Track: 2020-06-07 Traversata Monte Ocre — **Date: 07/06/2020**

Track: 2020-06-07 Traversata Monte Ocre	**IBP = 166 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	18.04 Km
Analyzed distance	18.04 Km
Lineal distance	11.83 Km

Accumulated climb	1946.9 m
Accumulated descent	1221.5 m
Maximum height	2213.6 m
Minimal height	712.9 m
Climb rate	18.84 %
Descent rate	16.95 %
Positive climb difference per km	107.92 m
Negative descent difference per km	67.71 m

Total time	7:12:50 h
Time in movement	6:13:37 h
Stopped time	0:59:13 h

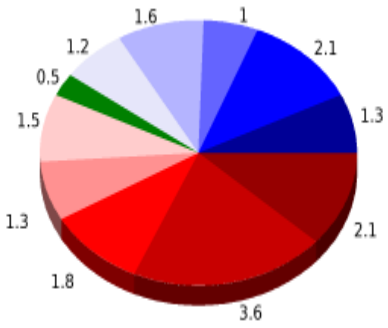
Total speed average	2.5 Km/h
Average speed in movement	2.9 Km/h
Maximum held speed	6.06 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1388 (cad. 13 m)
Significant points	500 (cad. 36.15 m / 36.02 %)
Aberrant points	84 (6.05 % d. total)

Direction changes per km	15.47
Direction changes >5º per km	11.92
Accumulated straight stretches	2.705 Km
Straight stretches per km	149.94 m
Penalizables slope changes	12
Penalizables slope changes per km	0.665

