Track: 2022-03-15 Monti Portella e Aquila da F. Cereto	**IBP = 183 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	15.47 Km
Analyzed distance	15.47 Km
Lineal distance	0.01 Km

Accumulated climb	1743.1 m
Accumulated descent	1756.7 m
Maximum height	2503.9 m
Minimal height	1113 m
Climb rate	22.45 %
Descent rate	24.02 %
Positive climb difference per km	112.68 m
Negative descent difference per km	113.56 m

Total time	7:38:31 h
Time in movement	6:12:55 h
Stopped time	1:25:36 h

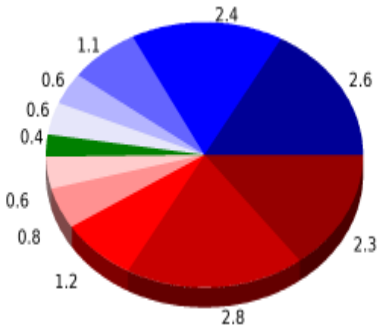
Total speed average	2.02 Km/h
Average speed in movement	2.49 Km/h
Maximum held speed	5.83 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	974 (cad. 15.88 m)
Significant points	407 (cad. 38.11 m / 41.79 %)
Aberrant points	109 (11.19 % d. total)

Direction changes per km	13.19
Direction changes >5° per km	9.83
Accumulated straight stretches	2.009 Km
Straight stretches per km	129.86 m
Penalizables slope changes	13
Penalizables slope changes per km	0.84

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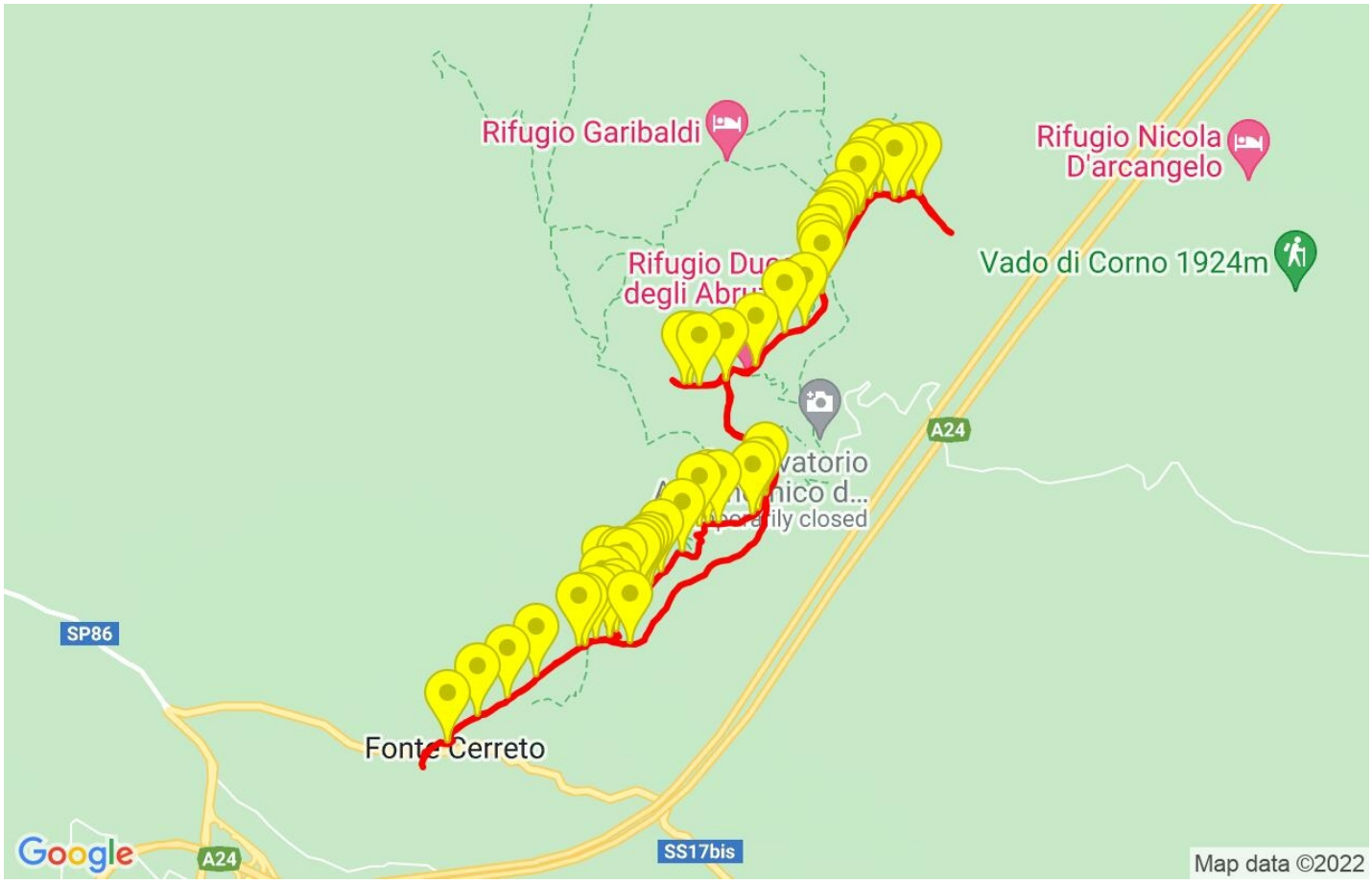
Summary of slopes

