Track: 2020-06-24 Monte Terminillo	**IBP = 113 HKG**
These speeds are average for = HKG	
IBP index reliability= B	

Total length	9.75 Km
Analyzed distance	9.75 Km
Lineal distance	0.02 Km

Accumulated climb	848.43 m
Accumulated descent	842.83 m
Maximum height	2217.4 m
Minimal height	1812.2 m
Climb rate	21.28 %
Descent rate	15.76 %
Positive climb difference per km	87.02 m
Negative descent difference per km	86.44 m

Total time	5:26:38 h
Time in movement	3:44:49 h
Stopped time	1:41:49 h

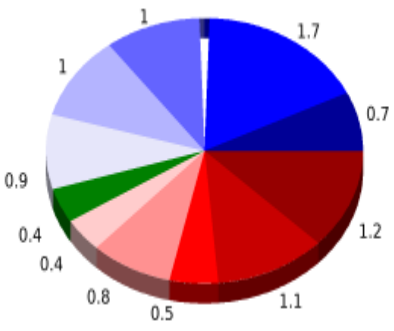
Total speed average	1.79 Km/h
Average speed in movement	2.6 Km/h
Maximum held speed	5.44 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	775 (cad. 12.59 m)
Significant points	271 (cad. 36.13 m / 34.97 %)
Aberrant points	65 (8.39 % d. total)

Direction changes per km	14.56
Direction changes >5º per km	11.9
Accumulated straight stretches	0.944 Km
Straight stretches per km	96.82 m
Penalizables slope changes	10
Penalizables slope changes per km	1.025

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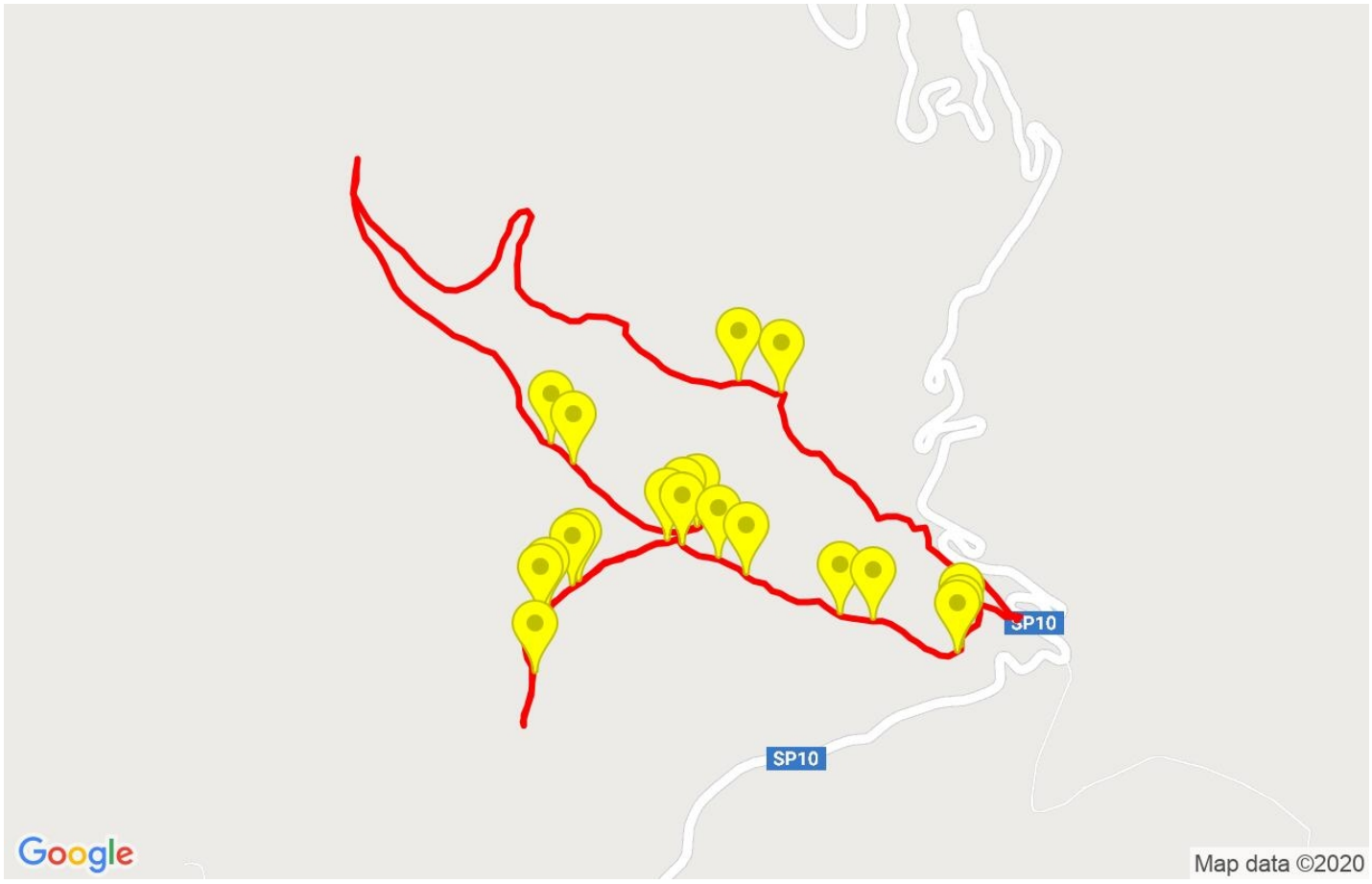
Summary of slopes

