Track: 2020-07-05 Gorzano e Laghetta — **Date: 05/07/2020**

Track: 2020-07-05 Gorzano e Laghetta	**IBP = 152 HKG**
These speeds are average for = HKG	
IBP index reliability= B	

Total length	17.9 Km
Analyzed distance	17.9 Km
Lineal distance	0.04 Km

Accumulated climb	1517.4 m
Accumulated descent	1515.5 m
Maximum height	2463 m
Minimal height	1296.5 m
Climb rate	17.63 %
Descent rate	17.08 %
Positive climb difference per km	84.77 m
Negative descent difference per km	84.66 m

Total time	7:20:47 h
Time in movement	5:27:38 h
Stopped time	1:53:09 h

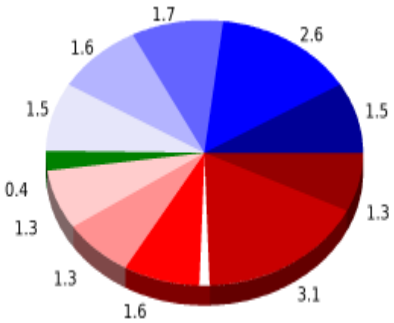
Total speed average	2.44 Km/h
Average speed in movement	3.28 Km/h
Maximum held speed	7.75 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1357 (cad. 13.19 m)
Significant points	492 (cad. 36.45 m / 36.26 %)
Aberrant points	63 (4.64 % d. total)

Direction changes per km	14.47
Direction changes >5º per km	11.12
Accumulated straight stretches	1.754 Km
Straight stretches per km	97.99 m
Penalizables slope changes	10
Penalizables slope changes per km	0.559