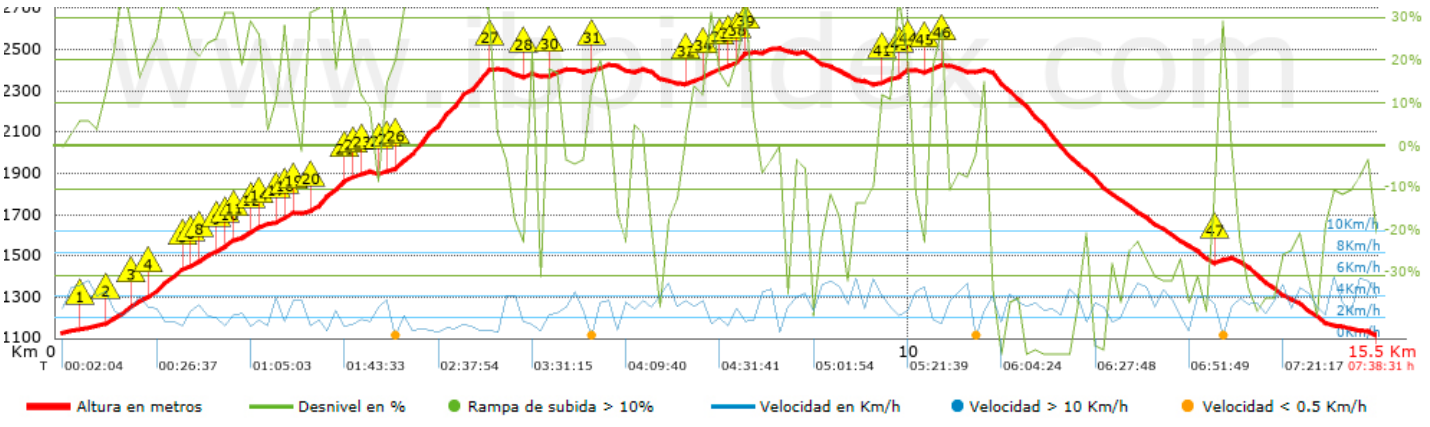


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	2.318	14.98	1.44	1:36:36
	Between 15 and 30%	2.764	17.86	2.01	1:22:18
	Between 10 and 15%	1.236	7.99	2.75	0:26:58
	Between 5 and 10%	0.834	5.39	2.93	0:17:05
	Between 1 and 5%	0.613	3.96	2.96	0:12:27
	Total :	7.764	50.18	1.98	3:55:24
	Plain				
	Difference of 1%	0.393	2.54	3.45	0:06:51
	Breakdown descents				
	Between 1 and 5%	0.559	3.61	3.95	0:08:29
	Between 5 and 10%	0.607	3.92	3.76	0:09:41
	Between 10 and 15%	1.142	7.38	3.71	0:18:28
	Between 15 and 30%	2.448	15.82	3.51	0:41:47
	Between 30% and 55%	2.559	16.54	2.94	0:52:15
	Total :	7.314	47.27	3.36	2:10:40
	Total track :	15.47	100 %	2.49	6:12:55

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
 1	0.607	31 %	252 m
 2	0.859	22 %	245 m
 3	1.104	33 %	377 m
 4	1.481	23 %	39 m
 5	1.52	23 %	105 m
 6	1.624	19 %	90 m
 7	1.714	26 %	99 m
 8	1.813	19 %	129 m
 9	1.942	27 %	106 m
 10	2.048	23 %	185 m
 11	2.234	23 %	105 m
 12	2.339	26 %	37 m
 13	2.376	13 %	143 m
 14	2.519	11 %	39 m
 15	2.558	16 %	34 m
 16	2.593	22 %	33 m
 17	2.626	27 %	114 m
 18	2.949	35 %	443 m
 19	3.392	26 %	71 m
 20	3.463	14 %	69 m
 21	3.532	12 %	42 m
 22	3.79	11 %	44 m
 23	3.834	16 %	116 m
 24	3.95	43 %	1098 m
 25	5.048	30 %	37 m
 26	5.493	21 %	97 m

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27	5.727	13 %	64 m
28	5.791	22 %	98 m
29	6.238	12 %	151 m
30	7.357	14 %	220 m
