Track: 2021-05-08 Monte Portella da Fonte Cerreto — **Date: 08/05/2021**

Track: 2021-05-08 Monte Portella da Fonte Cerreto	**IBP = 140 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	12.63 Km
Analyzed distance	12.63 Km
Lineal distance	0.04 Km

Accumulated climb	1346.8 m
Accumulated descent	1342.7 m
Maximum height	2400 m
Minimal height	1108 m
Climb rate	23.19 %
Descent rate	20.12 %
Positive climb difference per km	106.63 m
Negative descent difference per km	106.31 m

Total time	6:46:37 h
Time in movement	4:30:40 h
Stopped time	2:15:57 h

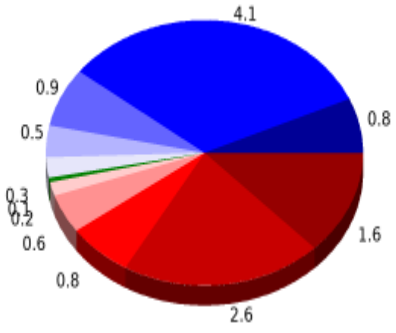
Total speed average	1.86 Km/h
Average speed in movement	2.8 Km/h
Maximum held speed	9.68 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	820 (cad. 15.4 m)
Significant points	341 (cad. 37.15 m / 41.59 %)
Aberrant points	57 (6.95 % d. total)

Direction changes per km	15.84
Direction changes >5° per km	12.51
Accumulated straight stretches	1.599 Km
Straight stretches per km	126.6 m
Penalizables slope changes	7
Penalizables slope changes per km	0.554

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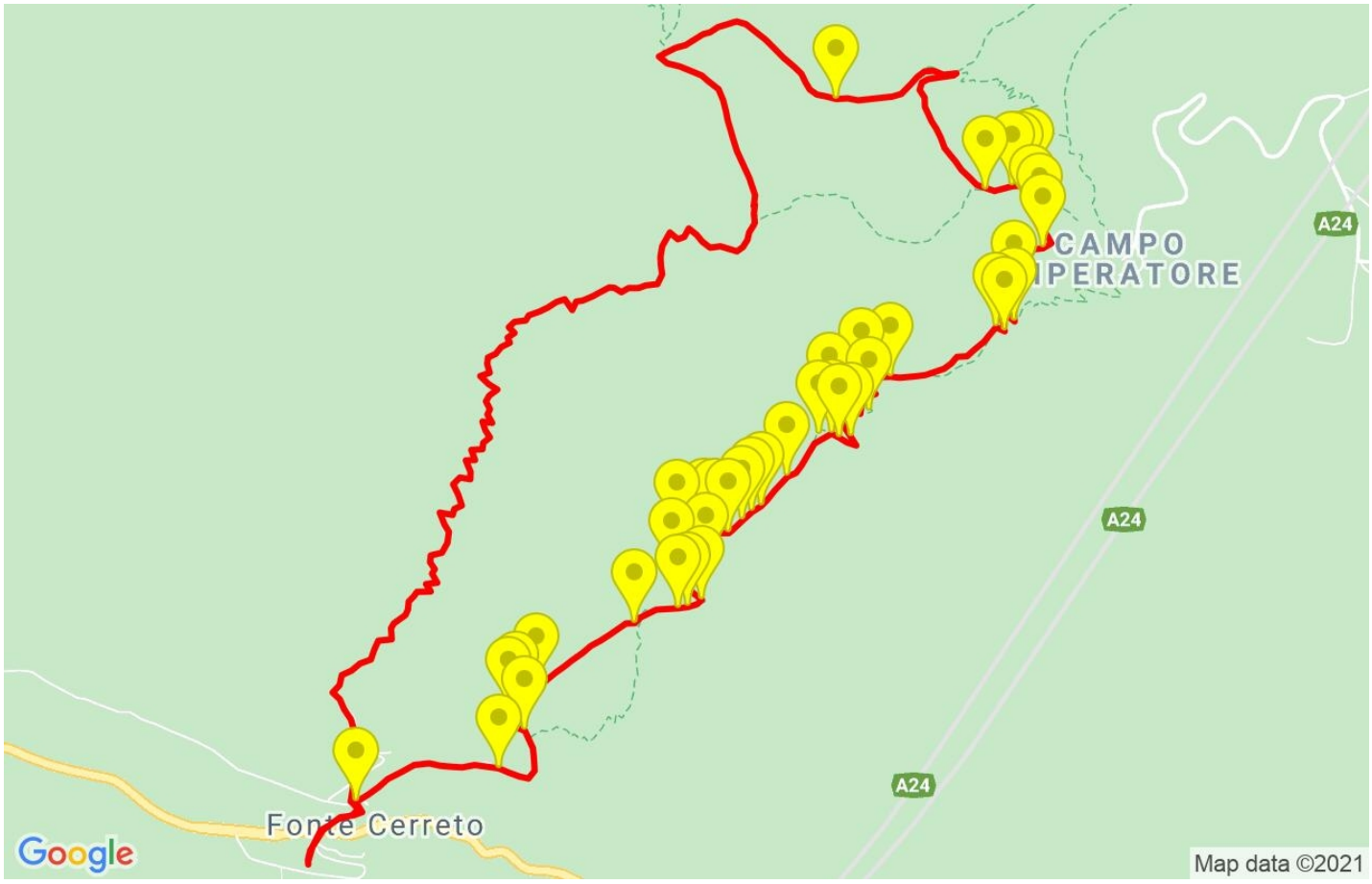
Summary of slopes

