Track: 2020-07-18 Traversata del Gran Sasso — **Date: 19/07/2020**

Track: 2020-07-18 Traversata del Gran Sasso	**IBP = 371 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	41.6 Km
Analyzed distance	41.6 Km
Lineal distance	32.03 Km

Accumulated climb	3935.45 m
Accumulated descent	3592.45 m
Maximum height	2564.5 m
Minimal height	1305.9 m
Climb rate	18.19 %
Descent rate	19.36 %
Positive climb difference per km	94.6 m
Negative descent difference per km	86.36 m

Total time	17:10:35 h
Time in movement	13:31:34 h
Stopped time	3:39:01 h

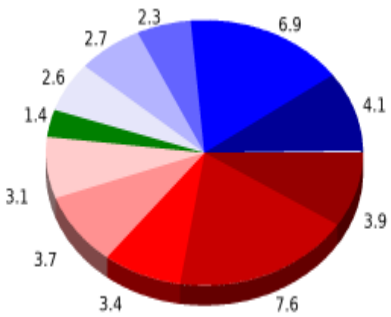
Total speed average	2.42 Km/h
Average speed in movement	3.08 Km/h
Maximum held speed	6.2 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	2476 (cad. 16.8 m)
Significant points	1078 (cad. 38.63 m / 43.54 %)
Aberrant points	160 (6.46 % d. total)

Direction changes per km	13.49
Direction changes >5° per km	10.55
Accumulated straight stretches	5.16 Km
Straight stretches per km	124.04 m
Penalizables slope changes	34
Penalizables slope changes per km	0.817

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Summary of slopes

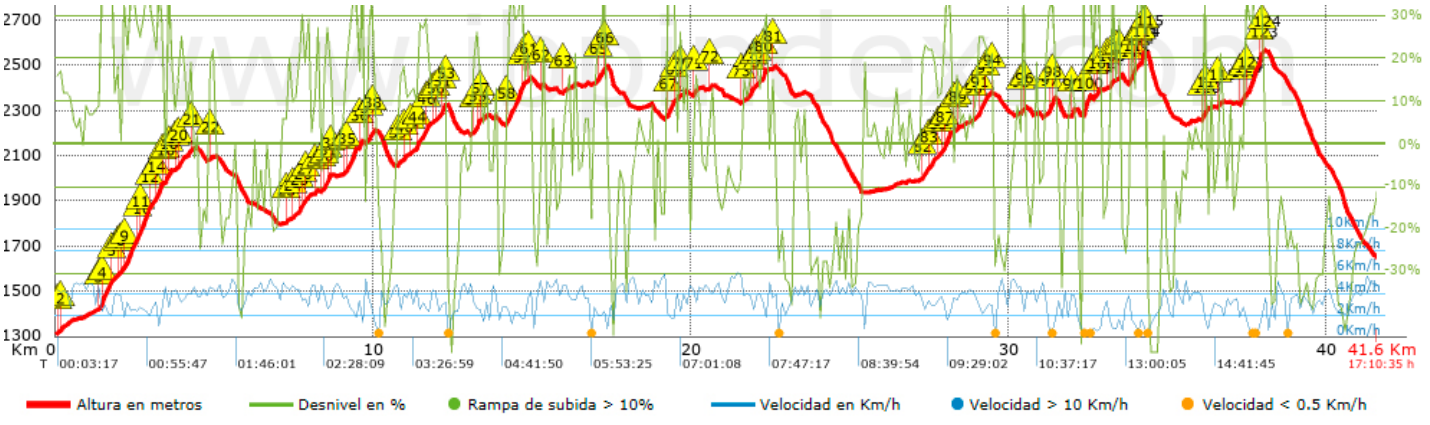


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	3.898	9.37	2.08	1:52:34
	Between 15 and 30%	7.62	18.31	2.72	2:48:04
	Between 10 and 15%	3.402	8.18	3.42	0:59:39
	Between 5 and 10%	3.666	8.81	3.62	1:00:41
	Between 1 and 5%	3.054	7.34	3.73	0:49:11
	Total :	21.64	52.01	2.88	7:30:09
	Plain				
	Difference of 1%	1.406	3.38	3.33	0:25:21
	Breakdown descents				
	Between 1 and 5%	2.572	6.18	3.95	0:39:03
	Between 5 and 10%	2.687	6.46	4.11	0:39:15
	Between 10 and 15%	2.297	5.52	3.94	0:35:01
	Between 15 and 30%	6.943	16.69	3.56	1:57:07
	Between 30% and 55%	4.059	9.76	2.31	1:45:38
	Total :	18.558	44.61	3.31	5:36:04
	Total track :	41.6	100 %	3.08	13:31:34

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
 1	0.037	16 %	149 m
 2	0.186	12 %	279 m
 3	1.396	11 %	33 m
 4	1.43	34 %	329 m
 5	1.759	14 %	146 m
 6	1.904	18 %	60 m
 7	2.11	24 %	34 m
 8	2.143	32 %	412 m
 9	2.556	32 %	98 m
 10	2.654	34 %	322 m
 11	2.976	22 %	161 m
 12	3.137	21 %	41 m
 13	3.177	37 %	151 m
 14	3.328	11 %	178 m
 15	3.506	37 %	32 m
 16	3.538	35 %	78 m
 17	3.616	17 %	73 m
 18	3.774	11 %	76 m
 19	3.849	18 %	345 m
 20	4.195	19 %	58 m
 21	4.84	15 %	159 m
 22	7.48	14 %	209 m
 23	7.689	24 %	116 m
 24	7.805	21 %	73 m
 25	7.879	21 %	87 m
 26	8.135	18 %	116 m

