Track: 2021-08-07 Pizzo Cefalone da F. Cerreto	**IBP = 179 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	19.72 Km
Analyzed distance	19.72 Km
Lineal distance	0.12 Km

Accumulated climb	1779 m
Accumulated descent	1753.3 m
Maximum height	2526.5 m
Minimal height	1103.3 m
Climb rate	18.2 %
Descent rate	18.62 %
Positive climb difference per km	90.21 m
Negative descent difference per km	88.91 m

Total time	8:04:07 h
Time in movement	6:29:22 h
Stopped time	1:34:45 h

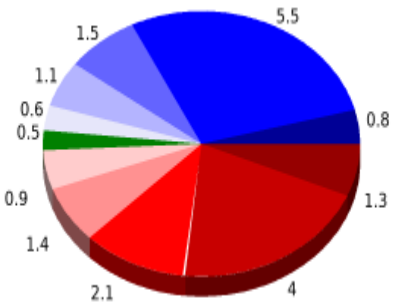
Total speed average	2.44 Km/h
Average speed in movement	3.04 Km/h
Maximum held speed	6.51 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1228 (cad. 16.06 m)
Significant points	521 (cad. 37.92 m / 42.43 %)
Aberrant points	54 (4.4 % d. total)

Direction changes per km	14.6
Direction changes >5º per km	11.26
Accumulated straight stretches	2.415 Km
Straight stretches per km	122.46 m
Penalizables slope changes	13
Penalizables slope changes per km	0.659

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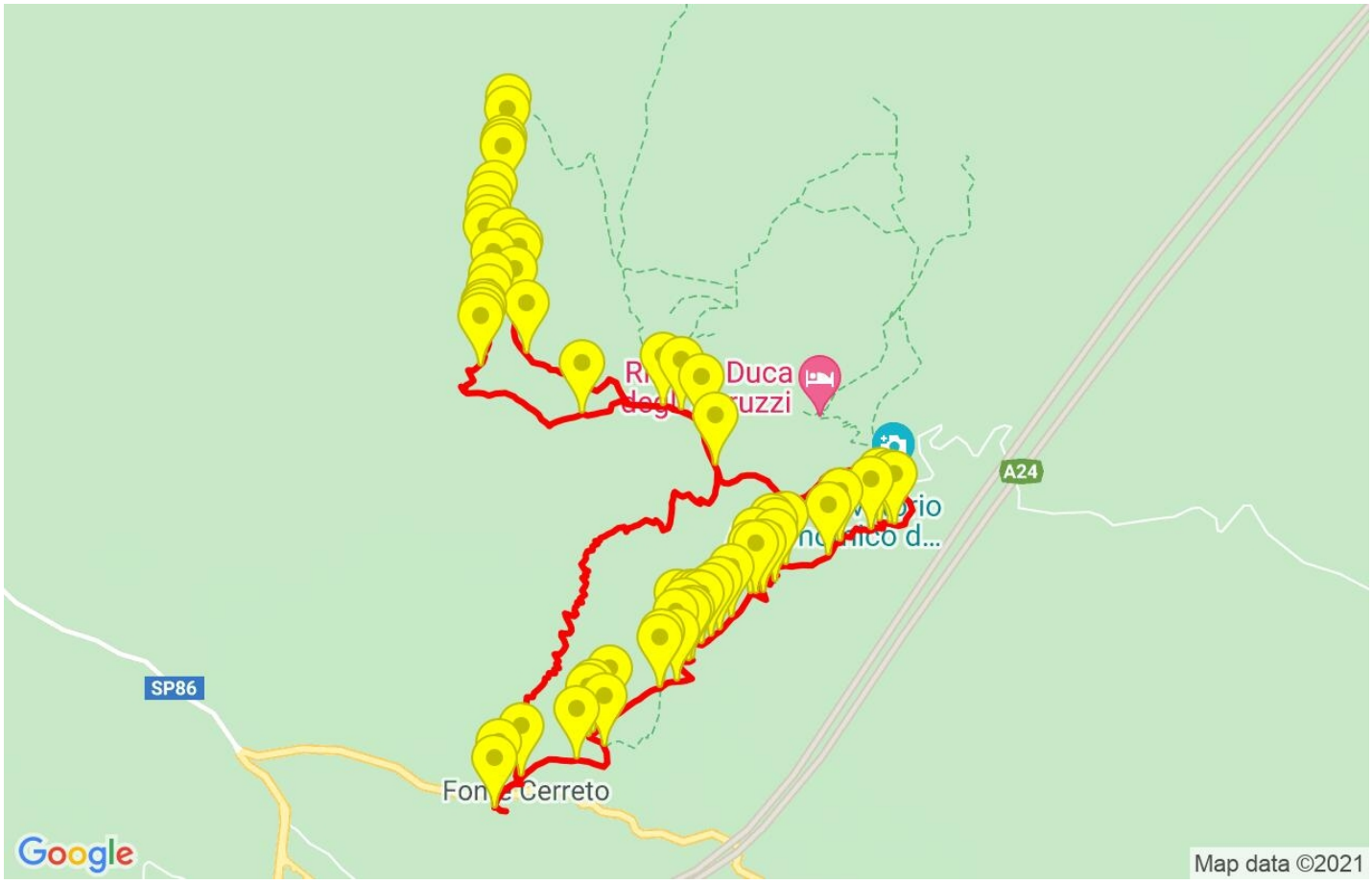
Summary of slopes

