Track: 2021-10-16 Monte Serrone — **Date: 17/10/2021**

Track: 2021-10-16 Monte Serrone	**IBP = 143 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	16.68 Km
Analyzed distance	16.68 Km
Lineal distance	0 Km

Accumulated climb	1442.4 m
Accumulated descent	1443.38 m
Maximum height	1975.5 m
Minimal height	912.4 m
Climb rate	20.44 %
Descent rate	15.57 %
Positive climb difference per km	86.47 m
Negative descent difference per km	86.53 m

Total time	7:48:02 h
Time in movement	5:48:06 h
Stopped time	1:59:56 h

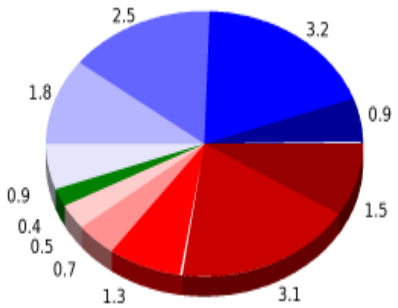
Total speed average	2.14 Km/h
Average speed in movement	2.88 Km/h
Maximum held speed	5.91 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1024 (cad. 16.29 m)
Significant points	441 (cad. 37.91 m / 43.07 %)
Aberrant points	35 (3.42 % d. total)

Direction changes per km	13.79
Direction changes >5º per km	11.51
Accumulated straight stretches	1.637 Km
Straight stretches per km	98.14 m
Penalizables slope changes	11
Penalizables slope changes per km	0.659

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Summary of slopes

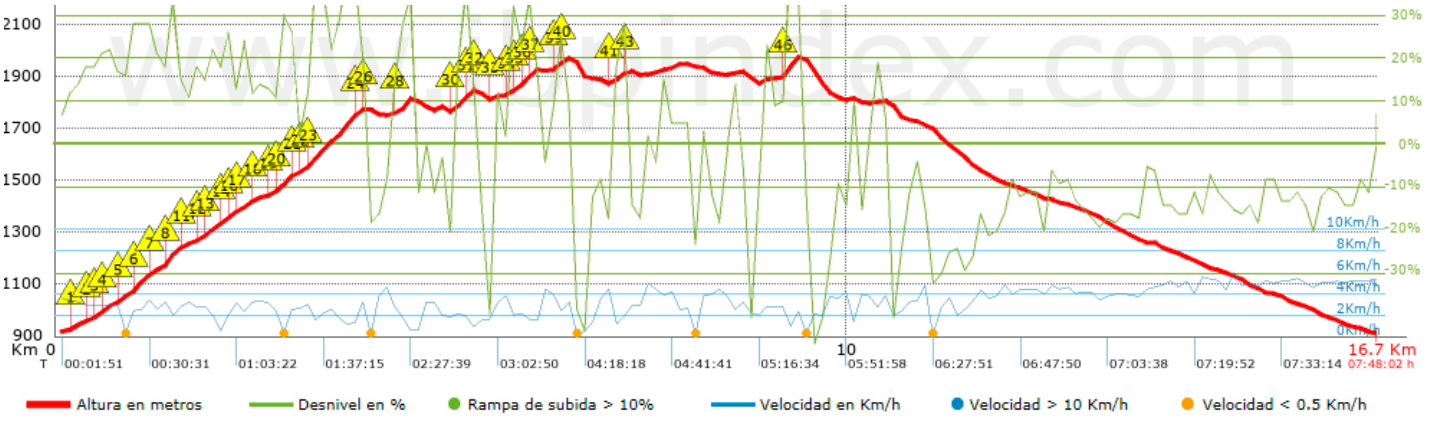


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.457	8.74	1.6	0:54:46
	Between 15 and 30%	3.124	18.73	2.37	1:19:10
	Between 10 and 15%	1.315	7.88	2.78	0:28:22
	Between 5 and 10%	0.693	4.15	3.45	0:12:03
	Between 1 and 5%	0.469	2.81	3.42	0:08:13
	Total :	7.058	42.31	2.32	3:02:34
	Plain				
	Difference of 1%	0.351	2.1	4.35	0:04:50
	Breakdown descents				
	Between 1 and 5%	0.925	5.54	3.46	0:16:02
	Between 5 and 10%	1.771	10.62	4.3	0:24:41
	Between 10 and 15%	2.489	14.92	3.93	0:38:02
	Between 15 and 30%	3.195	19.15	3.4	0:56:27
	Between 30% and 55%	0.892	5.35	2.1	0:25:30
	Total :	9.272	55.59	3.46	2:40:42
	Total track :	16.68	100 %	2.88	5:48:06

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.116	13 %	229 m
2	0.345	16 %	112 m
3	0.457	21 %	142 m
4	0.599	18 %	161 m
5	0.76	20 %	152 m
6	0.912	27 %	268 m
7	1.18	22 %	171 m
8	1.351	34 %	181 m
9	1.532	15 %	43 m
10	1.575	16 %	33 m
11	1.607	14 %	103 m
12	1.71	18 %	191 m
13	1.901	23 %	177 m
14	2.078	28 %	78 m
15	2.156	31 %	34 m
16	2.191	16 %	122 m
17	2.312	19 %	202 m
18	2.514	13 %	171 m
19	2.685	15 %	112 m
20	2.797	33 %	139 m
21	2.937	22 %	103 m
22	3.069	19 %	108 m
23	3.178	34 %	532 m
24	3.709	28 %	124 m
25	3.833	19 %	30 m
26	3.863	26 %	33 m

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 27	4.244	15 %	44 m
 28	4.288	34 %	167 m
 29	4.961	15 %	38 m
 30	4.999	30 %	203 m
 31	5.202	31 %	41 m
 32	5.244	13 %	41 m
 33	5.454	13 %	101 m
 34	5.706	13 %	38 m
 35	5.744	26 %	151 m
 36	5.895	31 %	114 m
 37	6.01	23 %	72 m
 38	6.251	18 %	41 m
 39	6.292	27 %	107 m
 40	6.399	16 %	33 m
 41	7.005	25 %	149 m
 42	7.154	20 %	40 m
 43	7.194	11 %	52 m
 44	9.153	16 %	40 m
 45	9.193	44 %	160 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
1750	6935.042	41.57	2:44:32	2.53	1:33:08	4:17:40	1.61
1500	2066.63	12.39	0:49:55	2.48	0:13:04	1:02:59	1.97
Total :	9.002 Km	53.96 %	3:34:27 h	2.52 Km/h	1:46:12 h	5:20:39 h	1.68 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
0.76	0:05:01	1031	0:15:18	0:15:18	0.76
2.048	0:03:42	1329	0:54:18	0:39:00	1.288
2.765	0:05:01	1459	1:15:01	0:20:43	0.718
3.863	0:18:49 > 10´	1775	1:55:01	0:40:00	1.098
4.426	0:06:30	1806	2:24:52	0:29:51	0.563
6.465	0:42:51 > 10´	1972	3:25:40	1:00:48	2.04
6.615	0:03:33	1938	4:11:53	0:46:13	0.149
7.956	0:13:33 > 10´	1950	4:46:02	0:34:09	1.342
9.353	0:07:52	1976	5:31:14	0:45:12	1.397
10.996	0:13:04 > 10´	1710	6:13:57	0:42:43	1.643
Total :	1:59:56 h				

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