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Summary of slopes

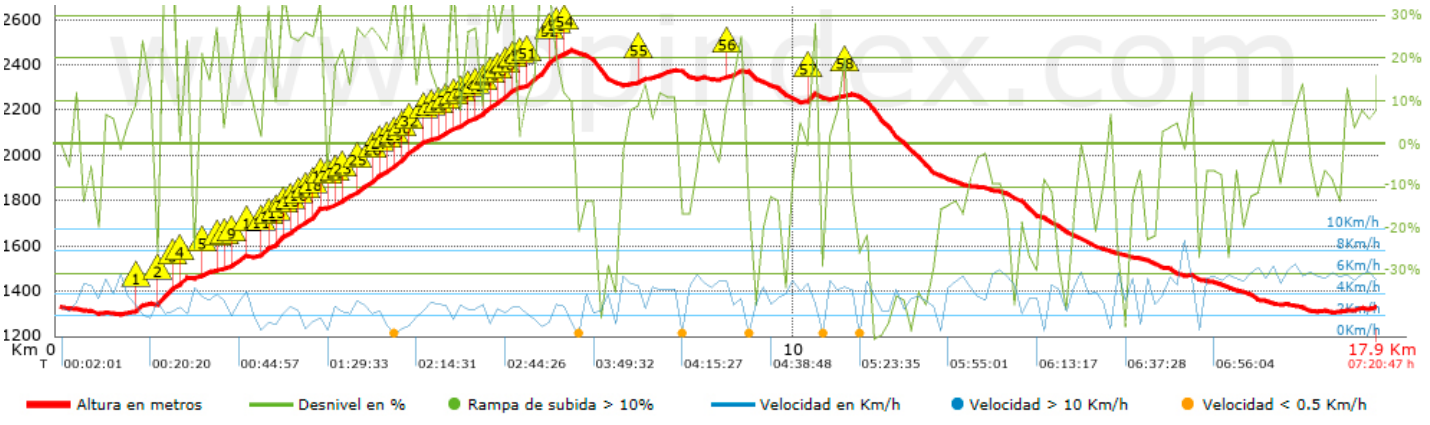


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.271	7.1	1.93	0:39:35
	Between 15 and 30%	3.119	17.43	2.56	1:13:07
	Between 10 and 15%	1.621	9.06	2.94	0:33:07
	Between 5 and 10%	1.332	7.44	3.77	0:21:10
	Between 1 and 5%	1.265	7.07	3.83	0:19:49
	Total :	8.609	48.1	2.77	3:06:48
	Plain				
	Difference of 1%	0.418	2.34	5.11	0:04:55
	Breakdown descents				
	Between 1 and 5%	1.462	8.17	3.93	0:22:18
	Between 5 and 10%	1.603	8.96	4.39	0:21:55
	Between 10 and 15%	1.671	9.34	4.36	0:23:00
	Between 15 and 30%	2.587	14.45	4.01	0:38:41
	Between 30% and 55%	1.548	8.65	3.09	0:30:01
	Total :	8.871	49.56	3.92	2:15:55
	Total track :	17.9	100 %	3.28	5:27:38

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	1.066	22 %	114 m
2	1.41	48 %	147 m
3	1.557	17 %	114 m
4	1.671	29 %	138 m
5	1.91	17 %	113 m
6	2.134	11 %	171 m
7	2.305	12 %	33 m
8	2.412	32 %	116 m
9	2.528	16 %	50 m
10	2.782	28 %	116 m
11	2.897	16 %	75 m
12	2.973	34 %	107 m
13	3.08	16 %	137 m
14	3.217	34 %	31 m
15	3.248	21 %	101 m
16	3.349	26 %	134 m
17	3.483	39 %	66 m
18	3.549	33 %	35 m
19	3.695	13 %	35 m
20	3.73	16 %	106 m
21	3.836	23 %	68 m
22	3.904	18 %	104 m
23	4.009	24 %	84 m
24	4.093	19 %	140 m
25	4.233	26 %	149 m
26	4.382	29 %	37 m

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27	4.419	18 %	104 m
28	4.523	28 %	171 m
29	4.693	32 %	73 m
30	4.766	20 %	41 m
31	4.807	26 %	105 m
32	4.912	16 %	114 m
33	5.173	21 %	68 m
34	5.241	13 %	41 m
35	5.282	12 %	66 m
36	5.348	30 %	68 m
37	5.416	18 %	80 m
38	5.534	15 %	86 m
39	5.62	27 %	32 m
40	5.652	18 %	106 m
41	5.758	15 %	31 m
42	5.789	26 %	102 m
43	5.891	23 %	38 m
44	5.929	19 %	108 m
45	6.036	33 %	72 m
46	6.108	27 %	64 m
47	6.172	21 %	69 m
48	6.278	11 %	131 m
49	6.409	35 %	273 m
50	6.682	28 %	62 m
51	6.744	18 %	121 m
52	6.865	18 %	77 m
53	7.904	11 %	275 m
54	9.096	20 %	155 m

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 55	10.16	32 %	111 m
 56	10.62	15 %	115 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2250	4484.303	25.05	1:24:28	3.19	1:10:18	2:34:46	1.74
2000	2407.787	13.45	0:53:18	2.71		0:53:18	2.71
1750	2797.125	15.63	0:55:42	3.01	0:26:07	1:21:49	2.05
1500	3021.929	16.88	1:00:51	2.98	0:13:33	1:14:24	2.44
Total :	12.711 Km	71.02 %	4:14:19 h	3 Km/h	1:49:58 h	6:04:17 h	2.09 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
2.708	0:03:35	1559	0:48:58	0:48:58	2.708
3.285	0:02:43	1680	1:12:52	0:23:54	0.578
3.585	0:02:51	1764	1:23:46	0:10:54	0.299
4.523	0:12:20 > 10´	1937	1:52:27	0:28:41	0.938
6.98	0:32:05 > 10´	2463	3:12:44	1:20:17	2.457
8.405	0:05:24	2377	4:09:25	0:56:41	1.426
9.323	0:05:40	2374	4:27:37	0:18:12	0.917
10.271	0:08:02	2272	4:49:03	0:21:26	0.948
10.767	0:19:07 > 10´	2269	5:03:56	0:14:53	0.496
11.861	0:10:56 > 10´	1924	5:41:58	0:38:02	1.095
13.329	0:04:40	1727	6:14:04	0:32:06	1.468
14.164	0:02:35	1586	6:30:35	0:16:31	0.835
15.361	0:03:11	1471	6:49:32	0:18:57	1.197
Total :	1:53:09 h				

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