Track: 2021-02-16 Monte Cotento da Filettino — **Date: 16/02/2021**

Track: 2021-02-16 Monte Cotento da Filettino	**IBP = 116 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	18.63 Km
Analyzed distance	18.63 Km
Lineal distance	0.01 Km

Accumulated climb	1138.2 m
Accumulated descent	1186.88 m
Maximum height	2032.7 m
Minimal height	1039.82 m
Climb rate	13.16 %
Descent rate	12.9 %
Positive climb difference per km	61.1 m
Negative descent difference per km	63.71 m

Total time	7:36:07 h
Time in movement	6:14:11 h
Stopped time	1:21:56 h

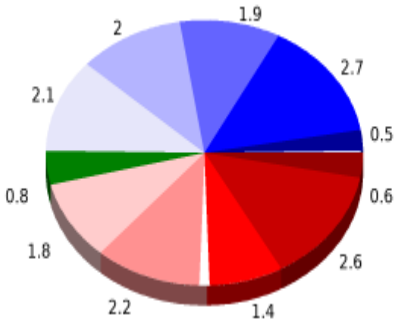
Total speed average	2.45 Km/h
Average speed in movement	2.99 Km/h
Maximum held speed	6.01 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1148 (cad. 16.23 m)
Significant points	491 (cad. 38.02 m / 42.77 %)
Aberrant points	9 (0.78 % d. total)

Direction changes per km	13.9
Direction changes >5º per km	11.86
Accumulated straight stretches	1.625 Km
Straight stretches per km	87.22 m
Penalizables slope changes	11
Penalizables slope changes per km	0.59

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Summary of slopes

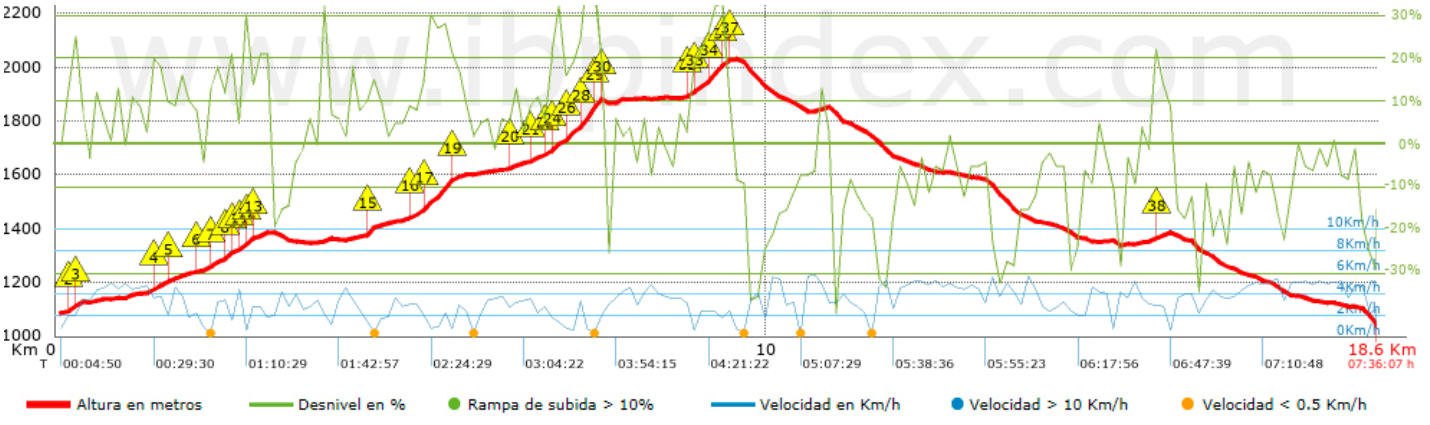


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.602	3.23	1.75	0:20:38
	Between 15 and 30%	2.618	14.05	2.13	1:13:48
	Between 10 and 15%	1.395	7.49	2.73	0:30:38
	Between 5 and 10%	2.214	11.89	2.82	0:47:02
	Between 1 and 5%	1.82	9.77	3.22	0:33:56
	Total :	8.65	46.43	2.52	3:26:02
	Plain				
	Difference of 1%	0.778	4.17	3.04	0:15:22
	Breakdown descents				
	Between 1 and 5%	2.126	11.41	3.41	0:37:24
	Between 5 and 10%	1.985	10.66	3.87	0:30:46
	Between 10 and 15%	1.936	10.39	3.92	0:29:38
	Between 15 and 30%	2.653	14.24	3.49	0:45:37
	Between 30% and 55%	0.502	2.7	3.22	0:09:22
	Total :	9.202	49.4	3.61	2:32:47
	Total track :	18.63	100 %	2.99	6:14:11

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
 1	0.149	13 %	44 m
 2	0.193	22 %	114 m
 3	0.306	16 %	39 m
 4	1.329	18 %	199 m
 5	1.528	12 %	69 m
 6	2.201	15 %	174 m
 7	2.375	24 %	70 m
 8	2.445	21 %	36 m
 9	2.583	27 %	112 m
 10	2.695	18 %	36 m
 11	4.366	23 %	120 m
 12	4.978	15 %	205 m
 13	5.183	29 %	352 m
 14	5.535	21 %	34 m
 15	5.569	15 %	52 m
 16	6.399	12 %	150 m
 17	6.657	11 %	143 m
 18	6.914	13 %	30 m
 19	6.944	21 %	74 m
 20	7.018	24 %	134 m
 21	7.152	26 %	45 m
 22	7.197	21 %	130 m
 23	7.328	22 %	74 m
 24	7.401	38 %	214 m
 25	7.616	31 %	31 m
 26	7.647	19 %	42 m

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27	8.874	12 %	36 m
28	8.909	15 %	105 m
29	9.015	22 %	117 m
30	9.132	29 %	212 m
31	9.344	27 %	69 m
32	9.413	20 %	36 m
33	9.45	13 %	80 m
34	15.449	15 %	186 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	398.602	2.14	0:05:50	4.1	0:08:02	0:13:52	1.72
1750	3789.397	20.34	1:17:08	2.95	0:30:53	1:48:01	2.1
1500	3886.296	20.86	1:15:28	3.09	0:17:41	1:33:09	2.5
Total :	8.074 Km	43.34 %	2:38:26 h	3.06 Km/h	0:56:36 h	3:35:02 h	2.25 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
2.055	0:06:37	1244	0:46:03	0:46:03	2.055
2.623	0:03:30	1330	1:06:59	0:20:56	0.568
4.438	0:06:23	1396	1:54:47	0:47:48	1.816
5.462	0:02:32	1549	2:31:21	0:36:34	1.023
5.762	0:06:41	1601	2:42:31	0:11:10	0.3
7.227	0:03:43	1748	3:22:37	0:40:06	1.466
7.441	0:02:52	1796	3:34:40	0:12:03	0.214
7.507	0:06:09	1823	3:38:58	0:04:18 < 10´	0.066
8.945	0:03:49	1899	4:12:09	0:33:11	1.438
9.529	0:08:02	2033	4:32:28	0:20:19	0.584
10.426	0:14:20 > 10´	1855	4:53:09	0:20:41	0.897
11.445	0:08:28	1749	5:24:50	0:31:41	1.019
14.833	0:02:58	1359	6:27:14	1:02:24	3.388
15.635	0:03:05	1384	6:44:34	0:17:20	0.802
Total :	1:21:56 h				

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