**Track: 2020-08-08 Monte Aquila dal vallone dell'Inferno** — **Date: 08/08/2020**

| | |
|---|---|
| Track: 2020-08-08 Monte Aquila dal vallone dell'Inferno | **IBP = 120 HKG** |
| These speeds are average for = HKG | |
| IBP index reliability= A | |

| | |
|---|---|
| Total length | 10.23 Km |
| Analyzed distance | 10.23 Km |
| Lineal distance | 0.04 Km |

| | |
|---|---|
| Accumulated climb | 954.07 m |
| Accumulated descent | 946.67 m |
| Maximum height | 2490.43 m |
| Minimal height | 1736.1 m |
| Climb rate | 22.5 % |
| Descent rate | 16.86 % |
| Positive climb difference per km | 93.26 m |
| Negative descent difference per km | 92.54 m |

| | |
|---|---|
| Total time | 4:06:47 h |
| Time in movement | 3:03:15 h |
| Stopped time | 1:03:32 h |

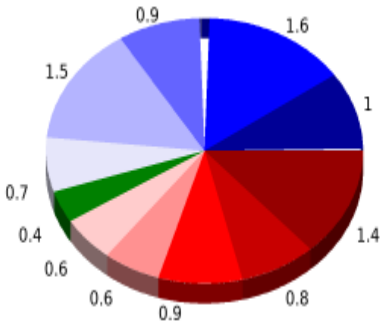
| | |
|---|---|
| Total speed average | 2.49 Km/h |
| Average speed in movement | 3.35 Km/h |
| Maximum held speed | 7.04 Km/h |

| | |
|---|---|
| Max slope filter | ~55 % |
| Min. points separation | ~30 m |
| Number of points | 625 (cad. 16.36 m) |
| Significant points | 265 (cad. 38.73 m / 42.4 %) |
| Aberrant points | 131 (20.96 % d. total) |

| | |
|---|---|
| Direction changes per km | 13.69 |
| Direction changes >5° per km | 11.63 |
| Accumulated straight stretches | 1.265 Km |
| Straight stretches per km | 123.66 m |
| Penalizables slope changes | 9 |
| Penalizables slope changes per km | 0.88 |

