Track: 2021-02-06 Morrone e cima ZIS — **Date: 06/02/2021**

Track: 2021-02-06 Morrone e cima ZIS	**IBP = 131 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	13.33 Km
Analyzed distance	13.33 Km
Lineal distance	0 Km

Accumulated climb	1300.12 m
Accumulated descent	1288.8 m
Maximum height	2147.7 m
Minimal height	953.8 m
Climb rate	19.65 %
Descent rate	20 %
Positive climb difference per km	97.53 m
Negative descent difference per km	96.68 m

Total time	7:00:38 h
Time in movement	4:55:35 h
Stopped time	2:05:03 h

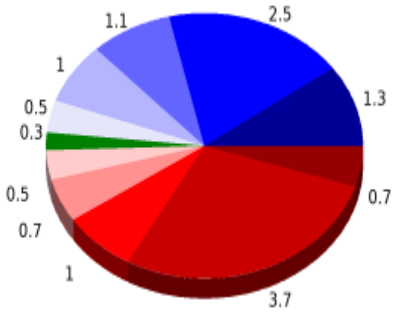
Total speed average	1.9 Km/h
Average speed in movement	2.71 Km/h
Maximum held speed	5.79 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	857 (cad. 15.56 m)
Significant points	355 (cad. 37.67 m / 41.42 %)
Aberrant points	65 (7.58 % d. total)

Direction changes per km	13.95
Direction changes >5º per km	10.2
Accumulated straight stretches	2.241 Km
Straight stretches per km	168.12 m
Penalizables slope changes	7
Penalizables slope changes per km	0.525

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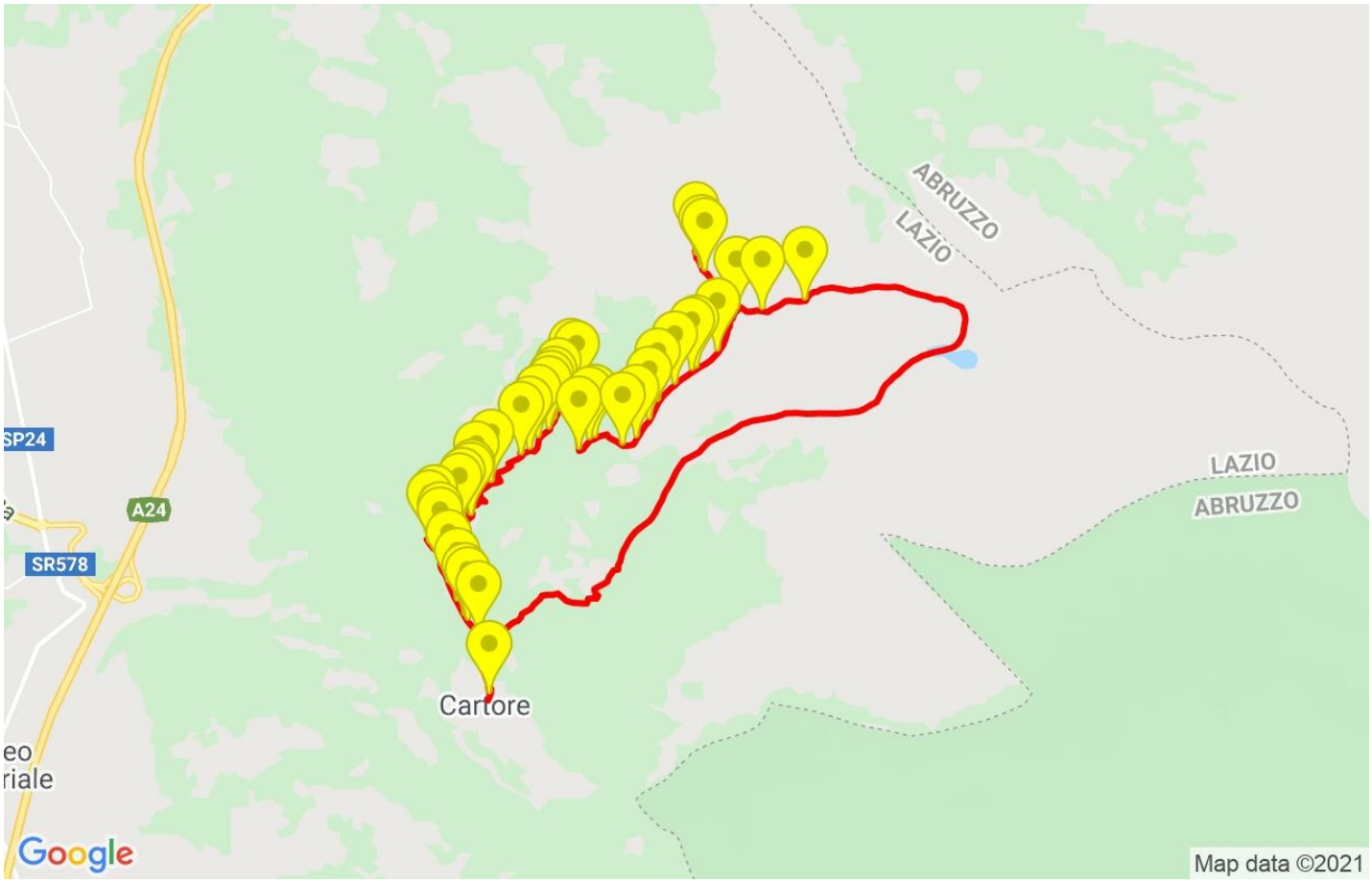
Summary of slopes

