Track: 2021-07-10 Dalla C. Di Pezza al Puzzillo — **Date: 10/07/2021**

Track: 2021-07-10 Dalla C. Di Pezza al Puzzillo	**IBP = 200 HKG**
These speeds are average for = HKG	
IBP index reliability= C	

Total length	**33.43 Km**
Analyzed distance	**33.43 Km**
Lineal distance	**0.04 Km**

Accumulated climb	**1824.46 m**
Accumulated descent	**1822.01 m**
Maximum height	**2268.22 m**
Minimal height	**1555.28 m**
Climb rate	**11.83 %**
Descent rate	**11.21 %**
Positive climb difference per km	**54.58 m**
Negative descent difference per km	**54.5 m**

Total time	**7:28:01 h**
Time in movement	**7:10:31 h**
Stopped time	**0:17:30 h**

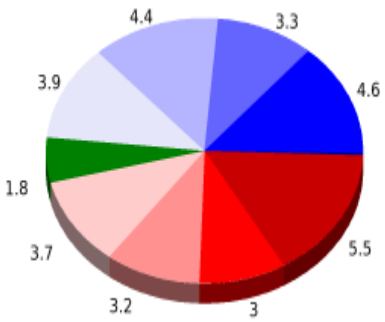
Total speed average	**4.48 Km/h**
Average speed in movement	**4.66 Km/h**
Maximum held speed	**10.02 Km/h**

Max slope filter	**~55 %**
Min. points separation	**~30 m**
Number of points	**2352 (cad. 14.21 m)**
Significant points	**913 (cad. 36.65 m / 38.82 %)**
Aberrant points	**0 (0 % d. total)**

Direction changes per km	**14.81**
Direction changes >5º per km	**10.5**
Accumulated straight stretches	**5.176 Km**
Straight stretches per km	**154.83 m**
Penalizables slope changes	**18**
Penalizables slope changes per km	**0.538**

