Track: 2020-09-06 Sentiero del Centenario — **Date: 07/09/2020**

Track: 2020-09-06 Sentiero del Centenario	**IBP = 178 HKG**
These speeds are average for = HKG	
IBP index reliability= B	

Total length	18 Km
Analyzed distance	18 Km
Lineal distance	13 Km

Accumulated climb	1586.27 m
Accumulated descent	1765.45 m
Maximum height	2564.4 m
Minimal height	1630.8 m
Climb rate	17.39 %
Descent rate	21.01 %
Positive climb difference per km	88.13 m
Negative descent difference per km	98.08 m

Total time	12:14:23 h
Time in movement	7:02:16 h
Stopped time	5:12:07 h

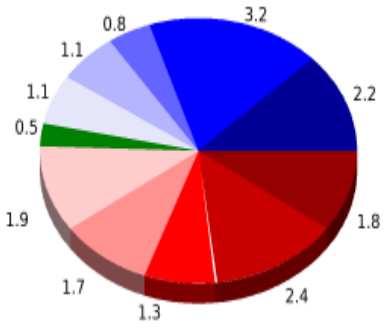
Total speed average	1.47 Km/h
Average speed in movement	2.56 Km/h
Maximum held speed	5.82 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1155 (cad. 15.59 m)
Significant points	476 (cad. 37.9 m / 41.21 %)
Aberrant points	146 (12.64 % d. total)

Direction changes per km	14.72
Direction changes >5º per km	11.61
Accumulated straight stretches	1.872 Km
Straight stretches per km	104 m
Penalizables slope changes	13
Penalizables slope changes per km	0.722

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Summary of slopes

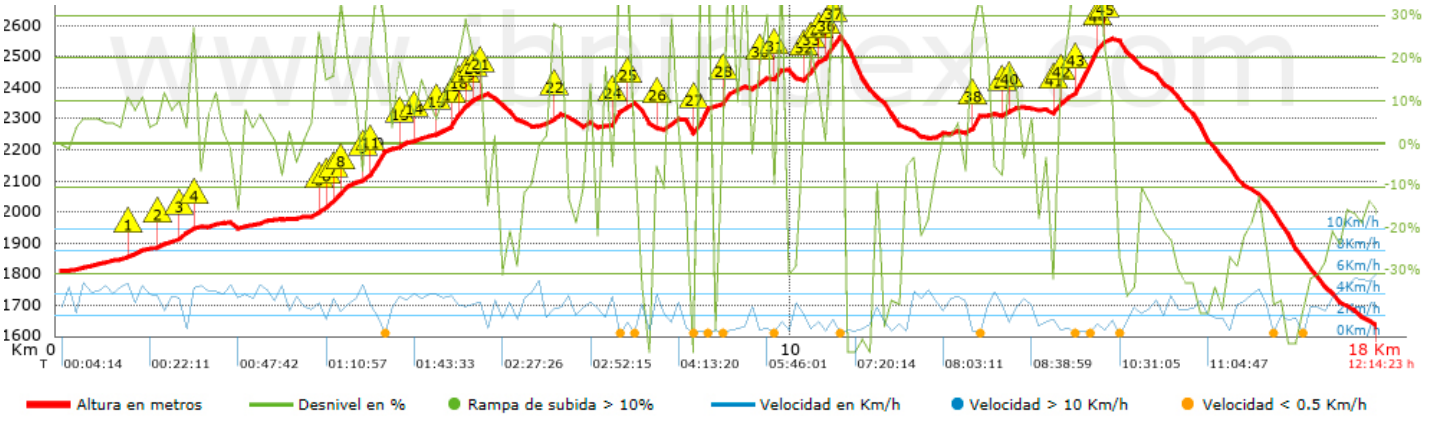


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.782	9.9	2.31	0:46:17
	Between 15 and 30%	2.438	13.54	2.37	1:01:40
	Between 10 and 15%	1.329	7.38	2.81	0:28:24
	Between 5 and 10%	1.707	9.48	3.22	0:31:49
	Between 1 and 5%	1.865	10.36	3.08	0:36:19
	Total :	9.121	50.67	2.68	3:24:29
	Plain				
	Difference of 1%	0.478	2.65	3.25	0:08:49
	Breakdown descents				
	Between 1 and 5%	1.069	5.94	2.82	0:22:47
	Between 5 and 10%	1.141	6.34	3.09	0:22:09
	Between 10 and 15%	0.776	4.31	2.38	0:19:35
	Between 15 and 30%	3.181	17.67	2.6	1:13:25
	Between 30% and 55%	2.235	12.42	1.89	1:11:02
	Total :	8.402	46.68	2.41	3:28:58
	Total track :	18	100 %	2.56	7:02:16

