Track: 2022-05-14 Monte Aquila da Fonte Cerreto	**IBP = 187 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	21.75 Km
Analyzed distance	21.75 Km
Lineal distance	0.02 Km

Accumulated climb	1857.9 m
Accumulated descent	1865.6 m
Maximum height	2493.3 m
Minimal height	1115.8 m
Climb rate	19.51 %
Descent rate	15.77 %
Positive climb difference per km	85.42 m
Negative descent difference per km	85.77 m

Total time	7:08:11 h
Time in movement	6:41:37 h
Stopped time	0:26:34 h

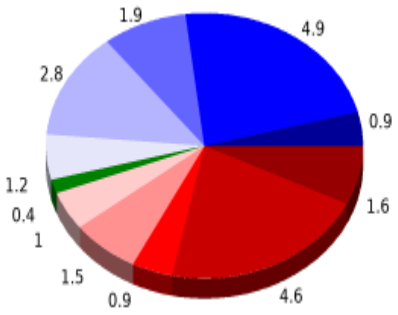
Total speed average	3.05 Km/h
Average speed in movement	3.25 Km/h
Maximum held speed	6.65 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1241 (cad. 17.53 m)
Significant points	561 (cad. 38.84 m / 45.21 %)
Aberrant points	12 (0.97 % d. total)

Direction changes per km	13.43
Direction changes >5º per km	10.85
Accumulated straight stretches	2.32 Km
Straight stretches per km	106.67 m
Penalizables slope changes	13
Penalizables slope changes per km	0.598

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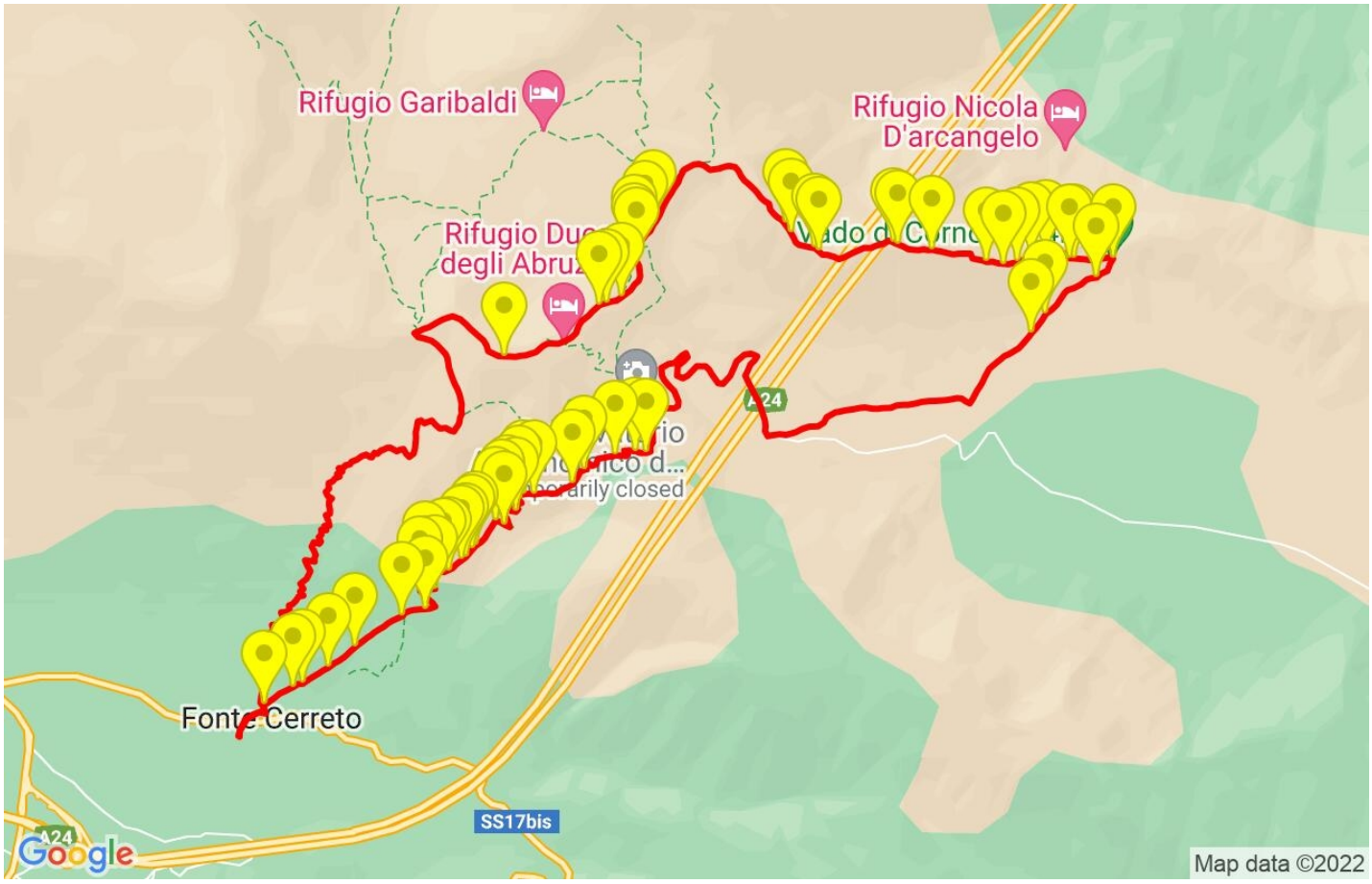
Summary of slopes

