Track: 2021-12-12 Trail di Monte Gennaro — **Date: 13/12/2021**

Track: 2021-12-12 Trail di Monte Gennaro	**IBP = 265 RNG**
These speeds are average for = RNG	
IBP index reliability= B	

Total length	17.55 Km
Analyzed distance	17.55 Km
Lineal distance	0.01 Km

Accumulated climb	1325.6 m
Accumulated descent	1324.2 m
Maximum height	1234.5 m
Minimal height	301.5 m
Climb rate	16.73 %
Descent rate	14.26 %
Positive climb difference per km	75.53 m
Negative descent difference per km	75.45 m

Total time	2:53:57 h
Time in movement	2:53:57 h
Stopped time	0:00:00 h

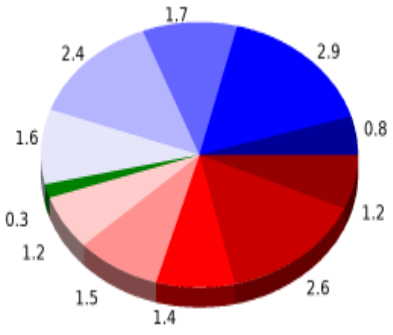
Total speed average	6.05 Km/h
Average speed in movement	6.05 Km/h
Maximum held speed	13.59 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1119 (cad. 15.68 m)
Significant points	473 (cad. 37.18 m / 42.27 %)
Aberrant points	47 (4.2 % d. total)

Direction changes per km	12.54
Direction changes >5º per km	10.26
Accumulated straight stretches	1.672 Km
Straight stretches per km	95.27 m
Penalizables slope changes	5
Penalizables slope changes per km	0.285

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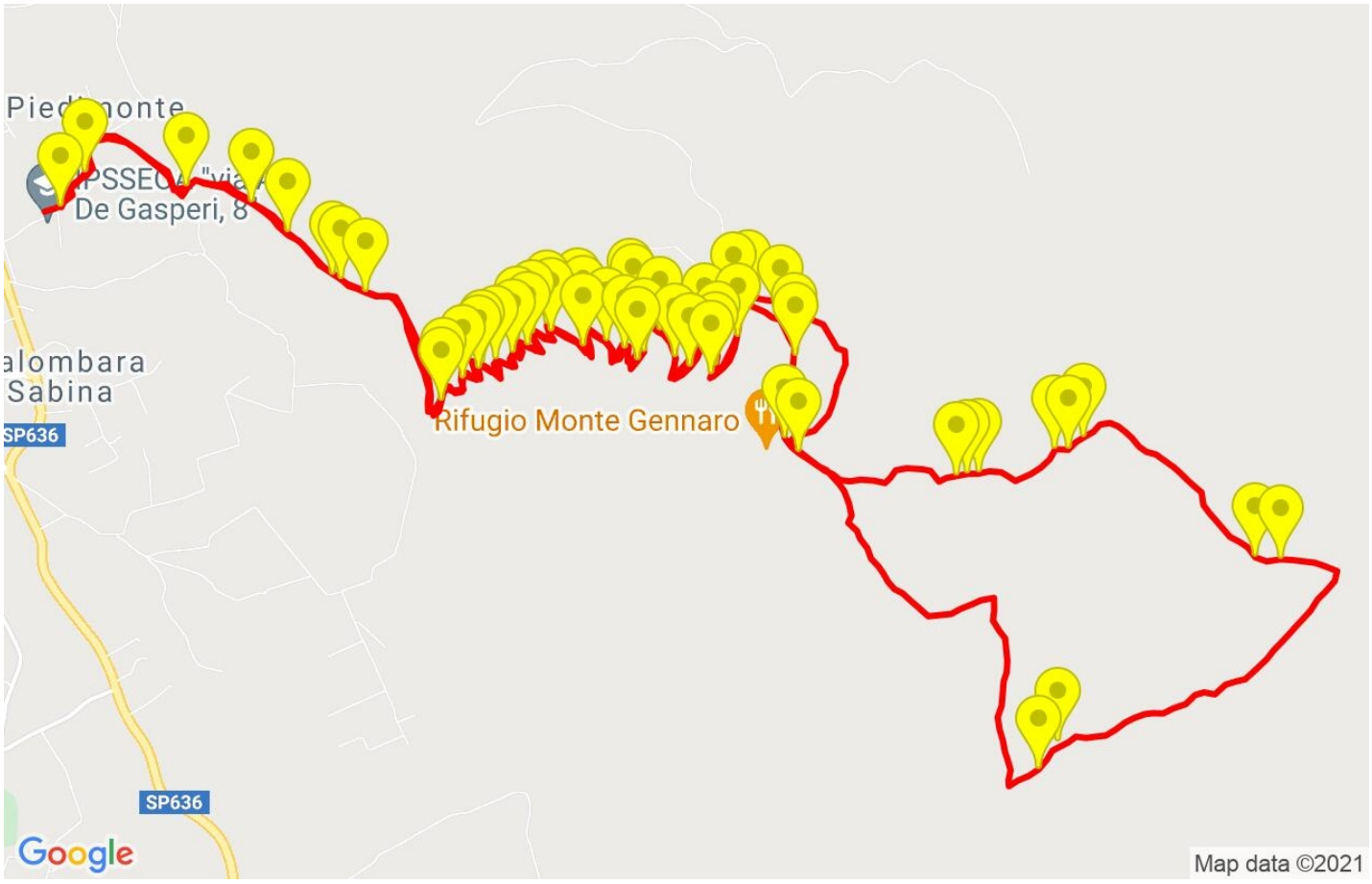
Summary of slopes

