Track: 2020-09-19 Monte Amaro e grota dei Diavoli — **Date: 19/09/2020**

Track: 2020-09-19 Monte Amaro e grota dei Diavoli	**IBP = 233 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	30.51 Km
Analyzed distance	30.51 Km
Lineal distance	0.06 Km

Accumulated climb	2512.86 m
Accumulated descent	2504.86 m
Maximum height	2790.4 m
Minimal height	465 m
Climb rate	16.76 %
Descent rate	17.2 %
Positive climb difference per km	82.36 m
Negative descent difference per km	82.1 m

Total time	9:31:46 h
Time in movement	8:26:22 h
Stopped time	1:05:24 h

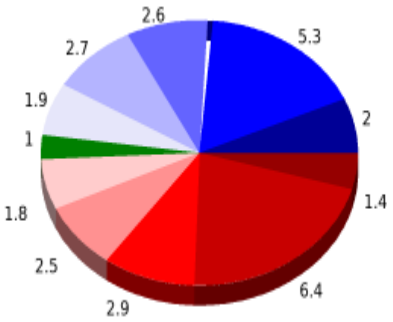
Total speed average	3.2 Km/h
Average speed in movement	3.62 Km/h
Maximum held speed	8.92 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1788 (cad. 17.07 m)
Significant points	791 (cad. 38.63 m / 44.24 %)
Aberrant points	64 (3.58 % d. total)

Direction changes per km	13.21
Direction changes >5° per km	10.13
Accumulated straight stretches	3.684 Km
Straight stretches per km	120.75 m
Penalizables slope changes	15
Penalizables slope changes per km	0.492

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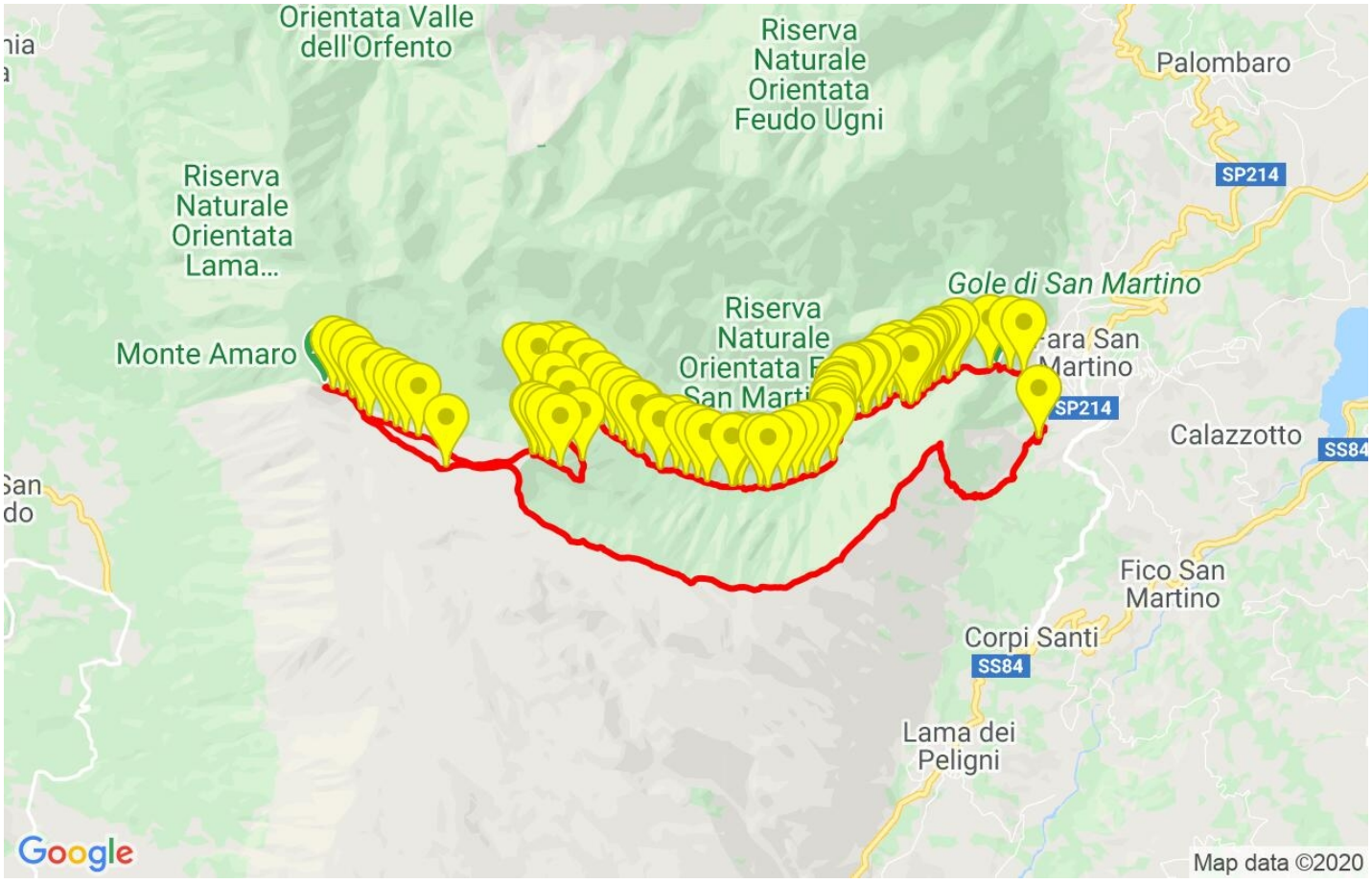
Summary of slopes

