Track: 2022-02-24 Eremo di S. Onofrio **Date: 24/02/2022**

Track: 2022-02-24 Eremo di S. Onofrio	**IBP = 43 HKG**
These speeds are average for = HKG	
IBP index reliability= B	

Total length	8.17 Km
Analyzed distance	8.17 Km
Lineal distance	0.11 Km

Accumulated climb	341.8 m
Accumulated descent	351.6 m
Maximum height	1624.8 m
Minimal height	1361.8 m
Climb rate	8.91 %
Descent rate	8.75 %
Positive climb difference per km	41.84 m
Negative descent difference per km	43.04 m

Total time	2:56:23 h
Time in movement	2:24:19 h
Stopped time	0:32:04 h

Total speed average	2.78 Km/h
Average speed in movement	3.4 Km/h
Maximum held speed	5.86 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	393 (cad. 20.78 m)
Significant points	198 (cad. 41.46 m / 50.38 %)
Aberrant points	4 (1.02 % d. total)

Direction changes per km	12.36
Direction changes >5º per km	9.91
Accumulated straight stretches	0.778 Km
Straight stretches per km	95.23 m
Penalizables slope changes	2
Penalizables slope changes per km	0.245

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Summary of slopes

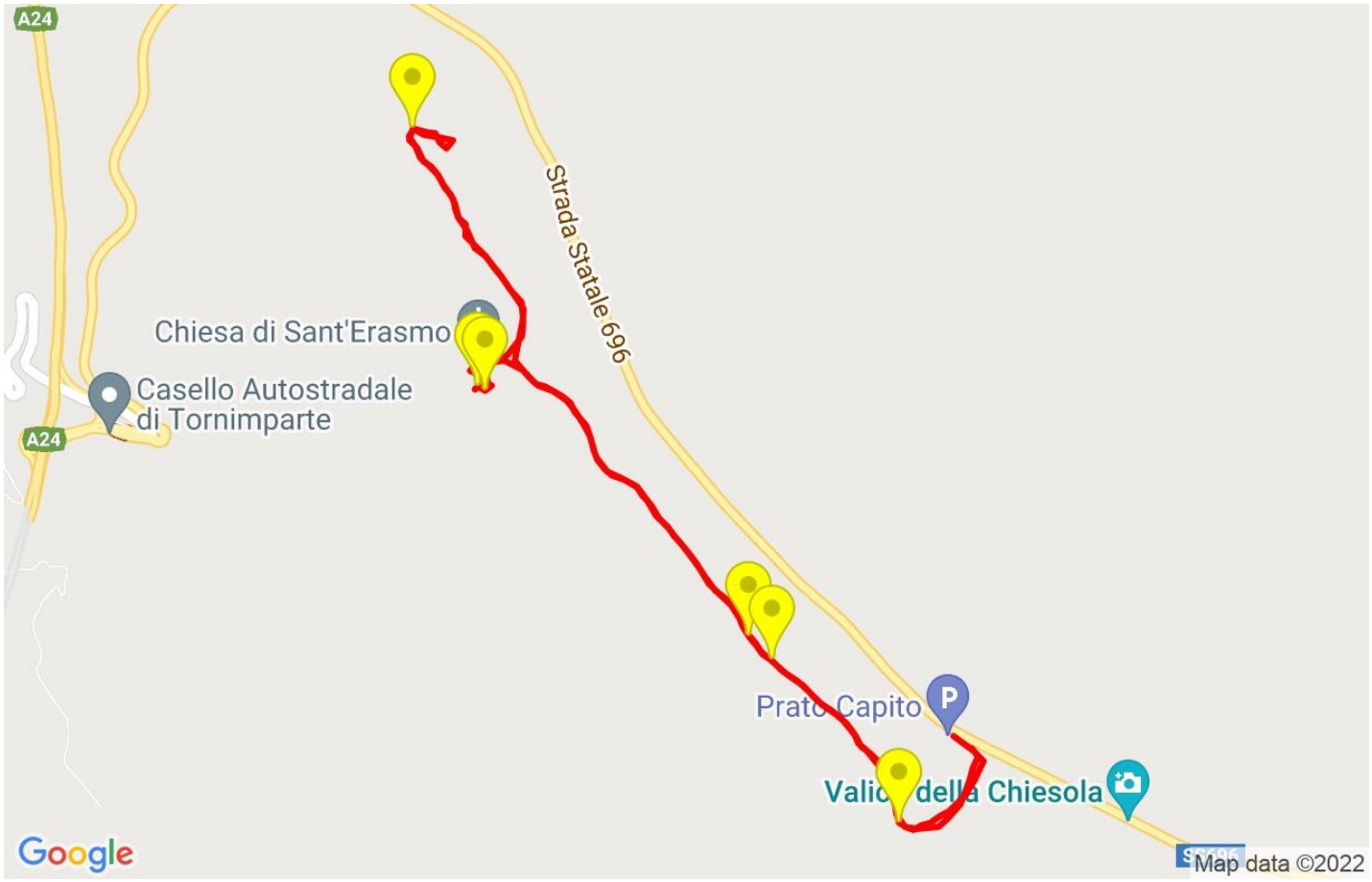


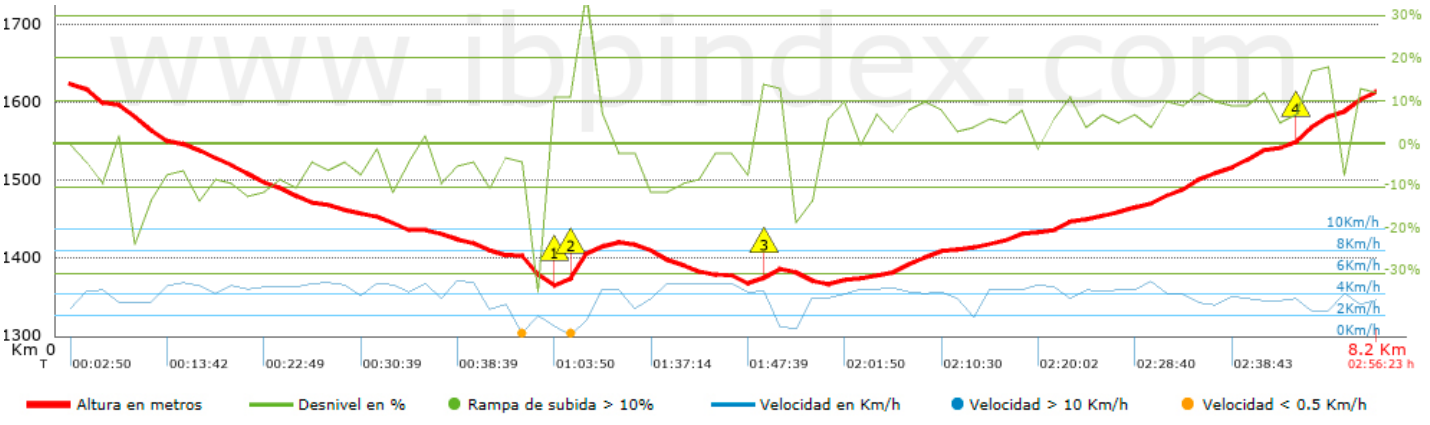
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.038	0.46	1.47	0:01:32
