Track: 2021-05-29 M. Morrone e Cima ZIS dalla valle di CESA — **Date: 29/05/2021**

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These speeds are average for = HKG	
IBP index reliability= A	

Total length	14.18 Km
Analyzed distance	14.18 Km
Lineal distance	0.05 Km

Accumulated climb	1288.29 m
Accumulated descent	1260.89 m
Maximum height	2142.8 m
Minimal height	951 m
Climb rate	17.65 %
Descent rate	19.12 %
Positive climb difference per km	90.85 m
Negative descent difference per km	88.92 m

Total time	7:30:43 h
Time in movement	5:35:50 h
Stopped time	1:54:53 h

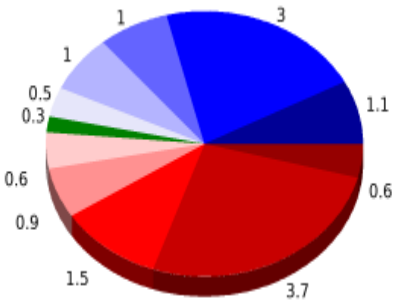
Total speed average	1.89 Km/h
Average speed in movement	2.53 Km/h
Maximum held speed	5.55 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	928 (cad. 15.28 m)
Significant points	378 (cad. 37.62 m / 40.73 %)
Aberrant points	26 (2.8 % d. total)

Direction changes per km	14.1
Direction changes >5° per km	10.72
Accumulated straight stretches	1.915 Km
Straight stretches per km	135.05 m
Penalizables slope changes	6
Penalizables slope changes per km	0.423

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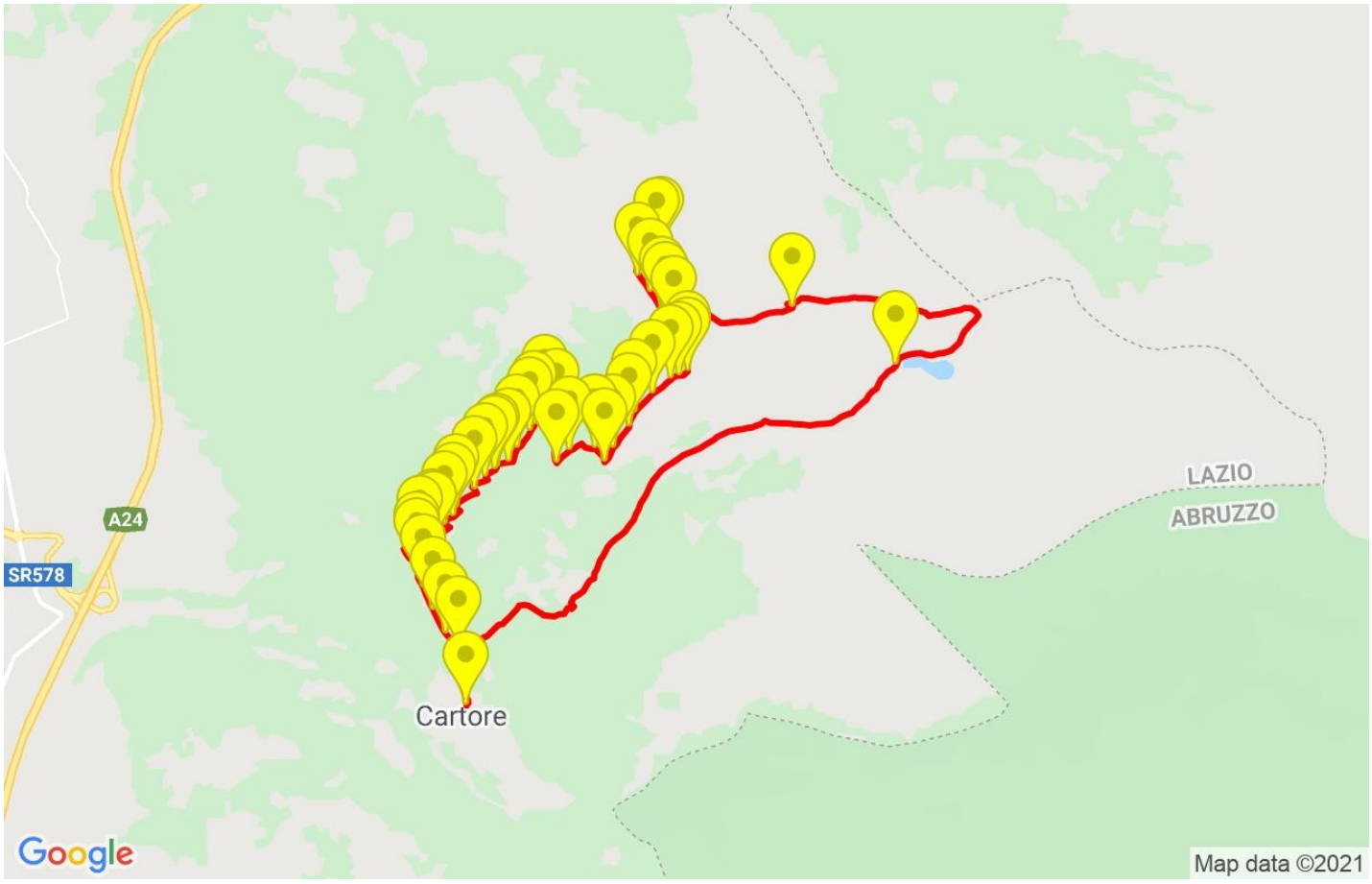
Summary of slopes

