Track: 2021-06-18 La cima delle Malecoste — **Date: 18/06/2021**

Track: 2021-06-18 La cima delle Malecoste	**IBP = 142 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	13.12 Km
Analyzed distance	13.12 Km
Lineal distance	0 Km

Accumulated climb	1424.1 m
Accumulated descent	1413.4 m
Maximum height	2450.4 m
Minimal height	1054.8 m
Climb rate	25.56 %
Descent rate	18.91 %
Positive climb difference per km	108.54 m
Negative descent difference per km	107.73 m

Total time	6:50:09 h
Time in movement	5:15:51 h
Stopped time	1:34:18 h

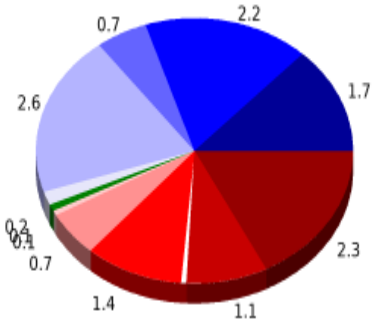
Total speed average	1.92 Km/h
Average speed in movement	2.49 Km/h
Maximum held speed	8.75 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	794 (cad. 16.53 m)
Significant points	340 (cad. 38.72 m / 42.82 %)
Aberrant points	115 (14.48 % d. total)

Direction changes per km	12.65
Direction changes >5° per km	10.52
Accumulated straight stretches	1.376 Km
Straight stretches per km	104.88 m
Penalizables slope changes	6
Penalizables slope changes per km	0.457

