Track: 2021-03-05 Dal Morrone a Macchia Triste — **Date: 05/03/2021**

Track: 2021-03-05 Dal Morrone a Macchia Triste	**IBP = 159 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	17.71 Km
Analyzed distance	17.71 Km
Lineal distance	0.01 Km

Accumulated climb	1607.97 m
Accumulated descent	1603.57 m
Maximum height	2150.2 m
Minimal height	948.5 m
Climb rate	19.07 %
Descent rate	18 %
Positive climb difference per km	90.79 m
Negative descent difference per km	90.55 m

Total time	7:31:49 h
Time in movement	5:52:28 h
Stopped time	1:39:21 h

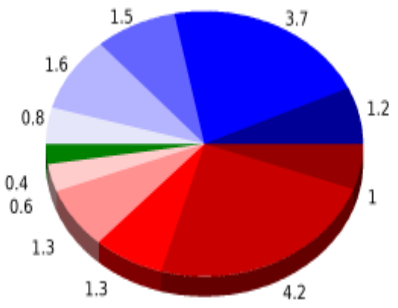
Total speed average	2.35 Km/h
Average speed in movement	3.01 Km/h
Maximum held speed	7.42 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1088 (cad. 16.28 m)
Significant points	459 (cad. 38.68 m / 42.19 %)
Aberrant points	45 (4.14 % d. total)

Direction changes per km	12.2
Direction changes >5º per km	9.26
Accumulated straight stretches	2.207 Km
Straight stretches per km	124.62 m
Penalizables slope changes	10
Penalizables slope changes per km	0.565

