Track: 2021-07-18 UGTS Ultra Trial Gran Sasso — **Date: 19/07/2021**

Track: 2021-07-18 UGTS Ultra Trial Gran Sasso	**IBP = 327 HKG**
These speeds are average for = RNG	
IBP index reliability= B	

Total length	**56.06 Km**
Analyzed distance	**56.06 Km**
Lineal distance	**0.11 Km**

Accumulated climb	**3803.68 m**
Accumulated descent	**3765.48 m**
Maximum height	**2493.3 m**
Minimal height	**679.8 m**
Climb rate	**15.29 %**
Descent rate	**13.11 %**
Positive climb difference per km	**67.85 m**
Negative descent difference per km	**67.17 m**

Total time	**11:35:12 h**
Time in movement	**11:03:40 h**
Stopped time	**0:31:32 h**

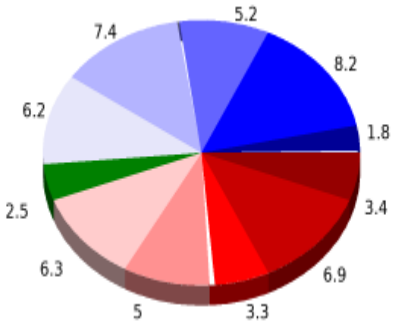
Total speed average	**4.84 Km/h**
Average speed in movement	**5.07 Km/h**
Maximum held speed	**14.82 Km/h**

Max slope filter	**~55 %**
Min. points separation	**~30 m**
Number of points	**3816 (cad. 14.69 m)**
Significant points	**1518 (cad. 36.95 m / 39.78 %)**
Aberrant points	**177 (4.64 % d. total)**

Direction changes per km	**13.63**
Direction changes >5º per km	**10.67**
Accumulated straight stretches	**6.428 Km**
Straight stretches per km	**114.66 m**
Penalizables slope changes	**30**
Penalizables slope changes per km	**0.535**

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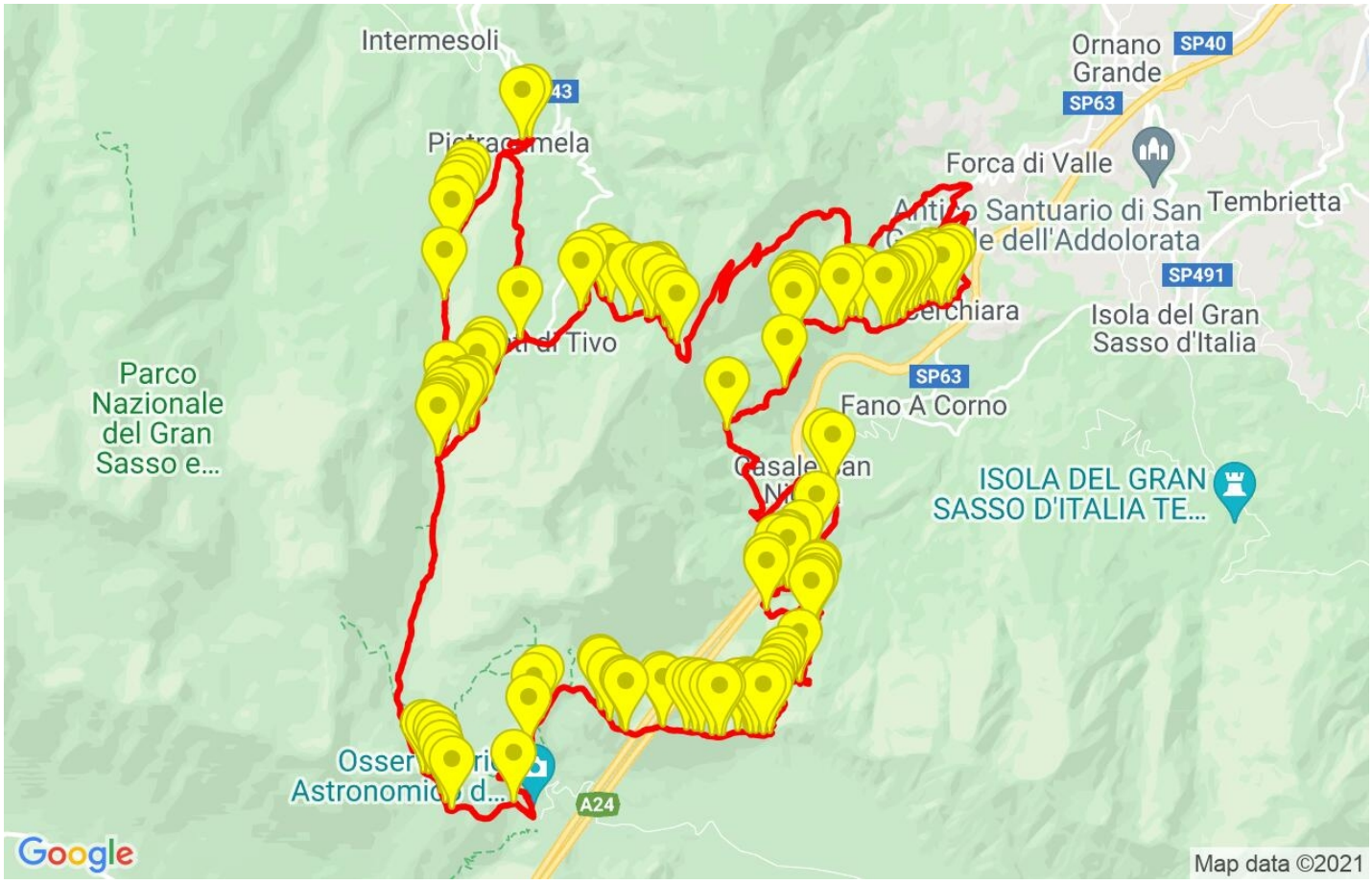
Summary of slopes