31	7.577	16 %	36 m
32	7.613	27 %	105 m
33	7.719	16 %	73 m
34	7.791	14 %	116 m
35	7.907	17 %	63 m
36	7.97	34 %	127 m
37	8.097	11 %	33 m
38	9.628	12 %	45 m
39	9.673	17 %	34 m
40	9.821	36 %	76 m
41	9.897	26 %	46 m
42	9.943	21 %	32 m
43	10.213	21 %	151 m
44	10.364	14 %	35 m
45	13.606	20 %	98 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2500	241.693	1.56	0:03:11	4.56	0:05:29	0:08:40	1.67
2250	6364.308	41.14	2:19:28	2.74	0:47:14	3:06:42	2.05
2000	1042.448	6.74	0:43:52	1.43	0:02:54	0:46:46	1.34
1750	1771.597	11.45	0:45:17	2.35	0:19:37	1:04:54	1.64
1500	2253.251	14.56	0:56:38	2.39	0:02:41	0:59:19	2.28
Total :	11.673 Km	75.45 %	4:48:26 h	2.43 Km/h	1:17:55 h	6:06:21 h	1.91 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
3.129	0:03:23	1771	1:31:15	1:31:15	3.129
3.907	0:12:54 > 10´	1912	1:56:04	0:24:49	0.777
4.058	0:03:20	1960	2:13:12	0:17:08	0.151
4.385	0:02:54	2095	2:32:35	0:19:23	0.327
4.854	0:02:56	2304	3:00:21	0:27:46	0.469
4.931	0:06:18	2334	3:05:40	0:05:19 < 10´	0.077
5.127	0:04:11	2402	3:17:11	0:11:31	0.196
5.59	0:05:14	2389	3:32:12	0:15:01	0.464
6.164	0:09:02	2390	3:50:11	0:17:59	0.574
6.476	0:02:29	2425	4:05:04	0:14:53	0.312
8.423	0:05:29	2504	4:50:11	0:45:07	1.948
10.735	0:17:04 > 10´	2391	5:38:19	0:48:08	2.311
13.186	0:02:41	1572	6:48:32	1:10:13	2.451
13.573	0:07:41	1464	6:56:57	0:08:25 < 10´	0.388
Total :	1:25:36 h				

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