Track: 2021-09-25 Cresta delle Malecoste	**IBP = 165 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	16.14 Km
Analyzed distance	16.14 Km
Lineal distance	0.06 Km

Accumulated climb	1652.6 m
Accumulated descent	1643.5 m
Maximum height	2529.6 m
Minimal height	1056.9 m
Climb rate	22.9 %
Descent rate	18.75 %
Positive climb difference per km	102.39 m
Negative descent difference per km	101.83 m

Total time	7:16:10 h
Time in movement	5:55:21 h
Stopped time	1:20:49 h

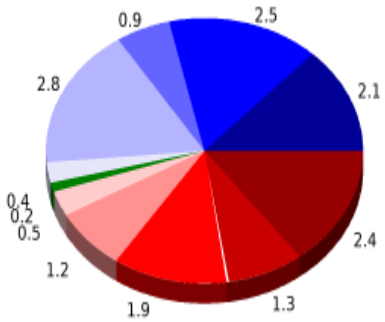
Total speed average	2.22 Km/h
Average speed in movement	2.73 Km/h
Maximum held speed	6.29 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	950 (cad. 16.99 m)
Significant points	417 (cad. 38.8 m / 43.89 %)
Aberrant points	161 (16.95 % d. total)

Direction changes per km	12.76
Direction changes >5° per km	10.41
Accumulated straight stretches	2.331 Km
Straight stretches per km	144.42 m
Penalizables slope changes	11
Penalizables slope changes per km	0.681

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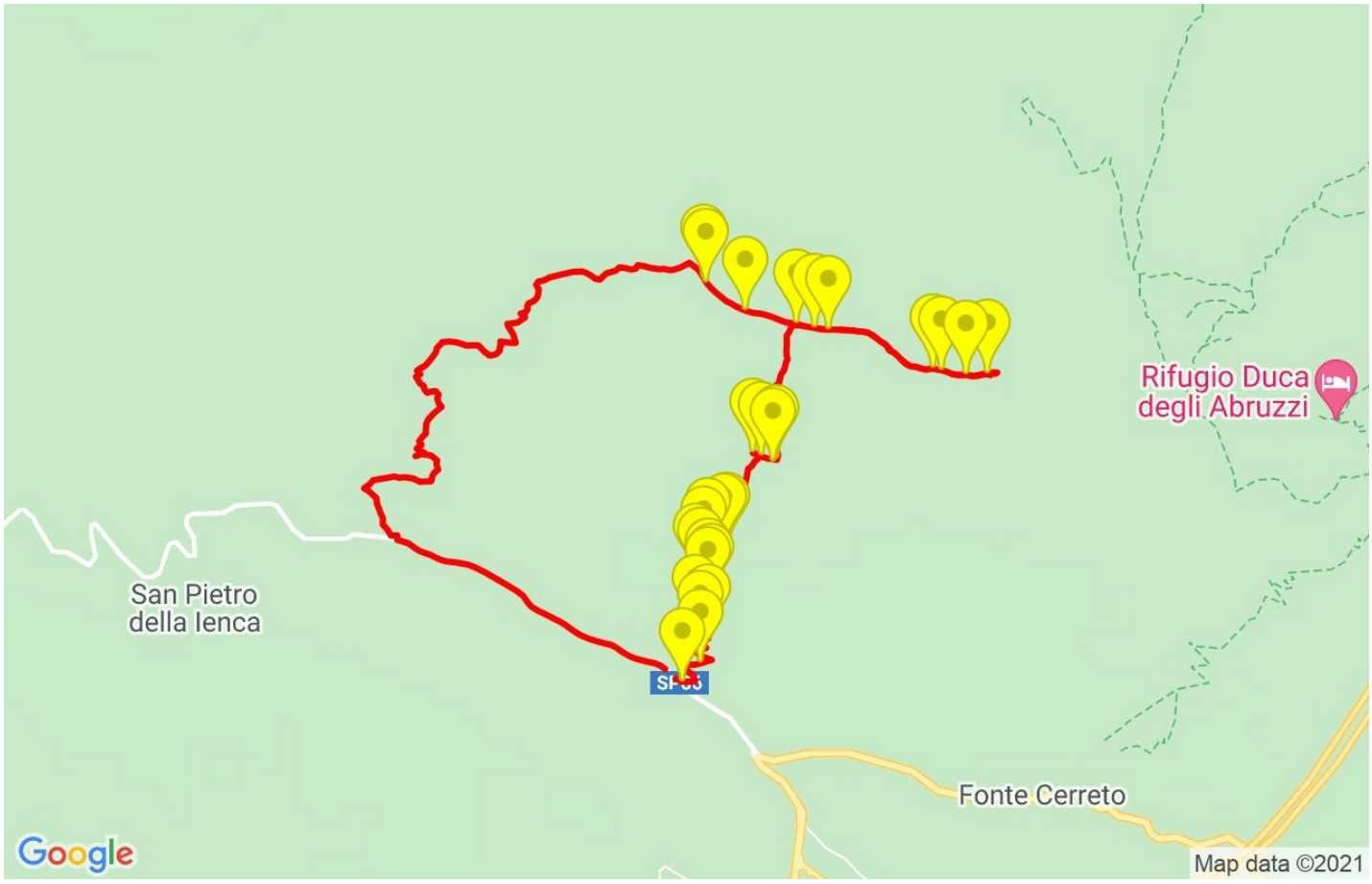
Summary of slopes

