Track: 2020-08-01 Sentiero del Centenario — **Date: 01/08/2020**

Track: 2020-08-01 Sentiero del Centenario	**IBP = 174 HKG**
These speeds are average for = HKG	
IBP index reliability= B	

Total length	17.91 Km
Analyzed distance	17.91 Km
Lineal distance	12.93 Km

Accumulated climb	1544.5 m
Accumulated descent	1698.9 m
Maximum height	2561.34 m
Minimal height	1660.6 m
Climb rate	16.76 %
Descent rate	20.78 %
Positive climb difference per km	86.24 m
Negative descent difference per km	94.86 m

Total time	7:23:54 h
Time in movement	5:45:29 h
Stopped time	1:38:25 h

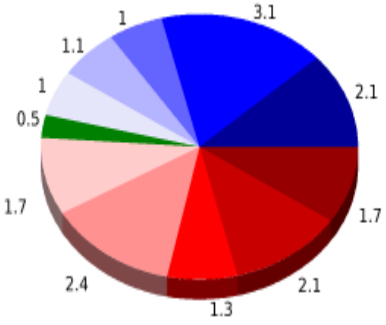
Total speed average	2.42 Km/h
Average speed in movement	3.11 Km/h
Maximum held speed	10.63 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1083 (cad. 16.54 m)
Significant points	464 (cad. 38.68 m / 42.84 %)
Aberrant points	115 (10.62 % d. total)

Direction changes per km	14.18
Direction changes >5º per km	11.61
Accumulated straight stretches	2.025 Km
Straight stretches per km	113.07 m
Penalizables slope changes	13
Penalizables slope changes per km	0.726