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Summary of slopes

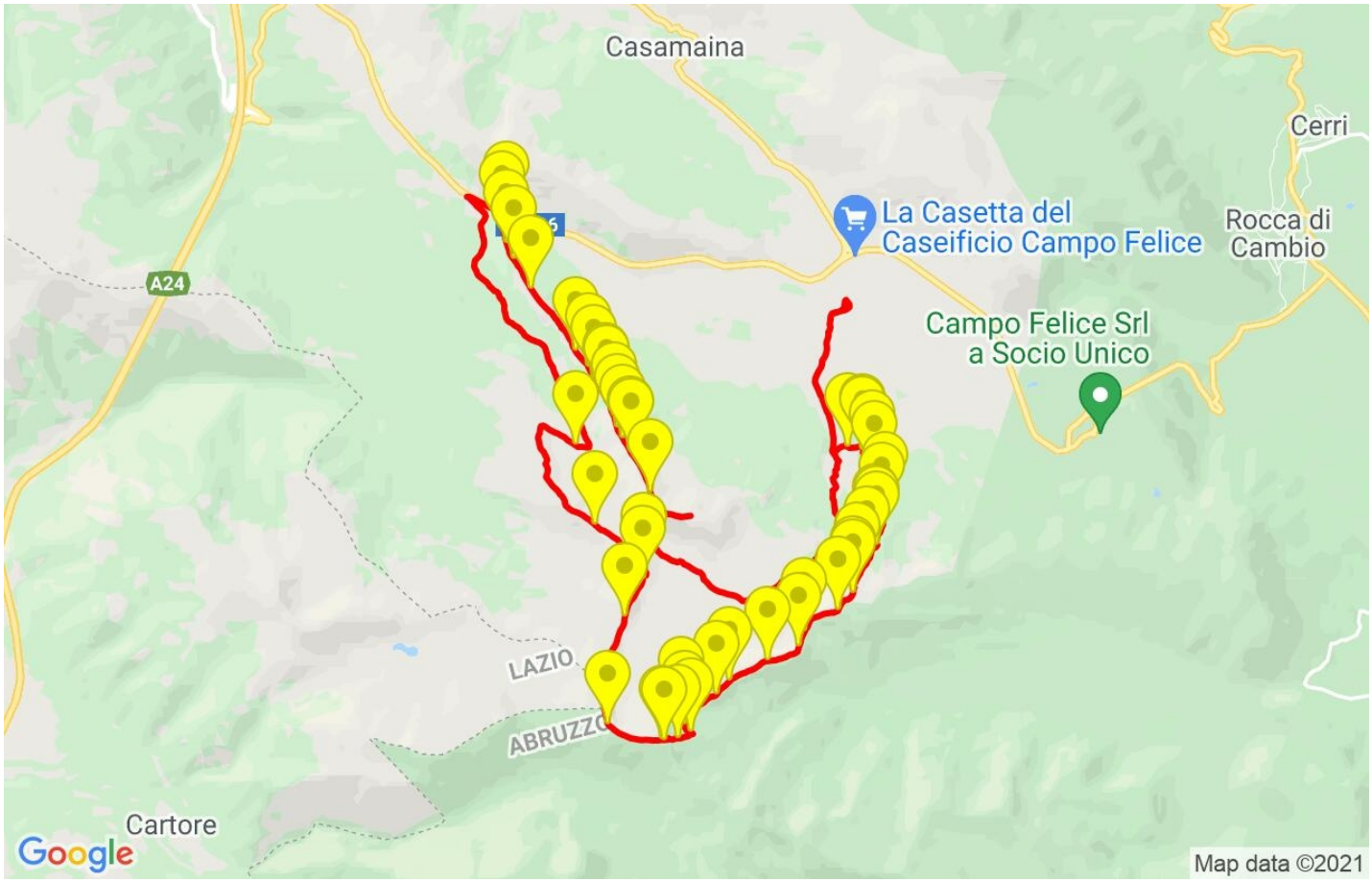


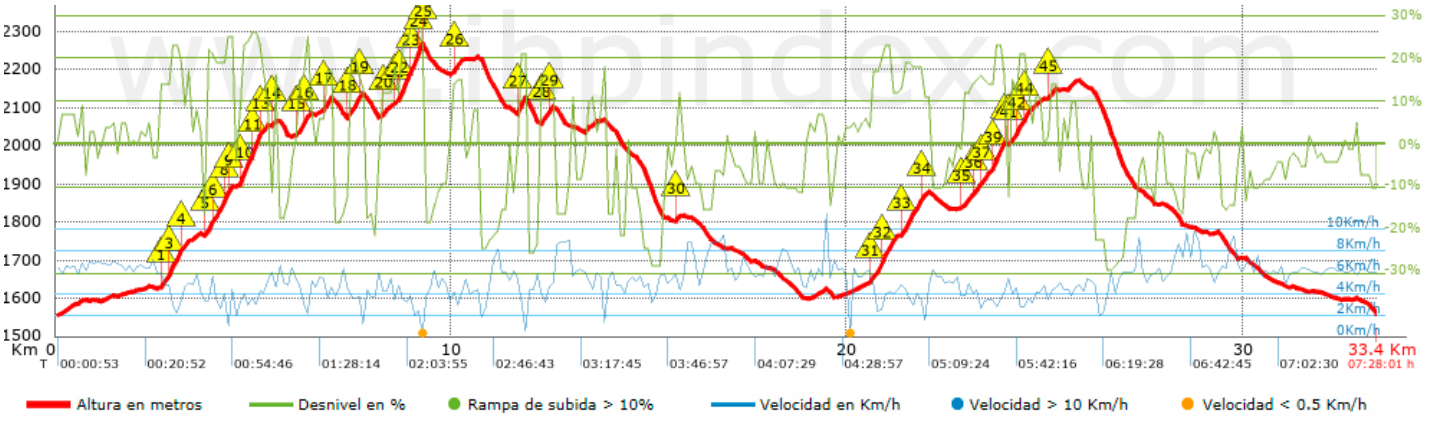
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	**0**	**0**	**0**	**0:00:00**
	Between 15 and 30%	**5.521**	**16.52**	**3.23**	**1:42:36**
	Between 10 and 15%	**2.972**	**8.89**	**3.96**	**0:45:01**
	Between 5 and 10%	**3.234**	**9.68**	**4.86**	**0:39:56**
	Between 1 and 5%	**3.694**	**11.05**	**5.29**	**0:41:54**
	Total :	**15.421**	**46.13**	**4.03**	**3:49:27**
	Plain				
	Difference of 1%	**1.754**	**5.25**	**5.3**	**0:19:52**
	Breakdown descents				
	Between 1 and 5%	**3.851**	**11.52**	**5.61**	**0:41:11**
	Between 5 and 10%	**4.448**	**13.31**	**6.07**	**0:44:00**
	Between 10 and 15%	**3.327**	**9.95**	**5.74**	**0:34:48**
	Between 15 and 30%	**4.599**	**13.76**	**4.53**	**1:00:53**
	Between 30% and 55%	**0.03**	**0.09**	**5.33**	**0:00:20**
	Total :	**16.254**	**48.62**	**5.38**	**3:01:12**
	Total track :	**33.43**	**100 %**	**4.66**	**7:10:31**

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	2.628	14 %	246 m
2	2.874	18 %	30 m
3	2.904	23 %	259 m
4	3.797	21 %	171 m
5	3.969	17 %	314 m
6	4.282	21 %	31 m
7	4.313	25 %	68 m
8	4.381	25 %	71 m
9	4.653	24 %	268 m
10	4.921	26 %	214 m
11	5.135	23 %	41 m
12	5.175	16 %	155 m
13	5.506	16 %	100 m
14	6.091	16 %	221 m
15	6.312	23 %	97 m
16	6.802	17 %	197 m
17	7.408	19 %	260 m
18	7.667	13 %	97 m
19	8.223	12 %	229 m
20	8.546	14 %	149 m
21	8.696	23 %	254 m
22	8.95	27 %	243 m
23	9.193	27 %	41 m
24	9.234	27 %	30 m
25	10.028	14 %	262 m
26	11.67	21 %	203 m

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 27	12.243	15 %	228 m
 28	12.47	14 %	106 m
 29	15.661	12 %	99 m
 30	20.611	17 %	261 m
 31	20.873	23 %	258 m
 32	21.376	18 %	489 m
 33	21.865	12 %	116 m
 34	22.899	13 %	277 m
 35	23.177	15 %	177 m
 36	23.353	13 %	300 m
 37	23.654	17 %	33 m
 38	23.687	22 %	260 m
 39	23.946	16 %	38 m
 40	24.106	14 %	172 m
 41	24.277	21 %	179 m
 42	24.457	20 %	38 m
 43	24.495	12 %	372 m
 44	25.102	14 %	177 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	135.952	0.41	0:02:29	3.28		0:02:29	3.28
2000	11972.606	35.82	3:00:07	3.99	0:09:22	3:09:29	3.79
1750	9482.673	28.37	2:06:04	4.51		2:06:04	4.51
1500	11837.409	35.41	2:01:51	5.83	0:08:08	2:09:59	5.46
Total :	33.429 Km	100 %	7:10:31 h	4.66 Km/h	0:17:30 h	7:28:01 h	4.48 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
9.163	0:05:49	2241	2:10:31	2:10:31	9.163
11.843	0:03:33	2120	2:56:06	0:45:35	2.679
20.009	0:08:08	1613	4:30:18	1:34:12	8.167
Total :	0:17:30 h				

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