Track: 2021-02-25 Anello dei Monti Ernici — **Date: 25/02/2021**

Track: 2021-02-25 Anello dei Monti Ernici	**IBP = 159 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	15.61 Km
Analyzed distance	15.61 Km
Lineal distance	0 Km

Accumulated climb	1541.33 m
Accumulated descent	1530.33 m
Maximum height	2067.2 m
Minimal height	1112 m
Climb rate	21.69 %
Descent rate	18.77 %
Positive climb difference per km	98.74 m
Negative descent difference per km	98.04 m

Total time	7:34:00 h
Time in movement	5:47:33 h
Stopped time	1:46:27 h

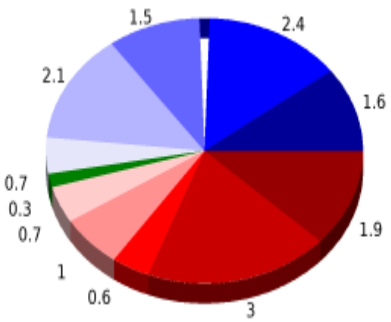
Total speed average	2.06 Km/h
Average speed in movement	2.69 Km/h
Maximum held speed	6.11 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	909 (cad. 17.17 m)
Significant points	409 (cad. 38.26 m / 44.99 %)
Aberrant points	78 (8.58 % d. total)

Direction changes per km	13
Direction changes >5º per km	9.03
Accumulated straight stretches	2.716 Km
Straight stretches per km	173.99 m
Penalizables slope changes	13
Penalizables slope changes per km	0.833

