Track: 2020-09-14 Monti Portella e Aquila — **Date: 14/09/2020**

Track: 2020-09-14 Monti Portella e Aquila	**IBP = 78 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	7.69 Km
Analyzed distance	7.69 Km
Lineal distance	0.03 Km

Accumulated climb	537 m
Accumulated descent	541.2 m
Maximum height	2498.9 m
Minimal height	2139.3 m
Climb rate	15.52 %
Descent rate	14.14 %
Positive climb difference per km	69.83 m
Negative descent difference per km	70.38 m

Total time	5:13:34 h
Time in movement	3:36:17 h
Stopped time	1:37:17 h

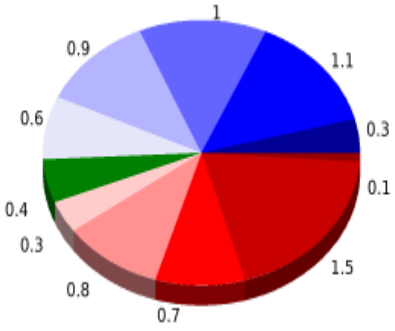
Total speed average	1.47 Km/h
Average speed in movement	2.13 Km/h
Maximum held speed	5.32 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	503 (cad. 15.28 m)
Significant points	204 (cad. 37.86 m / 40.56 %)
Aberrant points	7 (1.39 % d. total)

Direction changes per km	13.52
Direction changes >5° per km	10.66
Accumulated straight stretches	0.535 Km
Straight stretches per km	69.57 m
Penalizables slope changes	4
Penalizables slope changes per km	0.52

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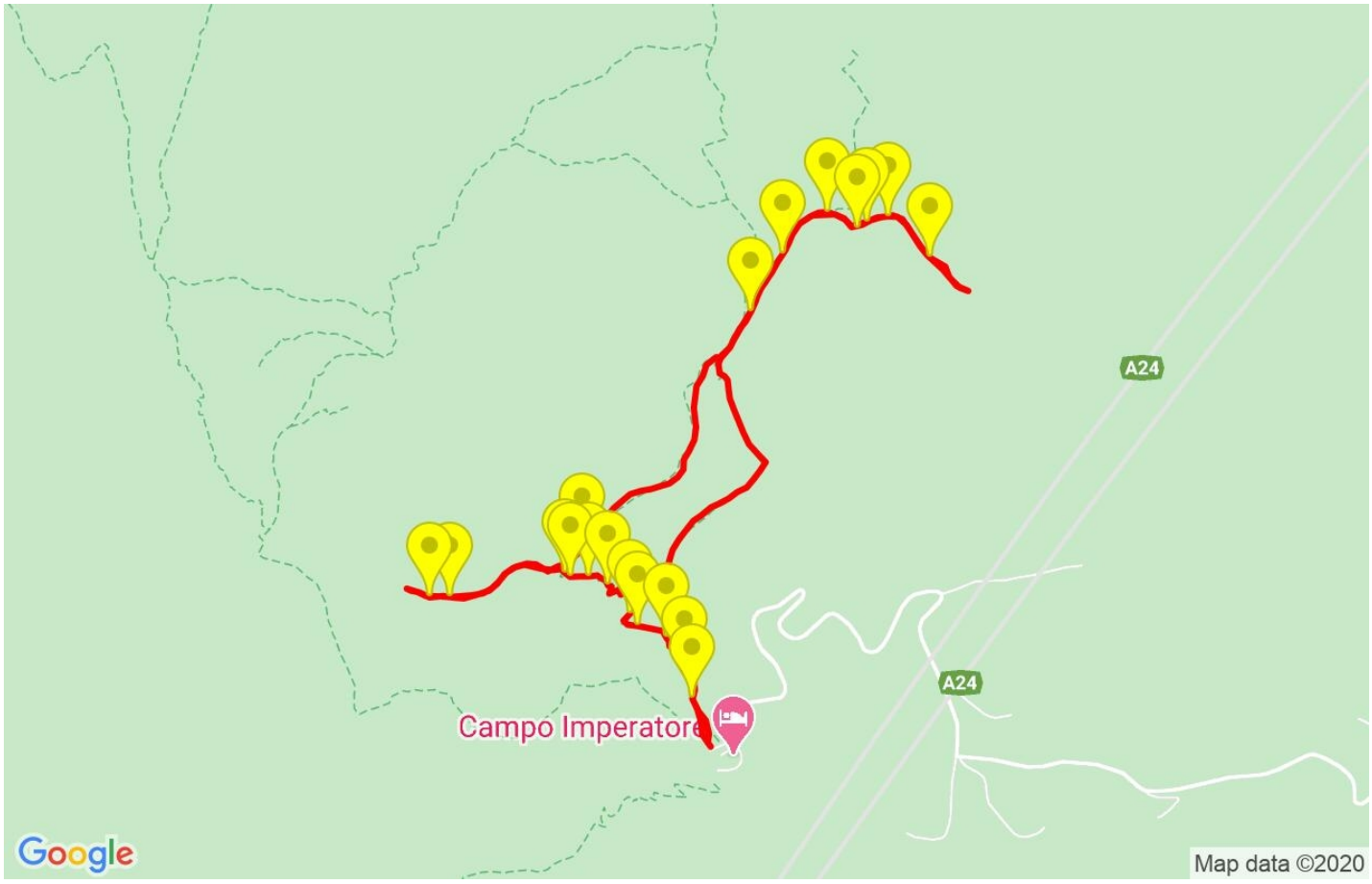
Summary of slopes

