Track: 2021-10-04 Val Maone e dintorni — **Date: 04/10/2021**

Track: 2021-10-04 Val Maone e dintorni	**IBP = 180 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	25.12 Km
Analyzed distance	25.12 Km
Lineal distance	0.03 Km

Accumulated climb	1746 m
Accumulated descent	1753.2 m
Maximum height	2707.3 m
Minimal height	1445.2 m
Climb rate	14.69 %
Descent rate	14.05 %
Positive climb difference per km	69.51 m
Negative descent difference per km	69.79 m

Total time	7:18:06 h
Time in movement	7:00:49 h
Stopped time	0:17:17 h

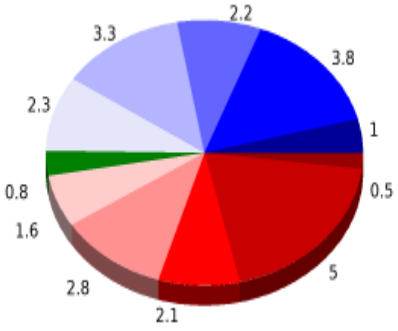
Total speed average	3.44 Km/h
Average speed in movement	3.58 Km/h
Maximum held speed	6.97 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1381 (cad. 18.19 m)
Significant points	644 (cad. 39.07 m / 46.63 %)
Aberrant points	25 (1.81 % d. total)

Direction changes per km	12.58
Direction changes >5° per km	9.43
Accumulated straight stretches	3.563 Km
Straight stretches per km	141.84 m
Penalizables slope changes	13
Penalizables slope changes per km	0.517

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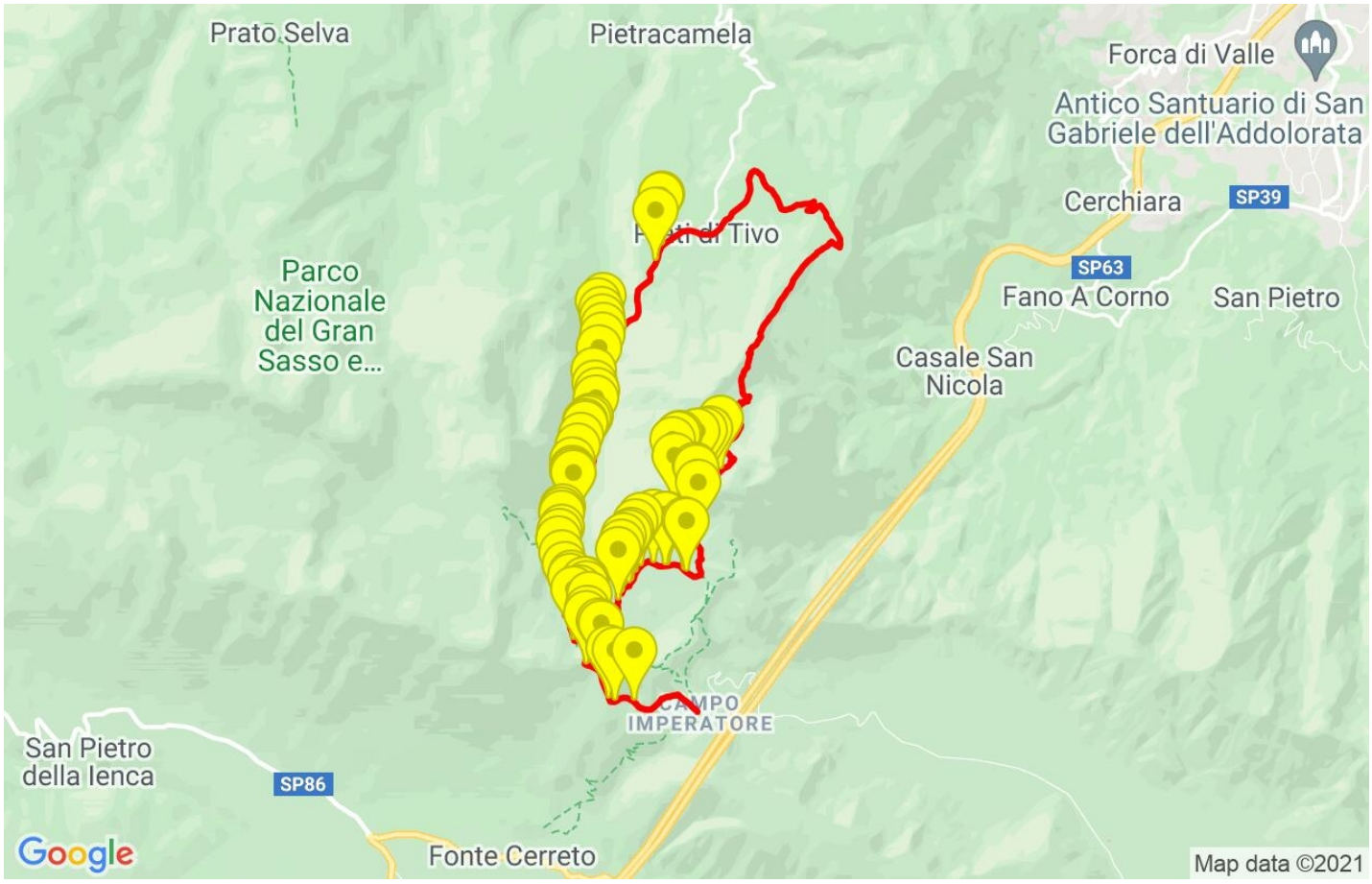
Summary of slopes

