Track: 2020-08-22 Grotta del Capraro e M. Corvo — **Date: 22/08/2020**

Track: 2020-08-22 Grotta del Capraro e M. Corvo	**IBP = 154 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	11.23 Km
Analyzed distance	11.23 Km
Lineal distance	0.04 Km

Accumulated climb	1309.5 m
Accumulated descent	1287.5 m
Maximum height	2621.7 m
Minimal height	1468.3 m
Climb rate	27.13 %
Descent rate	21.2 %
Positive climb difference per km	116.61 m
Negative descent difference per km	114.65 m

Total time	7:00:58 h
Time in movement	4:05:02 h
Stopped time	2:55:56 h

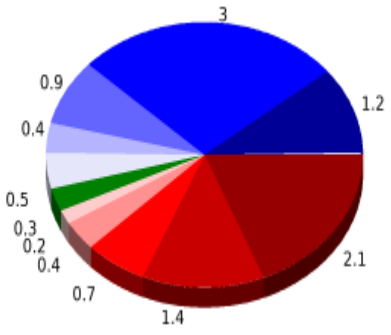
Total speed average	1.6 Km/h
Average speed in movement	2.75 Km/h
Maximum held speed	6.01 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	715 (cad. 15.71 m)
Significant points	298 (cad. 37.82 m / 41.68 %)
Aberrant points	113 (15.8 % d. total)

Direction changes per km	14.25
Direction changes >5° per km	10.69
Accumulated straight stretches	1.719 Km
Straight stretches per km	153.07 m
Penalizables slope changes	10
Penalizables slope changes per km	0.89

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Summary of slopes

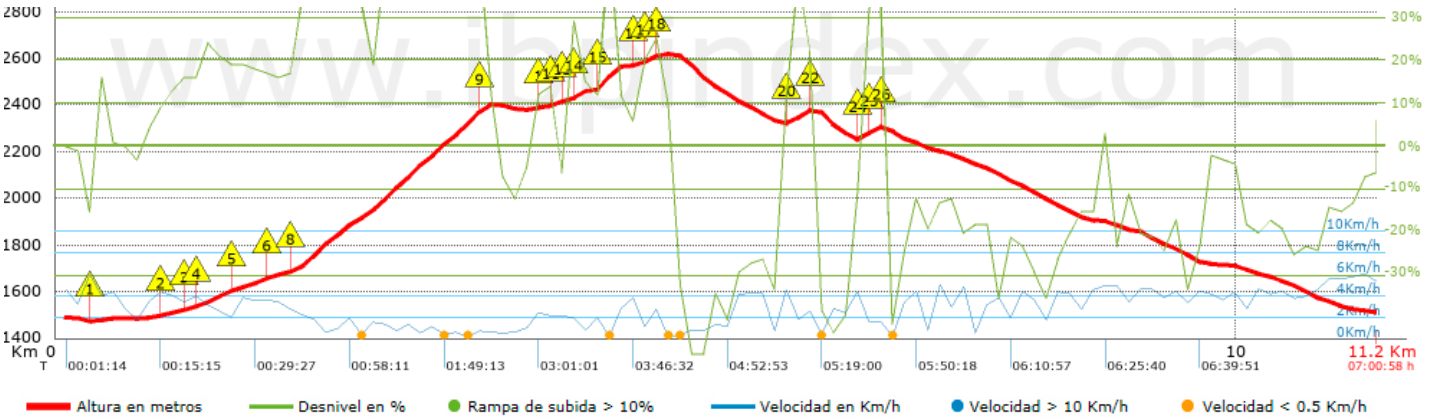


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	2.072	18.45	1.79	1:09:31
	Between 15 and 30%	1.421	12.65	2.65	0:32:13
	Between 10 and 15%	0.735	6.55	2.96	0:14:55
	Between 5 and 10%	0.391	3.49	2.8	0:08:24
	Between 1 and 5%	0.206	1.84	3.69	0:03:21
	Total :	4.827	42.97	2.26	2:08:24
	Plain				
	Difference of 1%	0.331	2.95	2.74	0:07:14
	Breakdown descents				
	Between 1 and 5%	0.507	4.51	3.93	0:07:45
	Between 5 and 10%	0.438	3.9	2.4	0:10:56
	Between 10 and 15%	0.891	7.93	4.9	0:10:55
	Between 15 and 30%	3.03	26.98	3.98	0:45:41
	Between 30% and 55%	1.209	10.76	2.13	0:34:07
	Total :	6.075	54.08	3.33	1:49:24
	Total track :	11.23	100 %	2.75	4:05:02

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.304	14 %	118 m
2	0.892	12 %	134 m
3	1.025	14 %	158 m
4	1.183	23 %	257 m
5	1.44	18 %	339 m
6	1.779	13 %	163 m
7	1.941	17 %	37 m
8	1.978	43 %	1582 m
9	3.56	47 %	61 m
10	4.163	21 %	41 m
11	4.299	29 %	70 m
12	4.369	29 %	35 m
13	4.405	19 %	151 m
14	4.555	47 %	192 m
15	4.903	18 %	69 m
16	4.972	27 %	64 m
17	5.036	25 %	30 m
18	6.149	12 %	39 m
19	6.188	37 %	128 m
20	6.316	22 %	36 m
21	6.352	13 %	30 m
22	6.768	17 %	33 m
23	6.802	24 %	40 m
24	6.842	34 %	112 m
25	6.954	13 %	31 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2500	883.936	7.87	0:21:35	2.46	0:55:10	1:16:45	0.69
2250	2965.691	26.4	1:14:09	2.4	1:24:58	2:39:07	1.12
2000	1693.692	15.08	0:38:48	2.62	0:26:11	1:04:59	1.56
1750	1892.968	16.85	0:46:28	2.44	0:09:37	0:56:05	2.03
1500	2904.009	25.86	0:48:47	3.57		0:48:47	3.57
Total :	10.34 Km	92.06 %	3:49:47 h	2.7 Km/h	2:55:56 h	6:45:43 h	1.53 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
2.207	0:03:49	1770	0:44:24	0:44:24	2.207
2.474	0:05:48	1885	0:58:11	0:13:47	0.267
2.796	0:03:27	2009	1:16:04	0:17:53	0.322
3.045	0:04:30	2124	1:30:19	0:14:15	0.249
3.165	0:04:33	2181	1:39:31	0:09:12 < 10´	0.12
3.27	0:03:46	2231	1:49:13	0:09:42 < 10´	0.104
3.353	0:33:16 > 10´	2270	1:56:09	0:06:56 < 10´	0.083
3.621	0:03:17	2398	2:33:45	0:37:36	0.269
3.695	0:03:40	2401	2:39:07	0:05:22 < 10´	0.074
3.763	0:10:07 > 10´	2397	2:44:50	0:05:43 < 10´	0.067
4.405	0:02:56	2439	3:11:25	0:26:35	0.642
4.555	0:11:12 > 10´	2467	3:17:51	0:06:26 < 10´	0.151
4.628	0:11:30 > 10´	2501	3:30:50	0:12:59	0.073
5.129	0:36:14 > 10´	2615	3:53:12	0:22:22	0.501
5.359	0:07:26	2569	4:36:34	0:43:22	0.231
5.98	0:03:22	2361	4:59:02	0:22:28	0.621
6.413	0:05:51	2382	5:13:09	0:14:07	0.433
6.985	0:11:17 > 10´	2309	5:34:45	0:21:36	0.572
7.341	0:02:39	2222	5:51:19	0:16:34	0.357
7.709	0:07:16	2158	5:58:33	0:07:14 < 10´	0.367
Total :	2:55:56 h				

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