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Summary of slopes

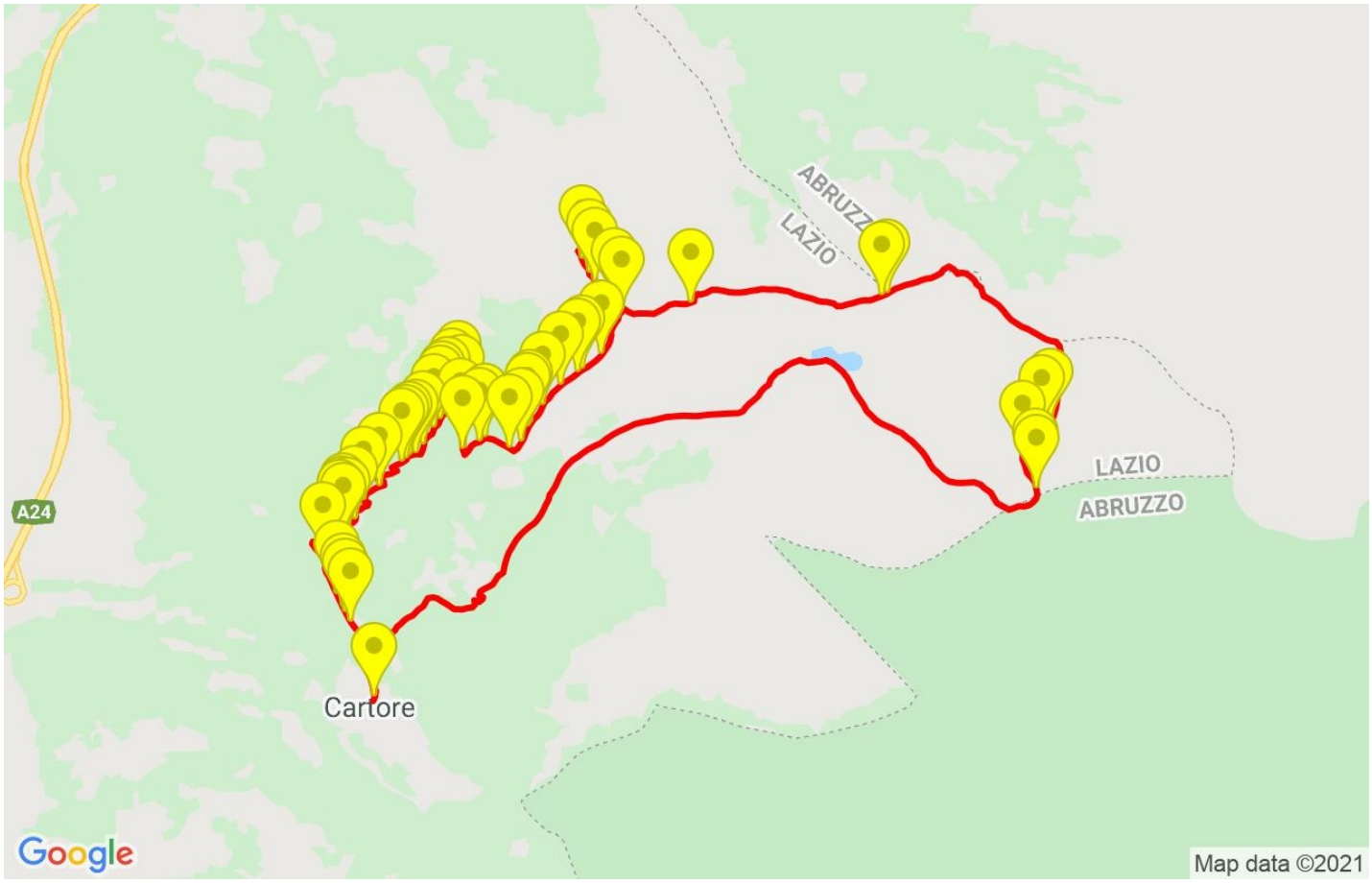


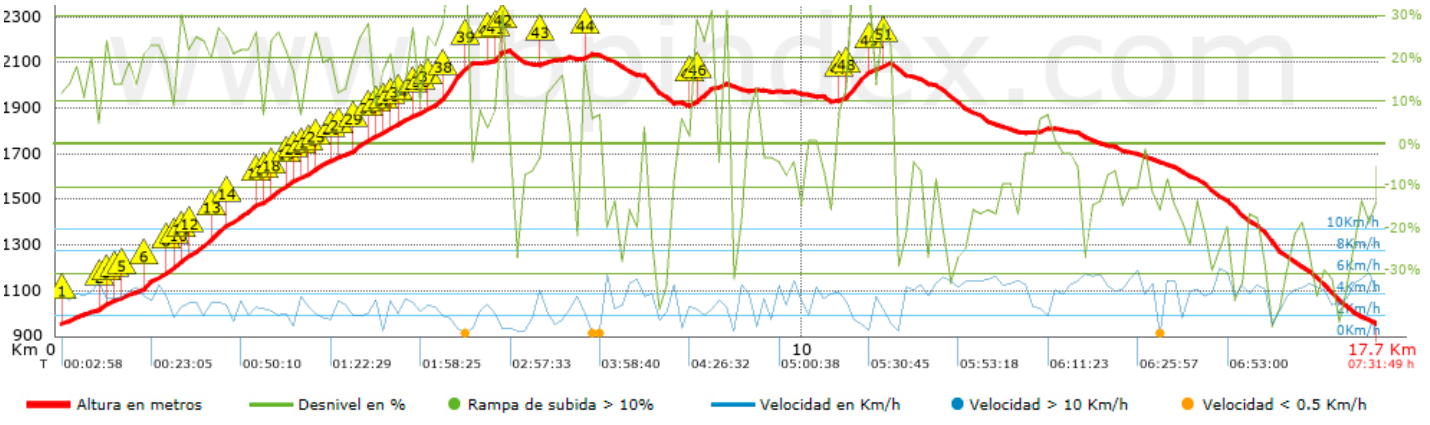
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.026	5.79	2.41	0:25:34
	Between 15 and 30%	4.196	23.68	2.44	1:43:01
	Between 10 and 15%	1.335	7.54	2.85	0:28:09
	Between 5 and 10%	1.271	7.17	2.41	0:31:39
	Between 1 and 5%	0.605	3.42	3.46	0:10:29
	Total :	8.432	47.6	2.54	3:18:52
	Plain				
	Difference of 1%	0.371	2.09	2.92	0:07:38
	Breakdown descents				
	Between 1 and 5%	0.848	4.78	3.19	0:15:57
	Between 5 and 10%	1.632	9.21	4.05	0:24:12
	Between 10 and 15%	1.463	8.26	4.66	0:18:51
	Between 15 and 30%	3.729	21.05	3.78	0:59:10
	Between 30% and 55%	1.24	7	2.68	0:27:48
	Total :	8.911	50.3	3.66	2:25:58
	Total track :	17.71	100 %	3.01	5:52:28

