Track: 2020-12-20 Monte Morrone e Cima ZIS — **Date: 20/12/2020**

Track: 2020-12-20 Monte Morrone e Cima ZIS	**IBP = 131 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	13.8 Km
Analyzed distance	13.8 Km
Lineal distance	0 Km

Accumulated climb	1290.1 m
Accumulated descent	1286.1 m
Maximum height	2144.5 m
Minimal height	955.7 m
Climb rate	19.8 %
Descent rate	18.85 %
Positive climb difference per km	93.49 m
Negative descent difference per km	93.2 m

Total time	5:58:08 h
Time in movement	5:07:28 h
Stopped time	0:50:40 h

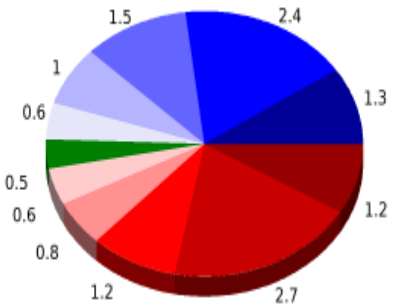
Total speed average	2.31 Km/h
Average speed in movement	2.69 Km/h
Maximum held speed	7.48 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	851 (cad. 16.22 m)
Significant points	366 (cad. 37.81 m / 43.01 %)
Aberrant points	33 (3.88 % d. total)

Direction changes per km	14.42
Direction changes >5º per km	10.51
Accumulated straight stretches	1.797 Km
Straight stretches per km	130.22 m
Penalizables slope changes	6
Penalizables slope changes per km	0.435

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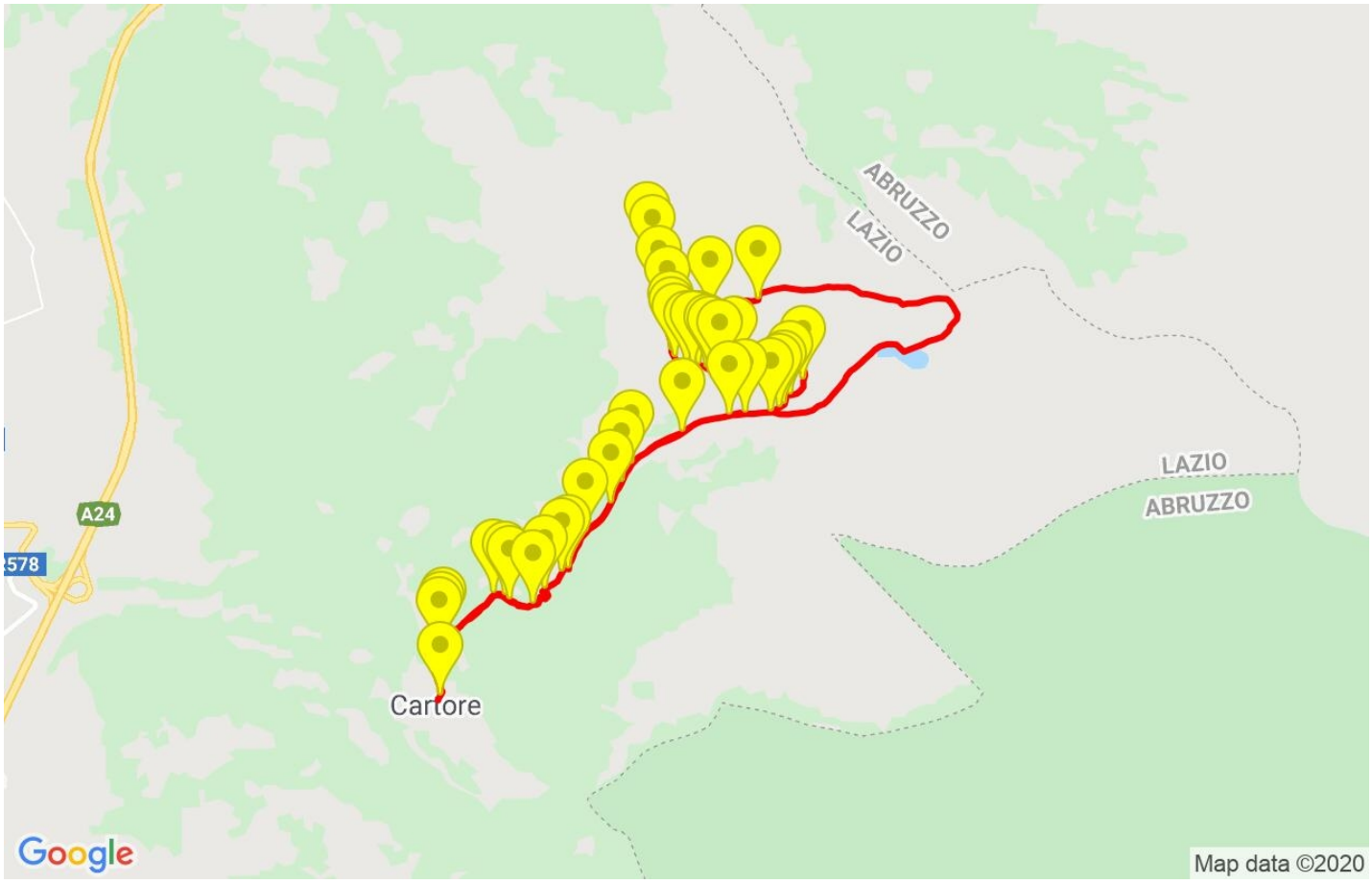
Summary of slopes

