Track: 2021-06-20 Alta via dei Lepini	**IBP = 257 HKG**
These speeds are average for = HKG	
IBP index reliability= C	

Total length	43.24 Km
Analyzed distance	43.24 Km
Lineal distance	9.5 Km

Accumulated climb	3147.01 m
Accumulated descent	3199.5 m
Maximum height	1537.8 m
Minimal height	677.9 m
Climb rate	15.8 %
Descent rate	14.97 %
Positive climb difference per km	72.78 m
Negative descent difference per km	73.99 m

Total time	12:30:30 h
Time in movement	11:01:52 h
Stopped time	1:28:38 h

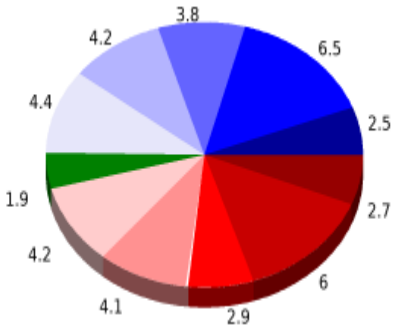
Total speed average	3.46 Km/h
Average speed in movement	3.92 Km/h
Maximum held speed	8.73 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	3123 (cad. 13.85 m)
Significant points	1173 (cad. 36.89 m / 37.56 %)
Aberrant points	167 (5.35 % d. total)

Direction changes per km	14.06
Direction changes >5º per km	11.75
Accumulated straight stretches	4.283 Km
Straight stretches per km	99.05 m
Penalizables slope changes	26
Penalizables slope changes per km	0.601

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Summary of slopes



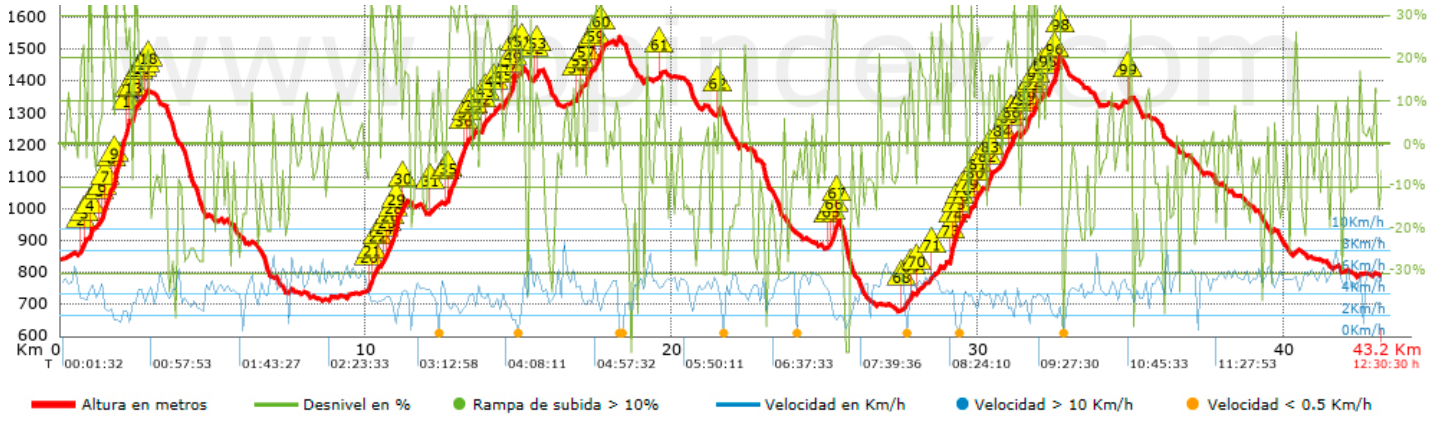
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	2.663	6.16	2.43	1:05:43
	Between 15 and 30%	6.034	13.95	3.13	1:55:43
	Between 10 and 15%	2.927	6.77	4.06	0:43:12
	Between 5 and 10%	4.097	9.47	4.53	0:54:13
	Between 1 and 5%	4.199	9.71	4.68	0:53:49
	Total :	19.919	46.07	3.59	5:32:40
	Plain				
	Difference of 1%	1.949	4.51	4.61	0:25:22
	Breakdown descents				
	Between 1 and 5%	4.441	10.27	4.67	0:57:04
	Between 5 and 10%	4.183	9.67	4.8	0:52:20
	Between 10 and 15%	3.755	8.68	4.46	0:50:33
	Between 15 and 30%	6.535	15.11	4.1	1:35:44
	Between 30% and 55%	2.457	5.68	3.06	0:48:09
	Total :	21.371	49.43	4.22	5:03:50
	Total track :	43.24	100 %	3.92	11:01:52

