Track: 2020-07-25 Monte Vettore e dintorni — **Date: 25/07/2020**

Track: 2020-07-25 Monte Vettore e dintorni	**IBP = 161 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	17.29 Km
Analyzed distance	17.29 Km
Lineal distance	0.04 Km

Accumulated climb	1589 m
Accumulated descent	1592.1 m
Maximum height	2474.6 m
Minimal height	1549.4 m
Climb rate	18.54 %
Descent rate	18.84 %
Positive climb difference per km	91.9 m
Negative descent difference per km	92.08 m

Total time	7:00:31 h
Time in movement	5:30:19 h
Stopped time	1:30:12 h

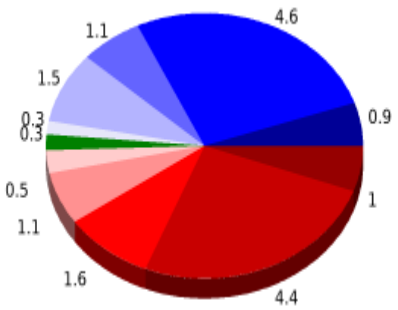
Total speed average	2.47 Km/h
Average speed in movement	3.14 Km/h
Maximum held speed	12.33 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1027 (cad. 16.84 m)
Significant points	450 (cad. 38.51 m / 43.82 %)
Aberrant points	7 (0.68 % d. total)

Direction changes per km	13.42
Direction changes >5º per km	10.18
Accumulated straight stretches	2.441 Km
Straight stretches per km	141.18 m
Penalizables slope changes	5
Penalizables slope changes per km	0.289

