**Track: 2021-11-20 Monte Portella da Fonte Cerreto** — **Date: 20/11/2021**

| | |
|---|---|
| Track: 2021-11-20 Monte Portella da Fonte Cerreto | **IBP = 159 HKG** |
| These speeds are average for = HKG | |
| IBP index reliability= A | |

| | |
|---|---|
| Total length | 16.24 Km |
| Analyzed distance | 16.24 Km |
| Lineal distance | 0.02 Km |

| | |
|---|---|
| Accumulated climb | 1593.6 m |
| Accumulated descent | 1587.5 m |
| Maximum height | 2419 m |
| Minimal height | 1104.9 m |
| Climb rate | 19.73 % |
| Descent rate | 20.17 % |
| Positive climb difference per km | 98.13 m |
| Negative descent difference per km | 97.75 m |

| | |
|---|---|
| Total time | 7:02:54 h |
| Time in movement | 5:42:40 h |
| Stopped time | 1:20:14 h |

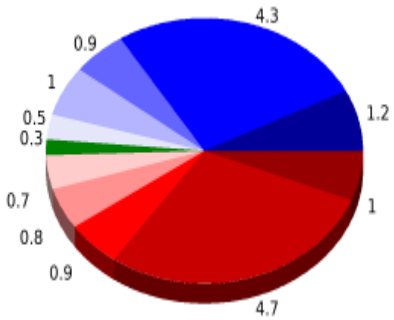
| | |
|---|---|
| Total speed average | 2.3 Km/h |
| Average speed in movement | 2.84 Km/h |
| Maximum held speed | 5.69 Km/h |

| | |
|---|---|
| Max slope filter | ~55 % |
| Min. points separation | ~30 m |
| Number of points | 1025 (cad. 15.84 m) |
| Significant points | 430 (cad. 37.85 m / 41.95 %) |
| Aberrant points | 23 (2.24 % d. total) |

| | |
|---|---|
| Direction changes per km | 14.66 |
| Direction changes >5º per km | 12.32 |
| Accumulated straight stretches | 1.308 Km |
| Straight stretches per km | 80.54 m |
| Penalizables slope changes | 8 |
| Penalizables slope changes per km | 0.493 |