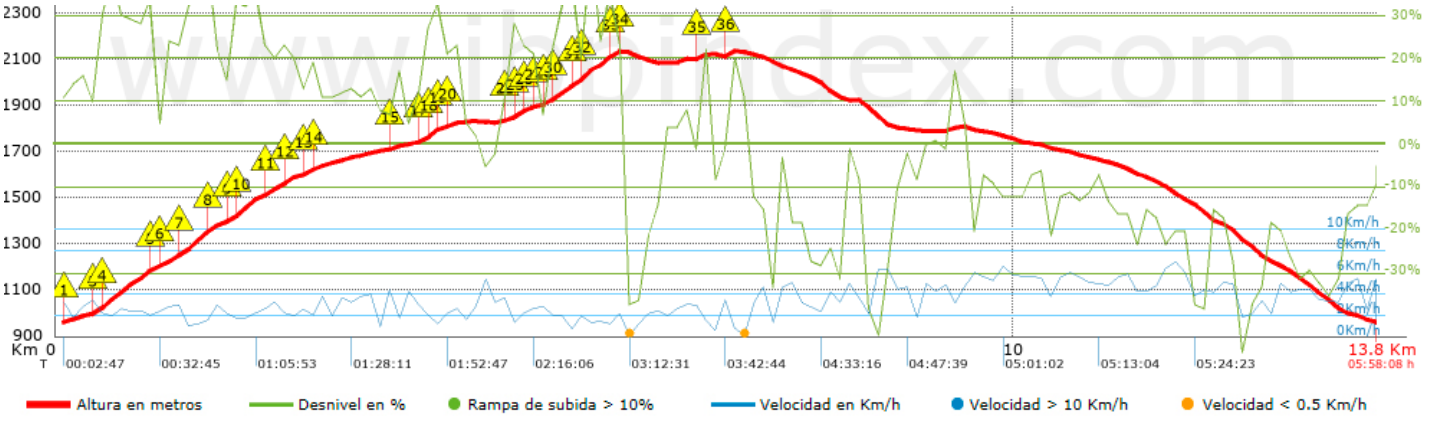


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.211	8.78	1.59	0:45:47
	Between 15 and 30%	2.69	19.49	1.88	1:25:39
	Between 10 and 15%	1.188	8.61	2.84	0:25:07
	Between 5 and 10%	0.793	5.75	2.31	0:20:37
	Between 1 and 5%	0.633	4.59	2.98	0:12:45
	Total :	6.516	47.21	2.06	3:09:55
	Plain				
	Difference of 1%	0.462	3.35	3.78	0:07:21
	Breakdown descents				
	Between 1 and 5%	0.619	4.48	3.25	0:11:26
	Between 5 and 10%	1.044	7.56	4.27	0:14:40
	Between 10 and 15%	1.47	10.65	4.32	0:20:26
	Between 15 and 30%	2.374	17.2	4.22	0:33:47
	Between 30% and 55%	1.317	9.54	2.65	0:29:53
	Total :	6.824	49.44	3.72	1:50:12
	Total track :	13.8	100 %	2.69	5:07:28

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
 1	0.031	13 %	325 m
 2	0.355	19 %	45 m
 3	0.4	21 %	31 m
 4	0.431	32 %	532 m
 5	0.963	24 %	80 m
 6	1.083	24 %	190 m
 7	1.273	35 %	325 m
 8	1.598	20 %	168 m
 9	1.766	17 %	72 m
 10	1.838	33 %	292 m
 11	2.13	26 %	271 m
 12	2.401	17 %	161 m
 13	2.562	20 %	147 m
 14	2.709	12 %	406 m
 15	3.453	15 %	113 m
 16	3.734	13 %	64 m
 17	3.798	18 %	41 m
 18	3.839	27 %	97 m
 19	3.936	22 %	158 m
 20	4.094	13 %	36 m
 21	4.739	27 %	70 m
 22	4.81	28 %	33 m
 23	4.843	13 %	68 m
 24	4.911	16 %	32 m
 25	4.942	21 %	45 m
 26	4.988	14 %	99 m

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27	5.086	18 %	48 m
28	5.135	22 %	46 m
29	5.18	32 %	182 m
30	5.363	25 %	149 m
31	5.512	32 %	232 m
32	5.744	35 %	110 m
33	5.854	27 %	35 m
34	6.656	16 %	149 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	2526.884	18.31	1:10:19	2.16	0:47:34	1:57:53	1.29
1750	3709.666	26.88	1:17:43	2.86	0:03:06	1:20:49	2.75
1500	3423.647	24.8	0:58:25	3.52		0:58:25	3.52
Total :	9.66 Km	69.99 %	3:26:27 h	2.81 Km/h	0:50:40 h	4:17:07 h	2.25 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
5.328	0:03:06	1972	2:29:29	2:29:29	5.328
5.92	0:11:58 > 10´	2144	2:58:57	0:29:28	0.591
6.805	0:03:25	2126	3:36:46	0:37:49	0.885
7.006	0:02:43	2114	3:43:35	0:06:49 < 10´	0.201
7.072	0:29:28 > 10´	2136	3:48:17	0:04:42 < 10´	0.066
Total :	0:50:40 h				

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