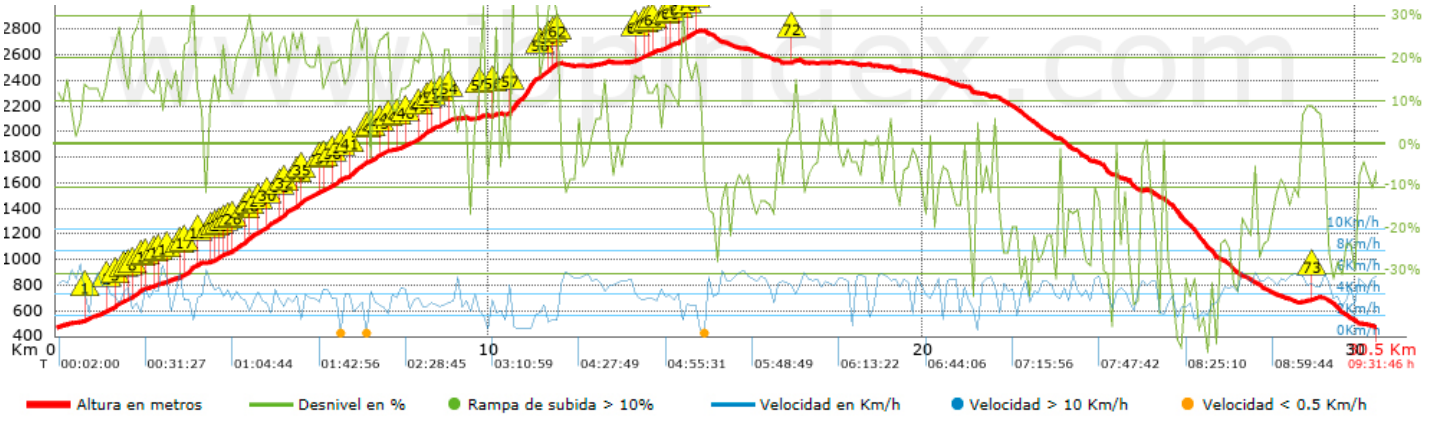


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.442	4.72	1.99	0:43:23
	Between 15 and 30%	6.393	20.95	3.17	2:01:10
	Between 10 and 15%	2.915	9.55	3.64	0:48:03
	Between 5 and 10%	2.488	8.15	3.84	0:38:55
	Between 1 and 5%	1.755	5.75	4.57	0:23:02
	Total :	14.993	49.14	3.28	4:34:33
	Plain				
	Difference of 1%	0.959	3.14	3.81	0:15:06
	Breakdown descents				
	Between 1 and 5%	1.939	6.36	4.28	0:27:11
	Between 5 and 10%	2.735	8.96	4.77	0:34:26
	Between 10 and 15%	2.619	8.58	4.75	0:33:04
	Between 15 and 30%	5.29	17.34	4.09	1:17:39
	Between 30% and 55%	1.979	6.48	2.67	0:44:23
	Total :	14.562	47.72	4.03	3:36:43
	Total track :	30.51	100 %	3.62	8:26:22