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www.cicloide.com

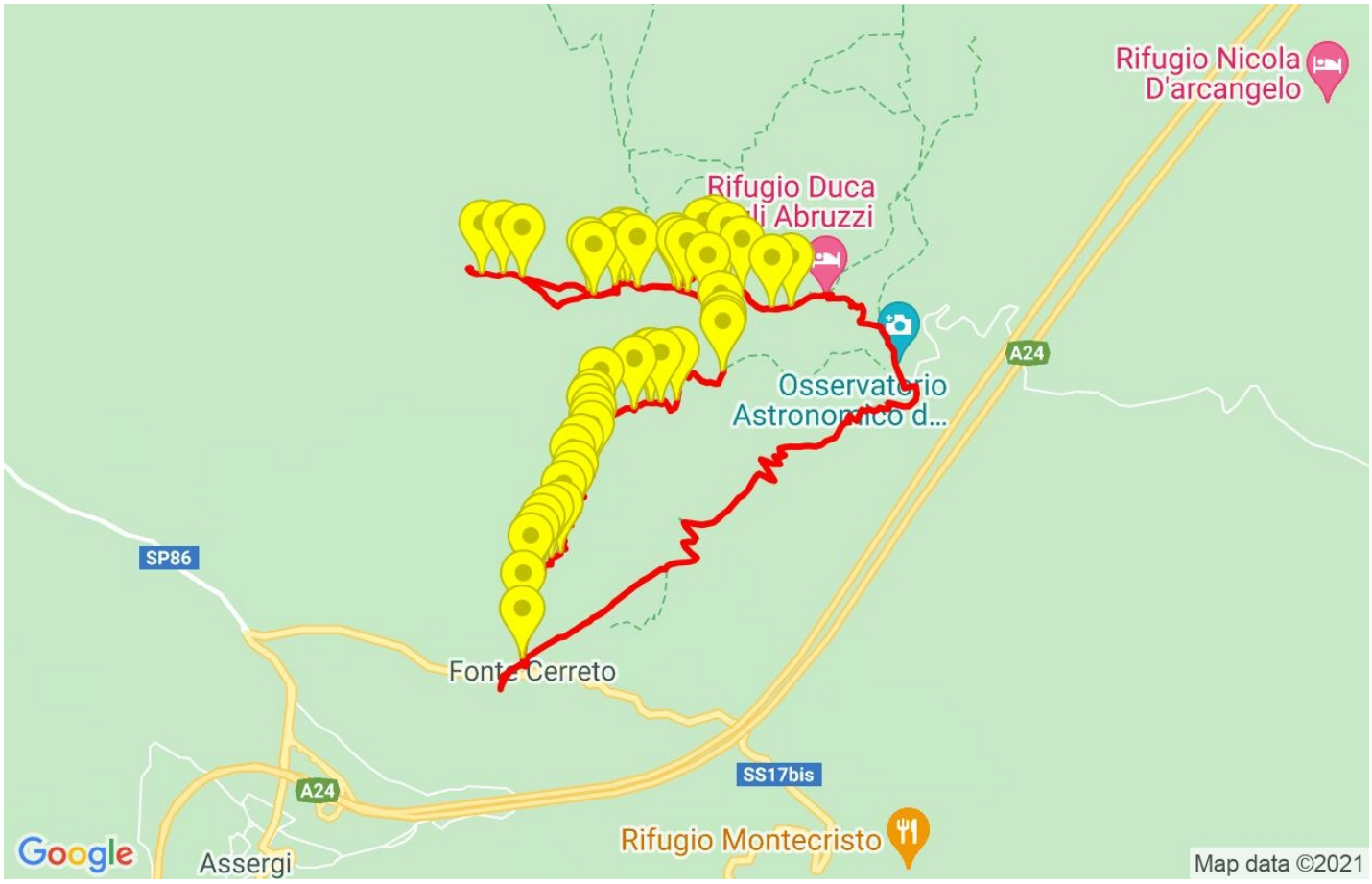
**Summary of slopes**

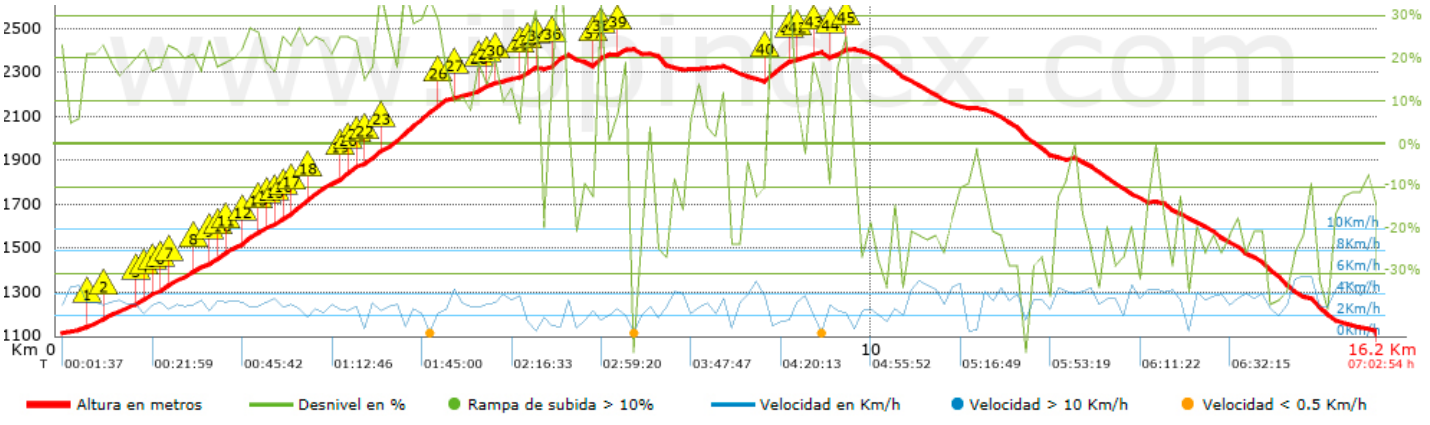



| | Climbs | Distance in km | above the total in % | Speed in | Time h:m:s |
|---|---|---|---|---|---|
| | Between 30% and 55% | 1.006 | 6.19 | 1.7 | 0:35:36 |
| | Between 15 and 30% | 4.661 | 28.7 | 2.56 | 1:49:19 |
| | Between 10 and 15% | 0.937 | 5.77 | 2.7 | 0:20:50 |
| | Between 5 and 10% | 0.765 | 4.71 | 2.9 | 0:15:49 |
| | Between 1 and 5% | 0.707 | 4.35 | 3.23 | 0:13:09 |
| | Total : | 8.076 | 49.73 | 2.49 | 3:14:43 |
| | Plain | | | | |
| | Difference of 1% | 0.295 | 1.82 | 4.96 | 0:03:34 |
| | Breakdown descents | | | | |
| | Between 1 and 5% | 0.461 | 2.84 | 3.79 | 0:07:18 |
| | Between 5 and 10% | 0.971 | 5.98 | 3.65 | 0:15:57 |
| | Between 10 and 15% | 0.886 | 5.46 | 3.59 | 0:14:48 |
| | Between 15 and 30% | 4.326 | 26.64 | 3.31 | 1:18:26 |
| | Between 30% and 55% | 1.224 | 7.54 | 2.63 | 0:27:54 |
| | Total : | 7.869 | 48.46 | 3.27 | 2:24:23 |
| | Total track : | 16.24 | 100 % | 2.84 | 5:42:40 |

