Track: 2020-01-30 Monte Rotondo, Barrea — **Date: 30/01/2020**

Track: 2020-01-30 Monte Rotondo, Barrea	**IBP = 97 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	10.22 Km
Analyzed distance	10.22 Km
Lineal distance	0.03 Km

Accumulated climb	928.6 m
Accumulated descent	959.9 m
Maximum height	1883.8 m
Minimal height	989.3 m
Climb rate	19.02 %
Descent rate	19.19 %
Positive climb difference per km	90.86 m
Negative descent difference per km	93.92 m

Total time	5:22:40 h
Time in movement	4:11:01 h
Stopped time	1:11:39 h

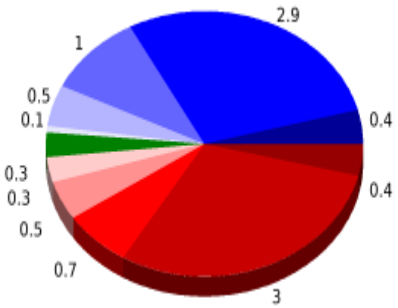
Total speed average	1.9 Km/h
Average speed in movement	2.44 Km/h
Maximum held speed	5.78 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	827 (cad. 12.35 m)
Significant points	287 (cad. 35.72 m / 34.7 %)
Aberrant points	18 (2.18 % d. total)

Direction changes per km	15.07
Direction changes >5º per km	12.72
Accumulated straight stretches	1.413 Km
Straight stretches per km	138.26 m
Penalizables slope changes	5
Penalizables slope changes per km	0.489

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Summary of slopes

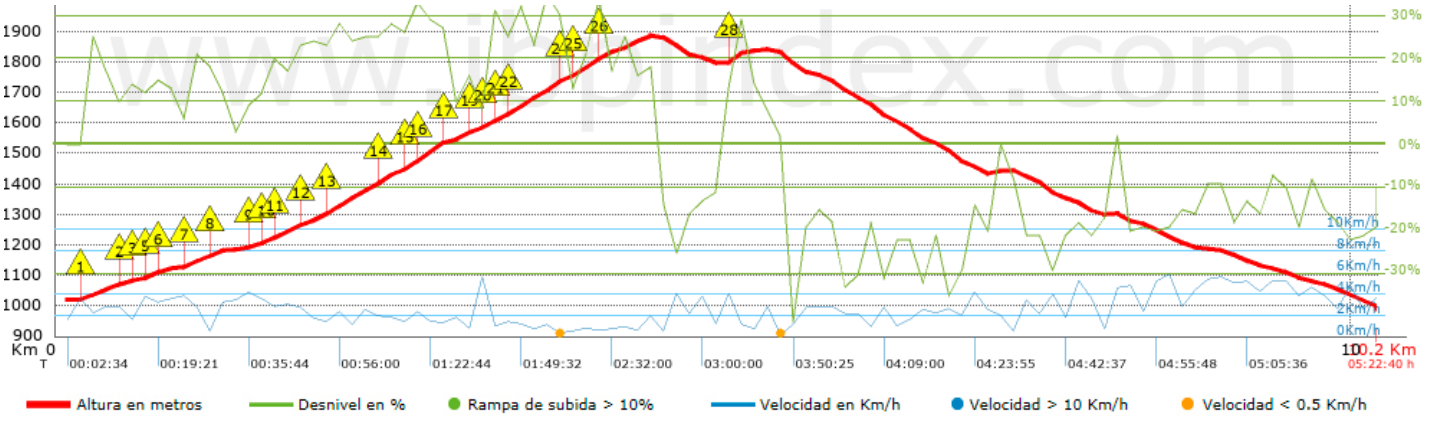


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.38	3.72	1.65	0:13:49
	Between 15 and 30%	2.982	29.19	1.82	1:38:27
	Between 10 and 15%	0.749	7.33	2.64	0:17:01
	Between 5 and 10%	0.521	5.1	3.44	0:09:05
	Between 1 and 5%	0.251	2.45	4.38	0:03:26
	Total :	4.883	47.8	2.07	2:21:48
	Plain				
	Difference of 1%	0.329	3.23	2.2	0:08:59
	Breakdown descents				
	Between 1 and 5%	0.098	0.96	2.36	0:02:30
	Between 5 and 10%	0.529	5.18	3.4	0:09:20
	Between 10 and 15%	1.026	10.04	3.62	0:17:00
	Between 15 and 30%	2.903	28.42	2.95	0:59:07
	Between 30% and 55%	0.447	4.38	2.18	0:12:17
	Total :	5.003	48.98	2.99	1:40:14
	Total track :	10.22	100 %	2.44	4:11:01

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
 1	0.195	17 %	285 m
 2	0.479	16 %	35 m
 3	0.617	12 %	36 m
 4	0.653	16 %	116 m
 5	0.953	17 %	251 m
 6	1.205	14 %	76 m
 7	1.46	12 %	161 m
 8	1.621	18 %	61 m
 9	1.682	21 %	199 m
 10	1.881	20 %	145 m
 11	2.026	24 %	484 m
 12	2.51	27 %	103 m
 13	2.613	24 %	105 m
 14	2.718	28 %	259 m
 15	2.977	17 %	160 m
 16	3.137	16 %	30 m
 17	3.167	12 %	129 m
 18	3.296	27 %	104 m
 19	3.401	19 %	103 m
 20	3.504	29 %	331 m
 21	3.835	30 %	35 m
 22	3.87	16 %	103 m
 23	3.973	27 %	212 m
 24	4.185	20 %	346 m
 25	5.13	13 %	40 m
 26	5.17	28 %	110 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
1750	1940.164	18.99	0:54:59	2.12	0:46:06	1:41:05	1.15
1500	2087.857	20.44	1:03:42	1.97	0:13:44	1:17:26	1.62
Total :	4.028 Km	39.43 %	1:58:41 h	2.04 Km/h	0:59:50 h	2:58:31 h	1.35 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
1.056	0:04:26	1146	0:24:30	0:24:30	1.056
3.575	0:03:02	1653	1:49:32	1:25:02	2.52
3.835	0:10:42 > 10´	1726	2:02:37	0:13:05	0.26
3.973	0:02:22	1753	2:16:17	0:13:40	0.138
4.116	0:03:07	1789	2:22:56	0:06:39 < 10´	0.143
4.218	0:02:28	1818	2:28:29	0:05:33 < 10´	0.103
4.351	0:03:00	1845	2:35:16	0:06:47 < 10´	0.133
4.627	0:04:28	1883	2:47:00	0:11:44	0.276
5.281	0:02:37	1828	3:11:12	0:24:12	0.653
5.462	0:28:04 > 10´	1839	3:17:56	0:06:44 < 10´	0.182
7.304	0:03:44	1446	4:29:23	1:11:27	1.842
8.014	0:03:39	1307	4:46:23	0:17:00	0.71
Total :	1:11:39 h				

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