**Track: 2020-05-23 Il giro degli Ernici** — **Date: 25/05/2020**

| | |
|---|---|
| Track: 2020-05-23 Il giro degli Ernici | **IBP = 134 HKG** |
| These speeds are average for = HKG | |
| IBP index reliability= B | |

| | |
|---|---|
| Total length | 13.92 Km |
| Analyzed distance | 13.92 Km |
| Lineal distance | 0.01 Km |

| | |
|---|---|
| Accumulated climb | 1318.29 m |
| Accumulated descent | 1327.53 m |
| Maximum height | 2067.9 m |
| Minimal height | 1095.1 m |
| Climb rate | 18.25 % |
| Descent rate | 20.68 % |
| Positive climb difference per km | 94.7 m |
| Negative descent difference per km | 95.37 m |

| | |
|---|---|
| Total time | 6:28:01 h |
| Time in movement | 4:56:04 h |
| Stopped time | 1:31:57 h |

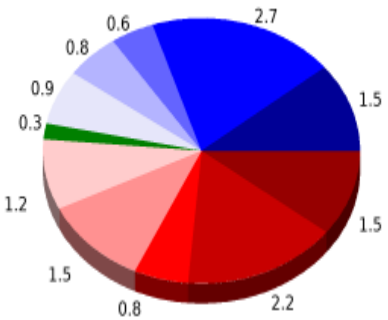
| | |
|---|---|
| Total speed average | 2.15 Km/h |
| Average speed in movement | 2.82 Km/h |
| Maximum held speed | 6.83 Km/h |

| | |
|---|---|
| Max slope filter | ~55 % |
| Min. points separation | ~30 m |
| Number of points | 1075 (cad. 12.95 m) |
| Significant points | 383 (cad. 36.44 m / 35.63 %) |
| Aberrant points | 86 (8 % d. total) |

| | |
|---|---|
| Direction changes per km | 14.8 |
| Direction changes >5º per km | 11.35 |
| Accumulated straight stretches | 1.403 Km |
| Straight stretches per km | 100.79 m |
| Penalizables slope changes | 9 |
| Penalizables slope changes per km | 0.646 |

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**Summary of slopes**

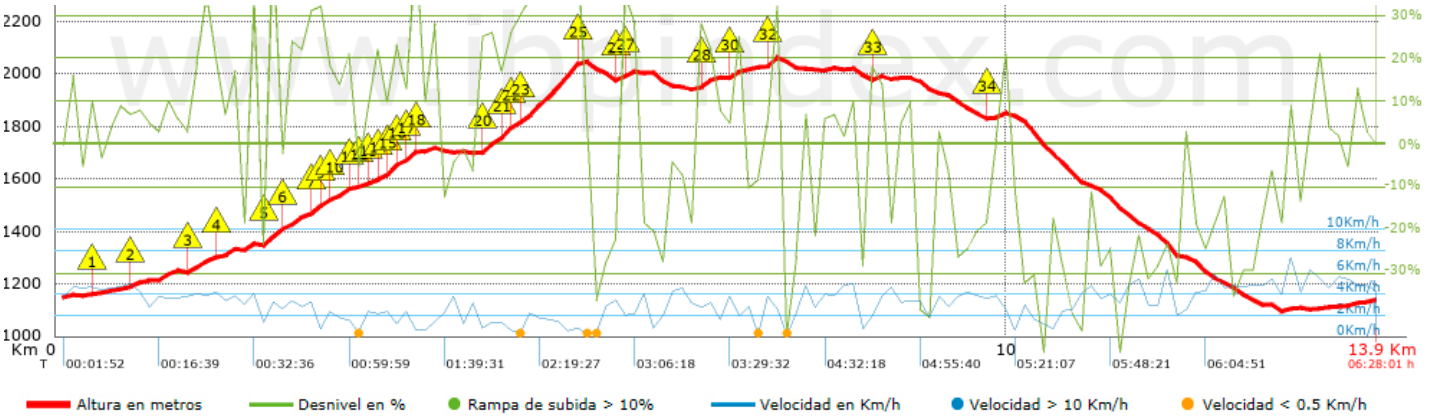



| | Climbs | Distance in km | above the total in % | Speed in | Time h:m:s |
|---|---|---|---|---|---|
| | Between 30% and 55% | 1.536 | 11.03 | 2.03 | 0:45:22 |
| | Between 15 and 30% | 2.232 | 16.03 | 2.34 | 0:57:09 |
| | Between 10 and 15% | 0.75 | 5.38 | 3.3 | 0:13:39 |
| | Between 5 and 10% | 1.536 | 11.03 | 3.39 | 0:27:10 |
| | Between 1 and 5% | 1.17 | 8.4 | 3.52 | 0:19:57 |
| | Total : | 7.223 | 51.88 | 2.65 | 2:43:17 |
| | Plain | | | | |
| | Difference of 1% | 0.28 | 2.01 | 3.14 | 0:05:21 |
| | Breakdown descents | | | | |
| | Between 1 and 5% | 0.862 | 6.19 | 3.39 | 0:15:16 |
| | Between 5 and 10% | 0.82 | 5.89 | 3.4 | 0:14:28 |
| | Between 10 and 15% | 0.568 | 4.08 | 3.51 | 0:09:43 |
| | Between 15 and 30% | 2.69 | 19.32 | 3.05 | 0:52:55 |
| | Between 30% and 55% | 1.479 | 10.62 | 2.53 | 0:35:04 |
| | Total : | 6.419 | 46.11 | 3.02 | 2:07:26 |
| | Total track : | 13.92 | 100 % | 2.82 | 4:56:04 |

