Track: 2021-06-25 Monte Gorzano da Padula	**IBP = 150 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	20.39 Km
Analyzed distance	20.39 Km
Lineal distance	0.01 Km

Accumulated climb	1561.6 m
Accumulated descent	1568 m
Maximum height	2456.1 m
Minimal height	992.6 m
Climb rate	17.45 %
Descent rate	14.48 %
Positive climb difference per km	76.59 m
Negative descent difference per km	76.9 m

Total time	7:20:36 h
Time in movement	6:23:12 h
Stopped time	0:57:24 h

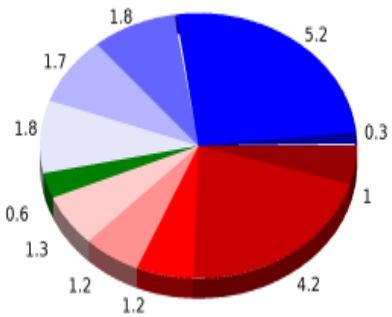
Total speed average	2.78 Km/h
Average speed in movement	3.19 Km/h
Maximum held speed	6.9 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1231 (cad. 16.56 m)
Significant points	533 (cad. 38.32 m / 43.3 %)
Aberrant points	28 (2.27 % d. total)

Direction changes per km	14.42
Direction changes >5° per km	11.48
Accumulated straight stretches	1.855 Km
Straight stretches per km	90.98 m
Penalizables slope changes	8
Penalizables slope changes per km	0.392

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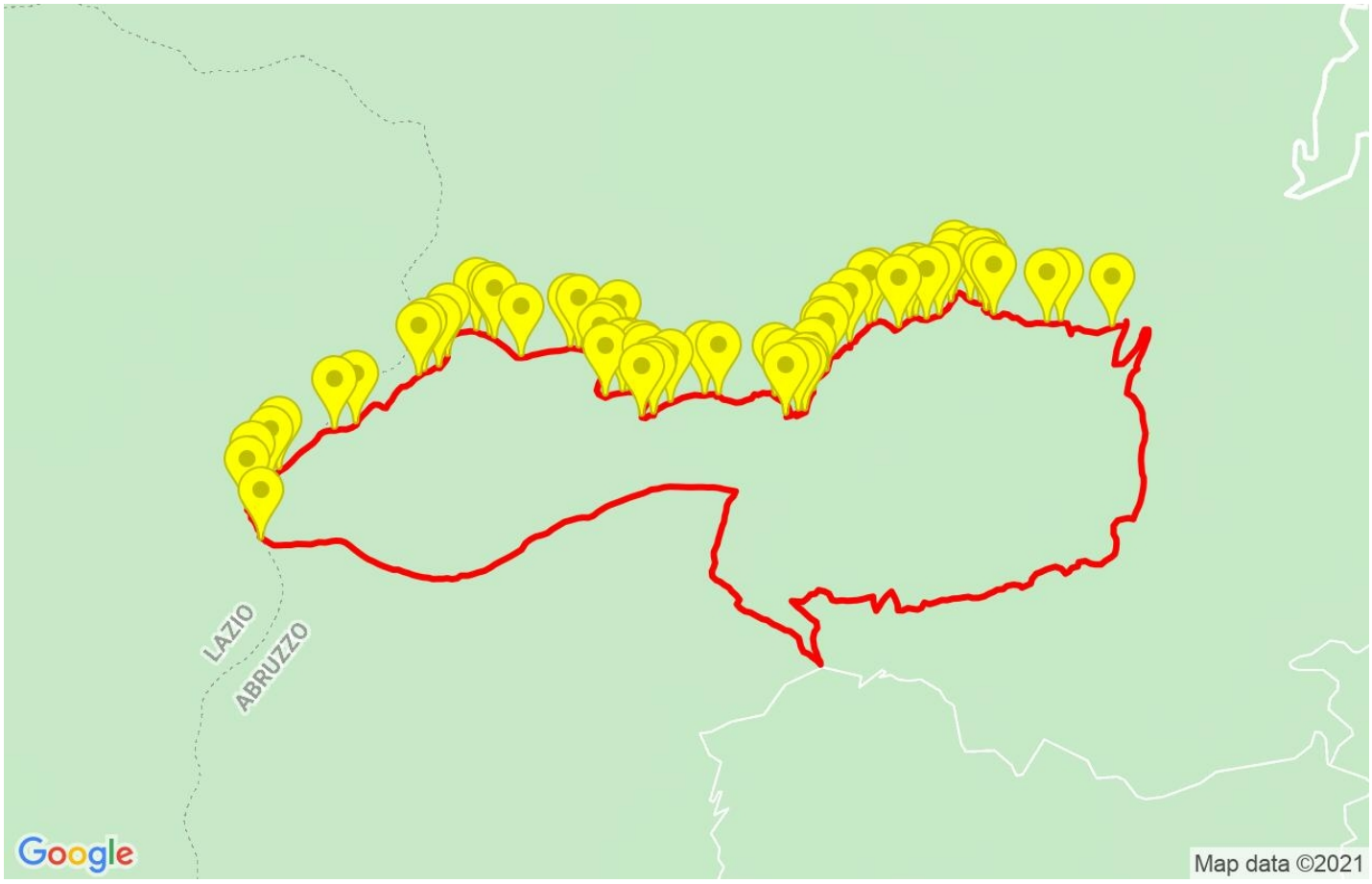
Summary of slopes

