Track: 2020-08-20 Corno Grande da Fonte Cerreto — **Date: 21/08/2020**

Track: 2020-08-20 Corno Grande da Fonte Cerreto	**IBP = 489 RNG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	19.6 Km
Analyzed distance	19.6 Km
Lineal distance	0.04 Km

Accumulated climb	1950.38 m
Accumulated descent	1923.08 m
Maximum height	2878.08 m
Minimal height	1106.2 m
Climb rate	20.75 %
Descent rate	19.65 %
Positive climb difference per km	99.51 m
Negative descent difference per km	98.12 m

Total time	9:08:41 h
Time in movement	6:07:03 h
Stopped time	3:01:38 h

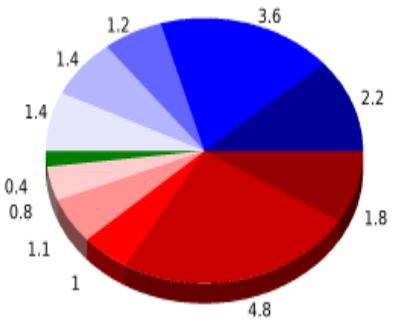
Total speed average	2.14 Km/h
Average speed in movement	3.2 Km/h
Maximum held speed	5.95 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1215 (cad. 16.13 m)
Significant points	513 (cad. 38.35 m / 42.22 %)
Aberrant points	94 (7.74 % d. total)

Direction changes per km	13.37
Direction changes >5º per km	11.63
Accumulated straight stretches	2.241 Km
Straight stretches per km	114.34 m
Penalizables slope changes	12
Penalizables slope changes per km	0.612

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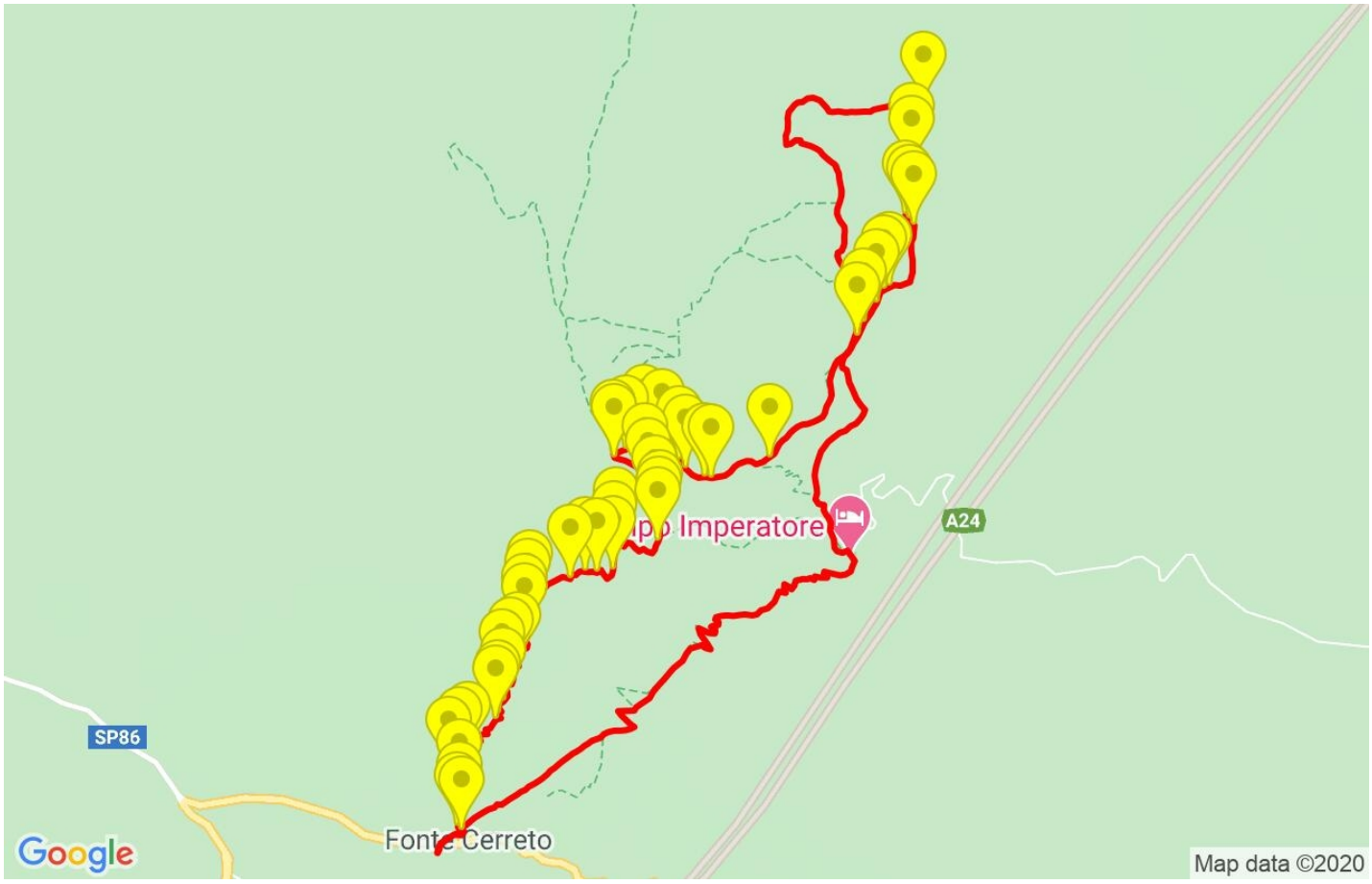
Summary of slopes