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**Summary of slopes**

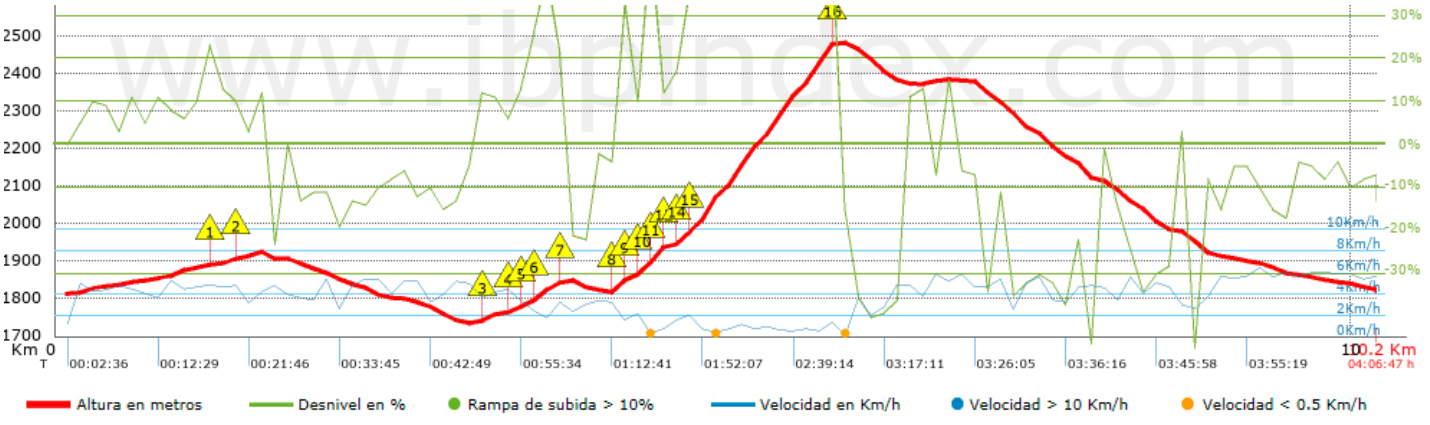



| | Climbs | Distance in km | above the total in % | Speed in | Time h:m:s |
|---|---|---|---|---|---|
| | Between 30% and 55% | 1.361 | 13.31 | 1.95 | 0:41:58 |
| | Between 15 and 30% | 0.776 | 7.58 | 2.34 | 0:19:52 |
| | Between 10 and 15% | 0.883 | 8.64 | 3.85 | 0:13:46 |
| | Between 5 and 10% | 0.633 | 6.19 | 3.98 | 0:09:33 |
| | Between 1 and 5% | 0.587 | 5.74 | 4.09 | 0:08:36 |
| | Total : | 4.239 | 41.46 | 2.71 | 1:33:45 |
| | Plain | | | | |
| | Difference of 1% | 0.373 | 3.65 | 2.76 | 0:08:06 |
| | Breakdown descents | | | | |
| | Between 1 and 5% | 0.657 | 6.42 | 4.86 | 0:08:07 |
| | Between 5 and 10% | 1.495 | 14.62 | 4.58 | 0:19:35 |
| | Between 10 and 15% | 0.874 | 8.55 | 4.36 | 0:12:02 |
| | Between 15 and 30% | 1.631 | 15.95 | 3.91 | 0:25:01 |
| | Between 30% and 55% | 0.956 | 9.35 | 3.45 | 0:16:39 |
| | Total : | 5.613 | 54.89 | 4.14 | 1:21:24 |
| | Total track : | 10.23 | 100 % | 3.35 | 3:03:15 |

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| | |
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## Steep slopes > 10%

| Steep slopes | Mileage point | Average slope | Interval |
|---|---|---|---|
| 1 | 3.219 | 15 % | 139 m |
| 2 | 3.467 | 12 % | 131 m |
| 3 | 3.598 | 20 % | 40 m |
| 4 | 3.638 | 31 % | 144 m |
| 5 | 3.818 | 21 % | 33 m |
| 6 | 4.256 | 27 % | 117 m |
| 7 | 4.373 | 15 % | 118 m |
| 8 | 4.491 | 47 % | 65 m |
| 9 | 4.556 | 47 % | 65 m |
| 10 | 4.621 | 11 % | 111 m |
| 11 | 4.732 | 17 % | 72 m |
| 12 | 4.804 | 24 % | 39 m |
| 13 | 4.843 | 46 % | 1081 m |
| 14 | 5.925 | 47 % | 72 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 | 2028.56 | 19.84 | 0:37:56 | 3.21 | 0:29:33 | 1:07:29 | 1.8 |
| 2000 | 1568.418 | 15.34 | 0:36:50 | 2.55 | 0:11:35 | 0:48:25 | 1.94 |
| 1750 | 6337.62 | 61.98 | 1:42:55 | 3.69 | 0:22:24 | 2:05:19 | 3.03 |
| 1500 | 291.224 | 2.85 | 0:05:34 | 3.14 | | 0:05:34 | 3.14 |
| Total : | 10.226 Km | 100 % | 3:03:15 h | 3.35 Km/h | 1:03:32 h | 4:06:47 h | 2.49 Km/h |

| Stops | | | | | |
|---|---|---|---|---|---|
| Distance | Stopped time | Altitude | Elapsed time | Last stop elapsed time | Last stop distance |
| 4.491 | 0:19:40 > 10´ | 1867 | 1:20:26 | 1:20:26 | 4.491 |
| 4.887 | 0:02:44 | 1977 | 1:47:44 | 0:27:18 | 0.396 |
| 4.989 | 0:05:00 | 2026 | 1:54:01 | 0:06:17 < 10´ | 0.101 |
| 5.133 | 0:03:07 | 2085 | 2:03:07 | 0:09:06 < 10´ | 0.144 |
| 5.348 | 0:03:28 | 2182 | 2:16:37 | 0:13:30 | 0.215 |
| 5.466 | 0:06:09 | 2239 | 2:24:51 | 0:08:14 < 10´ | 0.119 |
| 5.608 | 0:03:49 | 2306 | 2:34:36 | 0:09:45 < 10´ | 0.142 |
| 5.679 | 0:02:49 | 2340 | 2:39:14 | 0:04:38 < 10´ | 0.071 |
| 5.826 | 0:04:15 | 2409 | 2:47:53 | 0:08:39 < 10´ | 0.147 |
| 5.965 | 0:12:31 > 10´ | 2476 | 2:56:46 | 0:08:53 < 10´ | 0.139 |
| Total : | 1:03:32 h | | | | |

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