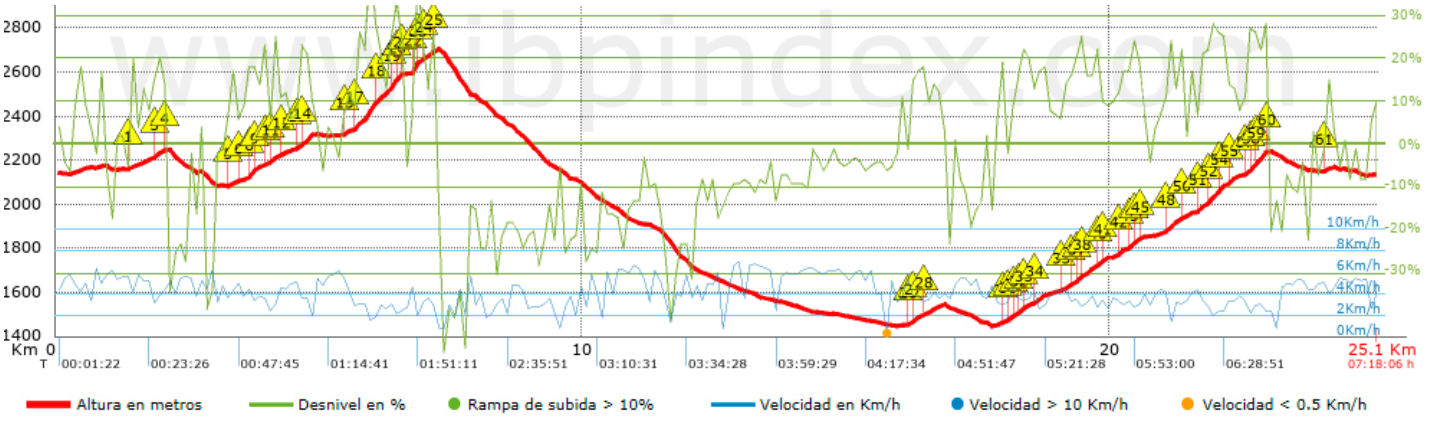


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.496	1.97	2	0:14:53
	Between 15 and 30%	4.981	19.83	2.82	1:45:54
	Between 10 and 15%	2.073	8.25	3.76	0:33:04
	Between 5 and 10%	2.753	10.96	3.6	0:45:53
	Between 1 and 5%	1.585	6.31	4.03	0:23:36
	Total :	11.889	47.33	3.19	3:43:20
	Plain				
	Difference of 1%	0.755	3.01	4.92	0:09:13
	Breakdown descents				
	Between 1 and 5%	2.254	8.97	4.65	0:29:07
	Between 5 and 10%	3.343	13.31	4.85	0:41:20
	Between 10 and 15%	2.161	8.6	3.98	0:32:33
	Between 15 and 30%	3.763	14.98	3.63	1:02:07
	Between 30% and 55%	0.956	3.81	2.48	0:23:09
	Total :	12.477	49.67	3.98	3:08:16
	Total track :	25.12	100 %	3.58	7:00:49

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
 1	1.385	15 %	106 m
 2	1.828	15 %	38 m
 3	1.865	16 %	203 m
 4	2.068	20 %	76 m
 5	3.265	12 %	141 m
 6	3.619	18 %	39 m
 7	3.658	24 %	128 m
 8	3.786	20 %	80 m
 9	3.911	11 %	203 m
 10	4.114	18 %	168 m
 11	4.282	17 %	38 m
 12	4.583	18 %	43 m
 13	4.626	24 %	210 m
 14	5.476	12 %	207 m
 15	5.682	17 %	35 m
 16	5.717	31 %	359 m
 17	6.076	23 %	296 m
 18	6.371	33 %	109 m
 19	6.48	44 %	37 m
 20	6.518	24 %	41 m
 21	6.754	34 %	126 m
 22	6.88	22 %	76 m
 23	6.956	16 %	199 m
 24	7.155	16 %	43 m
 25	16.216	11 %	29 m
 26	16.246	17 %	205 m

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27	16.451	12 %	237 m
28	17.942	16 %	110 m