Find The Best bike routes
cicloide
www.cicloide.com

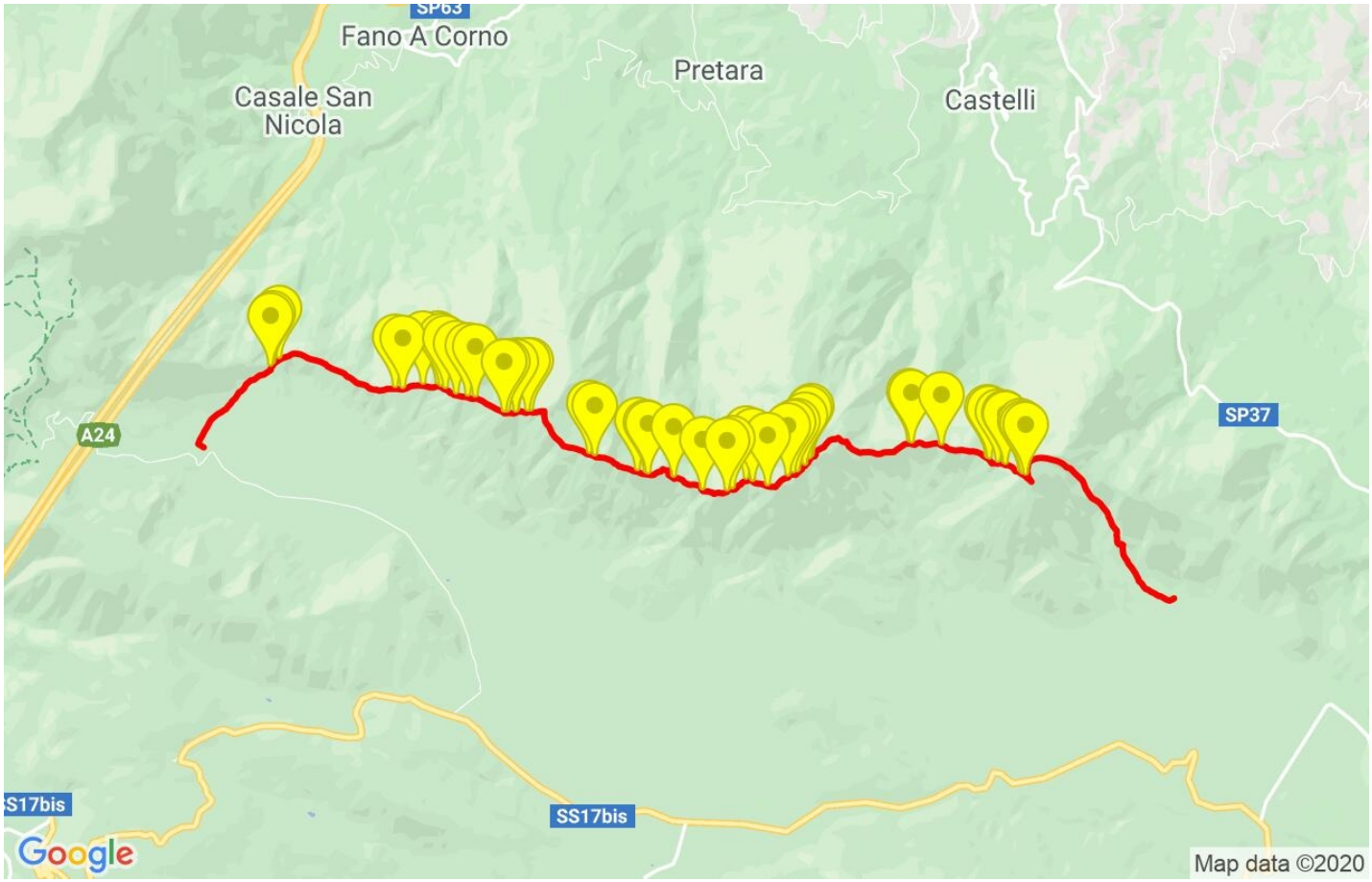
Summary of slopes

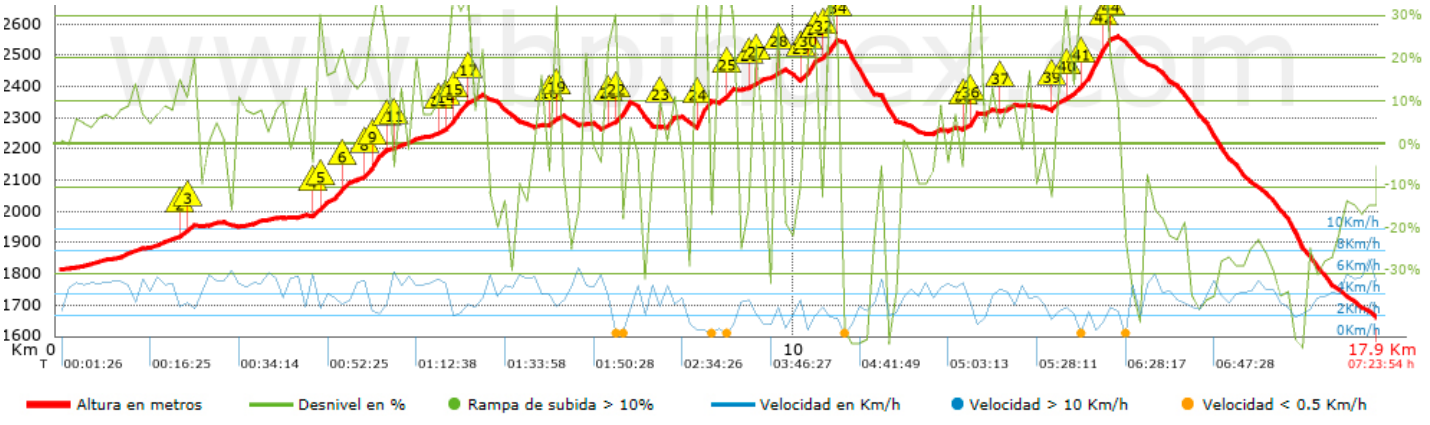


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.714	9.57	1.99	0:51:45
	Between 15 and 30%	2.069	11.55	2.64	0:47:02
	Between 10 and 15%	1.347	7.52	3.26	0:24:49
	Between 5 and 10%	2.411	13.46	3.94	0:36:45
	Between 1 and 5%	1.677	9.36	3.97	0:25:22
	Total :	9.218	51.47	2.98	3:05:43
	Plain				
	Difference of 1%	0.516	2.88	3.65	0:08:29
	Breakdown descents				
	Between 1 and 5%	0.985	5.5	4.23	0:13:59
	Between 5 and 10%	1.074	6	3.67	0:17:35
	Between 10 and 15%	0.953	5.32	3.65	0:15:39
	Between 15 and 30%	3.096	17.28	3.65	0:50:55
	Between 30% and 55%	2.068	11.55	2.33	0:53:09
	Total :	8.176	45.65	3.24	2:31:17
	Total track :	17.91	100 %	3.11	5:45:29

Copyright IBPindexTeam © 2012. All Rights Reserved

Track: 2020-08-01 Sentiero del Centenario	**IBP = 174 HKG**
These speeds are average for = HKG	
IBP index reliability= B	





Copyright IBPindexTeam © 2012. All Rights Reserved

Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
 1	1.616	15 %	37 m
 2	1.653	15 %	126 m
 3	1.779	28 %	38 m
 4	3.499	26 %	104 m
 5	3.603	21 %	293 m
 6	3.895	12 %	215 m
 7	4.11	15 %	49 m
 8	4.159	22 %	77 m
 9	4.235	33 %	184 m
 10	4.42	24 %	36 m
 11	4.577	15 %	114 m
 12	5.185	14 %	107 m
 13	5.292	20 %	38 m
 14	5.33	32 %	192 m
 15	5.522	34 %	39 m
 16	5.561	11 %	181 m
 17	6.695	27 %	96 m
 18	6.791	16 %	33 m
 19	7.533	31 %	30 m
