Track: 2020-01-16 Monti Ienca e Morrone — **Date: 16/01/2020**

Track: 2020-01-16 Monti Ienca e Morrone	**IBP = 139 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	12.39 Km
Analyzed distance	12.39 Km
Lineal distance	0.04 Km

Accumulated climb	1293.1 m
Accumulated descent	1217.7 m
Maximum height	2205.9 m
Minimal height	1111.4 m
Climb rate	21.27 %
Descent rate	20.79 %
Positive climb difference per km	104.37 m
Negative descent difference per km	98.28 m

Total time	6:34:00 h
Time in movement	4:49:16 h
Stopped time	1:44:44 h

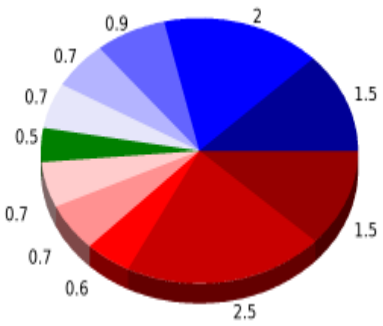
Total speed average	1.89 Km/h
Average speed in movement	2.57 Km/h
Maximum held speed	6.46 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	998 (cad. 12.41 m)
Significant points	348 (cad. 35.69 m / 34.87 %)
Aberrant points	79 (7.92 % d. total)

Direction changes per km	16.06
Direction changes >5° per km	12.11
Accumulated straight stretches	1.41 Km
Straight stretches per km	113.8 m
Penalizables slope changes	12
Penalizables slope changes per km	0.969

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Summary of slopes

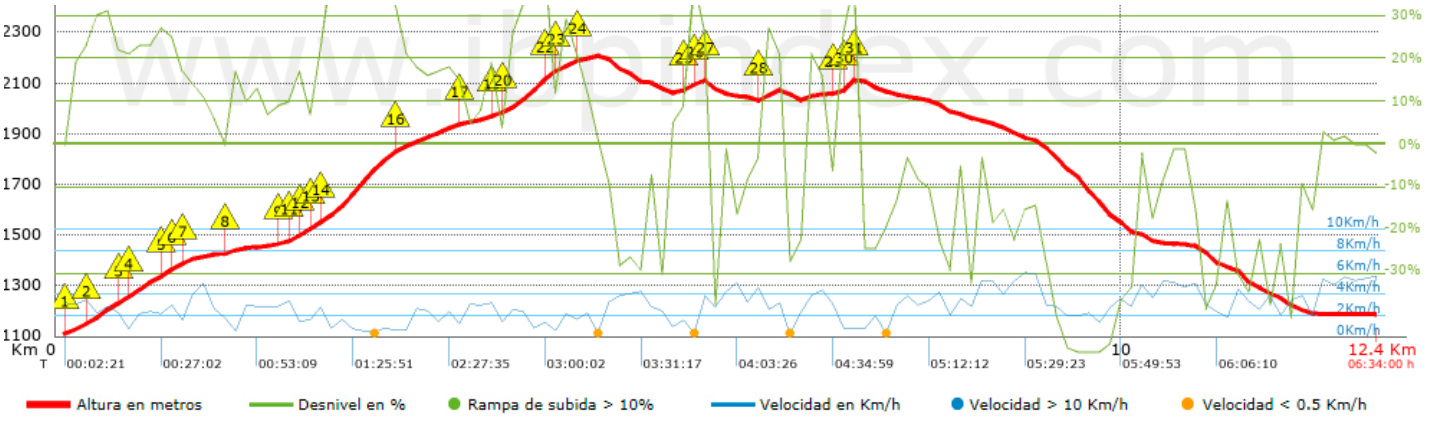


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.547	12.49	2.12	0:43:53
	Between 15 and 30%	2.534	20.46	2.04	1:14:28
	Between 10 and 15%	0.642	5.18	2.84	0:13:32
	Between 5 and 10%	0.678	5.47	2.71	0:15:00
	Between 1 and 5%	0.679	5.48	2.98	0:13:40
	Total :	6.08	49.09	2.27	2:40:33
	Plain				
	Difference of 1%	0.45	3.63	3.26	0:08:17
	Breakdown descents				
	Between 1 and 5%	0.742	5.99	4.61	0:09:39
	Between 5 and 10%	0.74	5.97	3.32	0:13:21
	Between 10 and 15%	0.903	7.29	2.47	0:21:54
	Between 15 and 30%	2.021	16.32	2.98	0:40:39
	Between 30% and 55%	1.451	11.71	2.5	0:34:53
	Total :	5.856	47.28	2.92	2:00:26
	Total track :	12.39	100 %	2.57	4:49:16

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
 1	0.111	21 %	178 m
 2	0.289	30 %	268 m
 3	0.557	27 %	99 m
 4	0.656	26 %	261 m
 5	0.917	26 %	147 m
 6	1.064	19 %	146 m
 7	1.21	15 %	179 m
 8	1.608	14 %	191 m
 9	2.064	11 %	98 m
 10	2.162	23 %	34 m
 11	2.196	22 %	69 m
 12	2.265	24 %	111 m
 13	2.376	26 %	102 m
 14	2.478	41 %	649 m
 15	3.127	30 %	63 m
 16	3.19	17 %	545 m
 17	3.735	13 %	111 m
 18	4.035	15 %	76 m
 19	4.112	15 %	71 m
 20	4.183	35 %	377 m
 21	4.559	41 %	34 m
 22	4.593	16 %	106 m
 23	4.699	30 %	117 m
 24	4.816	21 %	37 m
 25	5.907	34 %	66 m
 26	5.973	15 %	38 m

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27	6.011	26 %	41 m
28	6.58	23 %	178 m
29	7.294	23 %	36 m
30	7.33	34 %	144 m
31	7.474	13 %	34 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	4074.34	32.9	1:36:03	2.55	0:53:07	2:29:10	1.64
1750	2475.067	19.98	0:59:00	2.52	0:19:20	1:18:20	1.9
1500	1356.624	10.95	0:38:44	2.1	0:25:06	1:03:50	1.28
Total :	7.906 Km	63.83 %	3:13:47 h	2.45 Km/h	1:37:33 h	4:51:20 h	1.63 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
0.592	0:02:28	1240	0:15:43	0:15:43	0.592
1.608	0:04:43	1425	0:43:06	0:27:23	1.016
2.518	0:02:46	1564	1:10:37	0:27:31	0.911
2.658	0:03:21	1614	1:18:05	0:07:28 < 10´	0.14
2.737	0:18:59 > 10´	1647	1:23:14	0:05:09 < 10´	0.079
2.932	0:10:01 > 10´	1740	1:48:19	0:25:05	0.196
3.061	0:02:39	1795	1:59:56	0:11:37	0.128
3.127	0:06:40	1819	2:04:11	0:04:15 < 10´	0.066
4.632	0:03:07	2142	3:03:44	0:59:33	1.505
5.026	0:08:50	2205	3:15:57	0:12:13	0.395
5.907	0:09:57	2071	3:44:06	0:28:09	0.881
6.758	0:13:16 > 10´	2071	4:10:01	0:25:55	0.851
7.363	0:06:59	2070	4:40:21	0:30:20	0.605
7.508	0:02:49	2115	4:49:37	0:09:16 < 10´	0.145
7.712	0:08:09	2074	4:56:52	0:07:15 < 10´	0.204
Total :	1:44:44 h				

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