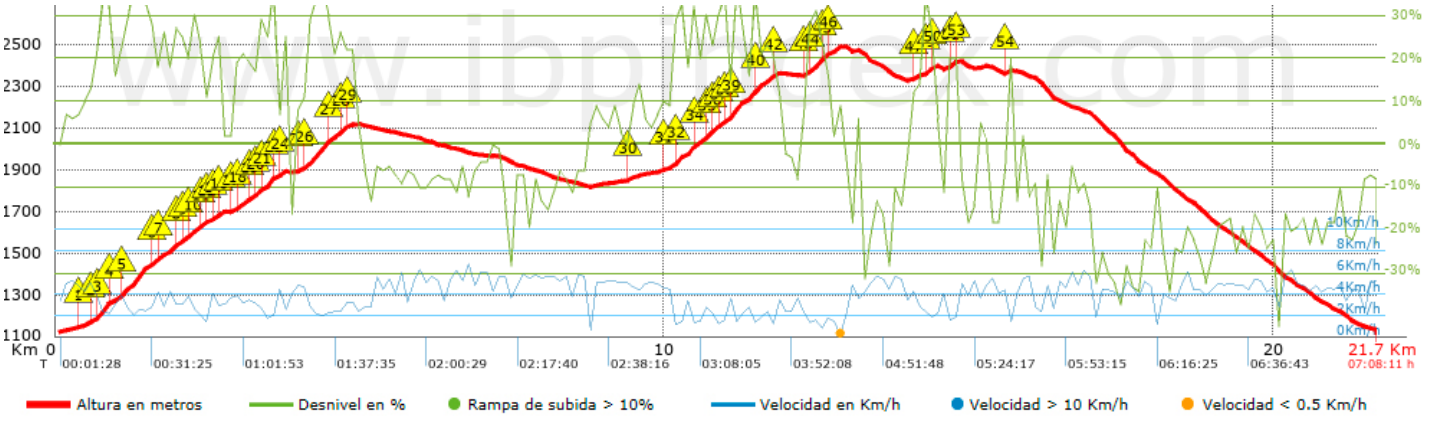


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.608	7.39	1.82	0:52:54
	Between 15 and 30%	4.621	21.24	2.33	1:58:44
	Between 10 and 15%	0.866	3.98	3.1	0:16:44
	Between 5 and 10%	1.473	6.77	4.07	0:21:44
	Between 1 and 5%	0.955	4.39	3.98	0:14:23
	Total :	9.522	43.78	2.54	3:44:29
	Plain				
	Difference of 1%	0.4	1.84	3.81	0:06:18
	Breakdown descents				
	Between 1 and 5%	1.228	5.65	4.18	0:17:37
	Between 5 and 10%	2.839	13.05	4.28	0:39:50
	Between 10 and 15%	1.9	8.73	4.5	0:25:20
	Between 15 and 30%	4.923	22.63	4.28	1:09:03
	Between 30% and 55%	0.939	4.32	2.96	0:19:00
	Total :	11.828	54.38	4.15	2:50:50
	Total track :	21.75	100 %	3.25	6:41:37

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
 1	0.369	11 %	228 m
 2	0.597	22 %	73 m
 3	0.671	33 %	218 m
 4	0.889	20 %	225 m
 5	1.114	33 %	402 m
 6	1.516	21 %	182 m
 7	1.698	22 %	234 m
 8	1.932	26 %	120 m
 9	2.052	22 %	139 m
 10	2.191	25 %	207 m
 11	2.398	25 %	31 m
 12	2.55	20 %	31 m
 13	2.58	26 %	73 m
 14	2.653	29 %	32 m
 15	2.686	19 %	45 m
 16	2.903	17 %	70 m
 17	2.973	21 %	171 m
 18	3.144	22 %	125 m
 19	3.269	23 %	65 m
 20	3.334	27 %	198 m
 21	3.532	30 %	89 m
 22	3.622	13 %	71 m
 23	3.692	14 %	40 m
 24	3.973	13 %	134 m
 25	4.107	33 %	379 m
 26	4.486	23 %	229 m

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27	4.715	24 %	72 m
28	4.787	12 %	29 m
29	9.368	11 %	161 m
30	10.145	27 %	291 m
31	10.435	32 %	30 m
32	10.466	21 %	177 m
33	10.642	30 %	104 m
34	10.746	21 %	102 m
35	10.848	31 %	102 m
36	10.95	19 %	116 m
37	11.066	30 %	410 m
38	11.476	28 %	251 m
39	11.727	21 %	30 m
40	11.757	32 %	38 m
41	12.308	22 %	38 m
42	12.346	30 %	225 m
43	12.571	29 %	73 m
44	12.644	18 %	151 m
45	14.024	12 %	87 m
46	14.232	35 %	62 m
47	14.293	24 %	30 m
48	14.324	22 %	69 m
49	14.618	20 %	114 m
50	14.732	20 %	49 m
51	14.781	13 %	35 m
52	15.572	19 %	117 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	4971.917	22.86	1:55:23	2.59	0:23:03	2:18:26	2.15
2000	4326.077	19.89	1:19:43	3.26		1:19:43	3.26
1750	6140.158	28.23	1:38:31	3.74	0:03:31	1:42:02	3.61
1500	2484.029	11.42	0:42:37	3.5		0:42:37	3.5
Total :	17.922 Km	82.4 %	5:36:14 h	3.2 Km/h	0:26:34 h	6:02:48 h	2.96 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
8.734	0:03:31	1818	2:31:14	2:31:14	8.734
12.498	0:02:37	2409	4:05:28	1:34:14	3.765
12.836	0:20:26 > 10´	2489	4:21:22	0:15:54	0.338
Total :	0:26:34 h				

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