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Summary of slopes

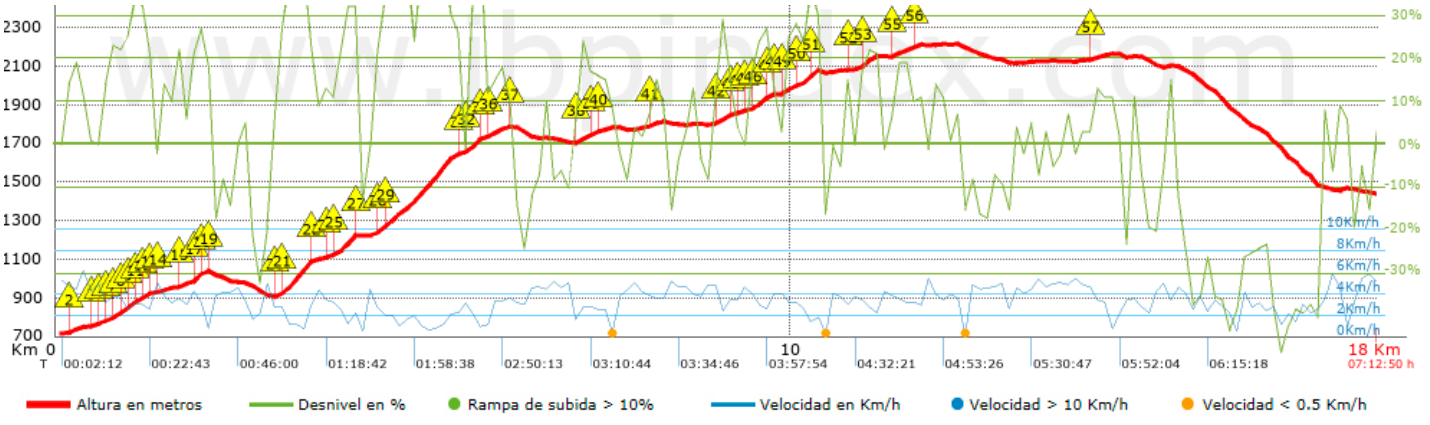


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	2.084	11.55	1.63	1:16:42
	Between 15 and 30%	3.636	20.16	2.73	1:19:53
	Between 10 and 15%	1.771	9.82	3.26	0:32:34
	Between 5 and 10%	1.328	7.36	3.2	0:24:54
	Between 1 and 5%	1.514	8.39	3.95	0:23:01
	Total :	10.333	57.28	2.62	3:57:04
	Plain				
	Difference of 1%	0.498	2.76	4.32	0:06:55
	Breakdown descents				
	Between 1 and 5%	1.154	6.4	4.48	0:15:27
	Between 5 and 10%	1.597	8.85	4.38	0:21:54
	Between 10 and 15%	1.042	5.77	4.16	0:15:01
	Between 15 and 30%	2.142	11.87	3.09	0:41:35
	Between 30% and 55%	1.273	7.06	2.14	0:35:41
	Total :	7.208	39.96	3.34	2:09:38
	Total track :	18.04	100 %	2.9	6:13:37

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
 1	0.132	15 %	66 m
 2	0.197	19 %	88 m
 3	0.45	13 %	111 m
 4	0.562	14 %	105 m
 5	0.667	12 %	61 m
 6	0.728	25 %	67 m
 7	0.795	16 %	121 m
 8	0.916	29 %	75 m
 9	0.991	44 %	39 m
 10	1.03	24 %	67 m
 11	1.097	19 %	30 m
 12	1.127	25 %	118 m
 13	1.246	13 %	111 m
 14	1.357	11 %	126 m
 15	1.626	22 %	111 m
 16	1.845	21 %	29 m
 17	1.874	36 %	103 m
 18	1.977	25 %	35 m
 19	2.012	18 %	44 m
 20	3.049	42 %	398 m
 21	3.447	22 %	71 m
 22	3.62	13 %	43 m
 23	3.663	12 %	111 m
 24	3.774	33 %	265 m
 25	4.038	32 %	37 m
 26	4.076	30 %	35 m

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27	4.317	21 %	117 m
28	4.434	39 %	986 m
29	5.42	26 %	37 m
30	5.457	21 %	36 m
31	5.602	32 %	139 m
32	5.741	47 %	39 m
33	5.78	17 %	78 m
34	5.858	12 %	39 m
35	5.897	19 %	215 m
36	6.112	12 %	74 m
37	7.098	20 %	136 m
38	7.235	18 %	144 m
39	7.379	15 %	144 m
40	8.072	16 %	145 m
41	8.988	23 %	179 m
42	9.167	12 %	105 m
43	9.272	12 %	107 m
44	9.49	28 %	194 m
45	9.684	32 %	42 m
46	9.726	13 %	35 m
47	9.873	18 %	177 m
48	10.05	28 %	238 m
49	10.288	35 %	34 m
50	10.953	25 %	152 m
51	11.393	17 %	236 m
52	11.629	13 %	141 m
53	14.094	11 %	215 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	5526.541	30.64	1:35:34	3.47	0:31:28	2:07:02	2.61
1750	4015.133	22.26	1:16:03	3.17	0:09:24	1:25:27	2.82
1500	2469.544	13.69	1:07:14	2.2	0:02:41	1:09:55	2.12
Total :	12.011 Km	66.59 %	3:58:51 h	3.02 Km/h	0:43:33 h	4:42:24 h	2.55 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
3.26	0:02:47	996	1:04:38	1:04:38	3.26
4.147	0:04:03	1225	1:33:31	0:28:53	0.888
5.007	0:08:50	1452	2:04:18	0:30:47	0.86
5.137	0:02:41	1509	2:17:34	0:13:16	0.13
7.523	0:04:54	1780	3:16:06	0:58:32	2.386
10.359	0:10:10 > 10´	2077	4:14:07	0:58:01	2.835
12.269	0:18:45 > 10´	2214	4:56:51	0:42:44	1.91
14.345	0:02:33	2160	5:47:35	0:50:44	2.076
16.021	0:04:30	1871	6:24:02	0:36:27	1.677
Total :	0:59:13 h				

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