Track: 2022-01-15 Monte La Guardia da San Polo — **Date: 15/01/2022**

Track: 2022-01-15 Monte La Guardia da San Polo	**IBP = 92 HKG**
These speeds are average for = HKG	
IBP index reliability= B	

Total length	22.87 Km
Analyzed distance	22.87 Km
Lineal distance	0.02 Km

Accumulated climb	967.2 m
Accumulated descent	974.9 m
Maximum height	1188.6 m
Minimal height	560.5 m
Climb rate	8.37 %
Descent rate	9.21 %
Positive climb difference per km	42.29 m
Negative descent difference per km	42.63 m

Total time	6:57:31 h
Time in movement	6:16:56 h
Stopped time	0:40:35 h

Total speed average	3.29 Km/h
Average speed in movement	3.64 Km/h
Maximum held speed	6.1 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1238 (cad. 18.48 m)
Significant points	583 (cad. 39.3 m / 47.09 %)
Aberrant points	0 (0 % d. total)

Direction changes per km	12.11
Direction changes >5° per km	10.19
Accumulated straight stretches	2.911 Km
Straight stretches per km	127.28 m
Penalizables slope changes	7
Penalizables slope changes per km	0.306

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Summary of slopes



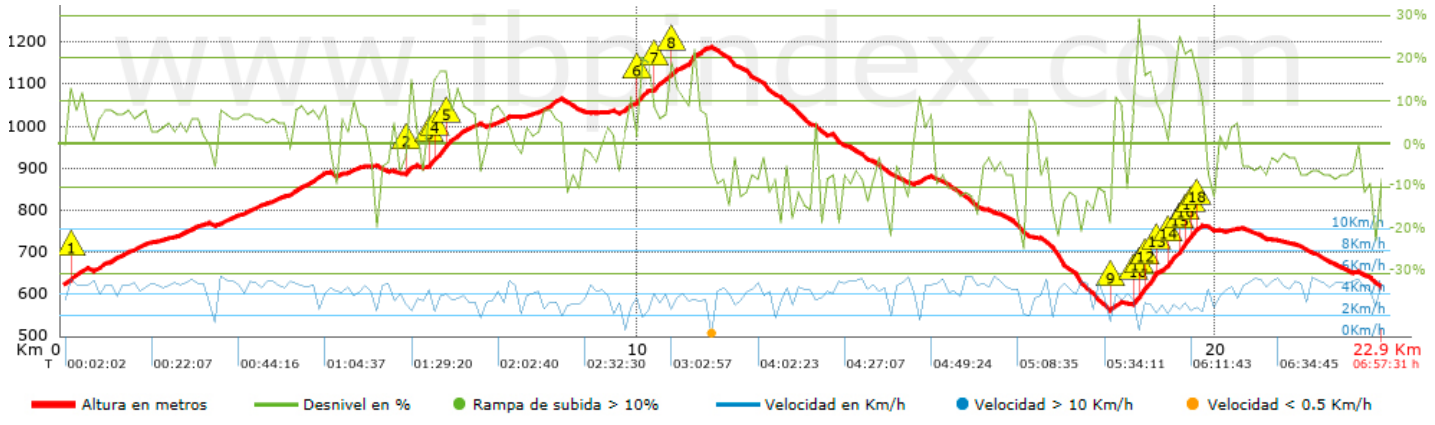
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.03	0.13	3.61	0:00:30
	Between 15 and 30%	1.272	5.56	2.41	0:31:43
	Between 10 and 15%	1.74	7.61	2.7	0:38:38
	Between 5 and 10%	5.837	25.52	3.87	1:30:25
	Between 1 and 5%	2.675	11.69	3.92	0:40:57
	Total :	11.554	50.51	3.43	3:22:13
	Plain				
	Difference of 1%	0.732	3.2	3.3	0:13:19
	Breakdown descents				
	Between 1 and 5%	2.101	9.19	3.88	0:32:27
	Between 5 and 10%	4.815	21.05	4.17	1:09:18
	Between 10 and 15%	2.117	9.25	4.22	0:30:04
	Between 15 and 30%	1.555	6.8	3.15	0:29:35
	Between 30% and 55%	0	0	0	0:00:00
	Total :	10.588	46.29	3.94	2:41:24
	Total track :	22.87	100 %	3.64	6:16:56

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
 1	0.108	11 %	221 m
 2	5.974	13 %	110 m
 3	6.357	11 %	83 m
 4	6.44	16 %	274 m
 5	6.714	11 %	114 m
 6	9.987	16 %	115 m
 7	10.252	12 %	119 m
 8	10.527	11 %	188 m
 9	18.158	11 %	107 m
 10	18.606	24 %	104 m
 11	18.71	27 %	30 m
 12	18.74	20 %	186 m
 13	19.166	14 %	162 m
 14	19.328	20 %	105 m
 15	19.433	15 %	113 m
 16	19.546	19 %	102 m
 17	19.649	14 %	109 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
9.652	0:03:50	1030	2:41:21	2:41:21	9.652
11.243	0:33:52 > 10´	1189	3:16:13	0:34:52	1.592
18.575	0:02:53	576	5:45:02	2:28:49	7.332
Total :	0:40:35 h				

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