Track: 2021-12-30 La cresta del Puzzillo — **Date: 30/12/2021**

Track: 2021-12-30 La cresta del Puzzillo	**IBP = 86 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	12.45 Km
Analyzed distance	12.45 Km
Lineal distance	0 Km

Accumulated climb	677.6 m
Accumulated descent	677.3 m
Maximum height	2176.4 m
Minimal height	1600.5 m
Climb rate	12 %
Descent rate	10.64 %
Positive climb difference per km	54.43 m
Negative descent difference per km	54.4 m

Total time	6:07:08 h
Time in movement	4:36:10 h
Stopped time	1:30:58 h

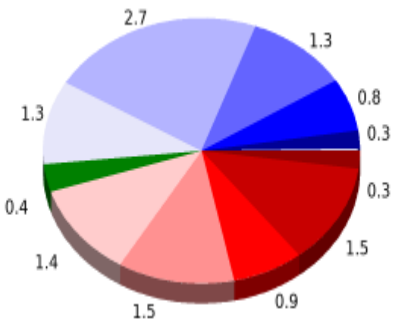
Total speed average	2.04 Km/h
Average speed in movement	2.7 Km/h
Maximum held speed	6.22 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	737 (cad. 16.9 m)
Significant points	321 (cad. 38.91 m / 43.55 %)
Aberrant points	17 (2.31 % d. total)

Direction changes per km	11.97
Direction changes >5° per km	9.08
Accumulated straight stretches	2.472 Km
Straight stretches per km	198.55 m
Penalizables slope changes	6
Penalizables slope changes per km	0.482

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Summary of slopes

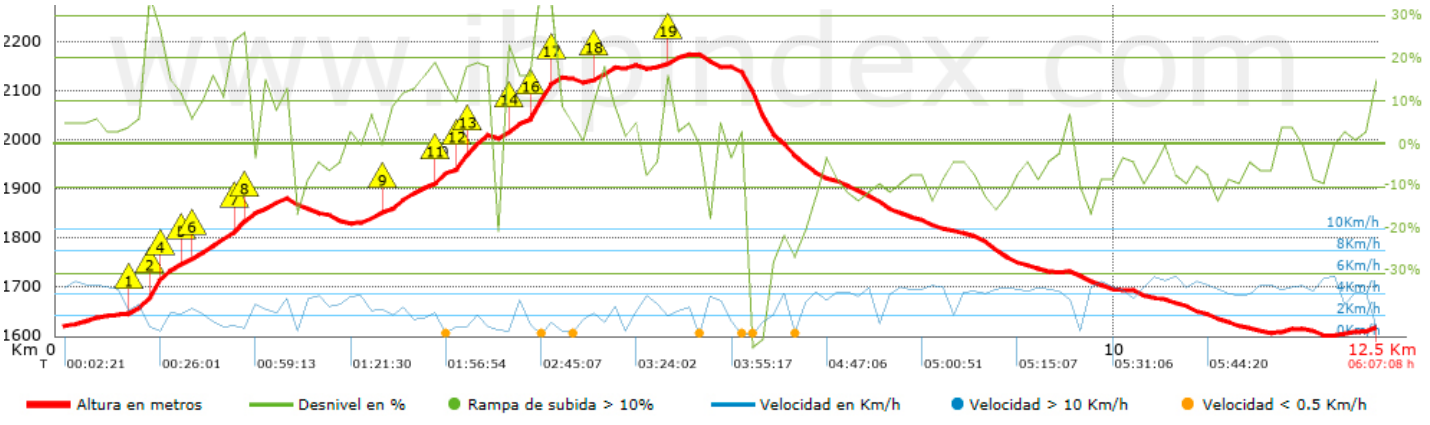


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.292	2.35	1.47	0:11:55
	Between 15 and 30%	1.509	12.12	1.54	0:58:58
	Between 10 and 15%	0.864	6.94	2.04	0:25:25
	Between 5 and 10%	1.54	12.37	2.62	0:35:16
	Between 1 and 5%	1.44	11.57	3.12	0:27:43
	Total :	5.645	45.34	2.13	2:39:17
	Plain				
	Difference of 1%	0.444	3.56	3.66	0:07:16
	Breakdown descents				
	Between 1 and 5%	1.307	10.5	3.41	0:23:01
	Between 5 and 10%	2.654	21.31	3.95	0:40:20
	Between 10 and 15%	1.307	10.5	3.69	0:21:16
	Between 15 and 30%	0.808	6.49	3.31	0:14:38
	Between 30% and 55%	0.287	2.31	1.66	0:10:22
	Total :	6.363	51.1	3.48	1:49:37
	Total track :	12.45	100 %	2.7	4:36:10

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.666	12 %	147 m
2	0.813	32 %	158 m
3	0.971	24 %	32 m
4	1.003	16 %	115 m
5	1.118	11 %	149 m
6	1.267	13 %	353 m
7	1.619	22 %	145 m
8	1.764	27 %	44 m
9	3.095	13 %	295 m
10	3.532	19 %	43 m
11	3.575	16 %	179 m
12	3.755	26 %	112 m
13	3.867	19 %	183 m
14	4.22	14 %	197 m
15	4.417	16 %	42 m
16	4.459	34 %	210 m
17	4.669	23 %	30 m
18	5.093	18 %	105 m
19	5.737	17 %	100 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2000	2815.776	22.61	1:15:39	2.23	1:04:41	2:20:20	1.2
1750	5120.483	41.12	2:05:06	2.46	0:17:55	2:23:01	2.15
1500	4515.959	36.27	1:15:25	3.59	0:08:22	1:23:47	3.23
Total :	12.452 Km	100 %	4:36:10 h	2.71 Km/h	1:30:58 h	6:07:08 h	2.04 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
0.852	0:03:59	1678	0:18:14	0:18:14	0.852
1.655	0:02:25	1812	0:50:56	0:32:42	0.803
2.163	0:04:45	1881	1:04:51	0:13:55	0.508
3.616	0:05:40	1922	1:50:25	0:45:34	1.454
4.115	0:07:05	2010	2:17:40	0:27:15	0.499
4.459	0:09:12	2042	2:32:42	0:15:02	0.344
4.737	0:10:05 > 10´	2123	2:52:25	0:19:43	0.278
5.27	0:03:45	2147	3:16:39	0:24:14	0.533
5.957	0:10:01 > 10´	2174	3:37:01	0:20:22	0.687
6.426	0:24:33 > 10´	2137	3:57:23	0:20:22	0.468
6.868	0:05:05	1992	4:33:33	0:36:10	0.442
9.61	0:04:23	1731	5:22:35	0:49:02	2.742
Total :	1:30:58 h				

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