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
 1	0.647	14 %	544 m
 2	1.192	17 %	147 m
 3	1.339	24 %	193 m
 4	1.531	18 %	48 m
 5	1.579	13 %	120 m
 6	1.699	16 %	37 m
 7	1.737	19 %	71 m
 8	1.807	30 %	163 m
 9	1.97	22 %	33 m
 10	2.004	11 %	90 m
 11	2.232	12 %	135 m
 12	2.522	14 %	228 m
 13	2.917	14 %	32 m
 14	2.95	24 %	35 m
 15	2.985	31 %	232 m
 16	3.217	13 %	39 m
 17	3.256	18 %	103 m
 18	3.562	12 %	71 m
 19	3.633	15 %	35 m
 20	3.667	20 %	137 m
 21	3.804	20 %	77 m
 22	3.882	15 %	113 m
 23	3.995	15 %	63 m
 24	4.058	22 %	304 m
 25	4.362	29 %	149 m
 26	4.511	20 %	190 m

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27	4.701	25 %	198 m
28	4.899	23 %	257 m
29	5.156	24 %	101 m
30	5.257	24 %	330 m
31	5.588	26 %	82 m
32	5.67	26 %	36 m
33	5.705	20 %	347 m
34	6.052	15 %	144 m
35	6.196	18 %	167 m
36	6.363	24 %	165 m
37	6.528	15 %	227 m
38	6.755	20 %	41 m
39	6.796	27 %	346 m
40	7.142	27 %	30 m
41	7.172	30 %	31 m
42	7.308	24 %	172 m
43	7.479	18 %	153 m
44	7.857	13 %	260 m
45	8.116	17 %	282 m
46	8.398	26 %	148 m
47	8.546	24 %	158 m
48	8.704	21 %	44 m
49	8.902	23 %	163 m
50	9.064	16 %	32 m
51	9.096	21 %	33 m
52	9.741	17 %	155 m
53	10.082	15 %	113 m
54	10.454	42 %	666 m

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55	11.12	21 %	212 m
56	11.332	34 %	82 m
57	11.414	26 %	109 m
58	11.523	30 %	34 m
59	11.557	24 %	32 m
60	13.338	16 %	186 m
61	13.524	15 %	153 m
62	13.677	15 %	140 m
63	13.817	12 %	252 m
64	14.069	16 %	144 m
65	14.213	13 %	191 m
66	14.404	24 %	191 m
67	14.595	19 %	145 m
68	14.74	20 %	29 m
69	16.994	12 %	147 m
70	28.956	11 %	142 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	556.739	1.82	0:08:44	3.82	0:22:23	0:31:07	1.07
2500	7304.947	23.94	1:46:17	4.12		1:46:17	4.12
2250	3255.848	10.67	0:59:05	3.31	0:12:44	1:11:49	2.72
2000	3168.089	10.38	1:02:20	3.05	0:19:26	1:21:46	2.32
1750	2648.165	8.68	0:43:19	3.67	0:05:27	0:48:46	3.26
1500	2586.311	8.48	0:45:27	3.41	0:05:24	0:50:51	3.05
Total :	19.52 Km	63.97 %	5:25:12 h	3.6 Km/h	1:05:24 h	6:30:36 h	3 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
6.528	0:05:24	1612	1:50:58	1:50:58	6.528
7.142	0:05:27	1750	2:07:57	0:16:59	0.614
9.929	0:03:54	2129	3:05:05	0:57:08	2.787
10.57	0:18:09 > 10´	2184	3:27:53	0:22:48	0.641
10.828	0:06:07	2292	3:50:52	0:22:59	0.258
14.845	0:22:23 > 10´	2786	5:12:03	1:21:11	4.016
21.156	0:04:00	2312	6:59:54	1:47:51	6.311
Total :	1:05:24 h				

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