Track: 2020-10-17 Valle Lupara — **Date: 17/10/2020**

Track: 2020-10-17 Valle Lupara	**IBP = 114 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	8.57 Km
Analyzed distance	8.57 Km
Lineal distance	0.02 Km

Accumulated climb	1053.1 m
Accumulated descent	1035 m
Maximum height	2224.2 m
Minimal height	1181.2 m
Climb rate	24.31 %
Descent rate	24.44 %
Positive climb difference per km	122.88 m
Negative descent difference per km	120.77 m

Total time	6:04:16 h
Time in movement	3:57:44 h
Stopped time	2:06:32 h

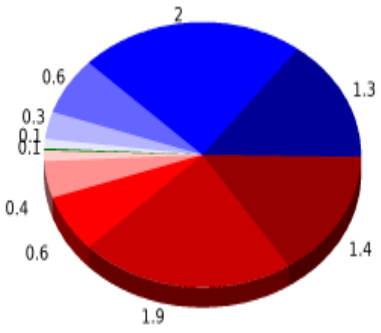
Total speed average	1.41 Km/h
Average speed in movement	2.16 Km/h
Maximum held speed	5.51 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	605 (cad. 14.16 m)
Significant points	233 (cad. 36.92 m / 38.51 %)
Aberrant points	42 (6.94 % d. total)

Direction changes per km	15.17
Direction changes >5º per km	12.25
Accumulated straight stretches	1.013 Km
Straight stretches per km	118.2 m
Penalizables slope changes	3
Penalizables slope changes per km	0.35

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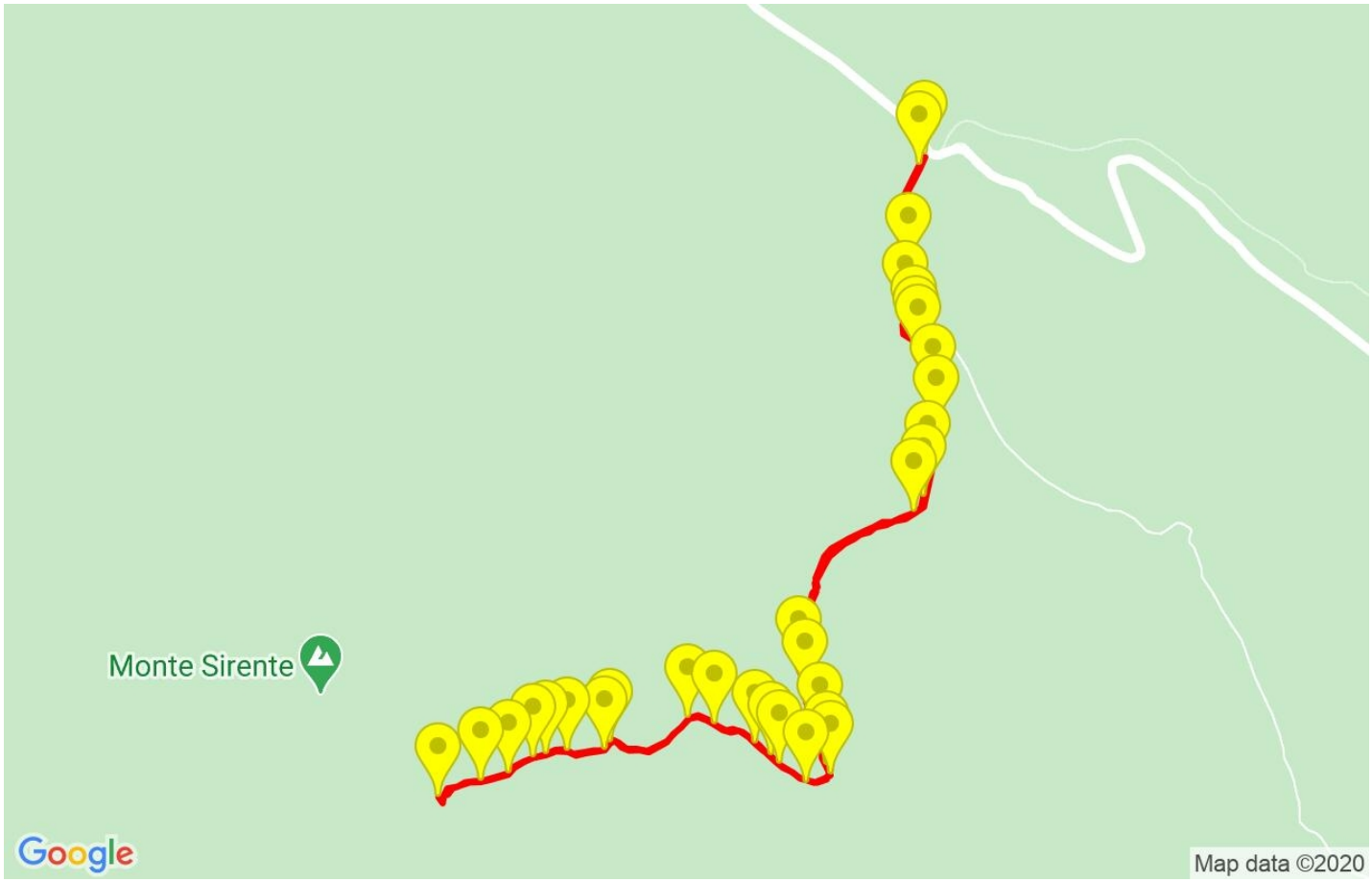
Summary of slopes