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27	8.389	16 %	84 m
28	8.473	23 %	73 m
29	8.546	35 %	102 m
30	8.648	17 %	36 m
31	9.079	14 %	42 m
32	9.121	19 %	65 m
33	9.186	33 %	285 m
34	9.83	18 %	108 m
35	9.938	34 %	72 m
36	10.812	16 %	144 m
37	10.957	11 %	252 m
38	11.208	12 %	97 m
39	11.361	23 %	40 m
40	11.401	26 %	225 m
41	11.625	32 %	68 m
42	11.693	17 %	117 m
43	11.856	11 %	105 m
44	11.961	13 %	35 m
45	11.997	16 %	172 m
46	12.168	32 %	107 m
47	12.275	22 %	31 m
48	12.306	24 %	32 m
49	13.149	21 %	71 m
50	13.22	32 %	114 m
51	13.335	15 %	48 m
52	13.382	11 %	133 m
53	14.199	33 %	473 m
54	14.671	25 %	107 m

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55	14.778	17 %	76 m
56	14.854	14 %	116 m
57	15.278	16 %	127 m
58	15.987	13 %	181 m
59	17.016	14 %	76 m
60	17.092	30 %	160 m
61	17.252	30 %	43 m
62	19.231	28 %	212 m
63	19.443	40 %	41 m
64	19.483	12 %	150 m
65	20.058	17 %	158 m
66	20.556	13 %	114 m
67	21.606	14 %	226 m
68	21.832	16 %	39 m
69	21.871	25 %	113 m
70	21.984	16 %	89 m
71	22.073	13 %	145 m
72	22.219	25 %	37 m
73	22.255	30 %	32 m
74	22.287	36 %	85 m
75	22.519	19 %	96 m
76	27.228	19 %	218 m
77	27.447	21 %	273 m
78	27.719	11 %	36 m
79	27.755	12 %	122 m
80	27.877	23 %	73 m
81	27.951	33 %	220 m
82	28.287	18 %	33 m

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83	28.321	17 %	76 m
84	28.881	13 %	133 m
85	29.014	30 %	213 m
86	29.226	23 %	35 m
87	29.261	18 %	144 m
88	29.406	22 %	78 m
89	30.385	12 %	39 m
90	30.424	27 %	101 m
91	31.231	34 %	141 m
92	31.372	48 %	37 m
93	31.929	29 %	104 m
94	32.327	46 %	236 m
95	32.709	11 %	40 m
96	32.748	29 %	101 m
97	33.109	13 %	112 m
98	33.221	18 %	75 m
99	33.296	12 %	34 m
100	33.398	12 %	34 m
101	33.432	29 %	34 m
102	33.466	35 %	66 m
103	33.75	16 %	40 m
104	33.79	23 %	86 m
105	33.876	32 %	105 m
106	34.09	21 %	32 m
107	34.122	38 %	161 m
108	34.282	22 %	41 m
109	36.098	21 %	38 m
110	36.136	40 %	112 m

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111	36.57	14 %	118 m
112	37.266	18 %	115 m
113	37.381	15 %	35 m
114	37.416	20 %	80 m
115	37.496	39 %	396 m
116	37.892	35 %	89 m
117	37.981	18 %	65 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2500	873.755	2.1	0:24:58	2.1	0:24:14	0:49:12	1.07
2250	20612.073	49.54	7:11:09	2.87	3:05:15	10:16:24	2.01
2000	10178.835	24.47	3:03:08	3.33	0:06:49	3:09:57	3.22
1750	6734.356	16.19	1:54:58	3.51	0:02:43	1:57:41	3.43
1500	1588.018	3.82	0:29:44	3.2		0:29:44	3.2
Total :	39.987 Km	96.11 %	13:03:57 h	3.06 Km/h	3:39:01 h	16:42:58 h	2.39 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
10.078	0:06:49	2211	3:00:52	3:00:52	10.078
12.306	0:13:08 > 10´	2326	3:48:57	0:48:05	2.228
15.018	0:02:15	2447	5:07:13	1:18:16	2.712
16.795	0:15:27 > 10´	2426	5:36:04	0:28:51	1.777
17.331	0:02:59	2496	6:09:58	0:33:54	0.536
22.7	0:08:52	2495	7:51:09	1:41:11	5.37
25.405	0:02:43	1926	8:43:32	0:52:23	2.705
29.483	0:17:48 > 10´	2386	9:57:40	1:14:08	4.078
31.231	0:21:38 > 10´	2280	10:43:21	0:45:41	1.747
32.259	0:09:48	2280	11:32:26	0:49:05	1.029
32.369	0:03:51	2275	11:44:51	0:12:25	0.11
32.45	0:03:47	2314	11:51:38	0:06:47 < 10´	0.08
32.528	0:15:16 > 10´	2351	11:57:59	0:06:21 < 10´	0.078
32.748	0:03:46	2352	12:17:45	0:19:46	0.221
32.814	0:02:44	2379	12:22:55	0:05:10 < 10´	0.065
33.183	0:05:44	2402	12:35:59	0:13:04	0.369
33.331	0:02:46	2428	12:44:13	0:08:14 < 10´	0.148
33.496	0:03:30	2452	12:50:57	0:06:44 < 10´	0.165
34.02	0:05:27	2482	13:13:40	0:22:43	0.524
34.24	0:20:28 > 10´	2535	13:26:02	0:12:22	0.22
36.175	0:06:28	2282	14:29:09	1:03:07	1.935
37.527	0:08:53	2374	15:08:34	0:39:25	1.352
37.704	0:18:54 > 10´	2440	15:23:14	0:14:40	0.177
38.094	0:03:46	2564	15:51:18	0:28:04	0.39
38.724	0:12:14 > 10´	2433	16:05:46	0:14:28	0.63
Total :	3:39:01 h				

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