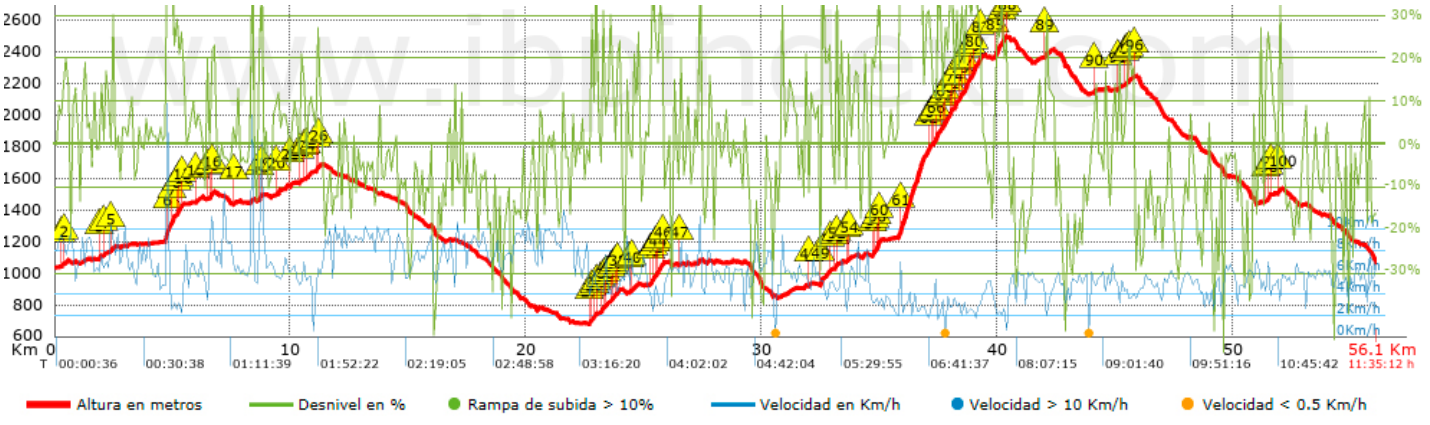


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	**3.361**	**6**	**2.91**	**1:09:19**
	Between 15 and 30%	**6.899**	**12.31**	**3.9**	**1:46:09**
	Between 10 and 15%	**3.34**	**5.96**	**5.3**	**0:37:47**
	Between 5 and 10%	**4.972**	**8.87**	**5.52**	**0:54:04**
	Between 1 and 5%	**6.308**	**11.25**	**5.46**	**1:09:20**
	Total :	**24.879**	**44.38**	**4.43**	**5:36:39**
	Plain				
	Difference of 1%	**2.464**	**4.4**	**5.48**	**0:26:59**
	Breakdown descents				
	Between 1 and 5%	**6.203**	**11.07**	**6.04**	**1:01:38**
	Between 5 and 10%	**7.374**	**13.16**	**6.33**	**1:09:56**
	Between 10 and 15%	**5.158**	**9.2**	**5.97**	**0:51:49**
	Between 15 and 30%	**8.18**	**14.59**	**5.34**	**1:31:57**
	Between 30% and 55%	**1.798**	**3.21**	**4.37**	**0:24:42**
	Total :	**28.714**	**51.22**	**5.74**	**5:00:02**
	Total track :	**56.06**	**100 %**	**5.07**	**11:03:40**

