Track: 2021-12-04 Monte Gennaro da Palombara — **Date: 04/12/2021**

Track: 2021-12-04 Monte Gennaro da Palombara	**IBP = 126 HKG**
These speeds are average for = HKG	
IBP index reliability= C	

Total length	18.75 Km
Analyzed distance	18.75 Km
Lineal distance	0.06 Km

Accumulated climb	1512.43 m
Accumulated descent	1504.83 m
Maximum height	1269.1 m
Minimal height	274.6 m
Climb rate	16.86 %
Descent rate	16.42 %
Positive climb difference per km	80.66 m
Negative descent difference per km	80.26 m

Total time	5:04:43 h
Time in movement	4:40:08 h
Stopped time	0:24:35 h

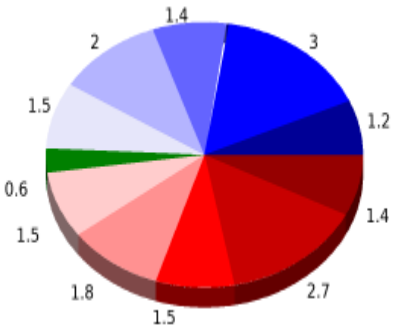
Total speed average	3.69 Km/h
Average speed in movement	4.02 Km/h
Maximum held speed	7.25 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1359 (cad. 13.8 m)
Significant points	519 (cad. 36.2 m / 38.19 %)
Aberrant points	86 (6.33 % d. total)

Direction changes per km	13.12
Direction changes >5º per km	10.77
Accumulated straight stretches	1.708 Km
Straight stretches per km	91.09 m
Penalizables slope changes	6
Penalizables slope changes per km	0.32

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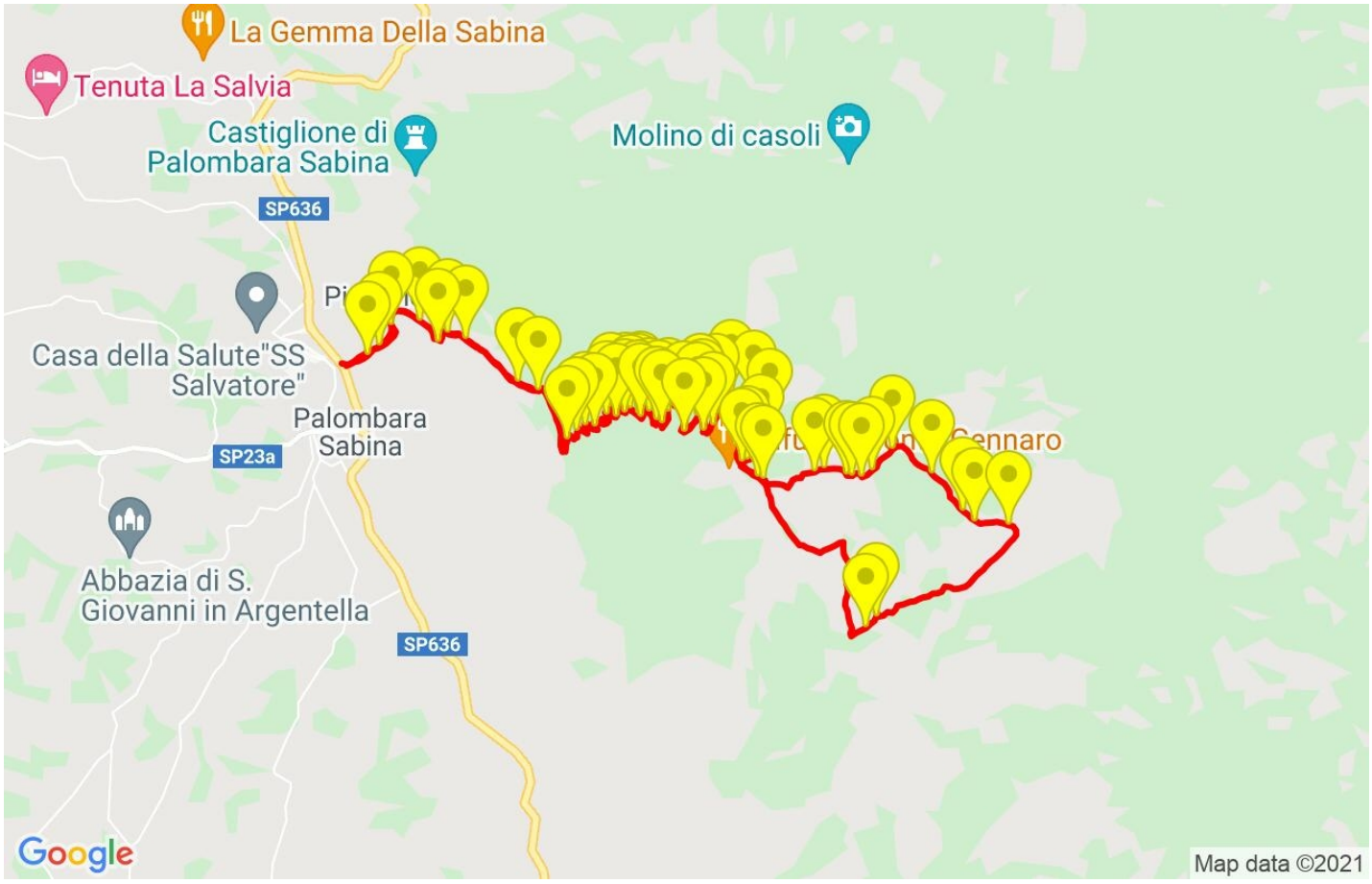
Summary of slopes