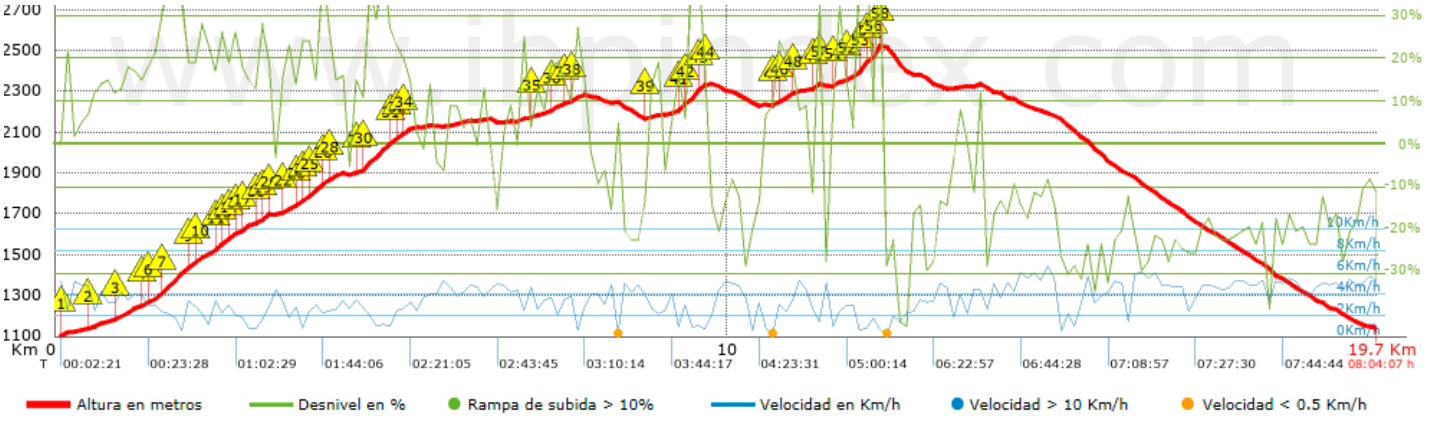


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.313	6.66	1.97	0:39:55
	Between 15 and 30%	3.985	20.21	2.24	1:46:33
	Between 10 and 15%	2.132	10.81	3.09	0:41:25
	Between 5 and 10%	1.43	7.25	3.35	0:25:38
	Between 1 and 5%	0.914	4.64	3.49	0:15:43
	Total :	9.775	49.57	2.56	3:49:14
	Plain				
	Difference of 1%	0.53	2.69	4.16	0:07:39
	Breakdown descents				
	Between 1 and 5%	0.637	3.23	3.16	0:12:05
	Between 5 and 10%	1.062	5.38	4.14	0:15:23
	Between 10 and 15%	1.452	7.36	3.72	0:23:25
	Between 15 and 30%	5.509	27.94	4.11	1:20:24
	Between 30% and 55%	0.755	3.83	2.14	0:21:12
	Total :	9.415	47.74	3.7	2:32:29
	Total track :	19.72	100 %	3.04	6:29:22