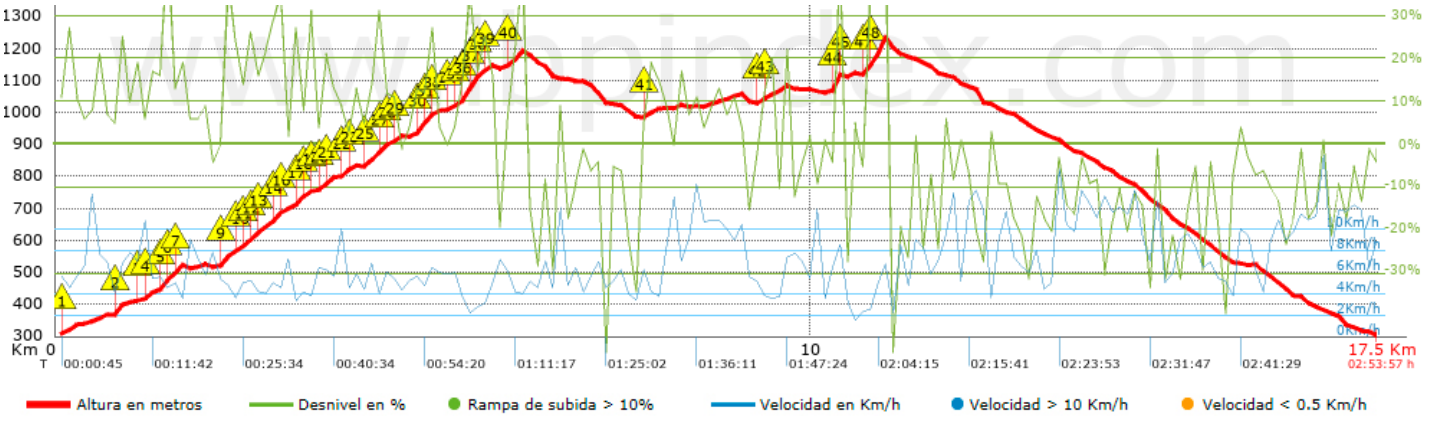


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.159	6.6	4.03	0:17:16
	Between 15 and 30%	2.582	14.72	4.72	0:32:49
	Between 10 and 15%	1.413	8.05	5.5	0:15:24
	Between 5 and 10%	1.529	8.71	6.22	0:14:45
	Between 1 and 5%	1.24	7.07	6.07	0:12:16
	Total :	7.923	45.15	5.14	1:32:30
	Plain				
	Difference of 1%	0.337	1.92	8.15	0:02:29
	Breakdown descents				
	Between 1 and 5%	1.584	9.03	7.59	0:12:31
	Between 5 and 10%	2.385	13.59	7.32	0:19:32
	Between 10 and 15%	1.674	9.54	7.7	0:13:03
	Between 15 and 30%	2.867	16.34	6.81	0:25:16
	Between 30% and 55%	0.779	4.44	5.43	0:08:36
	Total :	9.288	52.93	7.06	1:18:58
	Total track :	17.55	100 %	6.05	2:53:57

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
 1	0.048	17 %	160 m
 2	0.761	26 %	122 m
 3	1.027	11 %	158 m
 4	1.185	14 %	211 m
 5	1.396	27 %	35 m
 6	1.431	33 %	101 m
 7	1.533	26 %	83 m
 8	2.159	15 %	32 m
 9	2.191	20 %	151 m
 10	2.343	20 %	149 m
 11	2.492	16 %	41 m
 12	2.533	21 %	147 m
 13	2.68	18 %	153 m
 14	2.833	19 %	109 m
 15	2.942	37 %	42 m
 16	2.985	11 %	132 m
 17	3.117	21 %	167 m
 18	3.284	13 %	29 m
 19	3.313	12 %	147 m
 20	3.46	18 %	142 m
 21	3.602	26 %	33 m
 22	3.754	17 %	113 m
 23	4.051	17 %	36 m
 24	4.087	20 %	129 m
 25	4.216	31 %	35 m
 26	4.25	19 %	120 m

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27	4.371	13 %	108 m
28	4.479	28 %	31 m
29	4.771	25 %	139 m
30	4.91	37 %	39 m
31	4.949	27 %	34 m
32	4.983	35 %	31 m
33	5.173	11 %	107 m
34	5.281	25 %	71 m
35	5.351	30 %	127 m
36	5.479	32 %	113 m
37	5.591	36 %	31 m
38	5.622	17 %	62 m
39	5.979	21 %	154 m
40	7.794	16 %	115 m
41	9.298	11 %	88 m
42	9.386	14 %	113 m
43	10.264	48 %	63 m
44	10.327	47 %	43 m
45	10.658	14 %	38 m
46	10.696	21 %	37 m
47	10.733	44 %	233 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
Total :	0:00:00 h				

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