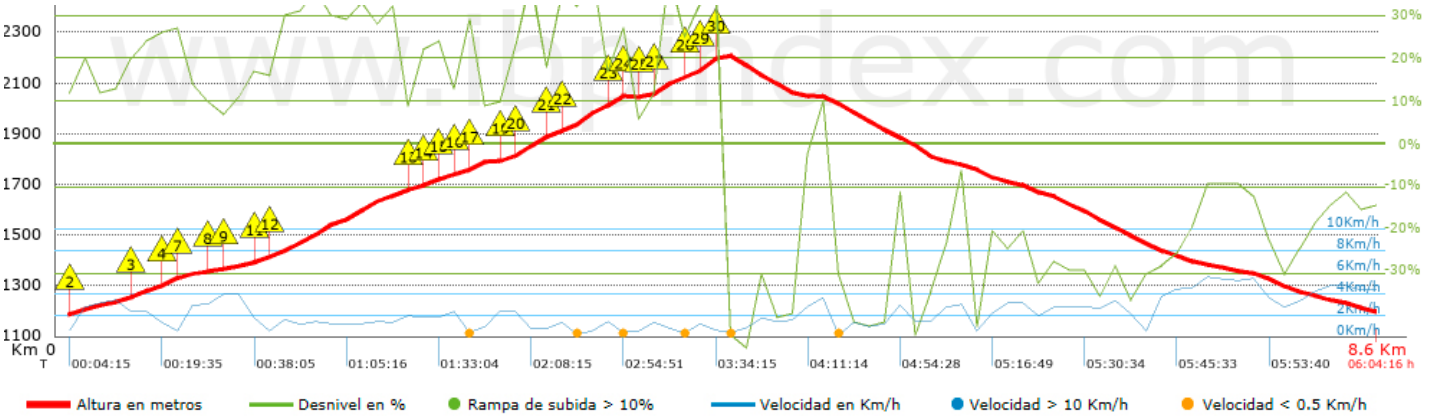


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.363	15.92	1.61	0:50:44
	Between 15 and 30%	1.939	22.64	1.93	1:00:09
	Between 10 and 15%	0.575	6.71	2.67	0:12:56
	Between 5 and 10%	0.355	4.15	2.44	0:08:45
	Between 1 and 5%	0.098	1.15	3.85	0:01:32
	Total :	4.331	50.56	1.94	2:14:06
	Plain				
	Difference of 1%	0	0	0	0:00:00
	Breakdown descents				
	Between 1 and 5%	0.065	0.76	3.09	0:01:16
	Between 5 and 10%	0.282	3.3	4.6	0:03:41
	Between 10 and 15%	0.588	6.87	3.33	0:10:36
	Between 15 and 30%	2.032	23.73	2.86	0:42:40
	Between 30% and 55%	1.267	14.79	1.67	0:45:25
	Total :	4.235	49.44	2.45	1:43:38
	Total track :	8.57	100 %	2.16	3:57:44

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
 1	0.031	12 %	39 m
 2	0.07	16 %	369 m
 3	0.439	22 %	175 m
 4	0.614	26 %	127 m
 5	0.742	27 %	37 m
 6	0.779	22 %	30 m
 7	0.809	14 %	145 m
 8	1.058	11 %	159 m
 9	1.217	18 %	77 m
 10	1.294	21 %	72 m
 11	1.366	30 %	869 m
 12	2.236	17 %	83 m
 13	2.318	23 %	174 m
 14	2.492	13 %	102 m
 15	2.595	14 %	45 m
 16	2.64	36 %	106 m
 17	2.857	13 %	43 m
 18	2.9	23 %	66 m
 19	2.966	37 %	184 m
 20	3.15	14 %	99 m
 21	3.249	35 %	362 m
 22	3.61	44 %	36 m
 23	3.647	27 %	30 m
 24	3.778	14 %	79 m
 25	3.858	22 %	44 m
 26	3.902	40 %	116 m

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27	4.018	23 %	99 m
28	4.117	42 %	184 m
29	4.301	33 %	36 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2000	1594.309	18.61	0:48:00	1.99	1:07:48	1:55:48	0.83
1750	1733.024	20.23	0:59:07	1.76	0:31:39	1:30:46	1.15
1500	1987.087	23.2	1:04:21	1.85	0:10:53	1:15:14	1.58
Total :	5.314 Km	62.04 %	2:51:28 h	1.86 Km/h	1:50:20 h	4:41:48 h	1.13 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
0.658	0:04:45	1299	0:19:35	0:19:35	0.658
1.336	0:04:00	1409	0:40:09	0:20:34	0.678
2.566	0:10:53 > 10´	1739	1:36:05	0:55:56	1.23
2.966	0:05:09	1813	1:58:40	0:22:35	0.4
3.042	0:09:14	1838	2:05:29	0:06:49 < 10´	0.076
3.327	0:09:21	1924	2:22:32	0:17:03	0.285
3.442	0:04:16	1967	2:36:38	0:14:06	0.115
3.61	0:07:42	2024	2:47:09	0:10:31	0.168
3.715	0:04:01	2046	2:55:40	0:08:31 < 10´	0.104
3.902	0:02:51	2066	3:04:41	0:09:01 < 10´	0.187
4.018	0:07:53	2112	3:12:27	0:07:46 < 10´	0.116
4.156	0:09:55	2148	3:24:20	0:11:53	0.138
4.301	0:15:59 > 10´	2212	3:36:25	0:12:05	0.145
5.042	0:19:27 > 10´	2028	4:18:09	0:41:44	0.741
5.898	0:03:39	1778	5:08:40	0:50:31	0.856
6.972	0:04:29	1498	5:37:13	0:28:33	1.074
Total :	2:06:32 h				

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