Track: 2020-11-15 I monti della Duchessa — **Date: 15/11/2020**

Track: 2020-11-15 I monti della Duchessa	**IBP = 187 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	19.01 Km
Analyzed distance	19.01 Km
Lineal distance	0 Km

Accumulated climb	1834.1 m
Accumulated descent	1826 m
Maximum height	2186 m
Minimal height	952.4 m
Climb rate	20.77 %
Descent rate	19.4 %
Positive climb difference per km	96.48 m
Negative descent difference per km	96.05 m

Total time	6:58:57 h
Time in movement	6:19:51 h
Stopped time	0:39:06 h

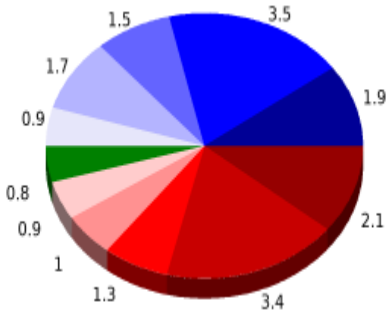
Total speed average	2.72 Km/h
Average speed in movement	3 Km/h
Maximum held speed	6.85 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1185 (cad. 16.04 m)
Significant points	503 (cad. 37.87 m / 42.45 %)
Aberrant points	62 (5.23 % d. total)

Direction changes per km	14.05
Direction changes >5° per km	11.31
Accumulated straight stretches	2.383 Km
Straight stretches per km	125.36 m
Penalizables slope changes	15
Penalizables slope changes per km	0.789