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| | |
|---|---|
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## Steep slopes > 10%

| Steep slope | Mileage point | Average slope | Interval |
|---|---|---|---|
|  1 | 0.78 | 16 % | 142 m |
|  2 | 1.386 | 22 % | 237 m |
|  3 | 1.622 | 20 % | 39 m |
|  4 | 2.214 | 47 % | 130 m |
|  5 | 2.344 | 16 % | 289 m |
|  6 | 2.634 | 29 % | 112 m |
|  7 | 2.745 | 33 % | 33 m |
|  8 | 2.779 | 29 % | 78 m |
|  9 | 2.891 | 24 % | 171 m |
|  10 | 3.062 | 14 % | 69 m |
|  11 | 3.168 | 11 % | 116 m |
|  12 | 3.284 | 20 % | 72 m |
|  13 | 3.356 | 16 % | 113 m |
|  14 | 3.469 | 32 % | 120 m |
|  15 | 3.588 | 36 % | 36 m |
|  16 | 3.624 | 17 % | 116 m |
|  17 | 3.74 | 46 % | 37 m |
|  18 | 4.426 | 23 % | 74 m |
|  19 | 4.499 | 31 % | 197 m |
|  20 | 4.696 | 39 % | 41 m |
|  21 | 4.737 | 19 % | 104 m |
|  22 | 4.841 | 37 % | 588 m |
|  23 | 5.429 | 46 % | 39 m |
|  24 | 5.469 | 25 % | 36 m |
|  25 | 5.904 | 15 % | 43 m |
|  26 | 5.947 | 31 % | 104 m |

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| | | | |
|---|---|---|---|
| 27 | 6.725 | 25 % | 145 m |
| 28 | 7.053 | 16 % | 33 m |
| 29 | 7.085 | 21 % | 149 m |
| 30 | 7.454 | 17 % | 36 m |
| 31 | 7.49 | 30 % | 113 m |
| 32 | 8.535 | 13 % | 111 m |
| 33 | 9.794 | 11 % | 112 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 | 1983.759 | 14.25 | 0:49:10 | 2.42 | 0:57:31 | 1:46:41 | 1.12 |
| 1750 | 3689.864 | 26.5 | 1:24:34 | 2.62 | 0:17:09 | 1:41:43 | 2.18 |
| 1500 | 2694.72 | 19.36 | 1:15:18 | 2.15 | 0:14:20 | 1:29:38 | 1.8 |
| Total : | 8.368 Km | 60.11 % | 3:29:02 h | 2.4 Km/h | 1:29:00 h | 4:58:02 h | 1.68 Km/h |

| Stops | | | | | |
|---|---|---|---|---|---|
| Distance | Stopped time | Altitude | Elapsed time | Last stop elapsed time | Last stop distance |
| 2.671 | 0:02:42 | 1466 | 0:46:34 | 0:46:34 | 2.671 |
| 3.131 | 0:05:05 | 1571 | 1:01:55 | 0:15:21 | 0.461 |
| 3.74 | 0:03:44 | 1685 | 1:25:38 | 0:23:43 | 0.609 |
| 3.809 | 0:02:57 | 1705 | 1:30:38 | 0:05:00 < 10´ | 0.068 |
| 4.666 | 0:02:55 | 1754 | 1:59:49 | 0:29:11 | 0.857 |
| 4.771 | 0:07:20 | 1793 | 2:05:14 | 0:05:25 < 10´ | 0.105 |
| 5.295 | 0:03:38 | 1964 | 2:27:35 | 0:22:21 | 0.524 |
| 5.539 | 0:15:27 > 10´ | 2044 | 2:40:23 | 0:12:48 | 0.244 |
| 7.312 | 0:14:14 > 10´ | 2029 | 3:37:01 | 0:56:38 | 1.773 |
| 7.603 | 0:25:08 > 10´ | 2068 | 3:58:34 | 0:21:33 | 0.291 |
| 8.358 | 0:02:42 | 2020 | 4:37:50 | 0:39:16 | 0.755 |
| 9.979 | 0:03:16 | 1850 | 5:15:24 | 0:37:34 | 1.621 |
| 10.449 | 0:02:34 | 1699 | 5:32:45 | 0:17:21 | 0.47 |
| 13.919 | 0:00:15 | 1139 | 6:27:46 | 0:55:01 | 3.47 |
| Total : | 1:31:57 h | | | | |

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