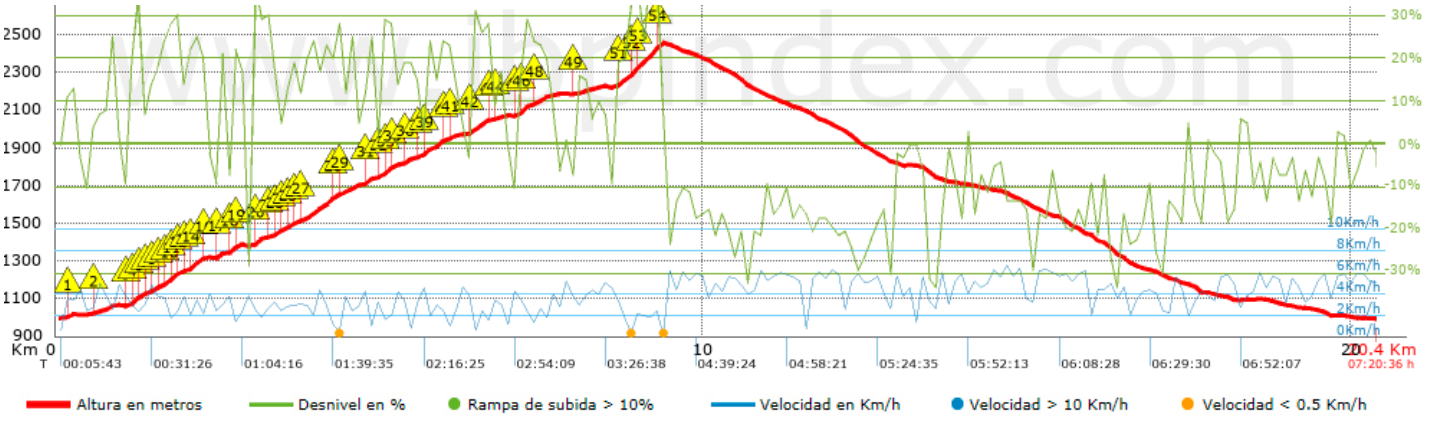


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.017	4.99	1.83	0:33:18
	Between 15 and 30%	4.157	20.39	2.36	1:45:31
	Between 10 and 15%	1.23	6.03	3.3	0:22:21
	Between 5 and 10%	1.231	6.04	3.52	0:20:59
	Between 1 and 5%	1.312	6.44	3.46	0:22:45
	Total :	8.947	43.88	2.62	3:24:54
	Plain				
	Difference of 1%	0.617	3.03	2.95	0:12:34
	Breakdown descents				
	Between 1 and 5%	1.821	8.93	3.76	0:29:05
	Between 5 and 10%	1.733	8.5	4.05	0:25:41
	Between 10 and 15%	1.757	8.62	3.83	0:27:33
	Between 15 and 30%	5.176	25.39	4.07	1:16:16
	Between 30% and 55%	0.339	1.66	2.84	0:07:09
	Total :	10.825	53.09	3.92	2:45:44
	Total track :	20.39	100 %	3.19	6:23:12

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.116	12 %	111 m
2	0.567	11 %	94 m
3	1.083	20 %	68 m
4	1.151	30 %	105 m
5	1.256	21 %	34 m
6	1.29	17 %	73 m
7	1.363	14 %	131 m
8	1.493	19 %	78 m
9	1.571	20 %	113 m
10	1.684	25 %	109 m
11	1.794	28 %	81 m
12	1.875	21 %	45 m
13	1.92	11 %	101 m
14	2.022	24 %	223 m
15	2.245	20 %	35 m
16	2.28	22 %	40 m
17	2.467	15 %	186 m
18	2.653	22 %	132 m
19	2.785	30 %	36 m
20	3.027	24 %	193 m
21	3.22	13 %	111 m
22	3.331	17 %	35 m
23	3.366	20 %	104 m
24	3.47	17 %	105 m
25	3.575	20 %	119 m
26	3.695	14 %	85 m

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27	3.78	24 %	453 m
28	4.233	21 %	140 m
29	4.373	18 %	242 m
30	4.734	13 %	31 m
31	4.765	27 %	100 m
32	5.016	15 %	32 m
33	5.047	33 %	119 m
34	5.167	12 %	36 m
35	5.202	14 %	120 m
36	5.323	17 %	186 m
37	5.509	15 %	42 m
38	5.551	11 %	153 m
39	5.705	25 %	280 m
40	5.985	18 %	68 m
41	6.053	15 %	113 m
42	6.385	27 %	234 m
43	6.619	28 %	40 m
44	7.105	20 %	108 m
45	7.213	22 %	119 m
46	7.331	24 %	45 m
47	7.376	23 %	142 m
48	7.993	16 %	158 m
49	8.627	19 %	80 m
50	8.707	28 %	186 m
51	8.893	33 %	118 m
52	9.01	39 %	289 m
53	9.299	30 %	38 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	1859.615	9.12	0:38:11	2.92	0:40:20	1:18:31	1.42
2000	3742.299	18.35	1:13:09	3.07	0:04:21	1:17:30	2.9
1750	2898.779	14.22	0:59:52	2.91	0:04:41	1:04:33	2.69
1500	3405.825	16.7	1:01:02	3.35	0:04:14	1:05:16	3.13
Total :	11.907 Km	58.4 %	3:52:14 h	3.08 Km/h	0:53:36 h	4:45:50 h	2.5 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
4.274	0:04:14	1631	1:39:35	1:39:35	4.274
6.385	0:04:41	1972	2:32:14	0:52:39	2.112
8.786	0:08:38	2258	3:32:33	1:00:19	2.401
9.337	0:31:42 > 10´	2454	4:00:18	0:27:45	0.551
11.469	0:04:21	2109	5:01:07	1:00:49	2.132
Total :	0:57:24 h				

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