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Summary of slopes

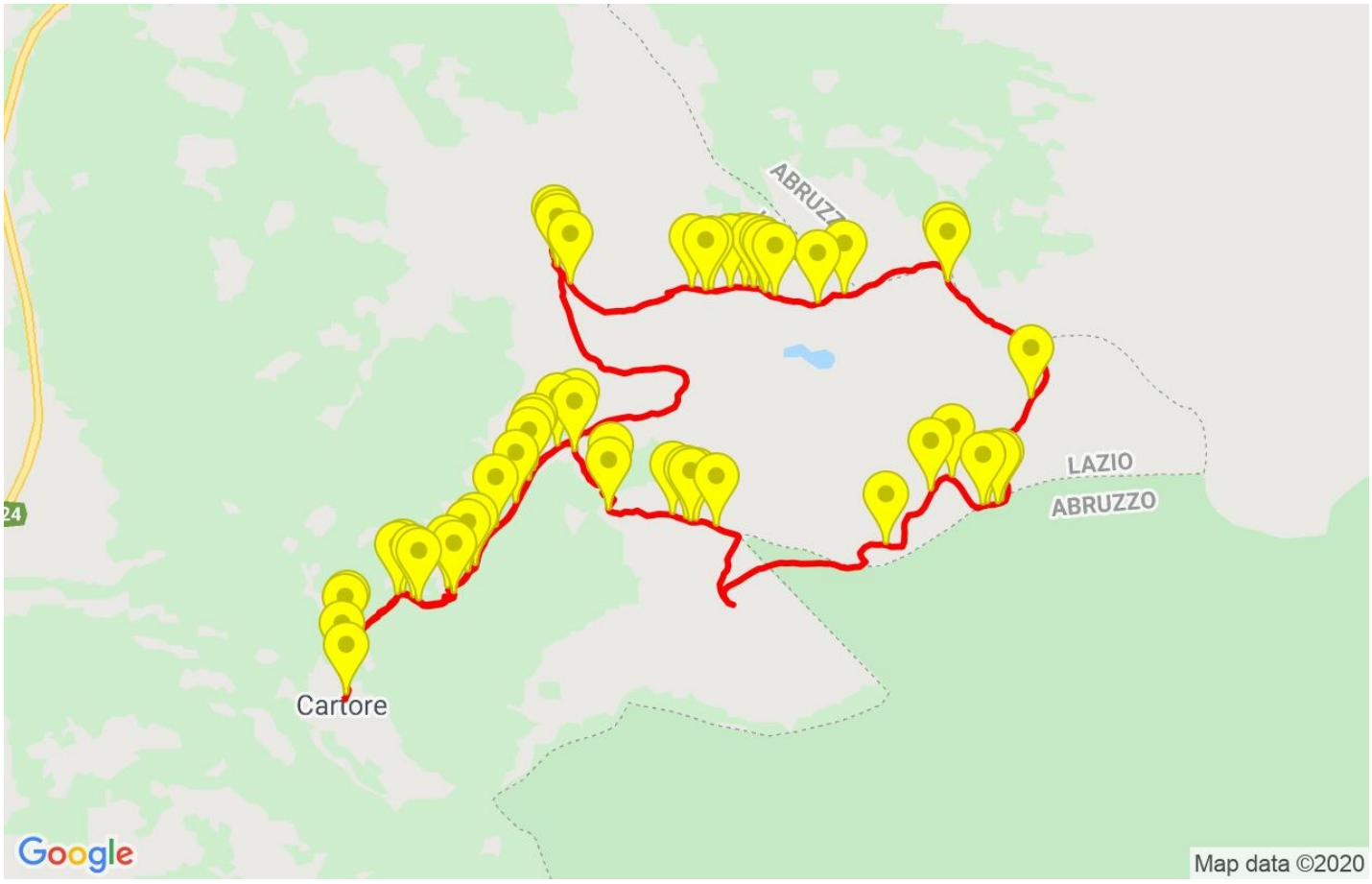


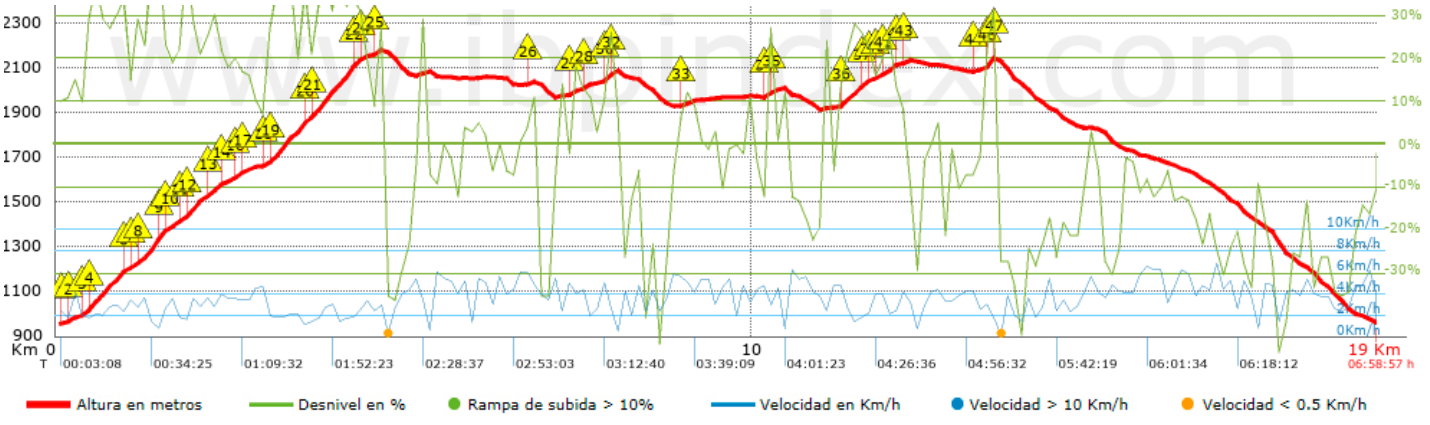
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	2.12	11.15	1.64	1:17:31
	Between 15 and 30%	3.417	17.98	2.65	1:17:14
	Between 10 and 15%	1.298	6.83	3.17	0:24:34
	Between 5 and 10%	1.048	5.51	3.53	0:17:47
	Between 1 and 5%	0.946	4.97	3.69	0:15:23
	Total :	8.829	46.45	2.49	3:32:29
	Plain				
	Difference of 1%	0.766	4.03	3.99	0:11:32
	Breakdown descents				
	Between 1 and 5%	0.857	4.51	4.07	0:12:38
	Between 5 and 10%	1.665	8.76	3.98	0:25:05
	Between 10 and 15%	1.493	7.85	4.29	0:20:53
	Between 15 and 30%	3.498	18.4	3.88	0:54:07
	Between 30% and 55%	1.901	10	2.64	0:43:07
	Total :	9.414	49.52	3.62	2:35:50
	Total track :	19.01	100 %	3	6:19:51

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.038	11 %	161 m
2	0.199	15 %	188 m
3	0.386	22 %	30 m
4	0.417	32 %	532 m
5	0.949	34 %	38 m
6	0.987	20 %	83 m
7	1.069	21 %	45 m
8	1.114	33 %	355 m
9	1.47	42 %	79 m
10	1.549	19 %	187 m
11	1.736	17 %	69 m
12	1.805	32 %	312 m
13	2.118	25 %	226 m
14	2.344	18 %	180 m
15	2.524	21 %	72 m
16	2.596	21 %	35 m
17	2.631	14 %	200 m
18	3.038	35 %	526 m
19	3.564	26 %	135 m
20	3.698	38 %	528 m
21	4.226	31 %	113 m
22	4.339	31 %	37 m
23	4.376	24 %	39 m
24	4.565	18 %	147 m
25	6.776	14 %	110 m
26	7.369	16 %	189 m

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27	7.558	11 %	314 m
28	7.872	23 %	33 m
29	7.905	29 %	72 m
30	7.976	20 %	30 m
31	8.006	36 %	31 m
32	10.171	14 %	50 m
33	10.222	23 %	116 m
34	11.252	27 %	318 m
35	11.569	27 %	71 m
36	11.64	23 %	29 m
37	11.731	20 %	67 m
38	11.798	11 %	104 m
39	11.901	26 %	136 m
40	12.038	13 %	35 m
41	12.17	11 %	108 m
42	13.202	12 %	149 m
43	13.351	48 %	31 m
44	13.382	39 %	34 m
45	13.416	30 %	44 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	6775.149	35.64	2:14:07	3.03	0:35:40	2:49:47	2.39
1750	5210.388	27.41	1:43:05	3.03		1:43:05	3.03
1500	2914.513	15.33	0:48:18	3.62		0:48:18	3.62
Total :	14.9 Km	78.38 %	4:45:30 h	3.13 Km/h	0:35:40 h	5:21:10 h	2.78 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
4.711	0:06:27	2186	2:13:11	2:13:11	4.711
5.321	0:03:13	2086	2:31:47	0:18:36	0.61
8.037	0:04:16	2086	3:16:59	0:45:12	2.716
10.416	0:02:49	2006	3:58:34	0:41:35	2.378
12.347	0:03:16	2139	4:41:01	0:42:27	1.932
13.46	0:15:39 > 10´	2144	5:06:04	0:25:03	1.113
17.16	0:03:26	1431	6:21:04	1:15:00	3.7
Total :	0:39:06 h				

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