Track: 2021-01-30 Monte Tolfaccia — **Date: 30/01/2021**

Track: 2021-01-30 Monte Tolfaccia	**IBP = 105 HKG**
These speeds are average for = RNG	
IBP index reliability= B	

Total length	31.92 Km
Analyzed distance	31.92 Km
Lineal distance	0.03 Km

Accumulated climb	916 m
Accumulated descent	913.2 m
Maximum height	578.3 m
Minimal height	6.7 m
Climb rate	6.59 %
Descent rate	6.46 %
Positive climb difference per km	28.7 m
Negative descent difference per km	28.61 m

Total time	6:22:50 h
Time in movement	6:10:07 h
Stopped time	0:12:43 h

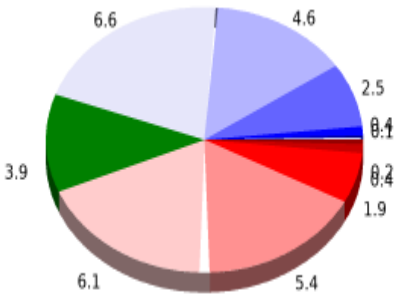
Total speed average	5 Km/h
Average speed in movement	5.17 Km/h
Maximum held speed	10.74 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1238 (cad. 25.78 m)
Significant points	766 (cad. 41.72 m / 61.87 %)
Aberrant points	7 (0.57 % d. total)

Direction changes per km	9.9
Direction changes >5º per km	6.92
Accumulated straight stretches	6.619 Km
Straight stretches per km	207.36 m
Penalizables slope changes	11
Penalizables slope changes per km	0.345

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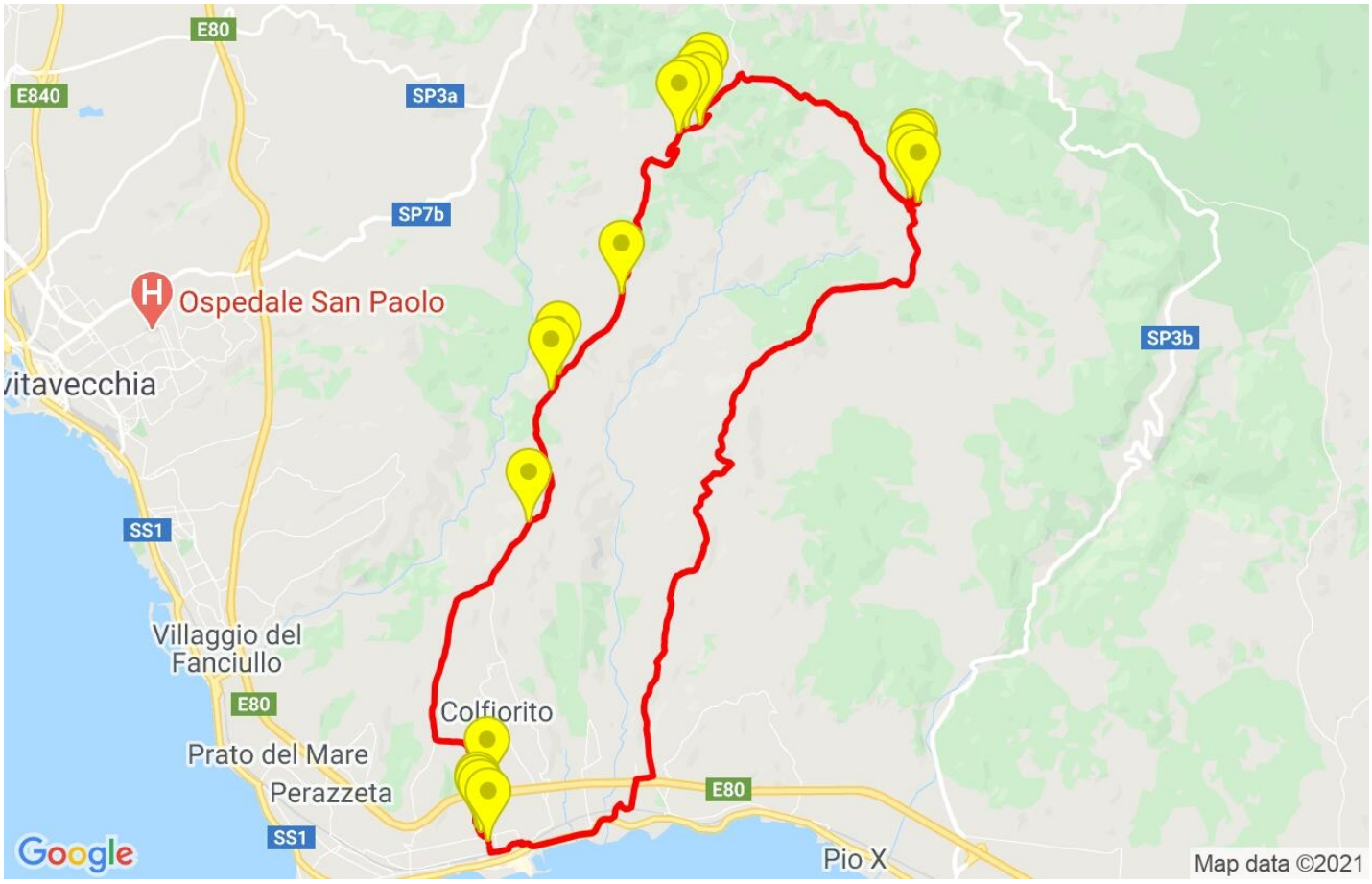
Summary of slopes