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Track: 2021-06-20 Alta via dei Lepini **Date: 21/06/2021**

Track: 2021-06-20 Alta via dei Lepini	**IBP = 257 HKG**
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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
 1	0.615	14 %	70 m
 2	0.685	28 %	107 m
 3	0.792	29 %	30 m
 4	0.932	41 %	118 m
 5	1.274	19 %	78 m
 6	1.352	30 %	103 m
 7	1.455	27 %	210 m
 8	1.665	14 %	105 m
 9	1.77	41 %	432 m
 10	2.203	48 %	36 m
 11	2.239	27 %	38 m
 12	2.358	17 %	48 m
 13	2.406	26 %	171 m
 14	2.682	15 %	33 m
 15	2.715	14 %	82 m
 16	2.797	22 %	72 m
 17	2.87	23 %	34 m
 18	10.067	13 %	36 m
 19	10.103	18 %	33 m
 20	10.136	23 %	209 m
 21	10.344	20 %	78 m
 22	10.528	11 %	76 m
 23	10.604	11 %	31 m
 24	10.635	27 %	82 m
 25	10.716	25 %	101 m
 26	10.818	28 %	41 m

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27	10.859	27 %	101 m
28	10.96	35 %	186 m
29	11.179	17 %	110 m
30	12.077	18 %	119 m
31	12.606	11 %	32 m
32	12.639	16 %	36 m
33	12.674	23 %	33 m
34	12.708	30 %	416 m
35	13.123	29 %	112 m
36	13.235	19 %	114 m
37	13.349	25 %	29 m
38	13.488	22 %	105 m
39	13.72	11 %	45 m
40	13.765	18 %	42 m
41	13.807	21 %	104 m
42	14.183	12 %	115 m
43	14.451	19 %	158 m
44	14.65	19 %	65 m
45	14.715	36 %	77 m
46	14.792	38 %	31 m
47	14.824	47 %	35 m
48	15.026	20 %	112 m
49	15.481	20 %	102 m
50	15.583	14 %	72 m
51	16.852	21 %	110 m
52	16.962	18 %	110 m
53	17.168	14 %	30 m
54	17.199	21 %	117 m

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55	17.437	26 %	219 m
56	17.655	34 %	39 m
57	19.598	14 %	99 m
58	21.464	20 %	127 m
59	25.078	11 %	45 m
60	25.123	17 %	64 m
61	25.187	23 %	35 m
62	25.221	32 %	172 m
63	25.393	23 %	36 m
64	27.49	17 %	138 m
65	27.732	20 %	114 m
66	27.999	13 %	117 m
67	28.439	17 %	126 m
68	29.057	23 %	46 m
69	29.103	47 %	80 m
70	29.182	37 %	104 m
71	29.286	24 %	93 m
72	29.379	28 %	38 m
73	29.417	24 %	75 m
74	29.492	19 %	34 m
75	29.708	19 %	175 m
76	29.884	27 %	102 m
77	29.986	14 %	75 m
78	30.252	23 %	121 m
79	30.373	22 %	107 m
80	30.816	33 %	99 m
81	30.915	17 %	121 m
82	31.037	19 %	220 m

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83	31.404	16 %	68 m
84	31.473	14 %	114 m
85	31.587	48 %	33 m
86	31.62	16 %	103 m
87	31.723	18 %	43 m
88	31.767	22 %	100 m
89	31.867	15 %	151 m
90	32.018	15 %	109 m
91	32.24	19 %	183 m
92	32.422	34 %	219 m
93	32.642	33 %	38 m
94	32.68	26 %	30 m
95	34.894	27 %	111 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
1500	785.97	1.82	0:10:50	4.35	0:13:49	0:24:39	1.91
Total :	0.786 Km	1.82 %	0:10:50 h	4.35 Km/h	0:13:49 h	0:24:39 h	1.91 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
5.921	0:03:39	912	1:44:09	1:44:09	5.921
11.366	0:03:05	1025	3:05:15	1:21:06	5.445
12.279	0:04:35	1005	3:21:58	0:16:43	0.913
14.858	0:05:27	1419	4:15:59	0:54:01	2.58
18.227	0:13:49 > 10´	1536	5:09:45	0:53:46	3.369
21.591	0:04:53	1316	6:07:22	0:57:37	3.364
23.969	0:05:28	932	6:45:48	0:38:26	2.378
25.64	0:02:43	909	7:23:28	0:37:40	1.671
27.629	0:05:31	705	8:00:49	0:37:21	1.989
29.254	0:06:41	912	8:28:17	0:27:28	1.626
32.68	0:29:04 > 10´	1475	9:44:14	1:15:57	3.425
37.113	0:03:43	1142	11:17:12	1:32:58	4.433
Total :	1:28:38 h				

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