Track: 2020-02-08 Punta dell'Uccettù — **Date: 08/02/2020**

Track: 2020-02-08 Punta dell'Uccettù	**IBP = 106 HKG**
These speeds are average for = HKG	
IBP index reliability= B	

Total length	20.68 Km
Analyzed distance	20.68 Km
Lineal distance	3.34 Km

Accumulated climb	776.6 m
Accumulated descent	1270.7 m
Maximum height	2009.8 m
Minimal height	1030.7 m
Climb rate	9.31 %
Descent rate	11.13 %
Positive climb difference per km	37.55 m
Negative descent difference per km	61.45 m

Total time	6:52:28 h
Time in movement	6:06:35 h
Stopped time	0:45:53 h

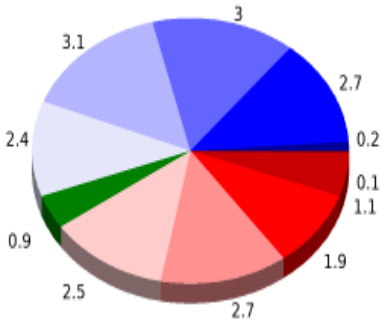
Total speed average	3.01 Km/h
Average speed in movement	3.38 Km/h
Maximum held speed	7.76 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1553 (cad. 13.32 m)
Significant points	576 (cad. 35.97 m / 37.09 %)
Aberrant points	6 (0.39 % d. total)

Direction changes per km	14.22
Direction changes >5° per km	10.54
Accumulated straight stretches	2.6 Km
Straight stretches per km	125.73 m
Penalizables slope changes	8
Penalizables slope changes per km	0.387

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Summary of slopes



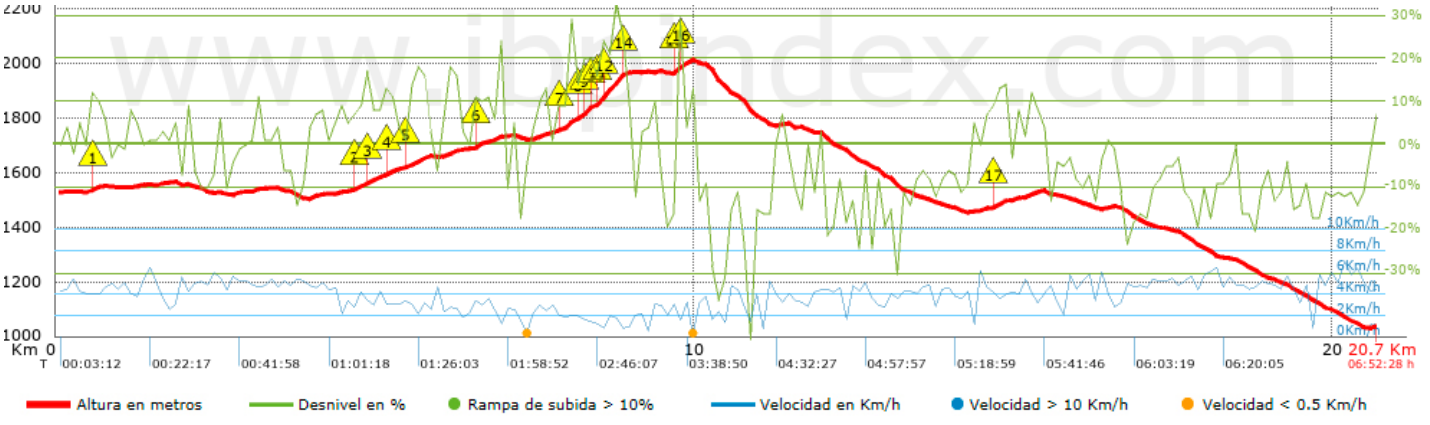
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.106	0.51	1.02	0:06:12
	Between 15 and 30%	1.056	5.11	1.93	0:32:54
	Between 10 and 15%	1.942	9.39	2.72	0:42:47
	Between 5 and 10%	2.727	13.18	3.09	0:52:59
	Between 1 and 5%	2.51	12.14	3.34	0:45:09
	Total :	8.341	40.33	2.78	3:00:01
	Plain				
	Difference of 1%	0.921	4.45	3.6	0:15:20
	Breakdown descents				
	Between 1 and 5%	2.397	11.59	4.21	0:34:12
	Between 5 and 10%	3.145	15.21	4.36	0:43:16
	Between 10 and 15%	2.963	14.33	4.4	0:40:25
	Between 15 and 30%	2.675	12.93	3.57	0:44:59
	Between 30% and 55%	0.237	1.15	1.7	0:08:22
	Total :	11.418	55.21	4	2:51:14
	Total track :	20.68	100 %	3.38	6:06:35

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.527	13 %	99 m
2	4.694	13 %	192 m
3	5.124	12 %	132 m
4	5.513	13 %	252 m
5	6.523	11 %	195 m
6	7.858	14 %	284 m
7	8.141	12 %	105 m
8	8.246	23 %	141 m
9	8.387	15 %	110 m
10	8.497	24 %	75 m
11	8.572	29 %	255 m
12	8.827	26 %	31 m
13	9.697	14 %	38 m
14	9.735	24 %	107 m
15	14.708	12 %	217 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	197.408	0.95	0:03:25	3.47	0:21:44	0:25:09	0.47
1750	3792.661	18.34	1:41:04	2.25	0:13:33	1:54:37	1.99
1500	10582.525	51.17	2:59:40	3.53	0:08:17	3:07:57	3.38
Total :	14.573 Km	70.46 %	4:44:09 h	3.08 Km/h	0:43:34 h	5:27:43 h	2.67 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
7.316	0:08:17	1721	2:04:57	2:04:57	7.316
8.497	0:03:00	1853	2:47:02	0:42:05	1.181
8.792	0:02:44	1935	3:02:13	0:15:11	0.295
9.211	0:04:19	1964	3:17:34	0:15:21	0.419
9.948	0:21:44 > 10´	2006	3:40:26	0:22:52	0.737
10.992	0:03:30	1802	4:25:31	0:45:05	1.044
19.609	0:02:19	1145	6:36:51	2:11:20	8.617
Total :	0:45:53 h				

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