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Summary of slopes

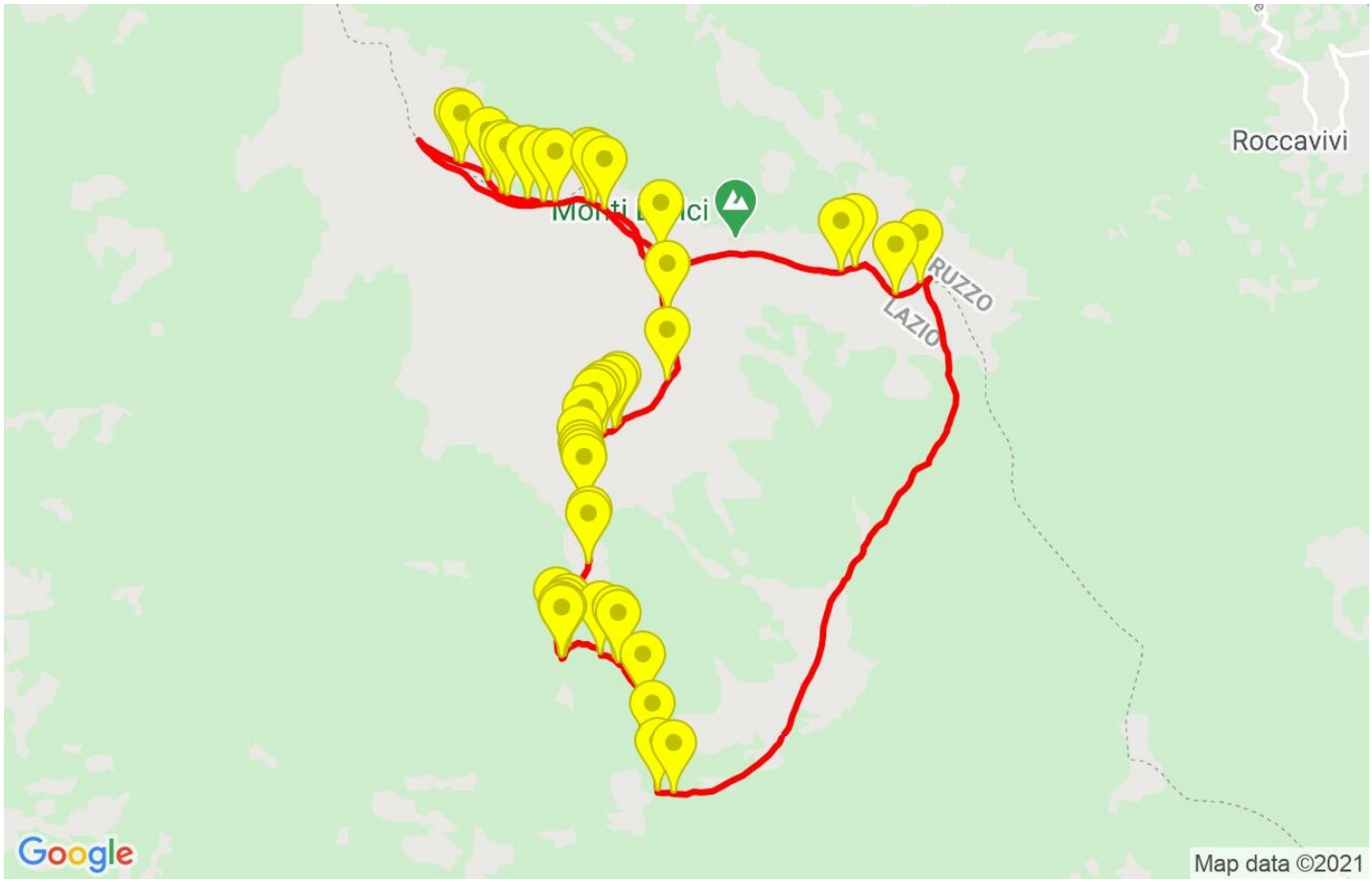


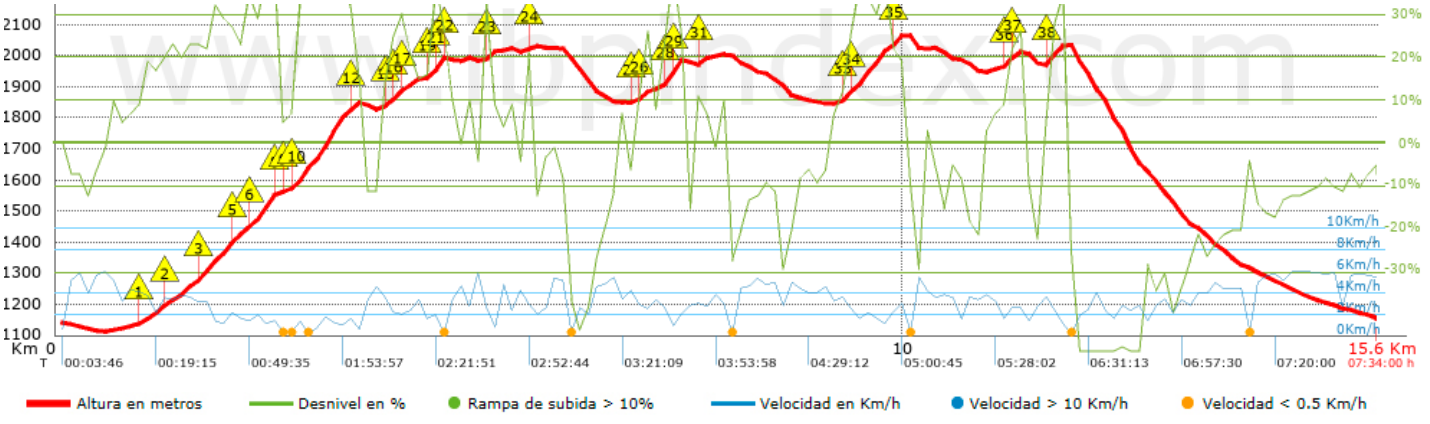
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.852	11.86	1.44	1:16:57
	Between 15 and 30%	2.99	19.15	2.2	1:21:33
	Between 10 and 15%	0.557	3.57	2.75	0:12:08
	Between 5 and 10%	0.999	6.4	2.87	0:20:52
	Between 1 and 5%	0.71	4.55	3.98	0:10:42
	Total :	7.108	45.53	2.11	3:22:12
	Plain				
	Difference of 1%	0.349	2.23	2.84	0:07:22
	Breakdown descents				
	Between 1 and 5%	0.668	4.28	3.91	0:10:15
	Between 5 and 10%	2.064	13.22	3.87	0:31:58
	Between 10 and 15%	1.516	9.71	4.22	0:21:33
	Between 15 and 30%	2.353	15.08	3.68	0:38:25
	Between 30% and 55%	1.553	9.95	2.6	0:35:48
	Total :	8.154	52.24	3.55	2:17:59
	Total track :	15.61	100 %	2.69	5:47:33

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	1.011	20 %	272 m
2	1.283	22 %	373 m
3	1.655	29 %	384 m
4	2.04	27 %	50 m
5	2.09	24 %	132 m
6	2.222	32 %	327 m
7	2.55	39 %	37 m
8	2.587	20 %	40 m
9	2.789	38 %	670 m
10	3.459	23 %	34 m
11	3.493	23 %	31 m
12	3.85	14 %	35 m
13	3.885	19 %	33 m
14	3.918	24 %	30 m
15	3.947	26 %	102 m
16	4.049	23 %	152 m
17	4.339	16 %	30 m
18	4.368	25 %	45 m
19	4.413	39 %	101 m
20	4.514	22 %	31 m
21	4.546	25 %	31 m
22	5.029	30 %	113 m
23	5.518	19 %	108 m
24	6.776	12 %	86 m
25	6.861	23 %	112 m
26	7.114	23 %	39 m

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27	7.153	34 %	148 m
28	7.301	34 %	85 m
29	7.547	11 %	31 m
30	7.578	20 %	101 m
31	9.218	12 %	44 m
32	9.262	20 %	86 m
33	9.348	32 %	549 m
34	9.897	23 %	88 m
35	11.179	29 %	99 m
36	11.277	23 %	79 m
37	11.66	30 %	202 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	2342.643	15.01	0:56:16	2.5	1:02:31	1:58:47	1.18
1750	6968.484	44.64	2:42:24	2.57	0:11:08	2:53:32	2.41
1500	1505.414	9.64	0:45:49	1.97	0:22:59	1:08:48	1.31
Total :	10.817 Km	69.29 %	4:24:29 h	2.45 Km/h	1:36:38 h	6:01:07 h	1.8 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
2.626	0:11:11 > 10´	1560	1:04:15	1:04:15	2.626
2.904	0:07:47	1612	1:22:53	0:18:38	0.278
2.973	0:04:01	1640	1:32:47	0:09:54 < 10´	0.069
3.459	0:03:22	1825	1:56:31	0:23:44	0.486
4.546	0:07:46	1985	2:25:13	0:28:42	1.087
6.006	0:08:11	2015	3:00:40	0:35:27	1.461
7.885	0:19:53 > 10´	2011	3:56:03	0:55:23	1.879
10.02	0:04:11	2067	5:02:00	1:05:57	2.135
11.941	0:30:16 > 10´	2042	5:56:05	0:54:05	1.921
14.016	0:06:32	1319	7:08:25	1:12:20	2.075
Total :	1:46:27 h				

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