Find The Best bike routes
cicloide
www.cicloide.com

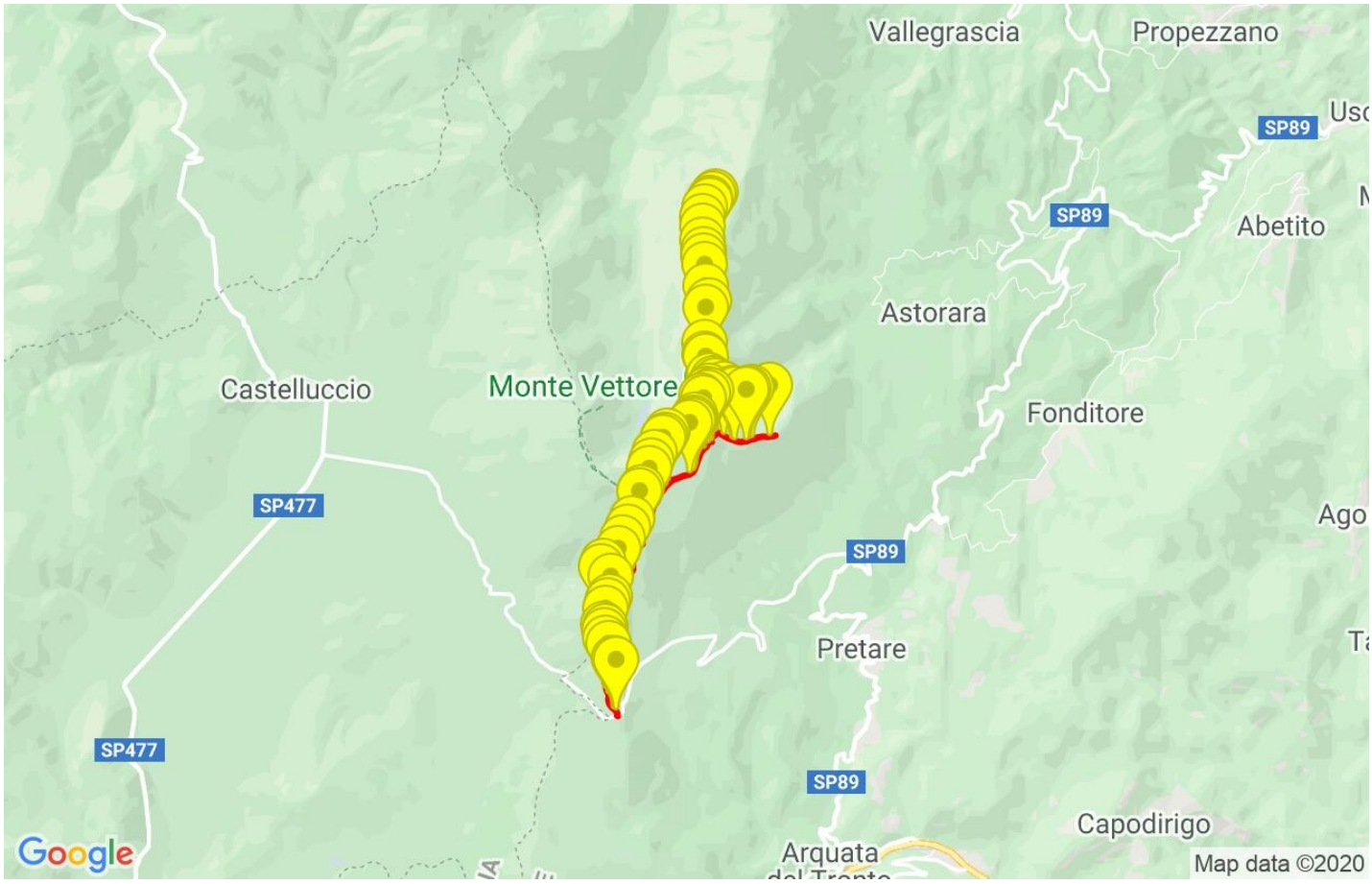
Summary of slopes

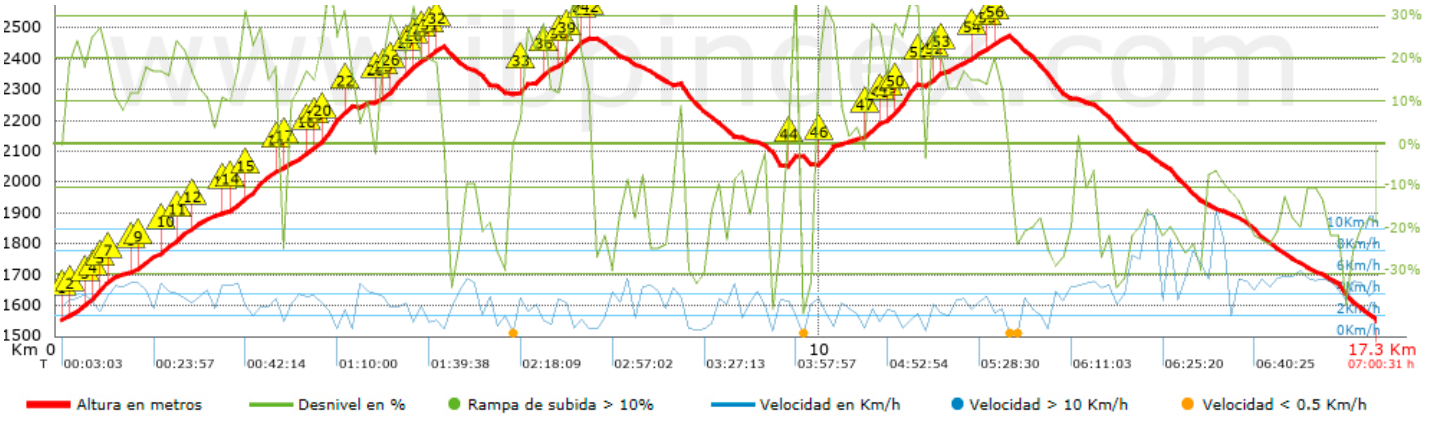


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.038	6.01	2.01	0:31:03
	Between 15 and 30%	4.352	25.17	2.58	1:41:23
	Between 10 and 15%	1.61	9.31	3.34	0:28:53
	Between 5 and 10%	1.052	6.08	3.79	0:16:40
	Between 1 and 5%	0.518	2.99	3.48	0:08:56
	Total :	8.57	49.56	2.75	3:06:55
	Plain				
	Difference of 1%	0.272	1.57	1.94	0:08:24
	Breakdown descents				
	Between 1 and 5%	0.311	1.8	4.39	0:04:15
	Between 5 and 10%	1.524	8.81	4.69	0:19:31
	Between 10 and 15%	1.137	6.58	3.64	0:18:45
	Between 15 and 30%	4.56	26.37	3.69	1:14:04
	Between 30% and 55%	0.918	5.31	2.99	0:18:25
	Total :	8.45	48.87	3.76	2:15:00
	Total track :	17.29	100 %	3.14	5:30:19

