Track: 2020-09-05 Cima Giovanni Paolo II da F. Cerreto — **Date: 05/09/2020**

Track: 2020-09-05 Cima Giovanni Paolo II da F. Cerreto	**IBP = 165 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	17.43 Km
Analyzed distance	17.43 Km
Lineal distance	0.02 Km

Accumulated climb	1628.44 m
Accumulated descent	1606.54 m
Maximum height	2502.3 m
Minimal height	1110.1 m
Climb rate	18.81 %
Descent rate	18.75 %
Positive climb difference per km	93.43 m
Negative descent difference per km	92.17 m

Total time	6:43:23 h
Time in movement	5:47:25 h
Stopped time	0:55:58 h

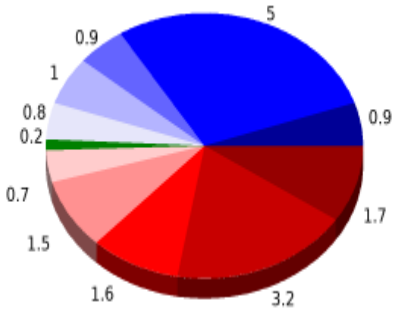
Total speed average	2.59 Km/h
Average speed in movement	3.01 Km/h
Maximum held speed	5.99 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1057 (cad. 16.49 m)
Significant points	457 (cad. 38.23 m / 43.24 %)
Aberrant points	46 (4.35 % d. total)

Direction changes per km	14.4
Direction changes >5° per km	11.65
Accumulated straight stretches	2.073 Km
Straight stretches per km	118.93 m
Penalizables slope changes	12
Penalizables slope changes per km	0.688

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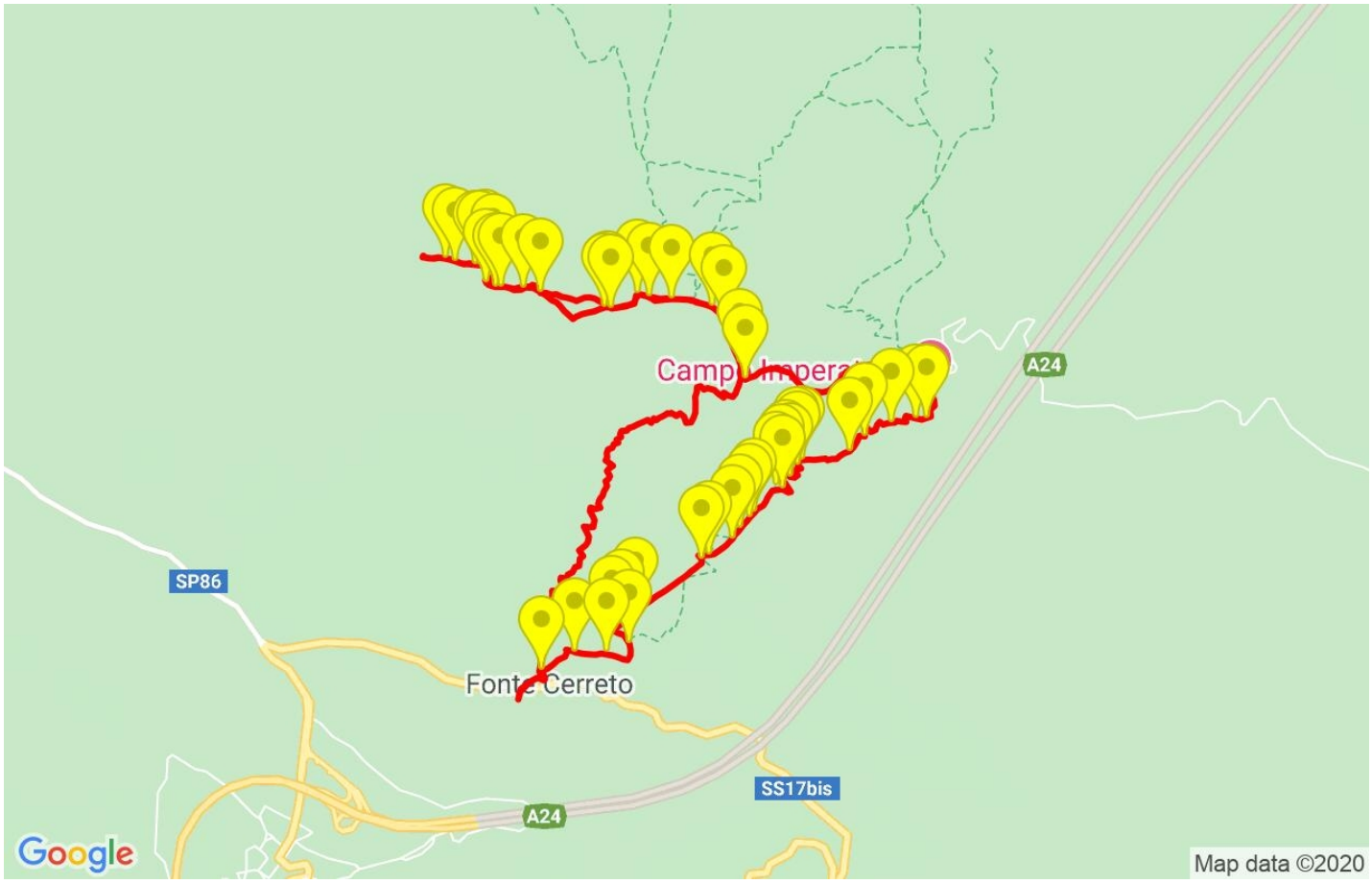
Summary of slopes