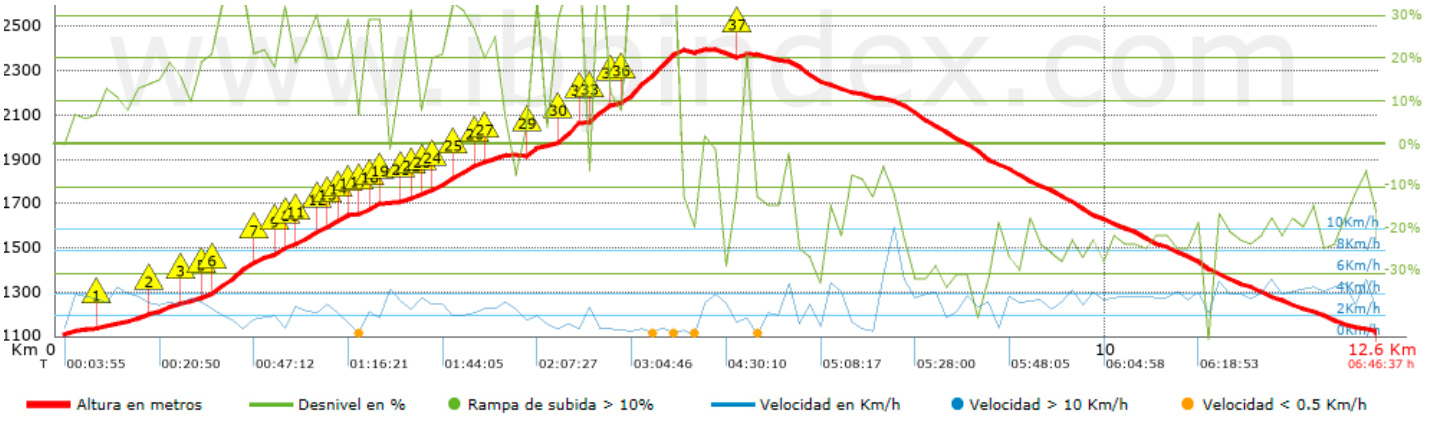


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.55	12.27	2.11	0:44:08
	Between 15 and 30%	2.59	20.5	2.21	1:10:12
	Between 10 and 15%	0.82	6.5	2.91	0:16:55
	Between 5 and 10%	0.611	4.84	3.07	0:11:57
	Between 1 and 5%	0.236	1.87	2.19	0:06:28
	Total :	5.807	45.98	2.33	2:29:40
	Plain				
	Difference of 1%	0.149	1.18	4.53	0:01:58
	Breakdown descents				
	Between 1 and 5%	0.288	2.28	4.65	0:03:43
	Between 5 and 10%	0.542	4.29	3.55	0:09:10
	Between 10 and 15%	0.935	7.41	3.51	0:16:00
	Between 15 and 30%	4.133	32.72	3.62	1:08:25
	Between 30% and 55%	0.776	6.15	2.14	0:21:44
	Total :	6.675	52.85	3.36	1:59:02
	Total track :	12.63	100 %	2.8	4:30:40

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
	0.373	12 %	520 m
	0.893	17 %	283 m
	1.176	13 %	151 m
	1.328	20 %	30 m
	1.358	21 %	94 m
	1.452	33 %	422 m
	1.874	21 %	181 m
	2.055	27 %	33 m
	2.088	31 %	63 m
	2.151	18 %	137 m
	2.288	26 %	136 m
	2.424	23 %	152 m
	2.576	25 %	115 m
	2.691	27 %	38 m
	2.729	29 %	50 m
	2.855	13 %	43 m
	2.898	15 %	35 m
	2.933	28 %	136 m
	3.249	15 %	48 m
	3.297	18 %	30 m
	3.327	24 %	100 m
	3.427	18 %	123 m
	3.55	23 %	177 m
	3.727	29 %	209 m
	3.937	19 %	101 m
	4.037	19 %	119 m

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27	4.468	23 %	32 m
28	4.5	33 %	113 m