Copyright IBPindexTeam © 2012. All Rights Reserved

Track: 2020-07-25 Monte Vettore e dintorni	**IBP = 161 HKG**
These speeds are average for = HKG	
IBP index reliability= A	





Copyright IBPindexTeam © 2012. All Rights Reserved

Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.105	11 %	36 m
2	0.141	18 %	235 m
3	0.376	24 %	77 m
4	0.453	29 %	101 m
5	0.555	24 %	75 m
6	0.629	19 %	38 m
7	0.667	13 %	216 m
8	0.995	11 %	64 m
9	1.059	16 %	349 m
10	1.407	24 %	185 m
11	1.593	19 %	111 m
12	1.704	15 %	281 m
13	2.298	18 %	135 m
14	2.433	24 %	422 m
15	2.854	31 %	30 m
16	2.991	16 %	275 m
17	3.265	18 %	109 m
18	3.375	24 %	115 m
19	3.49	29 %	244 m
20	3.733	31 %	48 m
21	3.782	26 %	63 m
22	4.183	11 %	47 m
23	4.23	19 %	42 m
24	4.272	21 %	38 m
25	4.311	26 %	279 m
26	4.589	27 %	34 m

Copyright IBPindexTeam © 2012. All Rights Reserved

27	4.623	21 %	146 m
28	4.77	17 %	42 m
29	4.811	18 %	73 m
30	4.884	20 %	72 m
31	4.956	22 %	65 m
32	6.05	17 %	268 m
33	6.319	28 %	38 m
34	6.356	24 %	31 m
35	6.387	12 %	159 m
36	6.546	12 %	41 m
37	6.587	22 %	123 m
38	6.71	32 %	134 m
39	6.844	21 %	32 m
40	6.875	14 %	78 m
41	6.953	19 %	37 m
42	9.559	24 %	43 m
43	9.602	37 %	103 m
44	9.943	19 %	33 m
45	9.975	31 %	188 m
46	10.599	22 %	132 m
47	10.731	20 %	89 m
48	10.82	16 %	113 m
49	10.933	32 %	297 m
50	11.23	32 %	31 m
51	11.439	21 %	110 m
52	11.55	13 %	462 m
53	12.011	15 %	169 m
54	12.18	31 %	30 m

Copyright IBPindexTeam © 2012. All Rights Reserved

55	12.211	15 %	133 m

Copyright IBPindexTeam © 2012. All Rights Reserved

High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2250	6894.639	39.87	2:24:58	2.85	0:54:47	3:19:45	2.07
2000	5155.408	29.81	1:46:48	2.9	0:35:25	2:22:13	2.18
1750	2879.498	16.65	0:41:22	4.18		0:41:22	4.18
1500	2361.796	13.66	0:37:11	3.81		0:37:11	3.81
Total :	17.291 Km	100 %	5:30:19 h	3.14 Km/h	1:30:12 h	7:00:31 h	2.47 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
3.554	0:03:23	2159	1:04:44	1:04:44	3.554
3.814	0:02:37	2234	1:13:54	0:09:10 < 10´	0.261
4.992	0:06:23	2432	1:43:52	0:29:58	1.177
5.939	0:07:00	2286	2:09:46	0:25:54	0.947
6.71	0:02:33	2403	2:36:38	0:26:52	0.771
6.92	0:02:46	2460	2:44:25	0:07:47 < 10´	0.21
6.99	0:03:03	2471	2:48:02	0:03:37 < 10´	0.07
8.178	0:02:15	2319	3:12:16	0:24:14	1.188
8.289	0:03:21	2280	3:18:00	0:05:44 < 10´	0.111
8.396	0:02:47	2246	3:23:47	0:05:47 < 10´	0.107
9.28	0:03:49	2119	3:45:57	0:22:10	0.884
9.705	0:22:49 > 10´	2099	3:59:16	0:13:19	0.425
11.261	0:04:44	2317	5:07:57	1:08:41	1.556
12.417	0:19:52 > 10´	2475	5:36:15	0:28:18	1.156
12.853	0:02:50	2378	6:02:03	0:25:48	0.436
Total :	1:30:12 h				

Copyright IBPindexTeam © 2012. All Rights Reserved