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
 1	0.275	15 %	107 m
 2	0.381	13 %	161 m
 3	1.862	18 %	114 m
 4	2.081	11 %	96 m
 5	2.404	21 %	136 m
 6	4.685	42 %	324 m
 7	5.008	19 %	114 m
 8	5.123	25 %	111 m
 9	5.234	20 %	74 m
 10	5.308	31 %	33 m
 11	5.341	26 %	39 m
 12	5.381	28 %	29 m
 13	5.972	13 %	183 m
 14	6.417	11 %	181 m
 15	6.599	23 %	77 m
 16	6.676	15 %	44 m
 17	7.572	11 %	114 m
 18	8.608	21 %	127 m
 19	8.735	24 %	67 m
 20	9.397	23 %	139 m
 21	9.96	16 %	103 m
 22	10.407	15 %	125 m
 23	10.531	14 %	31 m
 24	10.662	15 %	187 m
 25	11.085	30 %	106 m
 26	11.191	16 %	42 m

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27	22.656	20 %	112 m
28	22.768	14 %	111 m
29	22.879	29 %	76 m
30	22.955	23 %	31 m
31	23.182	28 %	80 m
32	23.294	18 %	82 m
33	23.376	12 %	148 m
34	23.523	20 %	144 m
35	23.667	15 %	31 m
36	23.699	19 %	77 m
37	23.775	23 %	43 m
38	23.819	18 %	150 m
39	24.363	11 %	117 m
40	24.479	19 %	109 m
41	25.249	18 %	78 m
42	25.328	29 %	140 m
43	25.467	15 %	118 m
44	25.586	32 %	137 m
45	25.723	28 %	38 m
46	25.761	42 %	39 m
47	26.501	16 %	108 m
48	31.984	14 %	99 m
49	32.462	22 %	395 m
50	32.856	16 %	30 m
51	33.096	28 %	75 m
52	33.171	22 %	32 m
53	33.592	22 %	98 m
54	34.632	20 %	41 m

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55	34.672	22 %	105 m
56	34.777	29 %	116 m
57	34.893	41 %	73 m
58	34.966	29 %	37 m
59	35.004	17 %	40 m
60	35.81	44 %	1234 m
61	37.044	27 %	103 m
62	37.147	17 %	108 m
63	37.255	25 %	108 m
64	37.363	25 %	45 m
65	37.408	30 %	152 m
66	37.561	17 %	137 m
67	37.698	33 %	109 m
68	37.806	21 %	110 m
69	37.917	30 %	77 m
70	37.993	40 %	38 m
71	38.031	35 %	37 m
72	38.178	28 %	227 m
73	38.405	31 %	36 m
74	38.441	22 %	114 m
75	38.555	35 %	168 m
76	38.723	28 %	73 m
77	38.825	19 %	105 m
78	38.93	31 %	347 m
79	39.277	26 %	39 m
80	39.316	26 %	30 m
81	39.86	24 %	30 m
82	39.89	29 %	224 m

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83	40.114	21 %	198 m
84	40.311	24 %	37 m
85	40.348	24 %	32 m
86	42.006	15 %	202 m
87	44.112	19 %	114 m
88	45.095	14 %	145 m
89	45.385	12 %	119 m
90	45.504	12 %	105 m
91	45.609	16 %	108 m
92	45.718	20 %	75 m
93	45.792	25 %	44 m
94	51.411	29 %	116 m
95	51.527	22 %	38 m
96	51.885	23 %	110 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	4263.44	7.61	1:09:25	3.69	0:03:06	1:12:31	3.53
2000	4821.041	8.6	1:11:15	4.06	0:06:52	1:18:07	3.7
1750	2939.582	5.24	0:46:47	3.77	0:06:50	0:53:37	3.29
1500	7511.422	13.4	1:25:50	5.25	0:06:10	1:32:00	4.9
Total :	19.535 Km	34.85 %	4:33:17 h	4.29 Km/h	0:22:58 h	4:56:15 h	3.96 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
10.884	0:06:10	1632	1:43:37	1:43:37	10.884
30.516	0:08:34	859	4:49:57	3:06:20	19.632
37.665	0:06:50	1919	6:55:10	2:05:13	7.148
40.348	0:03:06	2485	7:59:28	1:04:18	2.684
43.777	0:06:52	2137	8:47:11	0:47:43	3.428
Total :	0:31:32 h				

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