 20	7.563	32 %	134 m
 21	8.62	44 %	227 m
 22	9.017	31 %	116 m
 23	9.377	12 %	117 m
 24	9.494	16 %	113 m
 25	9.719	26 %	116 m
 26	10.059	25 %	94 m

Copyright IBPindexTeam © 2012. All Rights Reserved

27	10.153	37 %	70 m
28	10.222	14 %	167 m
29	10.389	36 %	133 m
30	10.522	23 %	42 m
31	10.564	48 %	30 m
32	12.303	11 %	35 m
33	12.338	39 %	118 m
34	12.793	13 %	111 m
35	13.465	12 %	37 m
36	13.502	15 %	129 m
37	13.632	22 %	121 m
38	13.848	41 %	327 m
39	14.174	47 %	48 m
40	14.222	20 %	47 m
41	14.269	13 %	35 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
2500	857.807	4.79	0:25:33	2.01	0:21:25	0:46:58	1.1
2250	9410.297	52.54	3:24:13	2.76	1:17:00	4:41:13	2.01
2000	2769.182	15.46	0:44:30	3.73		0:44:30	3.73
1750	4283.357	23.92	1:04:47	3.97		1:04:47	3.97
1500	590.094	3.29	0:06:26	5.5		0:06:26	5.5
Total :	17.911 Km	100 %	5:45:29 h	3.11 Km/h	1:38:25 h	7:23:54 h	2.42 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
7.533	0:18:30 > 10´	2275	1:54:19	1:54:19	7.533
8.581	0:13:16 > 10´	2275	2:38:13	0:43:54	1.048
8.736	0:08:23	2305	2:53:29	0:15:16	0.155
8.883	0:03:02	2352	3:05:04	0:11:35	0.147
9.017	0:10:35 > 10´	2346	3:11:22	0:06:18 < 10´	0.134
9.796	0:06:55	2455	3:49:22	0:38:00	0.778
10.059	0:02:51	2417	3:59:51	0:10:29	0.263
10.564	0:08:07	2547	4:21:47	0:21:56	0.505
13.752	0:04:20	2375	5:40:41	1:18:54	3.189
14.007	0:09:08	2439	5:55:23	0:14:42	0.255
14.373	0:13:18 > 10´	2559	6:13:38	0:18:15	0.365
Total :	1:38:25 h				

Copyright IBPindexTeam © 2012. All Rights Reserved