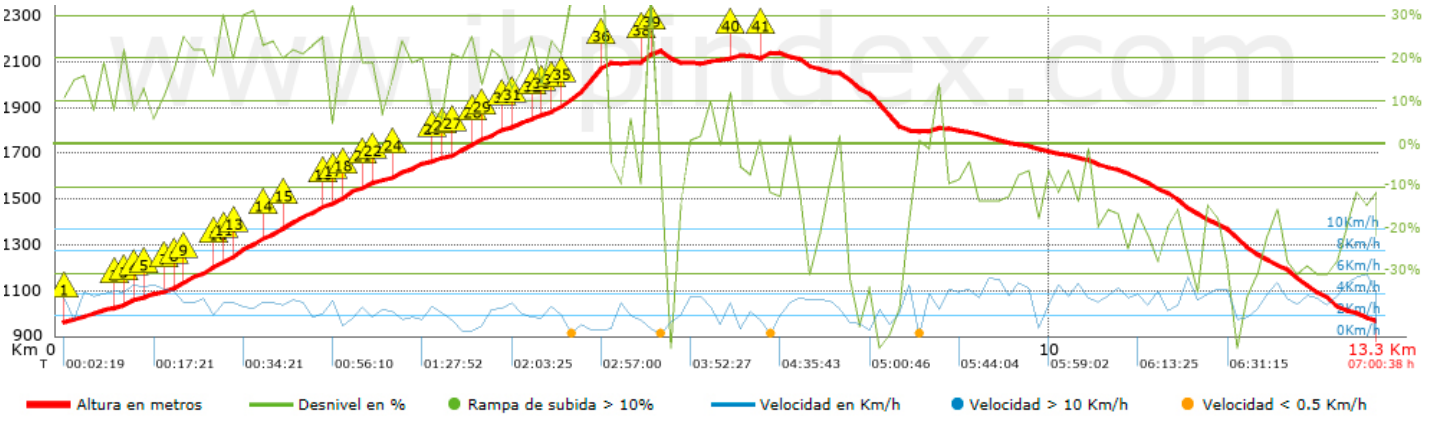


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.74	5.55	4.37	0:10:10
	Between 15 and 30%	3.745	28.09	2.39	1:34:10
	Between 10 and 15%	0.969	7.27	2.55	0:22:46
	Between 5 and 10%	0.679	5.1	2.44	0:16:44
	Between 1 and 5%	0.483	3.62	2.46	0:11:46
	Total :	6.617	49.63	2.55	2:35:36
	Plain				
	Difference of 1%	0.274	2.05	2.26	0:07:16
	Breakdown descents				
	Between 1 and 5%	0.52	3.9	2.4	0:13:00
	Between 5 and 10%	0.958	7.19	3.65	0:15:46
	Between 10 and 15%	1.145	8.59	4.38	0:15:42
	Between 15 and 30%	2.523	18.93	3.14	0:48:15
	Between 30% and 55%	1.296	9.72	1.94	0:40:00
	Total :	6.443	48.32	2.91	2:12:43
	Total track :	13.33	100 %	2.71	4:55:35

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
 1	0.039	13 %	436 m
 2	0.595	19 %	34 m
 3	0.629	23 %	115 m
 4	0.881	12 %	162 m
 5	1.043	11 %	40 m
 6	1.083	19 %	106 m
 7	1.189	22 %	116 m
 8	1.305	21 %	287 m
 9	1.592	30 %	72 m
 10	1.663	25 %	74 m
 11	1.737	19 %	30 m
 12	1.767	25 %	321 m
 13	2.088	28 %	133 m
 14	2.221	23 %	436 m
 15	2.657	13 %	118 m
 16	2.775	23 %	137 m
 17	2.912	29 %	105 m
 18	3.018	19 %	33 m
 19	3.051	27 %	36 m
 20	3.087	18 %	71 m
 21	3.157	11 %	159 m
 22	3.316	15 %	44 m
 23	3.36	17 %	413 m
 24	3.773	14 %	112 m
 25	3.886	11 %	34 m
 26	3.92	22 %	244 m

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 27	4.164	21 %	115 m
 28	4.279	21 %	152 m
 29	4.43	15 %	144 m
 30	4.575	17 %	161 m
 31	4.736	16 %	146 m
 32	4.883	16 %	39 m
 33	4.921	21 %	182 m
 34	5.103	43 %	368 m
 35	5.471	39 %	68 m
 36	5.858	25 %	29 m
 37	5.887	36 %	103 m
 38	5.99	19 %	40 m
 39	6.738	17 %	110 m
 40	7.057	22 %	105 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	2667.526	20.01	1:02:57	2.54	1:11:07	2:14:04	1.19
1750	2656.555	19.92	1:01:49	2.58	0:42:29	1:44:18	1.53
1500	3067.718	23.01	1:13:36	2.5	0:10:24	1:24:00	2.19
Total :	8.392 Km	62.94 %	3:18:22 h	2.54 Km/h	2:04:00 h	5:22:22 h	1.56 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
4.023	0:08:12	1705	1:41:04	1:41:04	4.023
5.142	0:05:41	1921	2:17:43	0:36:39	1.119
5.253	0:36:30 > 10´	1965	2:27:35	0:09:52 < 10´	0.111
5.858	0:27:21 > 10´	2095	3:13:50	0:46:15	0.605
6.848	0:02:58	2128	4:06:04	0:52:14	0.99
7.057	0:15:45 > 10´	2114	4:16:39	0:10:35	0.209
8.063	0:03:24	1982	4:56:19	0:39:40	1.005
8.563	0:21:57 > 10´	1800	5:14:16	0:17:57	0.5
9.786	0:02:12	1731	5:53:43	0:39:27	1.223
13.329	0:01:03	966	6:59:35	1:05:52	3.543
Total :	2:05:03 h				

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