Track: 2020-02-22 Monte Cotento da Filettino — **Date: 22/02/2020**

Track: 2020-02-22 Monte Cotento da Filettino	**IBP = 118 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	18.36 Km
Analyzed distance	18.36 Km
Lineal distance	0 Km

Accumulated climb	1232.4 m
Accumulated descent	1174.8 m
Maximum height	2017 m
Minimal height	986.5 m
Climb rate	14.18 %
Descent rate	12.99 %
Positive climb difference per km	67.12 m
Negative descent difference per km	63.99 m

Total time	6:45:44 h
Time in movement	5:38:00 h
Stopped time	1:07:44 h

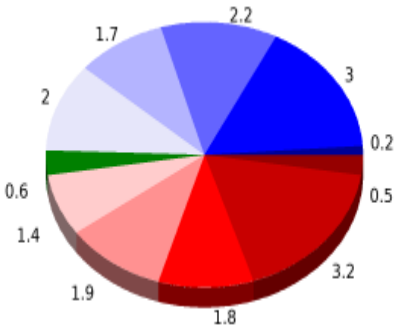
Total speed average	2.72 Km/h
Average speed in movement	3.26 Km/h
Maximum held speed	6.24 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1407 (cad. 13.05 m)
Significant points	509 (cad. 36.15 m / 36.18 %)
Aberrant points	24 (1.71 % d. total)

Direction changes per km	15.09
Direction changes >5º per km	13.13
Accumulated straight stretches	1.817 Km
Straight stretches per km	98.97 m
Penalizables slope changes	9
Penalizables slope changes per km	0.49

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Summary of slopes



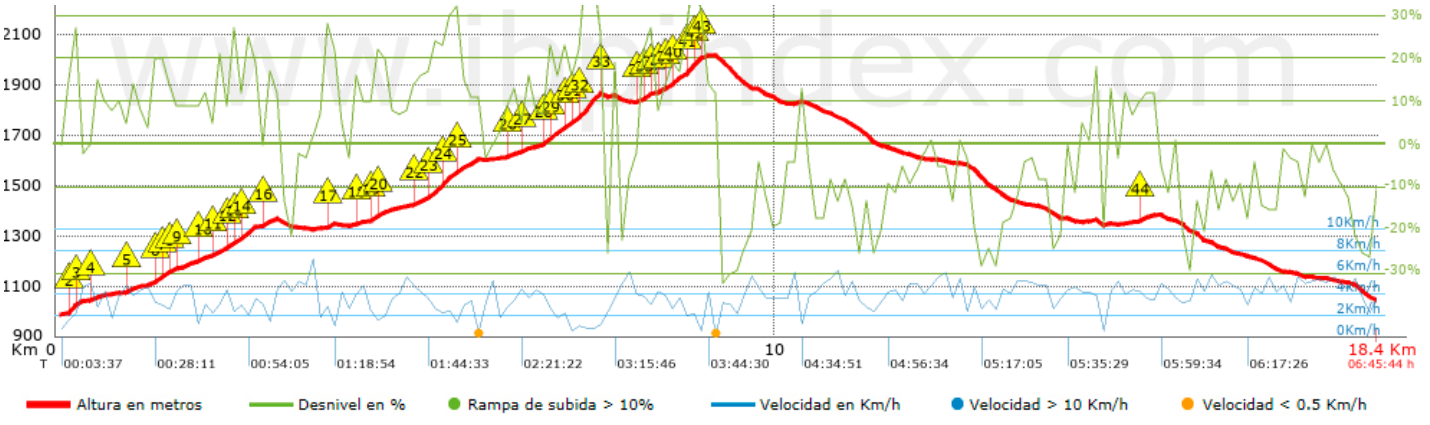
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.459	2.5	2.7	0:10:12
	Between 15 and 30%	3.191	17.37	2.29	1:23:41
	Between 10 and 15%	1.754	9.55	3.17	0:33:11
	Between 5 and 10%	1.912	10.41	3.7	0:30:59
	Between 1 and 5%	1.377	7.5	3.98	0:20:46
	Total :	8.693	47.34	2.92	2:58:49
	Plain				
	Difference of 1%	0.626	3.41	3.58	0:10:29
	Breakdown descents				
	Between 1 and 5%	1.956	10.65	3.92	0:29:58
	Between 5 and 10%	1.664	9.06	4.25	0:23:31
	Between 10 and 15%	2.234	12.16	4.17	0:32:10
	Between 15 and 30%	2.988	16.27	3.16	0:56:42
	Between 30% and 55%	0.203	1.11	1.92	0:06:21
	Total :	9.045	49.25	3.65	2:28:42
	Total track :	18.36	100 %	3.26	5:38:00

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
 1	0.126	15 %	37 m
 2	0.163	29 %	142 m
 3	0.305	19 %	33 m
 4	0.491	11 %	98 m
 5	0.958	11 %	156 m
 6	1.316	20 %	144 m
 7	1.46	19 %	101 m
 8	1.562	14 %	79 m
 9	1.991	13 %	116 m
 10	2.201	16 %	181 m
 11	2.383	25 %	113 m
 12	2.496	13 %	93 m
 13	2.588	25 %	146 m
 14	2.851	16 %	32 m
 15	2.884	14 %	147 m
 16	3.748	19 %	96 m
 17	4.146	12 %	119 m
 18	4.381	20 %	99 m
 19	4.48	23 %	70 m
 20	4.924	13 %	74 m
 21	4.998	14 %	159 m
 22	5.157	23 %	253 m
 23	5.41	31 %	140 m
 24	5.55	16 %	294 m
 25	6.25	11 %	105 m
 26	6.504	13 %	115 m

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27	6.765	18 %	71 m
28	6.836	22 %	208 m
29	7.044	20 %	167 m
30	7.212	21 %	65 m
31	7.277	35 %	276 m
32	7.553	17 %	34 m
33	8.089	12 %	37 m
34	8.126	16 %	104 m
35	8.23	11 %	145 m
36	8.375	16 %	115 m
37	8.49	19 %	75 m
38	8.564	20 %	45 m
39	8.609	20 %	114 m
40	8.723	25 %	107 m
41	8.83	31 %	111 m
42	8.941	16 %	152 m
43	15.11	14 %	195 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	283.907	1.55	0:03:05	5.52	0:30:24	0:33:29	0.51
1750	3558.342	19.38	1:08:23	3.12	0:20:11	1:28:34	2.41
1500	3779.549	20.58	1:16:43	2.96	0:10:15	1:26:58	2.61
Total :	7.622 Km	41.5 %	2:28:11 h	3.09 Km/h	1:00:50 h	3:29:01 h	2.19 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
5.767	0:06:22	1583	2:02:41	2:02:41	5.767
7.107	0:03:53	1736	2:39:10	0:36:29	1.339
7.315	0:16:16 > 10´	1778	2:48:31	0:09:21 < 10´	0.208
8.907	0:03:55	1988	3:38:25	0:49:54	1.592
9.056	0:30:24 > 10´	2014	3:44:30	0:06:05 < 10´	0.149
14.473	0:04:15	1363	5:41:00	1:56:30	5.418
Total :	1:07:44 h				

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