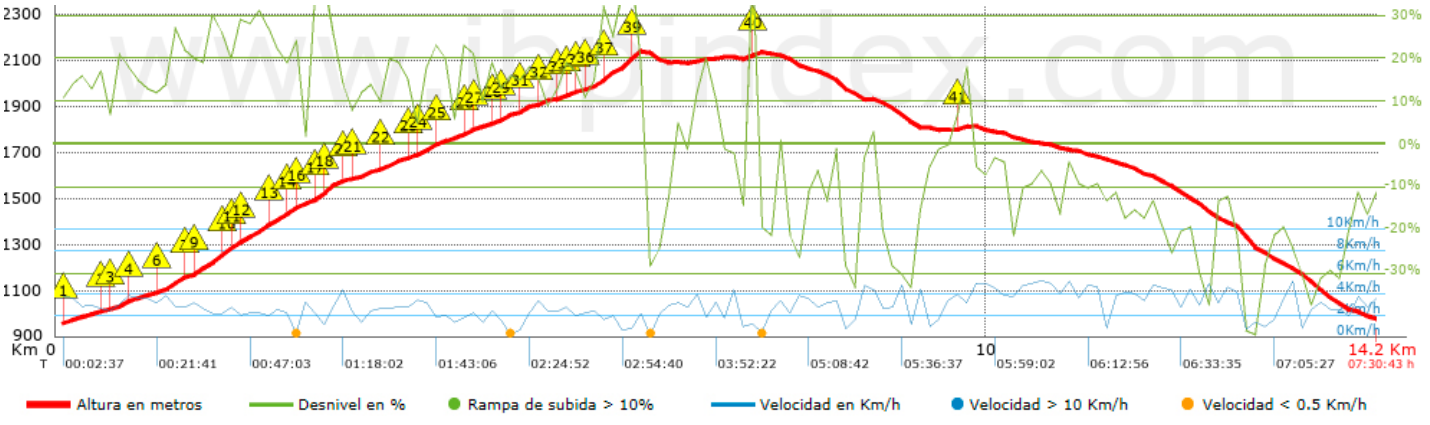


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.648	4.57	1.63	0:23:53
	Between 15 and 30%	3.744	26.4	2.41	1:33:09
	Between 10 and 15%	1.455	10.26	2.78	0:31:27
	Between 5 and 10%	0.859	6.06	2.38	0:21:42
	Between 1 and 5%	0.594	4.19	3.39	0:10:31
	Total :	7.301	51.48	2.42	3:00:42
	Plain				
	Difference of 1%	0.285	2.01	2.95	0:05:48
	Breakdown descents				
	Between 1 and 5%	0.519	3.66	3.48	0:08:57
	Between 5 and 10%	0.986	6.95	3.23	0:18:19
	Between 10 and 15%	1.037	7.31	2.8	0:22:15
	Between 15 and 30%	2.984	21.04	2.72	1:05:48
	Between 30% and 55%	1.07	7.55	1.89	0:34:01
	Total :	6.596	46.51	2.65	2:29:20
	Total track :	14.18	100 %	2.53	5:35:50

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.034	12 %	405 m
2	0.583	20 %	180 m
3	0.764	14 %	161 m
4	1.043	12 %	41 m
5	1.084	22 %	263 m
6	1.347	21 %	103 m
7	1.45	24 %	36 m
8	1.486	25 %	291 m
9	1.778	28 %	108 m
10	1.885	27 %	122 m
11	2.007	27 %	253 m
12	2.26	22 %	215 m
13	2.476	25 %	108 m
14	2.584	26 %	36 m
15	2.62	11 %	112 m
16	2.732	29 %	138 m
17	2.87	30 %	153 m
18	3.023	14 %	52 m
19	3.209	15 %	260 m
20	3.469	17 %	293 m
21	3.762	12 %	121 m
22	3.883	21 %	207 m
23	4.09	20 %	117 m
24	4.322	20 %	187 m
25	4.509	12 %	105 m
26	4.614	18 %	178 m

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27	4.792	15 %	163 m
28	4.955	17 %	61 m
29	5.017	19 %	78 m
30	5.135	13 %	264 m
31	5.399	15 %	106 m
32	5.505	14 %	45 m
33	5.55	12 %	143 m
34	5.693	19 %	146 m
35	5.839	32 %	331 m
36	6.17	38 %	33 m
37	6.203	29 %	73 m
38	7.425	34 %	103 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	2532.92	17.86	1:09:14	2.2	1:24:16	2:33:30	0.99
1750	3683.312	25.97	1:28:15	2.5	0:16:36	1:44:51	2.11
1500	3123.373	22.02	1:01:33	3.04	0:04:03	1:05:36	2.86
Total :	9.34 Km	65.85 %	3:39:02 h	2.56 Km/h	1:44:55 h	5:23:57 h	1.73 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
2.476	0:06:39	1430	0:57:16	0:57:16	2.476
4.844	0:13:00 > 10´	1855	2:07:06	1:09:50	2.368
5.983	0:03:31	2045	2:49:46	0:42:40	1.139
6.095	0:02:44	2074	2:56:21	0:06:35 < 10´	0.112
6.276	0:26:18 > 10´	2137	3:05:27	0:09:06 < 10´	0.18
7.496	0:51:43 > 10´	2130	4:05:08	0:59:41	1.22
8.371	0:03:36	2012	5:16:06	1:10:58	0.876
11.176	0:04:03	1681	6:14:03	0:57:57	2.805
12.74	0:03:19	1349	6:50:01	0:35:58	1.564
Total :	1:54:53 h				

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