Track: 2020-12-16 Cresta dello Iaccio e Murolungo — **Date: 16/12/2020**

Track: 2020-12-16 Cresta dello Iaccio e Murolungo	**IBP = 127 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	12 Km
Analyzed distance	12 Km
Lineal distance	0.01 Km

Accumulated climb	1274.8 m
Accumulated descent	1271.6 m
Maximum height	2187.1 m
Minimal height	956.5 m
Climb rate	22.68 %
Descent rate	20.4 %
Positive climb difference per km	106.23 m
Negative descent difference per km	105.97 m

Total time	6:59:42 h
Time in movement	4:53:41 h
Stopped time	2:06:01 h

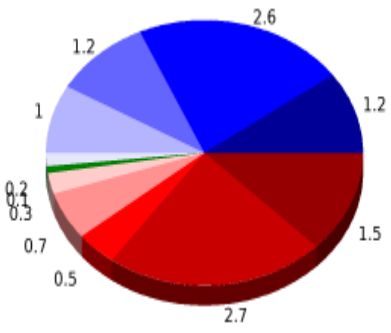
Total speed average	1.72 Km/h
Average speed in movement	2.45 Km/h
Maximum held speed	7.19 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	781 (cad. 15.36 m)
Significant points	316 (cad. 38.09 m / 40.46 %)
Aberrant points	28 (3.59 % d. total)

Direction changes per km	14.08
Direction changes >5° per km	10.58
Accumulated straight stretches	1.783 Km
Straight stretches per km	148.58 m
Penalizables slope changes	4
Penalizables slope changes per km	0.333

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Summary of slopes



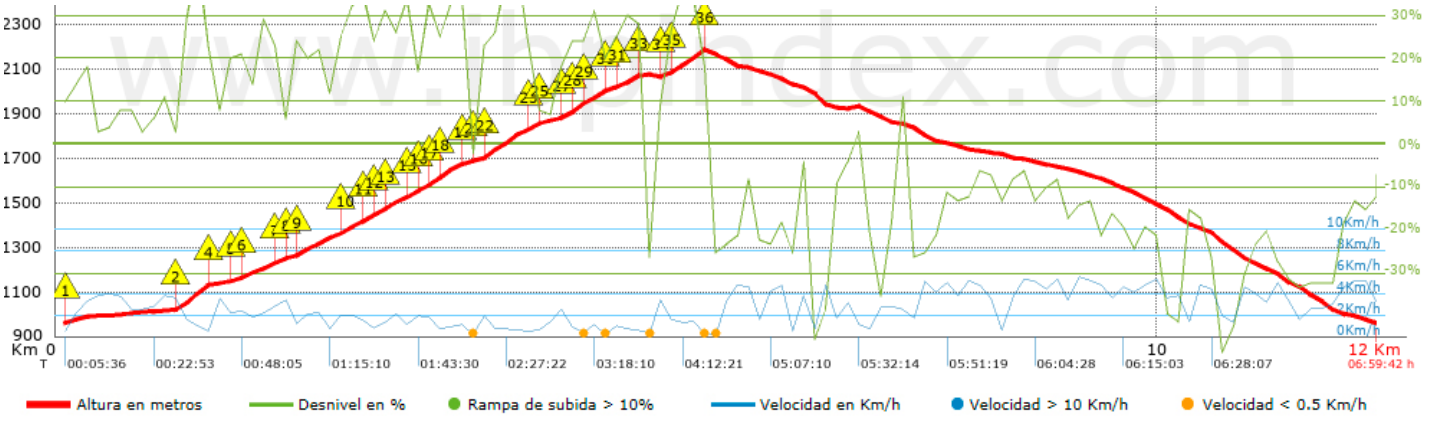
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.467	12.22	1.55	0:56:40
	Between 15 and 30%	2.653	22.11	1.88	1:24:29
	Between 10 and 15%	0.516	4.3	2.19	0:14:09
	Between 5 and 10%	0.655	5.46	2.32	0:16:57
	Between 1 and 5%	0.331	2.76	2.79	0:07:07
	Total :	5.622	46.86	1.88	2:59:22
	Plain				
	Difference of 1%	0.141	1.18	3.95	0:02:09
	Breakdown descents				
	Between 1 and 5%	0.177	1.47	3.33	0:03:11
	Between 5 and 10%	1.012	8.43	3.78	0:16:04
	Between 10 and 15%	1.182	9.85	3.81	0:18:36
	Between 15 and 30%	2.622	21.86	3.5	0:44:56
	Between 30% and 55%	1.241	10.34	2.53	0:29:23
	Total :	6.234	51.96	3.33	1:52:10
	Total track :	12	100 %	2.45	4:53:41