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| | |
|---|---|
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## Steep slopes > 10%

| Steep slopes | Mileage point | Average slope | Interval |
|---|---|---|---|
| 1 | 0.346 | 20 % | 247 m |
| 2 | 0.593 | 17 % | 363 m |
| 3 | 0.956 | 21 % | 103 m |
| 4 | 1.059 | 19 % | 122 m |
| 5 | 1.182 | 22 % | 116 m |
| 6 | 1.297 | 19 % | 109 m |
| 7 | 1.406 | 21 % | 222 m |
| 8 | 1.628 | 19 % | 197 m |
| 9 | 1.825 | 21 % | 144 m |
| 10 | 1.968 | 22 % | 146 m |
| 11 | 2.114 | 21 % | 195 m |
| 12 | 2.309 | 26 % | 173 m |
| 13 | 2.482 | 21 % | 103 m |
| 14 | 2.585 | 23 % | 100 m |
| 15 | 2.685 | 21 % | 110 m |
| 16 | 2.795 | 24 % | 68 m |
| 17 | 2.862 | 29 % | 249 m |
| 18 | 3.112 | 24 % | 313 m |
| 19 | 3.424 | 28 % | 183 m |
| 20 | 3.607 | 28 % | 32 m |
| 21 | 3.639 | 19 % | 117 m |
| 22 | 3.756 | 23 % | 193 m |
| 23 | 3.948 | 30 % | 691 m |
| 24 | 4.639 | 29 % | 30 m |
| 25 | 4.669 | 29 % | 38 m |
| 26 | 4.707 | 19 % | 84 m |

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| | | | |
|---|---|---|---|
| 27 | 4.839 | 11 % | 272 m |
| 28 | 5.112 | 18 % | 173 m |
| 29 | 5.285 | 14 % | 59 m |
| 30 | 5.671 | 16 % | 74 m |
| 31 | 5.745 | 24 % | 37 m |
| 32 | 5.782 | 30 % | 76 m |
| 33 | 5.858 | 26 % | 29 m |
| 34 | 6.031 | 15 % | 44 m |
| 35 | 6.075 | 41 % | 122 m |
| 36 | 6.558 | 30 % | 154 m |
| 37 | 6.712 | 12 % | 34 m |
| 38 | 6.857 | 26 % | 148 m |
| 39 | 8.681 | 31 % | 242 m |
| 40 | 8.923 | 26 % | 73 m |
| 41 | 9.24 | 17 % | 84 m |
| 42 | 9.507 | 19 % | 133 m |
| 43 | 9.64 | 25 % | 34 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 | 5125.931 | 31.56 | 2:08:28 | 2.39 | 0:48:43 | 2:57:11 | 1.74 |
| 2000 | 2558.094 | 15.75 | 0:51:24 | 2.99 | 0:23:34 | 1:14:58 | 2.05 |
| 1750 | 2232.576 | 13.75 | 0:45:18 | 2.96 | 0:03:19 | 0:48:37 | 2.76 |
| 1500 | 2356.514 | 14.51 | 0:44:15 | 3.2 | 0:04:38 | 0:48:53 | 2.89 |
| Total : | 12.273 Km | 75.57 % | 4:29:25 h | 2.73 Km/h | 1:20:14 h | 5:49:39 h | 2.11 Km/h |

| Stops | | | | | |
|---|---|---|---|---|---|
| Distance | Stopped time | Altitude | Elapsed time | Last stop elapsed time | Last stop distance |
| 3.716 | 0:03:19 | 1877 | 1:22:21 | 1:22:21 | 3.716 |
| 4.506 | 0:04:43 | 2095 | 1:46:58 | 0:24:37 | 0.79 |
| 5.824 | 0:04:21 | 2308 | 2:24:04 | 0:37:06 | 1.318 |
| 6.3 | 0:03:05 | 2378 | 2:44:55 | 0:20:51 | 0.477 |
| 6.965 | 0:23:08 > 10´ | 2401 | 3:07:23 | 0:22:28 | 0.665 |
| 8.208 | 0:06:40 | 2330 | 3:58:31 | 0:51:08 | 1.243 |
| 9.325 | 0:04:16 | 2386 | 4:31:24 | 0:32:53 | 1.117 |
| 9.674 | 0:04:06 | 2401 | 4:43:54 | 0:12:30 | 0.35 |
| 9.744 | 0:03:07 | 2404 | 4:49:00 | 0:05:06 < 10´ | 0.07 |
| 11.138 | 0:18:51 > 10´ | 2139 | 5:17:51 | 0:28:51 | 1.394 |
| 13.805 | 0:04:38 | 1655 | 6:19:02 | 1:01:11 | 2.667 |
| Total : | 1:20:14 h | | | | |

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