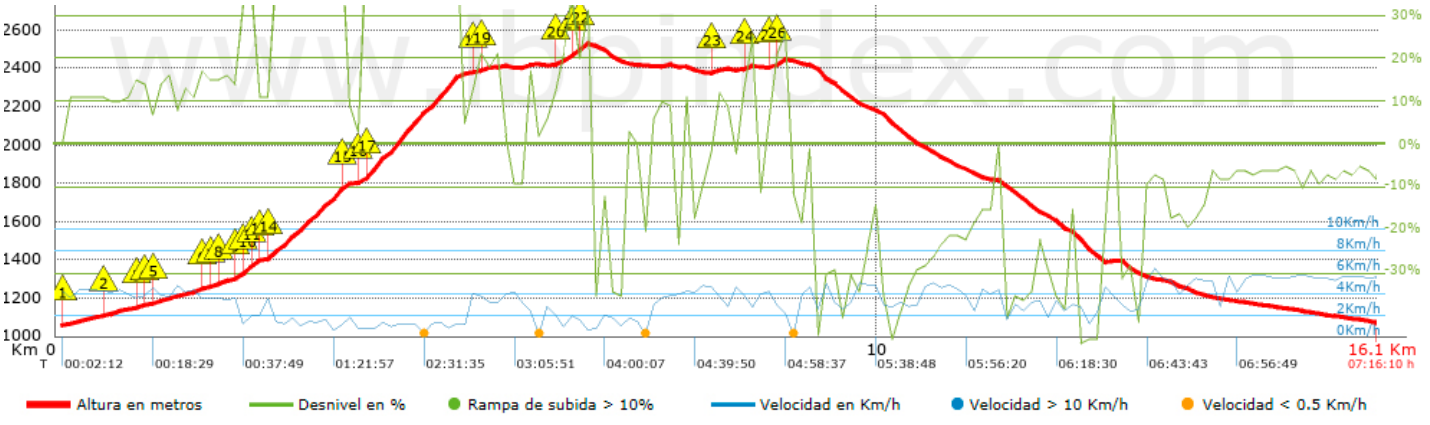


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	2.37	14.68	1.38	1:42:47
	Between 15 and 30%	1.296	8.03	2.47	0:31:32
	Between 10 and 15%	1.878	11.63	3.66	0:30:49
	Between 5 and 10%	1.222	7.57	2.97	0:24:41
	Between 1 and 5%	0.452	2.8	4.04	0:06:43
	Total :	7.218	44.71	2.2	3:16:32
	Plain				
	Difference of 1%	0.16	0.99	3.53	0:02:43
	Breakdown descents				
	Between 1 and 5%	0.443	2.74	3.88	0:06:51
	Between 5 and 10%	2.814	17.43	4.71	0:35:49
	Between 10 and 15%	0.947	5.87	3.34	0:17:01
	Between 15 and 30%	2.491	15.43	3.51	0:42:38
	Between 30% and 55%	2.07	12.82	2.31	0:53:47
	Total :	8.764	54.29	3.37	2:36:06
	Total track :	16.14	100 %	2.73	5:55:21

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.086	11 %	425 m
2	0.92	12 %	111 m
3	1.155	13 %	619 m
4	1.775	12 %	112 m
5	1.887	13 %	83 m
6	1.969	15 %	220 m
7	2.19	22 %	44 m
8	2.234	35 %	136 m
9	2.369	36 %	77 m
10	2.446	11 %	109 m
11	2.555	17 %	43 m
12	2.598	41 %	873 m
13	3.471	40 %	66 m
14	3.692	16 %	29 m
15	3.721	47 %	1189 m
16	5.048	11 %	94 m
17	5.142	19 %	66 m
18	6.081	25 %	175 m
19	6.256	27 %	155 m
20	6.411	39 %	36 m
21	8	13 %	118 m
22	8.349	17 %	148 m
23	8.677	13 %	34 m
24	8.711	24 %	152 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	200.92	1.24	0:03:16	3.69	0:09:31	0:12:47	0.94
2250	4788.129	29.66	1:56:04	2.48	0:43:21	2:39:25	1.8
2000	1352.536	8.38	0:41:57	1.93	0:05:52	0:47:49	1.7
1750	1878.085	11.63	0:42:06	2.68	0:18:31	1:00:37	1.86
1500	1453.184	9	0:46:51	1.86	0:03:34	0:50:25	1.73
Total :	9.673 Km	59.92 %	4:10:14 h	2.32 Km/h	1:20:49 h	5:31:03 h	1.75 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
3.322	0:03:34	1697	1:18:23	1:18:23	3.322
3.608	0:15:49 > 10´	1793	1:33:20	0:14:57	0.286
3.8	0:02:42	1842	1:50:47	0:17:27	0.192
4.382	0:05:52	2116	2:21:54	0:31:07	0.582
5.82	0:12:29 > 10´	2419	3:11:51	0:49:57	1.438
6.411	0:03:22	2504	3:44:30	0:32:39	0.591
6.481	0:03:49	2529	3:48:41	0:04:11 < 10´	0.07
6.542	0:02:20	2526	3:53:34	0:04:53 < 10´	0.06
7.076	0:11:23 > 10´	2417	4:17:07	0:23:33	0.534
8.862	0:19:29 > 10´	2446	4:58:37	0:41:30	1.786
Total :	1:20:49 h				

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