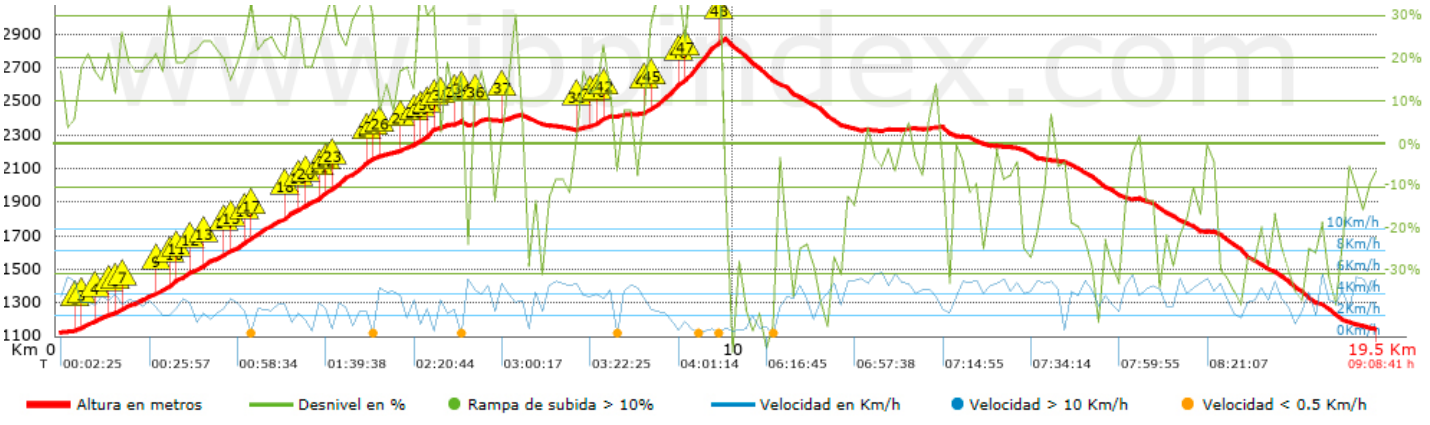


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.776	9.06	2.81	0:37:57
	Between 15 and 30%	4.818	24.58	2.61	1:50:34
	Between 10 and 15%	0.968	4.94	3.75	0:15:29
	Between 5 and 10%	1.084	5.53	4.08	0:15:57
	Between 1 and 5%	0.751	3.83	4.31	0:10:27
	Total :	9.397	47.95	2.96	3:10:24
	Plain				
	Difference of 1%	0.417	2.13	4.32	0:05:47
	Breakdown descents				
	Between 1 and 5%	1.355	6.91	4.38	0:18:34
	Between 5 and 10%	1.394	7.11	4.83	0:17:19
	Between 10 and 15%	1.221	6.23	4.16	0:17:36
	Between 15 and 30%	3.647	18.61	3.67	0:59:34
	Between 30% and 55%	2.167	11.06	2.25	0:57:49
	Total :	9.784	49.92	3.44	2:50:52
	Total track :	19.6	100 %	3.2	6:07:03

