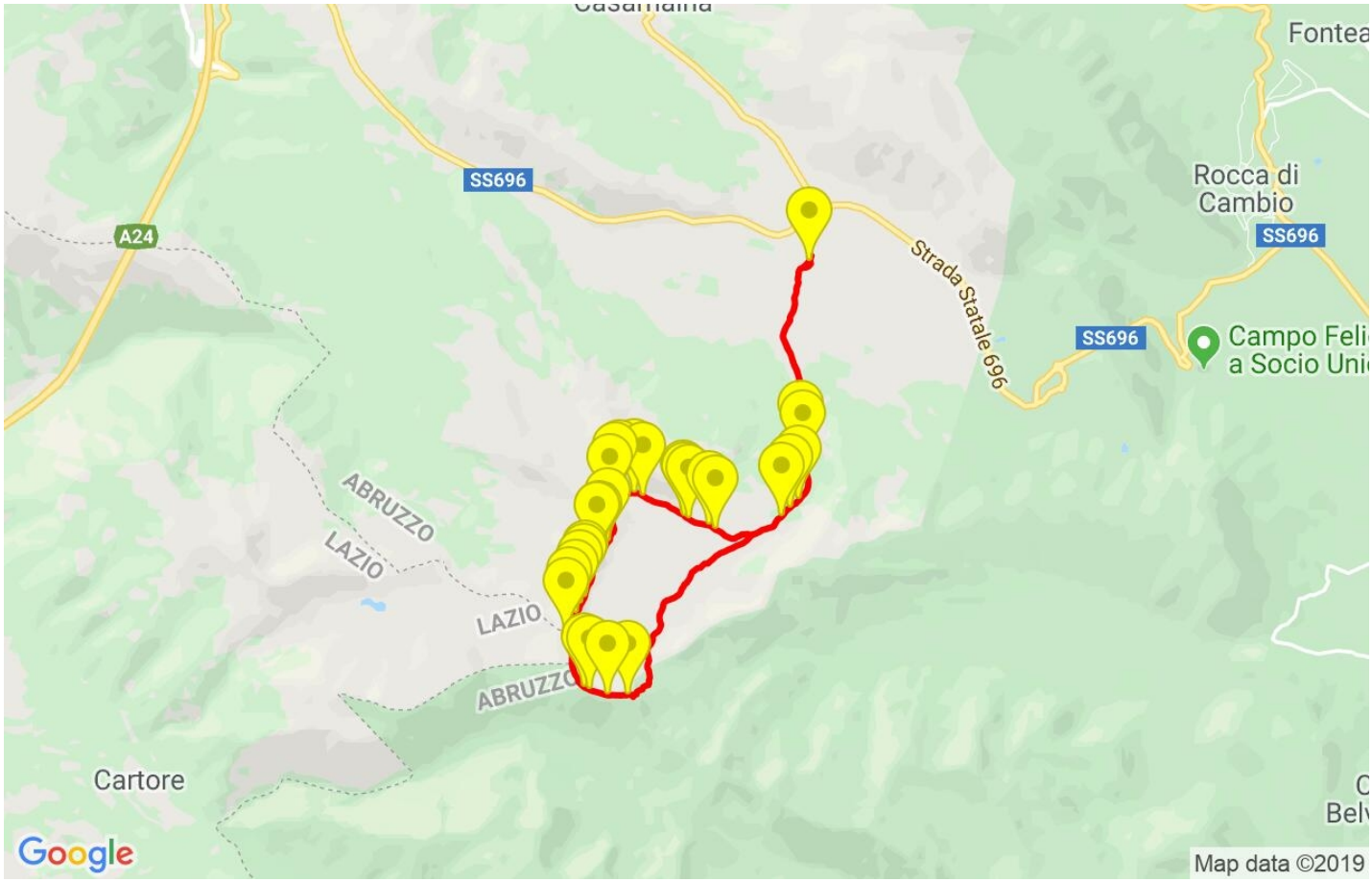
Summary of slopes

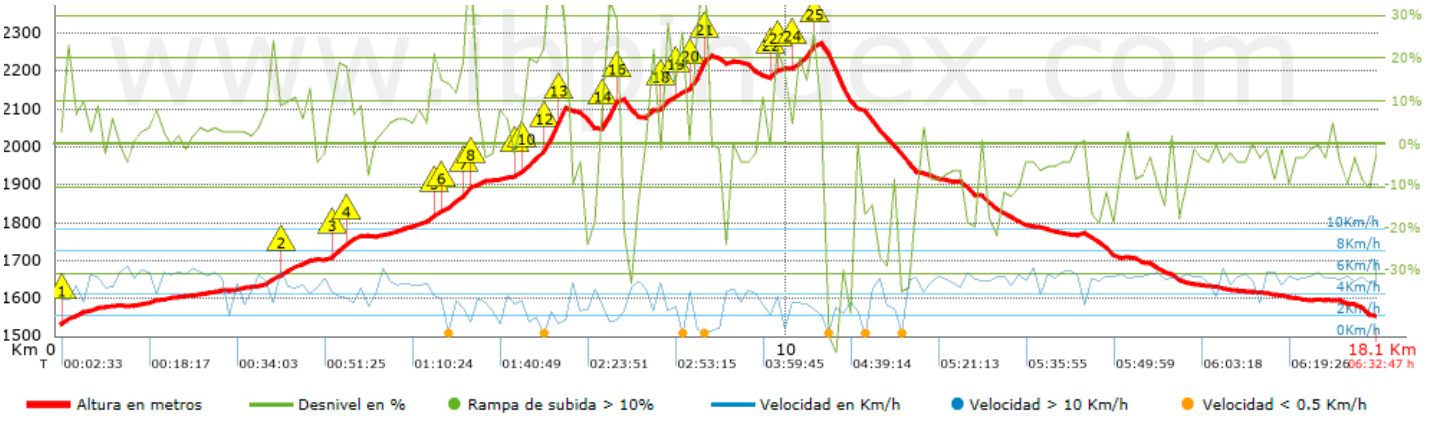


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.585	3.24	1.66	0:21:06
	Between 15 and 30%	1.713	9.48	2.37	0:43:18
	Between 10 and 15%	1.114	6.16	3.11	0:21:31
	Between 5 and 10%	2.228	12.33	3.7	0:36:08
	Between 1 and 5%	2.879	15.93	4.48	0:38:35
	Total :	8.519	47.15	3.18	2:40:38
	Plain				
	Difference of 1%	1.106	6.12	3.3	0:20:06
	Breakdown descents				
	Between 1 and 5%	3.08	17.05	4.5	0:41:05
	Between 5 and 10%	1.953	10.81	4.46	0:26:17
	Between 10 and 15%	1.057	5.85	4.61	0:13:46
	Between 15 and 30%	1.747	9.67	3.8	0:27:35
	Between 30% and 55%	0.606	3.36	2.43	0:14:57
	Total :	8.443	46.73	4.1	2:03:40
	Total track :	18.07	100 %	3.56	5:04:24

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
	0.109	16 %	100 m
	3.095	12 %	137 m
	3.757	16 %	170 m
	3.927	14 %	159 m
	5.149	20 %	111 m
	5.26	11 %	288 m
	5.548	22 %	71 m
	5.62	46 %	31 m
	6.259	11 %	142 m
	6.401	18 %	232 m
	6.633	19 %	66 m
	6.699	42 %	206 m
	6.905	44 %	31 m
	7.463	33 %	213 m
	7.676	28 %	36 m
