Track: 2022-03-20 Roma urban trek — **Date: 21/03/2022**

Track: 2022-03-20 Roma urban trek	**IBP = 131 HKG**
These speeds are average for = RNG	
IBP index reliability= D	

Total length	55.39 Km
Analyzed distance	55.39 Km
Lineal distance	0.08 Km

Accumulated climb	237.85 m
Accumulated descent	220.22 m
Maximum height	85.88 m
Minimal height	10.05 m
Climb rate	2.37 %
Descent rate	2.47 %
Positive climb difference per km	4.29 m
Negative descent difference per km	3.98 m

Total time	8:55:19 h
Time in movement	8:52:03 h
Stopped time	0:03:16 h

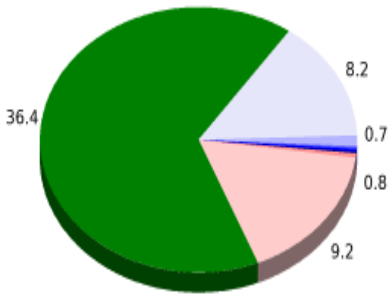
Total speed average	6.21 Km/h
Average speed in movement	6.25 Km/h
Maximum held speed	15.27 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	4841 (cad. 11.44 m)
Significant points	1640 (cad. 33.79 m / 33.88 %)
Aberrant points	0 (0 % d. total)

Direction changes per km	15.49
Direction changes >5º per km	11.63
Accumulated straight stretches	7.473 Km
Straight stretches per km	134.92 m
Penalizables slope changes	2
Penalizables slope changes per km	0.036

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Summary of slopes

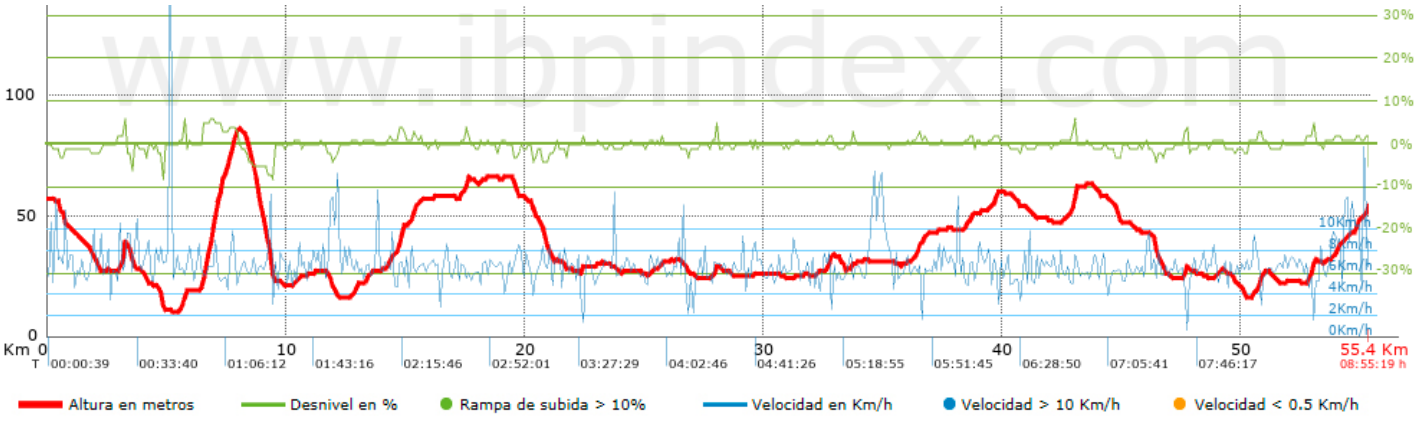


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0	0	0	0:00:00
	Between 15 and 30%	0	0	0	0:00:00
	Between 10 and 15%	0.035	0.06	3.35	0:00:38
	Between 5 and 10%	0.777	1.4	6.03	0:07:44
	Between 1 and 5%	9.219	16.64	5.97	1:32:35
	Total :	10.031	18.11	5.96	1:40:57
	Plain				
	Difference of 1%	36.426	65.77	6.3	5:46:59
	Breakdown descents				
	Between 1 and 5%	8.207	14.82	6.37	1:17:21
	Between 5 and 10%	0.722	1.3	6.4	0:06:46
	Between 10 and 15%	0	0	0	0:00:00
	Between 15 and 30%	0	0	0	0:00:00
	Between 30% and 55%	0	0	0	0:00:00
	Total :	8.93	16.12	6.37	1:24:07
	Total track :	55.39	100 %	6.25	8:52:03

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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
47.738	0:03:16	28	7:38:29	7:38:29	47.738
Total :	0:03:16 h				

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