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.038	12 %	571 m
2	0.609	23 %	77 m
3	0.686	23 %	42 m
4	0.727	11 %	93 m
5	0.821	13 %	281 m
6	1.102	22 %	361 m
7	1.462	29 %	32 m
8	1.495	18 %	77 m
9	1.572	18 %	33 m
10	1.604	25 %	36 m
11	1.641	28 %	101 m
12	1.742	25 %	323 m
13	2.065	28 %	185 m
14	2.249	23 %	386 m
15	2.636	26 %	38 m
16	2.674	15 %	79 m
17	2.796	26 %	102 m
18	2.898	26 %	153 m
19	3.052	25 %	75 m
20	3.126	18 %	34 m
21	3.161	17 %	43 m
22	3.204	11 %	67 m
23	3.271	13 %	66 m
24	3.337	19 %	105 m
25	3.442	21 %	181 m
26	3.623	15 %	117 m

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27	3.74	13 %	182 m
28	3.921	20 %	44 m
29	3.965	24 %	197 m
30	4.162	15 %	124 m
31	4.286	18 %	112 m
32	4.399	21 %	30 m
33	4.429	16 %	148 m
34	4.577	19 %	190 m
35	4.767	13 %	145 m
36	4.911	16 %	34 m
37	4.945	22 %	171 m
38	5.116	43 %	378 m
39	5.494	23 %	43 m
40	5.851	33 %	114 m
41	5.965	23 %	31 m
42	7.05	24 %	107 m
43	8.488	16 %	38 m
44	8.526	26 %	288 m
45	10.505	17 %	68 m
46	10.573	38 %	246 m
47	10.819	13 %	218 m
48	11.037	28 %	44 m
49	11.081	22 %	74 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	3828.208	21.61	1:19:38	2.88	1:17:20	2:36:58	1.46
1750	5963.203	33.66	1:57:41	3.04	0:10:20	2:08:01	2.79
1500	2994.779	16.91	0:56:58	3.15	0:11:41	1:08:39	2.62
Total :	12.786 Km	72.18 %	4:14:17 h	3.02 Km/h	1:39:21 h	5:53:38 h	2.17 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
4.286	0:10:20 > 10´	1774	1:38:25	1:38:25	4.286
5.347	0:16:37 > 10´	2017	2:14:49	0:36:24	1.06
5.494	0:03:15	2087	2:33:09	0:18:20	0.148
5.851	0:03:04	2105	2:44:25	0:11:16	0.357
5.927	0:05:42	2131	2:49:10	0:04:45 < 10´	0.076
6.105	0:03:28	2141	2:59:27	0:10:17	0.178
6.205	0:03:52	2109	3:05:34	0:06:07 < 10´	0.1
7.119	0:26:16 > 10´	2133	3:30:27	0:24:53	0.914
8.997	0:04:35	2012	4:41:02	1:10:35	1.878
10.781	0:06:57	2022	5:23:48	0:42:46	1.784
11.155	0:03:34	2097	5:37:54	0:14:06	0.374
14.668	0:11:41 > 10´	1676	6:28:26	0:50:32	3.513
Total :	1:39:21 h				

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