	Between 15 and 30%	0.333	4.08	2.23	0:08:58
	Between 10 and 15%	0.797	9.76	2.79	0:17:07
	Between 5 and 10%	1.838	22.5	3.65	0:30:11
	Between 1 and 5%	0.83	10.17	3.97	0:12:33
	Total :	3.835	46.96	3.27	1:10:21
	Plain				
	Difference of 1%	0.313	3.84	4.62	0:04:04
	Breakdown descents				
	Between 1 and 5%	1.082	13.25	3.74	0:17:21
	Between 5 and 10%	1.693	20.73	3.66	0:27:45
	Between 10 and 15%	0.824	10.1	3.6	0:13:44
	Between 15 and 30%	0.347	4.24	2.27	0:09:10
	Between 30% and 55%	0.073	0.89	2.3	0:01:54
	Total :	4.019	49.2	3.45	1:09:54
	Total track :	8.17	100 %	3.4	2:24:19

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Steep slopes > 10%			
Steep slope	Mileage point	Average slope	Interval
1	3.038	11 %	114 m
2	3.152	27 %	141 m
3	4.321	13 %	157 m
4	7.705	20 %	190 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
1500	2358.668	28.88	0:43:35	3.25		0:43:35	3.25
Total :	2.359 Km	28.88 %	0:43:35 h	3.25 Km/h	0:00:00 h	0:43:35 h	3.25 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
2.757	0:09:54	1404	0:43:54	0:43:54	2.757
3.07	0:19:09 > 10´	1365	1:03:50	0:19:56	0.314
4.478	0:03:01	1386	1:52:14	0:48:24	1.408
Total :	0:32:04 h				

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