Find The Best bike routes
cicloide
www.cicloide.com

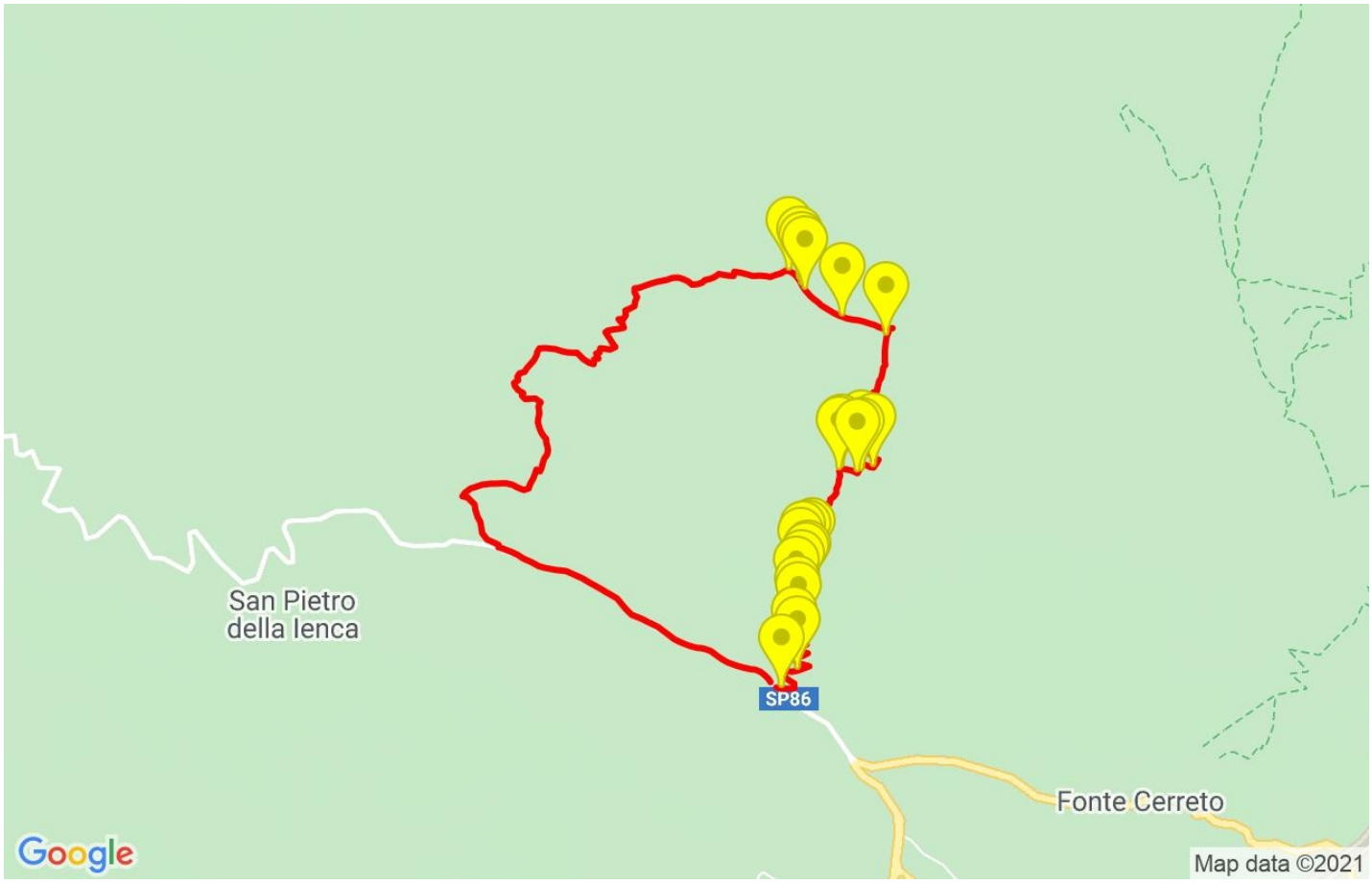
Summary of slopes

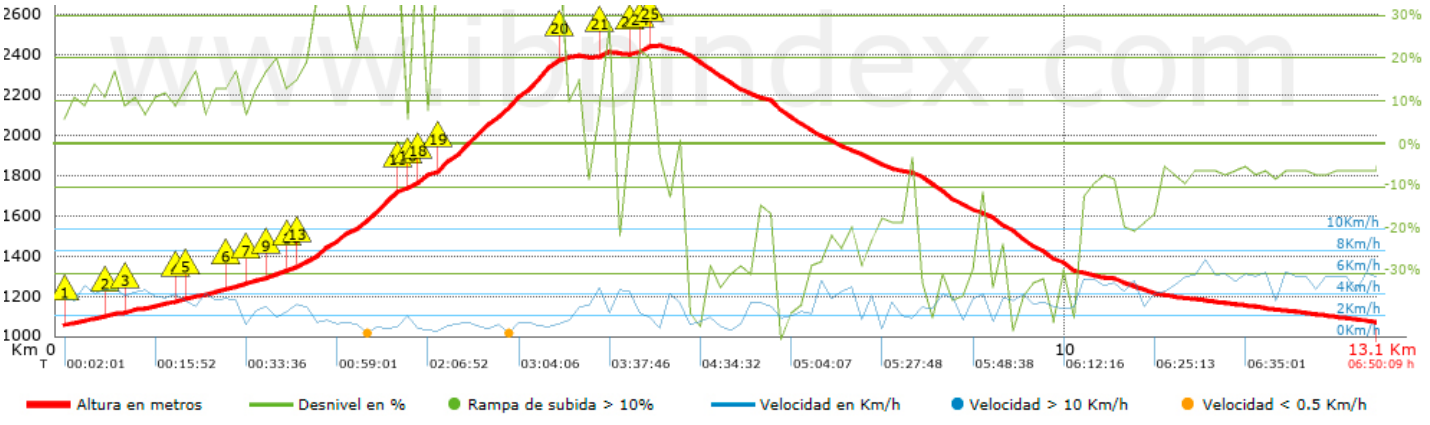


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	2.273	17.32	1.4	1:37:13
	Between 15 and 30%	1.054	8.03	2.24	0:28:16
	Between 10 and 15%	1.439	10.96	3.36	0:25:42
	Between 5 and 10%	0.667	5.08	2.78	0:14:23
	Between 1 and 5%	0.14	1.07	3.21	0:02:37
	Total :	5.572	42.45	1.99	2:48:11
	Plain				
	Difference of 1%	0.079	0.6	4.89	0:00:58
	Breakdown descents				
	Between 1 and 5%	0.232	1.77	2.59	0:05:23
	Between 5 and 10%	2.613	19.91	4.62	0:33:57
	Between 10 and 15%	0.678	5.17	3.53	0:11:31
	Between 15 and 30%	2.213	16.86	2.71	0:48:57
	Between 30% and 55%	1.739	13.25	2.22	0:46:54
	Total :	7.474	56.95	3.06	2:26:42
	Total track :	13.12	100 %	2.49	5:15:51

Copyright IBPindexTeam © 2012. All Rights Reserved

Track: 2021-06-18 La cima delle Malecoste	**IBP = 142 HKG**
These speeds are average for = HKG	
IBP index reliability= A	





Copyright IBPindexTeam © 2012. All Rights Reserved

Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
 1	0.089	11 %	416 m
 2	0.688	11 %	507 m
 3	1.195	11 %	108 m
 4	1.303	12 %	378 m
 5	1.681	17 %	150 m
 6	1.831	12 %	204 m
 7	2.035	17 %	34 m
 8	2.069	19 %	177 m
 9	2.247	17 %	94 m
 10	2.341	16 %	36 m
 11	2.377	24 %	31 m
 12	2.408	38 %	933 m
 13	3.341	46 %	32 m
 14	3.372	17 %	112 m
 15	3.484	24 %	38 m
 16	3.522	47 %	94 m
 17	3.719	46 %	1203 m
 18	4.922	46 %	66 m
 19	5.374	21 %	115 m
 20	5.683	13 %	37 m
 21	5.72	22 %	36 m
 22	5.756	26 %	100 m
 23	5.857	32 %	30 m

Copyright IBPindexTeam © 2012. All Rights Reserved

High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2250	1974.328	15.04	0:56:25	2.1	0:39:03	1:35:28	1.24
2000	1423.067	10.84	0:49:28	1.73	0:11:51	1:01:19	1.39
1750	1743.722	13.29	0:46:37	2.24	0:33:03	1:19:40	1.31
1500	1527.126	11.64	0:51:23	1.78	0:10:21	1:01:44	1.48
Total :	6.668 Km	50.81 %	3:23:53 h	1.96 Km/h	1:34:18 h	4:58:11 h	1.34 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
2.954	0:07:33	1534	1:06:57	1:06:57	2.954
3.236	0:02:48	1655	1:26:22	0:19:25	0.282
3.522	0:22:06 > 10´	1746	1:42:54	0:16:32	0.286
3.69	0:07:13	1803	2:06:52	0:23:58	0.168
4.25	0:03:25	2038	2:40:13	0:33:21	0.56
4.425	0:08:26	2117	2:50:32	0:10:19	0.175
5.857	0:36:08 > 10´	2441	3:47:35	0:57:03	1.432
6.571	0:02:55	2293	4:41:17	0:53:42	0.714
8.068	0:03:44	1880	5:21:53	0:40:36	1.498
Total :	1:34:18 h				

Copyright IBPindexTeam © 2012. All Rights Reserved