Track: 2020-08-13 Grotta del Capraro e M. Corvo — **Date: 13/08/2020**

Track: 2020-08-13 Grotta del Capraro e M. Corvo	**IBP = 141 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	14.65 Km
Analyzed distance	14.65 Km
Lineal distance	0.02 Km

Accumulated climb	1386.1 m
Accumulated descent	1372.1 m
Maximum height	2629 m
Minimal height	1274.4 m
Climb rate	20.04 %
Descent rate	18.7 %
Positive climb difference per km	94.61 m
Negative descent difference per km	93.66 m

Total time	8:34:48 h
Time in movement	4:51:44 h
Stopped time	3:43:04 h

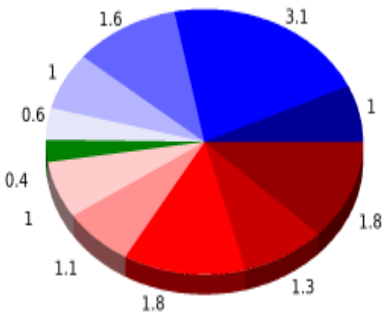
Total speed average	1.71 Km/h
Average speed in movement	3.01 Km/h
Maximum held speed	10.13 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	896 (cad. 16.35 m)
Significant points	380 (cad. 38.66 m / 42.41 %)
Aberrant points	101 (11.27 % d. total)

Direction changes per km	13.99
Direction changes >5° per km	10.72
Accumulated straight stretches	1.422 Km
Straight stretches per km	97.06 m
Penalizables slope changes	7
Penalizables slope changes per km	0.478

Find The Best bike routes
cicloide
www.cicloide.com

Summary of slopes

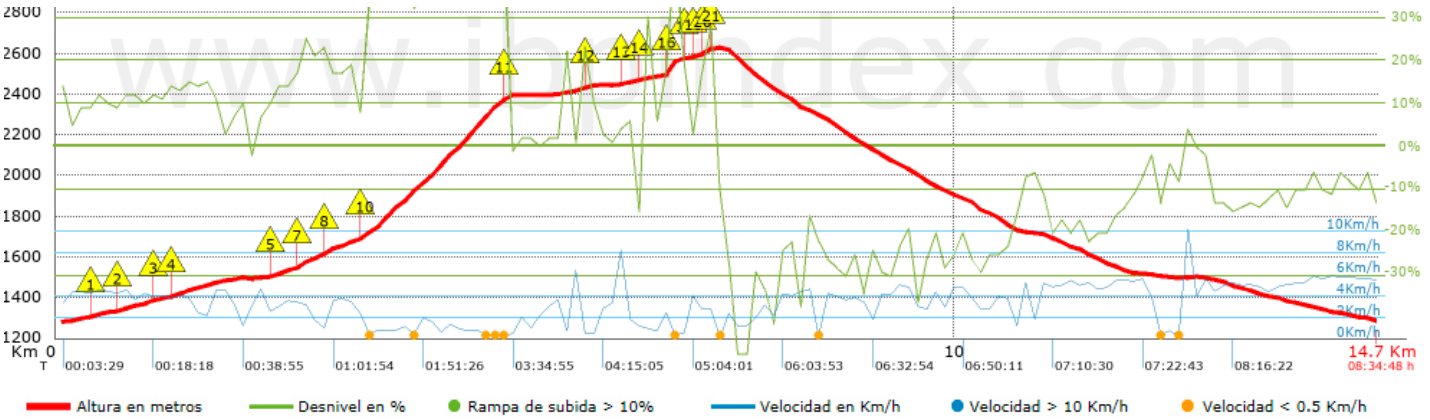


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.794	12.24	2.23	0:48:21
	Between 15 and 30%	1.279	8.73	2.5	0:30:42
	Between 10 and 15%	1.751	11.95	3.03	0:34:38
	Between 5 and 10%	1.104	7.53	2.62	0:25:17
	Between 1 and 5%	0.987	6.74	2.61	0:22:43
	Total :	6.915	47.2	2.57	2:41:41
	Plain				
	Difference of 1%	0.4	2.73	2.8	0:08:35
	Breakdown descents				
	Between 1 and 5%	0.597	4.07	4.87	0:07:21
	Between 5 and 10%	1.017	6.94	4.33	0:14:06
	Between 10 and 15%	1.617	11.04	4.66	0:20:50
	Between 15 and 30%	3.139	21.42	3.43	0:54:50
	Between 30% and 55%	0.967	6.6	2.38	0:24:21
	Total :	7.336	50.07	3.62	2:01:28
	Total track :	14.65	100 %	3.01	4:51:44

Copyright IBPindexTeam © 2012. All Rights Reserved

Track: 2020-08-13 Grotta del Capraro e M. Corvo	**IBP = 141 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	0.382	12 %	141 m
2	0.652	12 %	425 m
3	1.21	13 %	633 m
4	2.356	13 %	253 m
5	2.609	17 %	51 m
6	2.659	23 %	305 m
7	2.964	18 %	405 m
8	3.369	22 %	36 m
9	3.405	44 %	1509 m
10	4.914	48 %	78 m
11	5.847	16 %	130 m
12	6.505	22 %	106 m
13	6.712	17 %	41 m
14	6.753	44 %	167 m
15	6.92	19 %	35 m
16	7.094	12 %	35 m
17	7.129	17 %	37 m
18	7.166	25 %	108 m
19	7.274	15 %	39 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	978.105	6.68	0:27:07	2.16	0:51:26	1:18:33	0.75
2250	2982.685	20.36	1:06:59	2.67	1:28:13	2:35:12	1.15
2000	1463.317	9.99	0:34:15	2.56	0:20:09	0:54:24	1.61
1750	1591.199	10.86	0:35:51	2.66	0:12:51	0:48:42	1.96
1500	3243.682	22.14	0:58:25	3.33	0:19:07	1:17:32	2.51
Total :	10.259 Km	70.02 %	3:42:37 h	2.77 Km/h	3:11:46 h	6:54:23 h	1.49 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
3.405	0:07:11	1695	1:08:57	1:08:57	3.405
3.521	0:02:34	1735	1:19:29	0:10:32	0.116
3.75	0:03:11	1828	1:32:24	0:12:55	0.229
3.86	0:09:40	1876	1:38:18	0:05:54 < 10´	0.11
4.239	0:03:03	2036	1:58:00	0:19:42	0.379
4.459	0:07:35	2137	2:11:21	0:13:21	0.221
4.567	1:04:08 > 10´	2188	2:21:27	0:10:06	0.107
5.022	0:04:39	2395	3:30:16	1:08:49	0.456
5.644	0:02:36	2402	3:50:38	0:20:22	0.622
5.847	0:13:34 > 10´	2423	3:59:01	0:08:23 < 10´	0.203
6.611	0:02:36	2485	4:31:40	0:32:39	0.763
6.753	0:13:56 > 10´	2494	4:38:03	0:06:23 < 10´	0.142
6.89	0:03:23	2559	4:56:51	0:18:48	0.137
7.347	0:34:07 > 10´	2629	5:10:24	0:13:33	0.457
8.366	0:10:11 > 10´	2319	6:10:01	0:59:37	1.019
12.209	0:06:06	1512	7:24:44	1:14:43	3.843
12.346	0:21:40 > 10´	1503	7:31:58	0:07:14 < 10´	0.137
12.444	0:12:54 > 10´	1500	7:55:41	0:23:43	0.098
Total :	3:43:04 h				

Copyright IBPindexTeam © 2012. All Rights Reserved