Track: 2022-05-07 Trail dei Parchi di Roma — **Date: 08/05/2022**

Track: 2022-05-07 Trail dei Parchi di Roma	**IBP = 239 RNG**
These speeds are average for = RNG	
IBP index reliability= E	

Total length	73.08 Km
Analyzed distance	73.08 Km
Lineal distance	0.47 Km

Accumulated climb	567.54 m
Accumulated descent	585.6 m
Maximum height	83.23 m
Minimal height	-10.49 m
Climb rate	2.79 %
Descent rate	2.74 %
Positive climb difference per km	7.77 m
Negative descent difference per km	8.01 m

Total time	10:41:02 h
Time in movement	10:44:41 h
Stopped time	-1:56:21 h

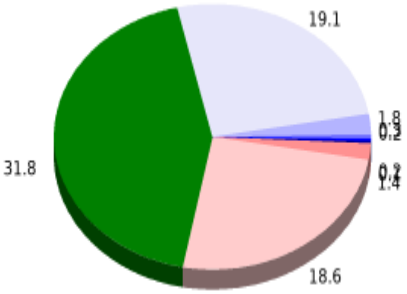
Total speed average	6.84 Km/h
Average speed in movement	6.8 Km/h
Maximum held speed	15.25 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	4854 (cad. 15.05 m)
Significant points	1976 (cad. 37.19 m / 40.71 %)
Aberrant points	0 (0 % d. total)

Direction changes per km	13.12
Direction changes >5º per km	8.33
Accumulated straight stretches	13.897 Km
Straight stretches per km	190.16 m
Penalizables slope changes	2
Penalizables slope changes per km	0.027

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Summary of slopes



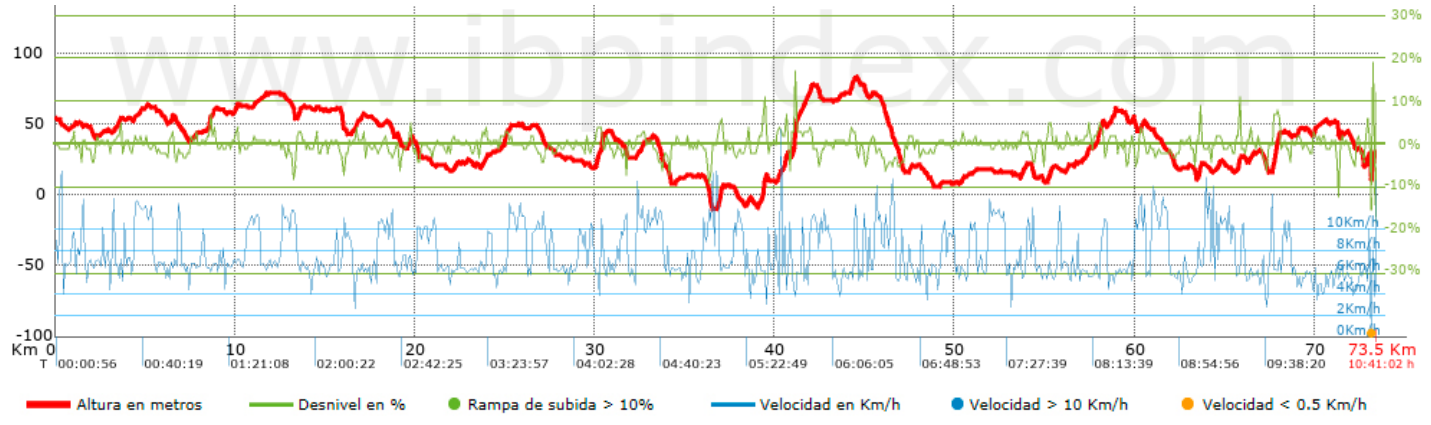
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.004	0.01	14.99	0:00:01
	Between 15 and 30%	0.237	0.32	5.85	0:02:26
	Between 10 and 15%	0.141	0.19	5.64	0:01:30
	Between 5 and 10%	1.352	1.85	5.91	0:13:44
	Between 1 and 5%	18.621	25.48	6.66	2:47:40
	Total :	20.356	27.86	6.59	3:05:21
	Plain				
	Difference of 1%	31.834	43.56	6.85	4:38:48
	Breakdown descents				
	Between 1 and 5%	19.132	26.18	7.08	2:42:07
	Between 5 and 10%	1.755	2.4	7.1	0:14:50
	Between 10 and 15%	0.289	0.4	5.72	0:03:02
	Between 15 and 30%	0.176	0.24	19.15	0:00:33
	Between 30% and 55%	0	0	0	0:00:00
	Total :	21.351	29.22	7.1	3:00:32
	Total track :	73.08	100 %	6.8	10:44:41

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Steep slopes > 10%			
Steep slopes	Mileage point	Average slope	Interval

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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
Total :	0:00:00 h				

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