Track: 2022-04-23 Monte Gorzano da Padula	**IBP = 156 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	19.7 Km
Analyzed distance	19.7 Km
Lineal distance	0.02 Km

Accumulated climb	1619.3 m
Accumulated descent	1628.42 m
Maximum height	2454 m
Minimal height	989.6 m
Climb rate	19.51 %
Descent rate	14.89 %
Positive climb difference per km	82.2 m
Negative descent difference per km	82.66 m

Total time	7:25:35 h
Time in movement	6:27:58 h
Stopped time	0:57:37 h

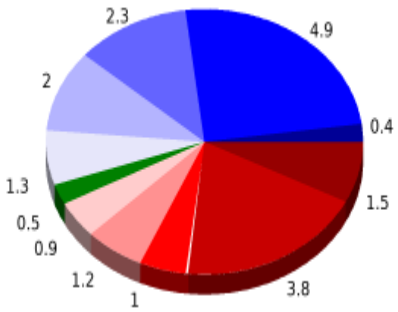
Total speed average	2.65 Km/h
Average speed in movement	3.05 Km/h
Maximum held speed	6.94 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1219 (cad. 16.16 m)
Significant points	520 (cad. 37.95 m / 42.66 %)
Aberrant points	90 (7.38 % d. total)

Direction changes per km	13.71
Direction changes >5º per km	10.81
Accumulated straight stretches	2.271 Km
Straight stretches per km	115.28 m
Penalizables slope changes	8
Penalizables slope changes per km	0.406

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Summary of slopes

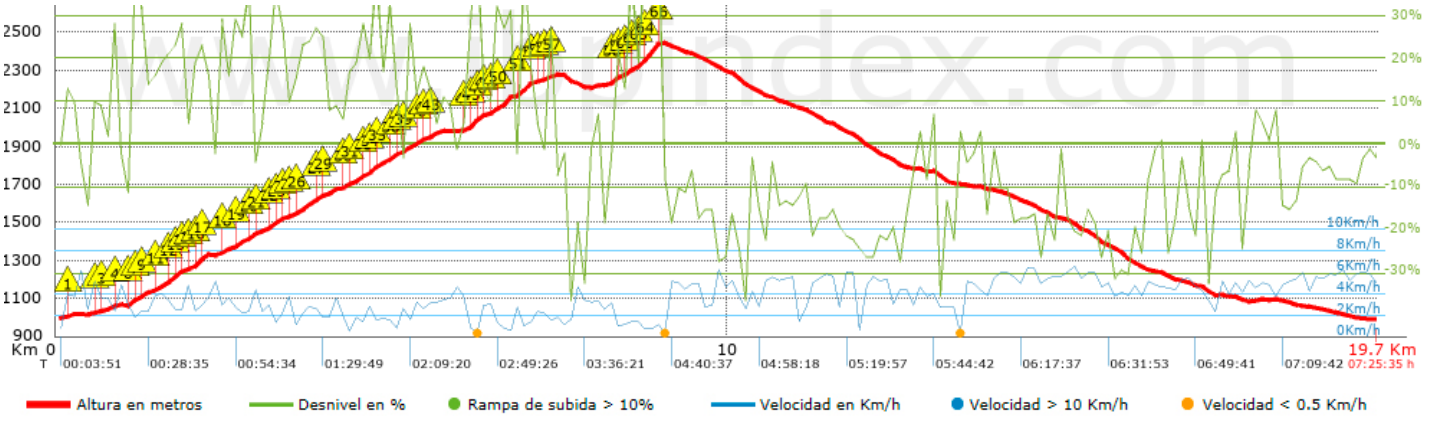


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.462	7.42	1.51	0:58:00
	Between 15 and 30%	3.752	19.05	2.31	1:37:18
	Between 10 and 15%	1.037	5.27	2.28	0:27:16
	Between 5 and 10%	1.167	5.92	3.1	0:22:35
	Between 1 and 5%	0.883	4.48	3.07	0:17:17
	Total :	8.301	42.15	2.24	3:42:26
	Plain				
	Difference of 1%	0.456	2.32	4.26	0:06:25
	Breakdown descents				
	Between 1 and 5%	1.345	6.83	3.86	0:20:55
	Between 5 and 10%	2.031	10.31	4.39	0:27:44
	Between 10 and 15%	2.301	11.68	4.4	0:31:24
	Between 15 and 30%	4.855	24.65	4.11	1:10:49
	Between 30% and 55%	0.406	2.06	2.95	0:08:15
	Total :	10.939	55.54	4.12	2:39:07
	Total track :	19.7	100 %	3.05	6:27:58