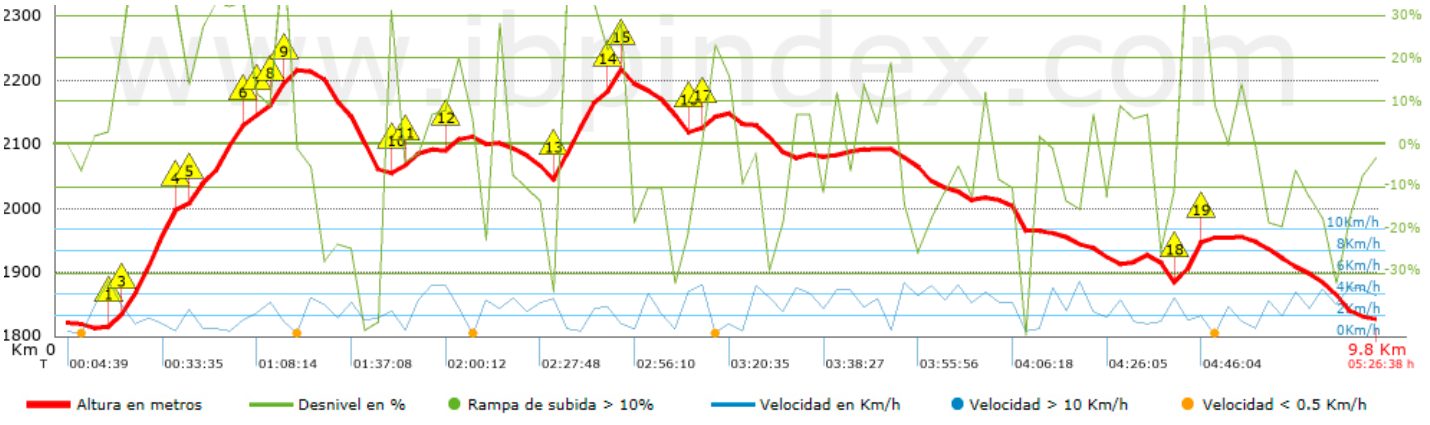


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.229	12.6	1.68	0:43:49
	Between 15 and 30%	1.08	11.07	2.13	0:30:27
	Between 10 and 15%	0.493	5.05	2.94	0:10:03
	Between 5 and 10%	0.774	7.94	2.84	0:16:21
	Between 1 and 5%	0.411	4.21	3.43	0:07:11
	Total :	3.987	40.87	2.22	1:47:51
	Plain				
	Difference of 1%	0.419	4.29	4.11	0:06:07
	Breakdown descents				
	Between 1 and 5%	0.878	9	3.06	0:17:12
	Between 5 and 10%	1.04	10.66	3.71	0:16:49
	Between 10 and 15%	1.022	10.48	3.44	0:17:51
	Between 15 and 30%	1.686	17.28	2.63	0:38:26
	Between 30% and 55%	0.722	7.4	2.11	0:20:33
	Total :	5.348	54.83	2.89	1:50:51
	Total track :	9.75	100 %	2.6	3:44:49

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
 1	0.388	19 %	41 m
 2	0.429	23 %	40 m
 3	0.469	39 %	378 m
 4	0.847	21 %	114 m
 5	0.96	28 %	386 m
 6	1.346	25 %	113 m
 7	1.459	17 %	135 m
 8	1.594	40 %	65 m
 9	1.659	23 %	38 m
 10	2.448	17 %	137 m
 11	2.585	24 %	30 m
 12	2.851	15 %	144 m
 13	3.652	35 %	371 m
 14	4.023	28 %	121 m
 15	4.143	29 %	30 m
 16	4.687	11 %	106 m
 17	4.793	17 %	36 m
 18	8.307	38 %	171 m
 19	8.478	11 %	30 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	6176.06	63.32	2:17:29	2.7	1:09:01	3:26:30	1.79
1750	3577.694	36.68	1:27:20	2.46	0:32:48	2:00:08	1.79
Total :	9.754 Km	100 %	3:44:49 h	2.6 Km/h	1:41:49 h	5:26:38 h	1.79 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
0.06	0:08:01	1821	0:04:39	0:04:39 < 10´	0.06
0.783	0:03:58	1957	0:33:35	0:28:56	0.723
1.032	0:02:20	2031	0:45:34	0:11:59	0.249
1.134	0:03:27	2047	0:49:51	0:04:17 < 10´	0.102
1.206	0:07:43	2074	0:55:37	0:05:46 < 10´	0.072
1.732	0:08:18	2216	1:19:47	0:24:10	0.526
2.516	0:03:15	2061	1:49:36	0:29:49	0.784
2.96	0:03:22	2108	2:02:28	0:12:52	0.443
3.032	0:11:38 > 10´	2110	2:06:43	0:04:15 < 10´	0.072
3.652	0:02:43	2045	2:29:43	0:23:00	0.62
3.792	0:04:30	2100	2:35:46	0:06:03 < 10´	0.14
4.209	0:02:39	2207	2:52:17	0:16:31	0.417
4.5	0:02:42	2164	3:00:39	0:08:22 < 10´	0.291
4.793	0:07:34	2130	3:08:27	0:07:48 < 10´	0.294
4.973	0:04:49	2148	3:20:35	0:12:08	0.18
6.065	0:04:01	2093	3:45:32	0:24:57	1.092
7.064	0:03:43	2004	4:06:18	0:20:46	0.999
7.175	0:02:44	1965	4:13:09	0:06:51 < 10´	0.11
8.478	0:08:08	1947	4:46:04	0:32:55	1.303
8.76	0:02:30	1955	5:03:00	0:16:56	0.282
Total :	1:41:49 h				

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