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
 1	0.11	16 %	121 m
 2	0.476	11 %	411 m
 3	0.886	17 %	330 m
 4	1.216	13 %	133 m
 5	1.349	18 %	38 m
 6	1.387	21 %	152 m
 7	1.539	33 %	419 m
 8	1.958	28 %	40 m
 9	1.998	19 %	103 m
 10	2.101	22 %	253 m
 11	2.354	27 %	111 m
 12	2.465	26 %	34 m
 13	2.5	21 %	75 m
 14	2.575	20 %	74 m
 15	2.649	23 %	109 m
 16	2.758	26 %	45 m
 17	2.803	36 %	33 m
 18	2.937	14 %	73 m
 19	3.01	27 %	121 m
 20	3.131	19 %	38 m
 21	3.339	15 %	38 m
 22	3.377	21 %	148 m
 23	3.524	20 %	97 m
 24	3.622	22 %	182 m
 25	3.804	28 %	177 m
 26	3.98	34 %	38 m

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27	4.018	19 %	92 m
28	4.11	18 %	114 m
29	4.416	11 %	142 m
30	4.558	33 %	368 m
31	4.927	21 %	177 m
32	5.104	25 %	74 m
33	5.178	29 %	30 m
34	5.208	22 %	72 m
35	7.073	11 %	270 m
36	7.342	17 %	189 m
37	7.531	15 %	124 m
38	7.656	17 %	119 m
39	8.809	11 %	147 m
40	9.228	16 %	36 m
41	9.264	28 %	124 m
42	9.389	39 %	178 m
43	9.566	25 %	83 m
44	9.65	13 %	92 m
45	10.668	11 %	77 m
46	10.745	22 %	200 m
47	10.945	19 %	30 m
48	10.975	20 %	30 m
49	11.273	29 %	87 m
50	11.36	16 %	30 m
51	11.588	16 %	182 m
52	11.77	16 %	155 m
53	11.924	37 %	114 m
54	12.038	36 %	117 m

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 55	12.155	47 %	33 m
 56	12.188	48 %	46 m
 57	12.234	47 %	43 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2500	169.25	0.86	0:02:04	4.91	0:34:03	0:36:07	0.28
2250	4795.157	24.32	1:47:10	2.68	0:25:00	2:12:10	2.18
2000	5736.779	29.09	1:48:13	3.18	0:23:10	2:11:23	2.62
1750	2301.242	11.67	0:50:34	2.73		0:50:34	2.73
1500	2529.71	12.83	0:49:08	3.09	0:09:01	0:58:09	2.61
Total :	15.532 Km	78.76 %	5:17:09 h	2.94 Km/h	1:31:14 h	6:48:23 h	2.28 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
1.754	0:03:31	1371	0:33:48	0:33:48	1.754
2.803	0:09:01	1626	1:06:36	0:32:48	1.049
7.746	0:02:43	2262	3:05:42	1:59:06	4.943
8.331	0:08:40	2244	3:20:09	0:14:27	0.586
9.566	0:03:46	2308	4:02:40	0:42:31	1.235
10.251	0:04:27	2265	4:16:37	0:13:57	0.685
10.52	0:10:12 > 10´	2233	4:24:33	0:07:56 < 10´	0.269
11.924	0:03:17	2379	5:04:52	0:40:19	1.404
12.009	0:06:12	2408	5:10:12	0:05:20 < 10´	0.085
12.155	0:13:51 > 10´	2464	5:20:31	0:10:19	0.146
12.321	0:24:47 > 10´	2527	5:36:26	0:15:55	0.166
14.926	0:04:18	2173	6:50:15	1:13:49	2.606
Total :	1:34:45 h				

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