	7.712	15 %	36 m
	8.273	13 %	36 m
	8.31	21 %	112 m
	8.422	12 %	142 m
	8.709	36 %	202 m
	8.911	48 %	29 m
	9.755	14 %	76 m
	9.831	20 %	70 m
	10.086	19 %	295 m
	10.381	19 %	41 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	212.36	1.18	0:04:30	2.83	0:05:14	0:09:44	1.31
2000	4602.675	25.47	1:52:26	2.46	1:09:01	3:01:27	1.52
1750	5403.334	29.9	1:25:16	3.8	0:14:08	1:39:24	3.26
1500	7850.04	43.45	1:42:12	4.61		1:42:12	4.61
Total :	18.068 Km	100 %	5:04:24 h	3.56 Km/h	1:28:23 h	6:32:47 h	2.76 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
5.333	0:05:43	1834	1:18:00	1:18:00	5.333
6.568	0:08:25	1969	1:52:10	0:34:10	1.234
8.46	0:12:52 > 10´	2131	2:53:15	1:01:05	1.893
8.709	0:03:38	2152	3:12:36	0:19:21	0.249
8.82	0:20:39 > 10´	2195	3:19:23	0:06:47 < 10´	0.111
8.971	0:03:10	2240	3:40:51	0:21:28	0.152
9.938	0:02:44	2201	4:05:10	0:24:19	0.967
10.46	0:05:14	2273	4:21:45	0:16:35	0.522
10.975	0:20:02 > 10´	2101	4:41:30	0:19:45	0.515
11.472	0:05:56	2002	5:08:29	0:26:59	0.497
Total :	1:28:23 h				

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