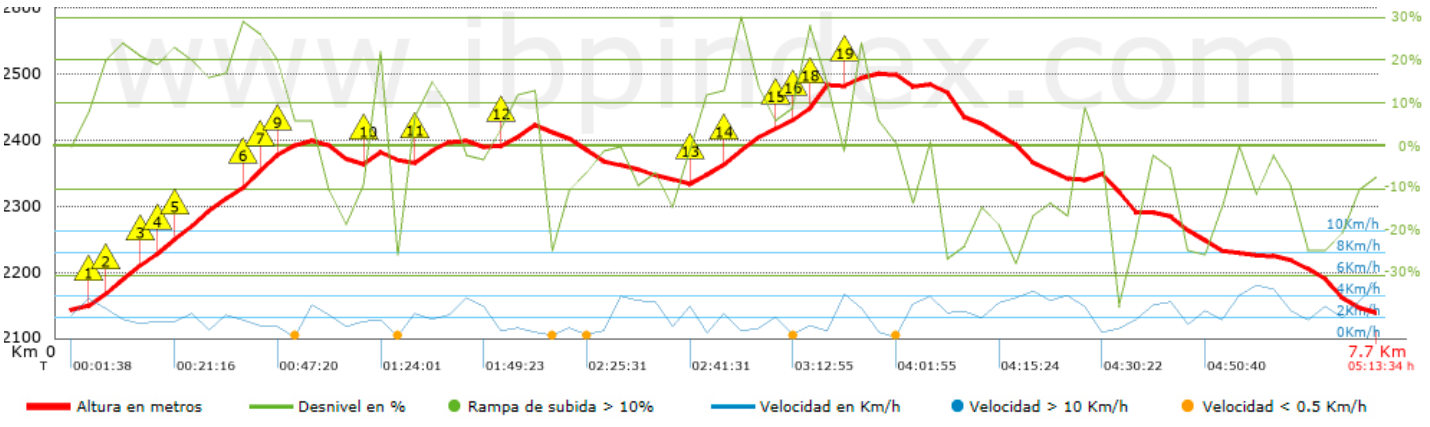


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.144	1.87	3.6	0:02:24
	Between 15 and 30%	1.536	19.98	1.58	0:58:26
	Between 10 and 15%	0.72	9.37	1.87	0:23:09
	Between 5 and 10%	0.782	10.17	2.64	0:17:46
	Between 1 and 5%	0.278	3.61	3.56	0:04:41
	Total :	3.459	45.01	1.95	1:46:26
	Plain				
	Difference of 1%	0.399	5.18	3.42	0:06:59
	Breakdown descents				
	Between 1 and 5%	0.577	7.51	3.67	0:09:27
	Between 5 and 10%	0.871	11.33	2.59	0:20:09
	Between 10 and 15%	1.005	13.08	2.45	0:24:35
	Between 15 and 30%	1.101	14.33	1.75	0:37:49
	Between 30% and 55%	0.273	3.55	1.51	0:10:52
	Total :	3.828	49.81	2.23	1:42:52
	Total track :	7.69	100 %	2.13	3:36:17

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.204	18 %	112 m
2	0.316	21 %	169 m
3	0.485	20 %	122 m
4	0.608	22 %	99 m
5	0.707	20 %	313 m
6	1.02	27 %	133 m
7	1.153	24 %	66 m
8	1.219	20 %	41 m
9	1.26	22 %	39 m
10	1.805	20 %	97 m
11	2.055	17 %	146 m
12	2.603	16 %	146 m
13	3.69	13 %	222 m
14	3.911	21 %	232 m
15	4.144	11 %	129 m
16	4.273	18 %	39 m
17	4.312	33 %	78 m
18	4.39	39 %	34 m
19	4.6	16 %	103 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2250	5970.416	77.68	2:51:19	2.09	1:37:17	4:28:36	1.33
2000	1715.452	22.32	0:44:58	2.29		0:44:58	2.29
Total :	7.686 Km	100 %	3:36:17 h	2.13 Km/h	1:37:17 h	5:13:34 h	1.47 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
0.815	0:02:31	2275	0:25:38	0:25:38	0.815
1.299	0:16:55 > 10´	2386	0:48:33	0:22:55	0.484
1.872	0:07:59	2381	1:24:01	0:35:28	0.573
2.47	0:03:55	2389	1:49:23	0:25:22	0.598
2.71	0:03:54	2406	2:00:10	0:10:47	0.24
2.819	0:05:18	2424	2:06:20	0:06:10 < 10´	0.108
3.025	0:07:43	2386	2:20:52	0:14:32	0.207
3.652	0:04:51	2333	2:41:31	0:20:39	0.627
3.949	0:03:36	2372	2:53:21	0:11:50	0.297
4.177	0:05:39	2416	3:05:19	0:11:58	0.228
4.351	0:03:09	2447	3:16:48	0:11:29	0.175
4.666	0:03:37	2493	3:29:12	0:12:24	0.314
4.783	0:25:05 > 10´	2499	3:35:57	0:06:45 < 10´	0.118
6.042	0:03:05	2349	4:27:17	0:51:20	1.259
Total :	1:37:17 h				

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