29	18.052	12 %	138 m
30	18.19	19 %	111 m
31	18.301	18 %	109 m
32	18.409	13 %	157 m
33	18.566	16 %	183 m
34	19.065	12 %	175 m
35	19.24	14 %	101 m
36	19.341	20 %	104 m
37	19.444	18 %	281 m
38	19.725	23 %	32 m
39	19.757	27 %	65 m
40	20.172	16 %	213 m
41	20.384	23 %	109 m
42	20.494	21 %	29 m
43	20.523	19 %	32 m
44	21.035	11 %	45 m
45	21.079	15 %	37 m
46	21.116	22 %	203 m
47	21.32	21 %	72 m
48	21.392	12 %	100 m
49	21.698	21 %	163 m
50	21.861	26 %	165 m
51	22.025	24 %	69 m
52	22.094	20 %	192 m
53	22.286	17 %	119 m
54	22.524	11 %	29 m

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55	22.553	16 %	62 m
56	22.615	25 %	177 m
57	22.793	25 %	186 m
58	22.979	34 %	31 m
59	24.079	14 %	136 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	1627.766	6.48	0:40:40	2.4	0:05:20	0:46:00	2.12
2250	2962.535	11.79	0:57:22	3.1		0:57:22	3.1
2000	9217.832	36.69	2:29:59	3.69		2:29:59	3.69
1750	3328.594	13.25	0:57:10	3.49		0:57:10	3.49
1500	5413.283	21.55	1:18:09	4.16	0:03:27	1:21:36	3.98
Total :	22.55 Km	89.76 %	6:23:20 h	3.53 Km/h	0:08:47 h	6:32:07 h	3.45 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
7.233	0:02:32	2707	1:58:04	1:58:04	7.233
7.333	0:02:48	2702	2:03:29	0:05:25 < 10´	0.1
12.618	0:03:27	1655	3:43:43	1:40:14	5.284
15.725	0:08:30	1457	4:22:08	0:38:25	3.107
Total :	0:17:17 h				

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