Track: 2022-04-29 Infornace da Fonte Rionne — **Date: 29/04/2022**

Track: 2022-04-29 Infornace da Fonte Rionne	**IBP = 106 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	10.61 Km
Analyzed distance	10.61 Km
Lineal distance	0.01 Km

Accumulated climb	932.94 m
Accumulated descent	938.94 m
Maximum height	2462.64 m
Minimal height	1574.4 m
Climb rate	19.5 %
Descent rate	17.79 %
Positive climb difference per km	87.93 m
Negative descent difference per km	88.5 m

Total time	5:28:27 h
Time in movement	3:32:02 h
Stopped time	1:56:25 h

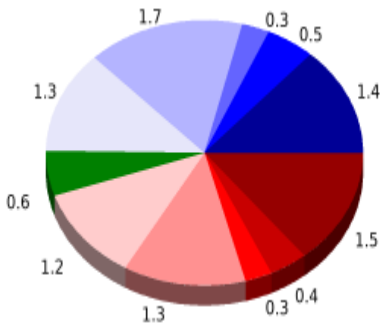
Total speed average	1.94 Km/h
Average speed in movement	3 Km/h
Maximum held speed	6.88 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	602 (cad. 17.63 m)
Significant points	280 (cad. 38.04 m / 46.51 %)
Aberrant points	178 (29.57 % d. total)

Direction changes per km	13.85
Direction changes >5° per km	8.01
Accumulated straight stretches	3.371 Km
Straight stretches per km	317.72 m
Penalizables slope changes	3
Penalizables slope changes per km	0.283

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Summary of slopes



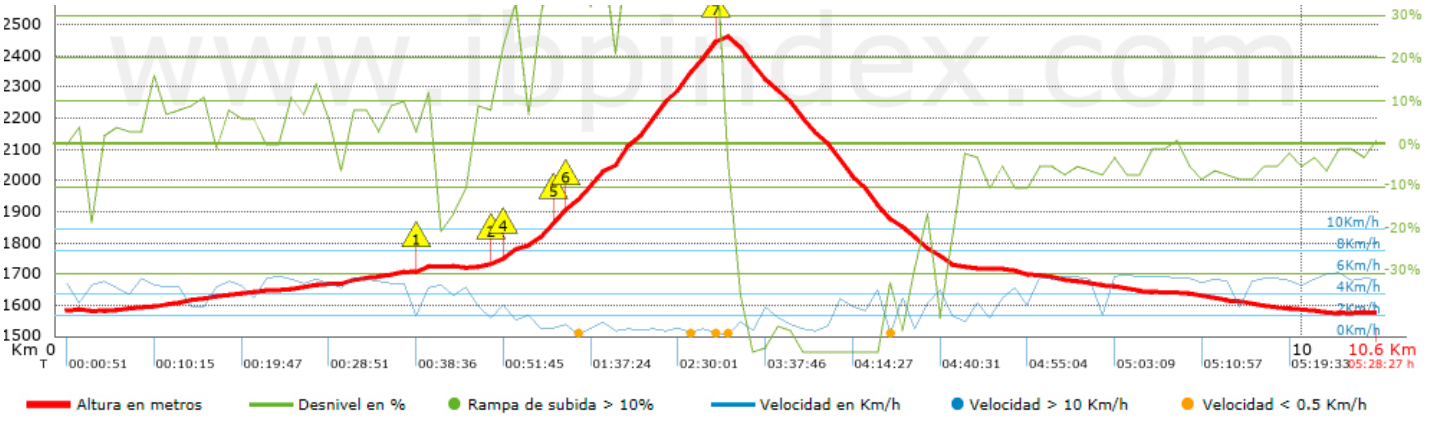
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.468	13.83	1.74	0:50:46
	Between 15 and 30%	0.447	4.22	2.97	0:09:02
	Between 10 and 15%	0.349	3.29	4.27	0:04:54
	Between 5 and 10%	1.303	12.28	3.83	0:20:25
	Between 1 and 5%	1.217	11.47	3.96	0:18:25
	Total :	4.784	45.07	2.77	1:43:32
	Plain				
	Difference of 1%	0.551	5.19	5.15	0:06:25
	Breakdown descents				
	Between 1 and 5%	1.349	12.71	4.67	0:17:19
	Between 5 and 10%	1.71	16.11	4.84	0:21:11
	Between 10 and 15%	0.282	2.66	4.32	0:03:55
	Between 15 and 30%	0.495	4.67	2.63	0:11:18
	Between 30% and 55%	1.442	13.59	1.79	0:48:22
	Total :	5.279	49.73	3.1	1:42:05
	Total track :	10.61	100 %	3	3:32:02

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
	2.882	17 %	101 m
	3.475	14 %	71 m
	3.546	23 %	37 m
	3.583	30 %	415 m
	3.998	37 %	100 m
	4.098	45 %	1148 m
	5.246	47 %	36 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	1029.412	9.7	0:32:17	1.91	0:54:29	1:26:46	0.71
2000	1051.466	9.91	0:36:38	1.72	0:32:19	1:08:57	0.91
1750	1409.158	13.28	0:43:26	1.95	0:29:37	1:13:03	1.16
1500	7123.836	67.12	1:39:41	4.29		1:39:41	4.29
Total :	10.614 Km	100 %	3:32:02 h	3 Km/h	1:56:25 h	5:28:27 h	1.94 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
3.827	0:07:04	1810	1:00:30	1:00:30	3.827
3.925	0:02:24	1847	1:09:49	0:09:19 < 10´	0.098
4.062	0:09:14	1906	1:18:12	0:08:23 < 10´	0.137
4.42	0:03:23	2043	1:44:50	0:26:38	0.358
4.515	0:15:38 > 10´	2079	1:52:03	0:07:13 < 10´	0.094
4.764	0:14:37 > 10´	2198	2:13:18	0:21:15	0.249
4.961	0:14:12 > 10´	2291	2:30:01	0:16:43	0.197
5.108	0:03:00	2361	2:46:38	0:16:37	0.147
5.175	0:05:09	2393	2:51:48	0:05:10 < 10´	0.067
5.322	0:17:34 > 10´	2463	3:03:52	0:12:04	0.147
5.493	0:07:05	2409	3:25:57	0:22:05	0.171
5.91	0:02:42	2235	3:49:42	0:23:45	0.418
6.014	0:03:28	2186	3:56:50	0:07:08 < 10´	0.103
6.639	0:08:17	1889	4:22:29	0:25:39	0.625
6.843	0:02:38	1825	4:34:06	0:11:37	0.204
Total :	1:56:25 h				

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