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	1.657	15 %	163 m
2	1.82	27 %	32 m
3	3.55	25 %	113 m
4	3.662	19 %	138 m
5	3.8	28 %	112 m
6	3.912	18 %	113 m
7	4.172	18 %	38 m
8	4.21	22 %	49 m
9	4.259	33 %	226 m
10	4.618	19 %	38 m
11	4.656	14 %	103 m
12	4.887	12 %	114 m
13	5.213	15 %	139 m
14	5.351	21 %	32 m
15	5.383	32 %	131 m
16	5.514	20 %	36 m
17	5.55	22 %	99 m
18	5.649	19 %	109 m
19	5.758	21 %	71 m
20	6.744	28 %	109 m
21	7.571	31 %	38 m
22	7.61	27 %	107 m
23	7.716	46 %	36 m
24	8.19	11 %	164 m
25	8.675	44 %	221 m
26	9.084	48 %	69 m

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 27	9.534	18 %	40 m
 28	9.574	20 %	95 m
 29	9.775	33 %	116 m
 30	10.154	25 %	104 m
 31	10.258	36 %	74 m
 32	10.332	14 %	33 m
 33	10.365	12 %	109 m
 34	10.474	34 %	113 m
 35	10.587	45 %	75 m
 36	12.417	38 %	141 m
 37	12.872	13 %	101 m
 38	12.973	17 %	41 m
 39	13.555	18 %	164 m
 40	13.719	17 %	104 m
 41	13.823	44 %	359 m
 42	14.182	33 %	42 m
 43	14.224	22 %	51 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	826.279	4.59	0:26:16	1.89	0:45:34	1:11:50	0.69
2250	9253.392	51.4	4:01:32	2.3	3:55:11	7:56:43	1.16
2000	2863.404	15.91	0:58:13	2.95	0:16:43	1:14:56	2.29
1750	4366.573	24.26	1:26:34	3.03	0:14:39	1:41:13	2.59
1500	691.587	3.84	0:09:41	4.29		0:09:41	4.29
Total :	18.001 Km	100 %	7:02:16 h	2.56 Km/h	5:12:07 h	12:14:23 h	1.47 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
1.693	0:03:34	1920	0:30:16	0:30:16	1.693
4.413	0:06:26	2170	1:28:56	0:58:40	2.72
5.799	0:19:49 > 10´	2378	2:02:12	0:33:16	1.386
7.571	0:36:56 > 10´	2278	2:59:30	0:57:18	1.772
7.753	0:06:36	2335	3:40:22	0:40:52	0.181
8.043	0:03:28	2301	3:55:37	0:15:15	0.29
8.569	0:02:40	2295	4:17:20	0:21:43	0.526
8.642	0:38:40 > 10´	2269	4:21:36	0:04:16 < 10´	0.073
8.934	0:08:43	2354	5:01:39	0:40:03	0.292
9.084	0:03:08	2346	5:13:52	0:12:13	0.15
9.153	0:03:16	2379	5:19:37	0:05:45 < 10´	0.069
9.534	0:03:51	2403	5:36:58	0:17:21	0.381
9.669	0:05:13	2429	5:46:01	0:09:03 < 10´	0.135
9.859	0:22:48 > 10´	2455	5:57:11	0:11:10	0.19
10.154	0:03:17	2423	6:28:34	0:31:23	0.295
10.365	0:05:05	2479	6:40:15	0:11:41	0.211
10.626	0:12:00 > 10´	2547	6:54:09	0:13:54	0.26
10.733	0:03:10	2546	7:08:13	0:14:04	0.107
10.797	0:04:23	2515	7:13:17	0:05:04 < 10´	0.064
10.87	0:02:46	2481	7:20:14	0:06:57 < 10´	0.073
11.293	0:04:15	2339	7:38:08	0:17:54	0.423
11.466	0:04:20	2278	7:46:41	0:08:33 < 10´	0.173
12.376	0:05:05	2254	8:08:10	0:21:29	0.91
12.528	0:04:35	2298	8:17:56	0:09:46 < 10´	0.152
13.555	0:03:41	2317	8:52:58	0:35:02	1.027
13.75	0:19:28 > 10´	2356	9:03:15	0:10:17	0.195
13.969	0:23:08 > 10´	2425	9:26:22	0:23:07	0.219
14.182	0:04:10	2521	9:55:10	0:28:48	0.213
14.375	0:26:14 > 10´	2556	10:04:08	0:08:58 < 10´	0.193
15.853	0:03:21	2173	11:09:24	1:05:16	1.478
16.497	0:06:56	2021	11:25:32	0:16:08	0.644
16.911	0:11:05 > 10´	1864	11:45:39	0:20:07	0.415
Total :	5:12:07 h				

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