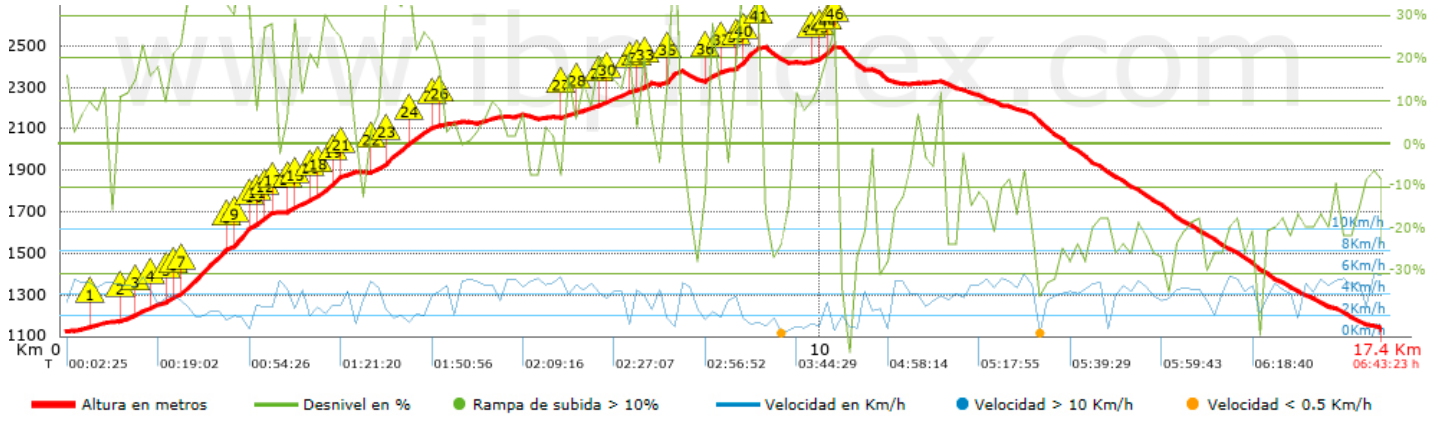


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.69	9.7	1.7	0:59:42
	Between 15 and 30%	3.183	18.26	2.73	1:09:50
	Between 10 and 15%	1.611	9.24	3.14	0:30:47
	Between 5 and 10%	1.495	8.58	3.47	0:25:50
	Between 1 and 5%	0.676	3.88	2.84	0:14:18
	Total :	8.656	49.65	2.59	3:20:27
	Plain				
	Difference of 1%	0.207	1.18	3.76	0:03:18
	Breakdown descents				
	Between 1 and 5%	0.817	4.69	3.52	0:13:56
	Between 5 and 10%	0.978	5.61	4	0:14:40
	Between 10 and 15%	0.861	4.94	4.03	0:12:50
	Between 15 and 30%	5.047	28.95	3.78	1:20:08
	Between 30% and 55%	0.867	4.97	2.35	0:22:06
	Total :	8.57	49.16	3.58	2:23:40
	Total track :	17.43	100 %	3.01	5:47:25

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
 1	0.34	11 %	231 m
 2	0.718	13 %	212 m
 3	0.93	17 %	270 m
 4	1.199	13 %	158 m
 5	1.357	18 %	81 m
 6	1.438	22 %	119 m
 7	1.557	34 %	634 m
 8	2.192	24 %	105 m
 9	2.297	38 %	216 m
 10	2.513	23 %	94 m
 11	2.607	28 %	98 m
 12	2.706	27 %	42 m
 13	2.748	27 %	35 m
 14	2.987	16 %	45 m
 15	3.032	21 %	193 m
 16	3.225	20 %	132 m
 17	3.357	21 %	31 m
 18	3.388	29 %	221 m
 19	3.609	37 %	37 m
 20	3.646	25 %	36 m
 21	3.682	16 %	162 m
 22	4.051	13 %	164 m
 23	4.215	33 %	338 m
 24	4.553	23 %	293 m
 25	4.846	22 %	72 m
 26	4.918	18 %	34 m

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27	6.596	16 %	132 m
28	7.039	18 %	124 m
29	7.163	14 %	276 m
30	7.439	12 %	154 m
31	7.593	18 %	80 m
32	7.673	25 %	73 m
33	7.916	14 %	38 m
34	7.955	38 %	138 m
35	8.457	22 %	198 m
36	8.655	21 %	35 m
37	8.833	18 %	36 m
38	8.869	18 %	72 m
39	8.941	41 %	211 m
40	9.152	32 %	36 m
41	9.884	15 %	75 m
42	9.959	28 %	146 m
43	10.105	42 %	29 m
44	10.135	27 %	37 m
45	10.171	18 %	42 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	42.114	0.24	0:01:59	1.27		0:01:59	1.27
2250	4781.015	27.43	2:05:55	2.28	0:43:19	2:49:14	1.7
2000	4018.329	23.05	1:04:02	3.77	0:05:13	1:09:15	3.48
1750	2306.151	13.23	0:44:15	3.13	0:04:19	0:48:34	2.85
1500	2189.076	12.56	0:42:33	3.09	0:03:07	0:45:40	2.88
Total :	13.337 Km	76.51 %	4:38:44 h	2.87 Km/h	0:55:58 h	5:34:42 h	2.39 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
2.446	0:03:07	1604	0:51:19	0:51:19	2.446
9.424	0:07:42	2443	3:29:13	2:37:54	6.978
9.655	0:28:25 > 10´	2422	3:44:29	0:15:16	0.231
10.135	0:03:50	2485	4:29:51	0:45:22	0.479
10.761	0:03:22	2370	4:53:29	0:23:38	0.626
12.752	0:05:13	2170	5:25:50	0:32:21	1.991
13.735	0:04:19	1901	5:46:07	0:20:17	0.983
Total :	0:55:58 h				

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