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
 1	0.031	14 %	232 m
 2	1.051	35 %	288 m
 3	1.339	22 %	41 m
 4	1.38	16 %	39 m
 5	1.536	18 %	174 m
 6	1.71	22 %	257 m
 7	1.967	18 %	127 m
 8	2.094	17 %	30 m
 9	2.125	24 %	464 m
 10	2.588	29 %	164 m
 11	2.752	27 %	134 m
 12	2.886	28 %	127 m
 13	3.013	22 %	118 m
 14	3.131	35 %	34 m
 15	3.165	24 %	115 m
 16	3.28	32 %	118 m
 17	3.398	32 %	99 m
 18	3.497	33 %	154 m
 19	3.651	29 %	36 m
 20	3.785	15 %	36 m
 21	3.82	24 %	37 m
 22	3.857	32 %	437 m
 23	4.295	31 %	47 m
 24	4.341	13 %	71 m
 25	4.537	18 %	32 m
 26	4.569	25 %	101 m

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27	4.67	35 %	109 m
28	4.779	33 %	148 m
29	4.928	15 %	115 m
30	5.043	28 %	182 m
31	5.225	28 %	31 m
32	5.255	27 %	30 m
33	5.473	13 %	62 m
34	5.535	35 %	303 m
35	5.838	18 %	33 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	1901.417	15.85	0:53:29	2.13	0:54:06	1:47:35	1.06
1750	2311.015	19.26	1:00:47	2.28	0:42:32	1:43:19	1.34
1500	2677.827	22.32	0:55:08	2.91	0:17:20	1:12:28	2.22
Total :	6.89 Km	57.43 %	2:49:24 h	2.44 Km/h	1:53:58 h	4:43:22 h	1.46 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
1.339	0:04:44	1120	0:37:04	0:37:04	1.339
2.438	0:03:15	1337	1:11:55	0:34:51	1.099
3.398	0:02:45	1590	1:48:42	0:36:47	0.96
3.651	0:08:58	1673	2:01:36	0:12:54	0.253
3.948	0:02:32	1730	2:19:36	0:18:00	0.297
4.023	0:07:56	1752	2:24:05	0:04:29 < 10´	0.075
4.142	0:07:35	1790	2:33:47	0:09:42 < 10´	0.119
4.295	0:04:42	1838	2:43:55	0:10:08	0.152
4.67	0:08:26	1906	3:03:42	0:19:47	0.376
4.896	0:11:01 > 10´	1984	3:21:05	0:17:23	0.226
5.124	0:06:03	2031	3:41:43	0:20:38	0.228
5.325	0:06:50	2085	3:54:01	0:12:18	0.201
5.838	0:34:20 > 10´	2181	4:20:18	0:26:17	0.513
6.555	0:03:43	2058	5:08:43	0:48:25	0.717
6.79	0:03:10	2018	5:16:31	0:07:48 < 10´	0.235
7.26	0:02:52	1933	5:32:14	0:15:43	0.47
8.525	0:03:05	1723	5:57:27	0:25:13	1.265
Total :	2:06:01 h				

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