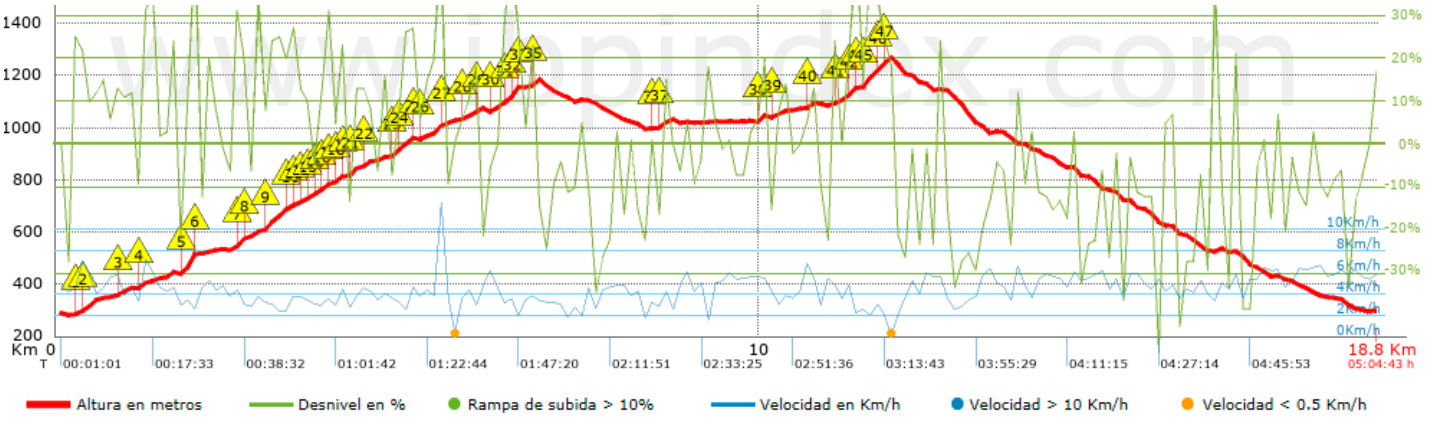


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.411	7.53	3.41	0:24:50
	Between 15 and 30%	2.739	14.6	3.77	0:43:37
	Between 10 and 15%	1.546	8.24	4.09	0:22:40
	Between 5 and 10%	1.79	9.55	3.94	0:27:15
	Between 1 and 5%	1.486	7.92	4.78	0:18:39
	Total :	8.972	47.84	3.93	2:17:01
	Plain				
	Difference of 1%	0.616	3.29	4.17	0:08:52
	Breakdown descents				
	Between 1 and 5%	1.483	7.91	4.48	0:19:52
	Between 5 and 10%	2.026	10.8	4.46	0:27:15
	Between 10 and 15%	1.363	7.27	4.42	0:18:29
	Between 15 and 30%	3.046	16.25	3.87	0:47:12
	Between 30% and 55%	1.245	6.64	3.48	0:21:27
	Total :	9.164	48.87	4.1	2:14:15
	Total track :	18.75	100 %	4.02	4:40:08

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
 1	0.245	18 %	108 m
 2	0.352	22 %	174 m
 3	0.849	13 %	196 m
 4	1.164	15 %	135 m
 5	1.775	34 %	167 m
 6	1.942	47 %	40 m
 7	2.548	30 %	163 m
 8	2.711	13 %	146 m
 9	2.958	26 %	280 m
 10	3.238	11 %	104 m
 11	3.342	20 %	113 m
 12	3.456	12 %	110 m
 13	3.566	15 %	112 m
 14	3.678	19 %	37 m
 15	3.714	16 %	68 m
 16	3.782	26 %	31 m
 17	3.814	20 %	79 m
 18	3.966	14 %	79 m
 19	4.045	11 %	117 m
 20	4.162	25 %	44 m
 21	4.206	18 %	118 m
 22	4.325	16 %	94 m
 23	4.752	24 %	144 m
 24	4.896	18 %	146 m
 25	5.042	27 %	38 m
 26	5.183	12 %	140 m

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27	5.418	30 %	136 m
28	5.784	14 %	184 m
29	5.968	28 %	38 m
30	6.154	11 %	189 m
31	6.343	32 %	138 m
32	6.481	42 %	46 m
33	6.527	26 %	38 m
34	6.71	23 %	42 m
35	6.752	44 %	66 m
36	8.481	14 %	107 m
37	8.588	13 %	69 m
38	9.965	20 %	123 m
39	10.202	15 %	113 m
40	10.657	12 %	135 m
41	11.023	14 %	226 m
42	11.249	25 %	88 m
43	11.337	46 %	33 m
44	11.434	15 %	40 m
45	11.474	32 %	197 m
46	11.671	25 %	73 m
47	11.744	37 %	73 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
Total :	0 Km	--- %	--- h	--- Km/h	--- h	--- h	--- Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
5.637	0:05:42	1028	1:27:42	1:27:42	5.637
11.817	0:18:53 > 10´	1263	3:14:34	1:46:52	6.18
Total :	0:24:35 h				

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