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.302	12 %	41 m
2	0.342	15 %	74 m
3	0.416	21 %	156 m
4	0.572	16 %	177 m
5	0.749	18 %	122 m
6	0.871	20 %	68 m
7	0.939	19 %	494 m
8	1.433	21 %	69 m
9	1.502	24 %	153 m
10	1.655	28 %	147 m
11	1.801	23 %	181 m
12	1.983	19 %	139 m
13	2.122	23 %	342 m
14	2.464	22 %	103 m
15	2.567	22 %	204 m
16	2.772	28 %	100 m
17	2.872	24 %	493 m
18	3.365	27 %	192 m
19	3.557	21 %	141 m
20	3.697	23 %	193 m
21	3.891	30 %	111 m
22	4.002	27 %	99 m
23	4.101	31 %	466 m
24	4.567	31 %	89 m
25	4.656	21 %	44 m
26	4.805	13 %	123 m

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27	5.028	16 %	257 m
28	5.286	25 %	42 m
29	5.328	27 %	100 m
30	5.428	35 %	152 m
31	5.58	12 %	131 m
32	5.87	18 %	77 m
33	5.947	15 %	33 m
34	6.11	11 %	42 m
35	6.152	17 %	136 m
36	6.597	14 %	183 m
37	7.698	15 %	108 m
38	7.807	13 %	149 m
39	7.956	26 %	115 m
40	8.071	13 %	36 m
41	8.106	14 %	78 m
42	8.656	13 %	49 m
43	8.705	21 %	44 m
44	8.749	35 %	424 m
45	9.173	30 %	102 m
46	9.275	46 %	516 m
47	9.791	47 %	34 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2750	661.126	3.37	0:11:48	3.36	0:51:44	1:03:32	0.62
2500	1489.113	7.6	0:34:55	2.56	1:17:15	1:52:10	0.8
2250	6139.826	31.33	1:40:03	3.68	0:26:20	2:06:23	2.91
2000	2994.342	15.28	0:52:02	3.45	0:14:59	1:07:01	2.68
1750	2358.921	12.04	0:47:56	2.95	0:06:19	0:54:15	2.61
1500	2152.928	10.99	0:47:09	2.74	0:05:01	0:52:10	2.48
Total :	15.796 Km	80.6 %	4:53:53 h	3.23 Km/h	3:01:38 h	7:55:31 h	1.99 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
2.84	0:05:01	1669	1:03:14	1:03:14	2.84
3.666	0:03:54	1874	1:29:34	0:26:20	0.827
4.034	0:02:25	1966	1:41:12	0:11:38	0.367
4.61	0:09:12	2142	2:00:37	0:19:25	0.576
5.467	0:04:47	2288	2:27:26	0:26:49	0.857
5.947	0:08:21	2375	2:42:19	0:14:53	0.48
6.851	0:03:01	2419	3:05:02	0:22:43	0.904
8.184	0:10:11 > 10´	2410	3:28:14	0:23:12	1.333
9.069	0:03:37	2549	3:54:53	0:26:39	0.885
9.275	0:19:42 > 10´	2626	4:05:20	0:10:27	0.206
9.341	1:05:15 > 10´	2648	4:25:50	0:20:30	0.066
9.942	0:12:49 > 10´	2848	5:38:56	1:13:06	0.6
10.111	0:06:47	2790	5:54:33	0:15:37	0.169
10.315	0:03:08	2715	6:07:21	0:12:48	0.204
10.5	0:17:41 > 10´	2646	6:17:37	0:10:16	0.186
14.762	0:05:47	2145	7:39:46	1:22:09	4.262
Total :	3:01:38 h				

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