Track: 2021-08-14 Monte Sirente per Valle Lupara — **Date: 14/08/2021**

Track: 2021-08-14 Monte Sirente per Valle Lupara	**IBP = 137 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	**15.59 Km**
Analyzed distance	**15.59 Km**
Lineal distance	**0.04 Km**

Accumulated climb	**1335.6 m**
Accumulated descent	**1304.8 m**
Maximum height	**2352.8 m**
Minimal height	**1175.9 m**
Climb rate	**20.64 %**
Descent rate	**15.47 %**
Positive climb difference per km	**85.67 m**
Negative descent difference per km	**83.69 m**

Total time	**6:48:51 h**
Time in movement	**5:34:22 h**
Stopped time	**1:14:29 h**

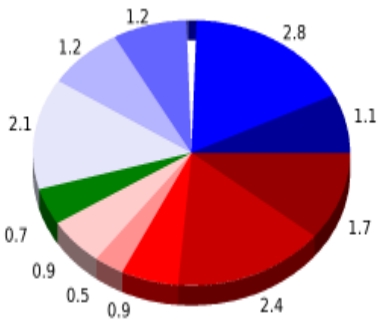
Total speed average	**2.29 Km/h**
Average speed in movement	**2.8 Km/h**
Maximum held speed	**6.22 Km/h**

Max slope filter	**~55 %**
Min. points separation	**~30 m**
Number of points	**919 (cad. 16.96 m)**
Significant points	**406 (cad. 38.49 m / 44.18 %)**
Aberrant points	**35 (3.81 % d. total)**

Direction changes per km	**14.11**
Direction changes >5° per km	**11.1**
Accumulated straight stretches	**2.001 Km**
Straight stretches per km	**128.35 m**
Penalizables slope changes	**8**
Penalizables slope changes per km	**0.513**

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Summary of slopes



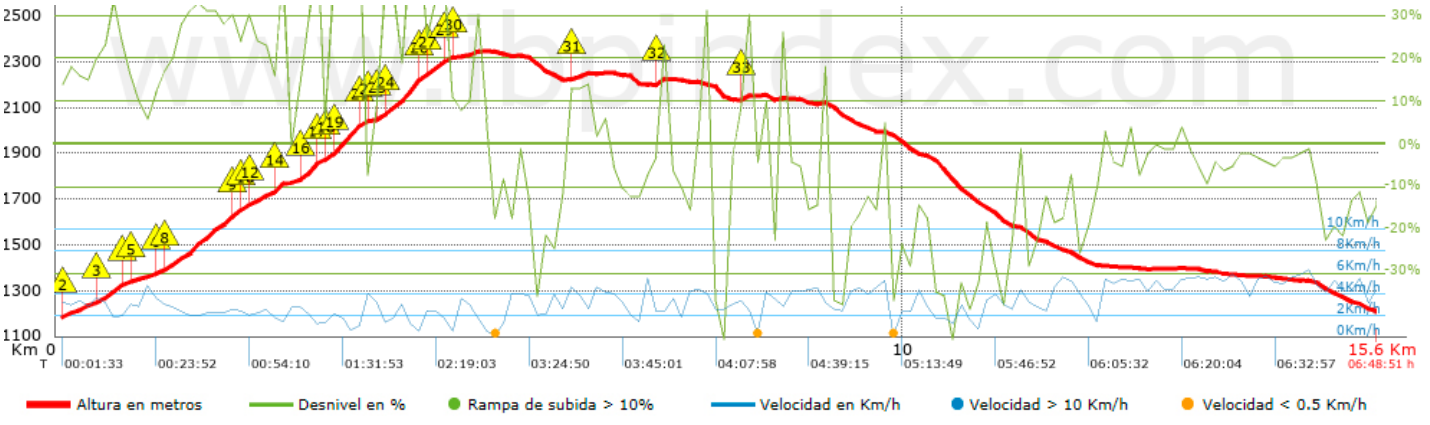
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	**1.692**	**10.85**	**1.62**	**1:02:32**
	Between 15 and 30%	**2.376**	**15.24**	**2.35**	**1:00:33**
	Between 10 and 15%	**0.947**	**6.08**	**3.18**	**0:17:53**
	Between 5 and 10%	**0.546**	**3.5**	**3.48**	**0:09:24**
	Between 1 and 5%	**0.911**	**5.85**	**3.2**	**0:17:04**
	Total :	**6.472**	**41.51**	**2.32**	**2:47:26**
	Plain				
	Difference of 1%	**0.684**	**4.39**	**3.71**	**0:11:03**
	Breakdown descents				
	Between 1 and 5%	**2.081**	**13.35**	**4.29**	**0:29:05**
	Between 5 and 10%	**1.18**	**7.57**	**3.76**	**0:18:49**
	Between 10 and 15%	**1.246**	**7.99**	**2.94**	**0:25:27**
	Between 15 and 30%	**2.789**	**17.89**	**3.4**	**0:49:10**
	Between 30% and 55%	**1.139**	**7.31**	**2.05**	**0:33:22**
	Total :	**8.434**	**54.1**	**3.25**	**2:35:53**
	Total track :	**15.59**	**100 %**	**2.8**	**5:34:22**

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.039	14 %	70 m
2	0.109	17 %	357 m
3	0.465	25 %	307 m
4	0.773	21 %	42 m
5	0.814	12 %	389 m
6	1.203	17 %	65 m
7	1.268	22 %	29 m
8	1.297	29 %	774 m
9	2.071	31 %	65 m
10	2.136	21 %	109 m
11	2.245	30 %	30 m
12	2.275	19 %	287 m
13	2.562	21 %	46 m
14	2.609	40 %	70 m
15	2.873	21 %	35 m
16	2.908	33 %	138 m
17	3.046	44 %	77 m
18	3.154	17 %	68 m
19	3.222	38 %	358 m
20	3.58	42 %	33 m
21	3.613	21 %	35 m
22	3.719	13 %	64 m
23	3.782	14 %	67 m
24	3.849	37 %	400 m
25	4.249	47 %	33 m
26	4.282	26 %	118 m

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27	4.4	32 %	111 m
28	4.512	36 %	72 m
29	4.583	17 %	41 m
30	4.625	11 %	37 m
31	6.047	14 %	213 m
32	7.051	23 %	109 m
33	8.079	25 %	108 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	1558.575	10	0:33:52	2.76	0:41:58	1:15:50	1.23
2000	4555.958	29.22	1:46:10	2.57	0:11:58	1:58:08	2.31
1750	1888.67	12.11	0:59:43	1.9	0:18:02	1:17:45	1.46
1500	2080.809	13.35	0:49:00	2.55	0:02:31	0:51:31	2.42
Total :	10.084 Km	64.68 %	4:08:45 h	2.43 Km/h	1:14:29 h	5:23:14 h	1.87 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
3.418	0:04:07	1961	1:34:26	1:34:26	3.418
4.249	0:04:01	2202	2:09:37	0:35:11	0.831
4.583	0:04:48	2309	2:23:05	0:13:28	0.334
5.024	0:37:10 > 10´	2345	2:36:53	0:13:48	0.44
8.187	0:07:57	2159	4:19:07	1:42:14	3.163
9.799	0:13:55 > 10´	1998	4:56:50	0:37:43	1.613
10.756	0:02:31	1716	5:38:14	0:41:24	0.957
Total :	1:14:29 h				

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