29	4.732	37 %	213 m
30	4.946	48 %	39 m
31	5.053	16 %	39 m
32	5.091	46 %	141 m
33	5.232	12 %	36 m
34	5.269	21 %	30 m
35	5.388	46 %	526 m
36	6.511	24 %	99 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2250	1696.318	13.43	0:41:06	2.48	1:13:22	1:54:28	0.89
2000	2015.134	15.95	0:39:35	3.05	0:36:33	1:16:08	1.59
1750	2312.336	18.31	0:55:35	2.5	0:11:44	1:07:19	2.06
1500	2382.333	18.86	0:51:20	2.78	0:06:45	0:58:05	2.46
Total :	8.406 Km	66.55 %	3:07:36 h	2.69 Km/h	2:08:24 h	5:16:00 h	1.6 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
1.735	0:03:38	1387	0:40:26	0:40:26	1.735
2.78	0:06:45	1646	1:16:21	0:35:55	1.045
4.668	0:08:55	1961	2:11:21	0:55:00	1.888
4.946	0:03:20	2045	2:30:44	0:19:23	0.278
5.128	0:06:35	2088	2:40:40	0:09:56 < 10´	0.183
5.232	0:06:02	2138	2:49:12	0:08:32 < 10´	0.104
5.388	0:07:49	2155	2:56:57	0:07:45 < 10´	0.156
5.505	0:28:33 > 10´	2206	3:07:46	0:10:49	0.117
5.784	0:05:45	2338	3:38:29	0:30:43	0.278
5.885	0:12:26 > 10´	2386	3:47:33	0:09:04 < 10´	0.101
6.034	0:21:41 > 10´	2388	4:00:44	0:13:11	0.149
6.61	0:11:00 > 10´	2382	4:38:56	0:38:12	0.575
7.584	0:02:58	2201	5:13:56	0:35:00	0.975
7.65	0:03:46	2195	5:17:20	0:03:24 < 10´	0.066
8.897	0:02:49	1888	5:43:10	0:25:50	1.247
Total :	2:15:57 h				

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