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.124	12 %	147 m
2	0.549	11 %	157 m
3	0.706	12 %	116 m
4	0.822	23 %	60 m
5	1.062	16 %	40 m
6	1.102	23 %	39 m
7	1.141	28 %	116 m
8	1.257	30 %	45 m
9	1.302	12 %	101 m
10	1.403	15 %	90 m
11	1.494	21 %	168 m
12	1.661	25 %	144 m
13	1.805	35 %	39 m
14	1.844	15 %	146 m
15	1.991	22 %	67 m
16	2.058	30 %	118 m
17	2.177	24 %	38 m
18	2.44	17 %	193 m
19	2.633	23 %	217 m
20	2.85	32 %	85 m
21	2.978	16 %	151 m
22	3.13	23 %	169 m
23	3.299	20 %	31 m
24	3.33	18 %	122 m
25	3.452	15 %	140 m
26	3.592	22 %	247 m

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27	3.839	25 %	105 m
28	3.944	25 %	30 m
29	3.973	18 %	171 m
30	4.258	13 %	149 m
31	4.407	21 %	142 m
32	4.549	28 %	40 m
33	4.589	23 %	105 m
34	4.695	28 %	105 m
35	4.8	20 %	117 m
36	4.917	31 %	110 m
37	5.027	14 %	40 m
38	5.067	11 %	122 m
39	5.189	25 %	148 m
40	5.337	20 %	141 m
41	5.479	17 %	74 m
42	5.552	24 %	42 m
43	5.594	16 %	105 m
44	6.079	16 %	33 m
45	6.113	35 %	174 m
46	6.287	23 %	39 m
47	6.507	11 %	37 m
48	6.543	33 %	237 m
49	6.878	34 %	169 m
50	7.047	18 %	35 m
51	7.082	18 %	68 m
52	7.151	13 %	31 m
53	7.289	43 %	34 m
54	7.324	27 %	32 m

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55	7.356	30 %	35 m
56	8.272	29 %	104 m
57	8.376	25 %	43 m
58	8.419	15 %	102 m
59	8.521	26 %	101 m
60	8.622	19 %	31 m
61	8.653	25 %	69 m
62	8.722	41 %	206 m
63	8.928	48 %	38 m
64	8.966	43 %	34 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2250	2292.015	11.64	1:00:22	2.28	0:22:02	1:22:24	1.67
2000	3189.621	16.19	1:12:08	2.65	0:11:57	1:24:05	2.28
1750	3049.419	15.48	1:05:35	2.79	0:07:21	1:12:56	2.51
1500	3336.375	16.94	1:00:06	3.33	0:13:57	1:14:03	2.7
Total :	11.867 Km	60.26 %	4:18:11 h	2.76 Km/h	0:55:17 h	5:13:28 h	2.27 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
4.258	0:03:54	1680	1:36:23	1:36:23	4.258
6.113	0:03:03	1989	2:27:28	0:51:05	1.855
6.219	0:06:04	2018	2:33:28	0:06:00 < 10´	0.106
6.624	0:05:53	2109	2:51:29	0:18:01	0.405
8.69	0:02:35	2331	4:01:53	1:10:24	2.066
8.756	0:02:25	2352	4:06:49	0:04:56 < 10´	0.066
9	0:17:02 > 10´	2454	4:22:29	0:15:40	0.244
11.931	0:04:18	1948	5:21:52	0:59:23	2.931
13.354	0:10:03 > 10´	1705	5:52:55	0:31:03	1.423
Total :	0:57:37 h				

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