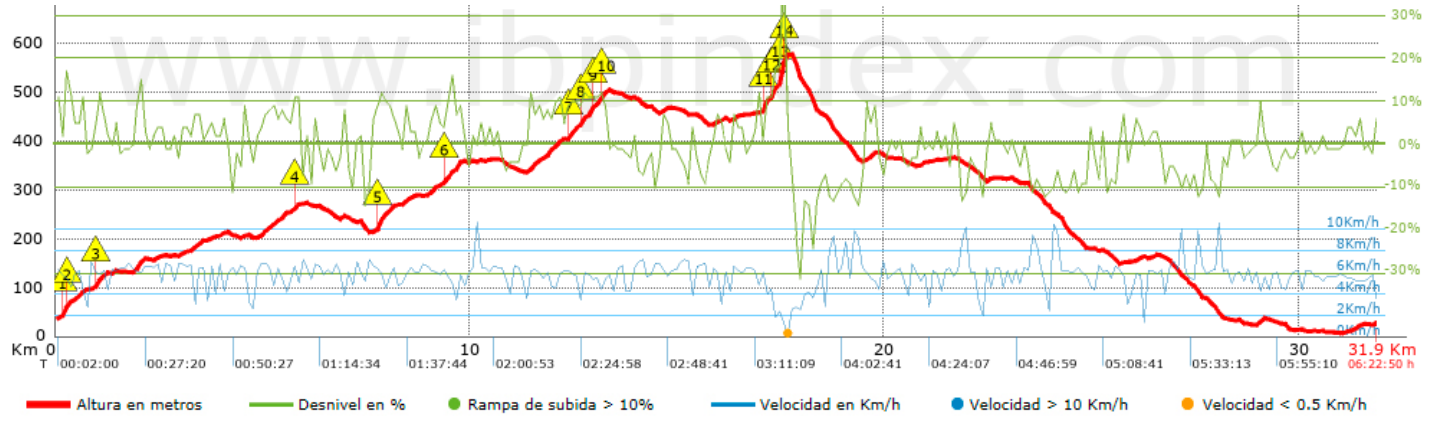


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.166	0.52	1.45	0:06:51
	Between 15 and 30%	0.385	1.21	3.43	0:06:44
	Between 10 and 15%	1.879	5.89	4.41	0:25:35
	Between 5 and 10%	5.369	16.82	5.02	1:04:12
	Between 1 and 5%	6.104	19.13	5.38	1:08:05
	Total :	13.903	43.56	4.87	2:51:27
	Plain				
	Difference of 1%	3.872	12.13	5.29	0:43:56
	Breakdown descents				
	Between 1 and 5%	6.625	20.76	5.39	1:13:45
	Between 5 and 10%	4.598	14.41	5.97	0:46:12
	Between 10 and 15%	2.501	7.84	5.84	0:25:41
	Between 15 and 30%	0.351	1.1	2.69	0:07:49
	Between 30% and 55%	0.066	0.21	3.1	0:01:17
	Total :	14.142	44.31	5.48	2:34:44
	Total track :	31.92	100 %	5.17	6:10:07

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.208	17 %	75 m
2	0.283	15 %	37 m
3	0.998	13 %	126 m
4	7.753	13 %	236 m
5	12.362	12 %	132 m
6	12.675	11 %	310 m
7	13.12	11 %	147 m
8	17.075	14 %	201 m
9	17.275	15 %	182 m
10	17.457	30 %	80 m
11	17.537	39 %	86 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
Total :	0 Km	--- %	--- h	--- Km/h	--- h	--- h	--- Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
17.623	0:12:43 > 10´	574	3:28:26	3:28:26	17.623
Total :	0:12:43 h				

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