Track: 2022-05-21 Prova Trail dei Monti Simbruini — **Date: 21/05/2022**

Track: 2022-05-21 Prova Trail dei Monti Simbruini	**IBP = 195 HKG**
These speeds are average for = RNG	
IBP index reliability= D	

Total length	41.43 Km
Analyzed distance	41.43 Km
Lineal distance	0.02 Km

Accumulated climb	1951.98 m
Accumulated descent	1961.23 m
Maximum height	1847.07 m
Minimal height	1325.98 m
Climb rate	9.81 %
Descent rate	10.06 %
Positive climb difference per km	47.12 m
Negative descent difference per km	47.34 m

Total time	7:48:04 h
Time in movement	7:30:10 h
Stopped time	0:17:54 h

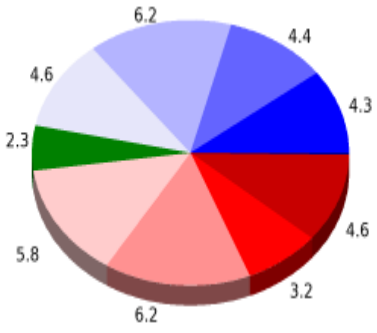
Total speed average	5.31 Km/h
Average speed in movement	5.52 Km/h
Maximum held speed	13.43 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	2777 (cad. 14.92 m)
Significant points	1123 (cad. 37.09 m / 40.44 %)
Aberrant points	0 (0 % d. total)

Direction changes per km	13.3
Direction changes >5° per km	10.84
Accumulated straight stretches	4.627 Km
Straight stretches per km	111.68 m
Penalizables slope changes	20
Penalizables slope changes per km	0.483

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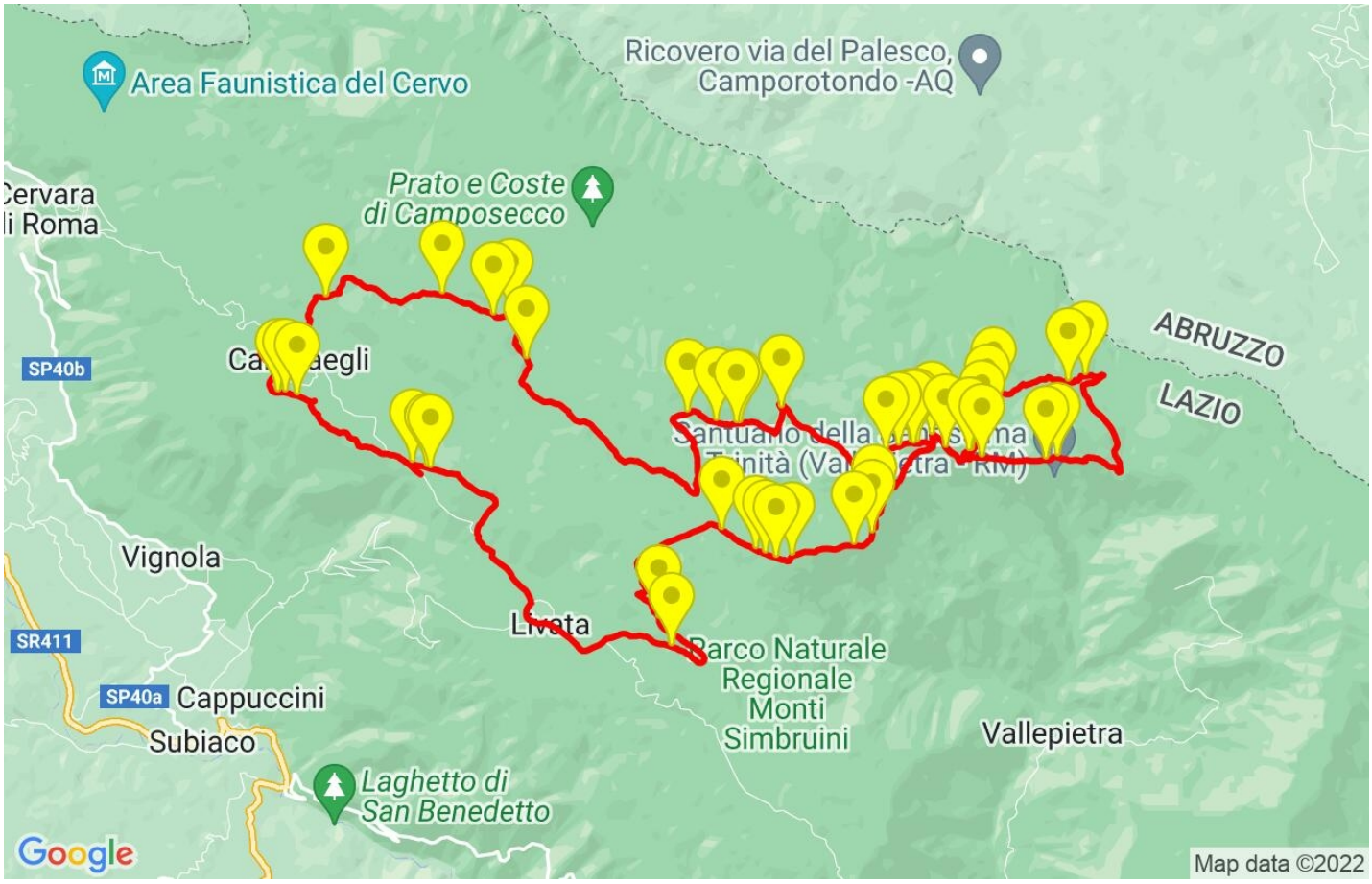
Summary of slopes

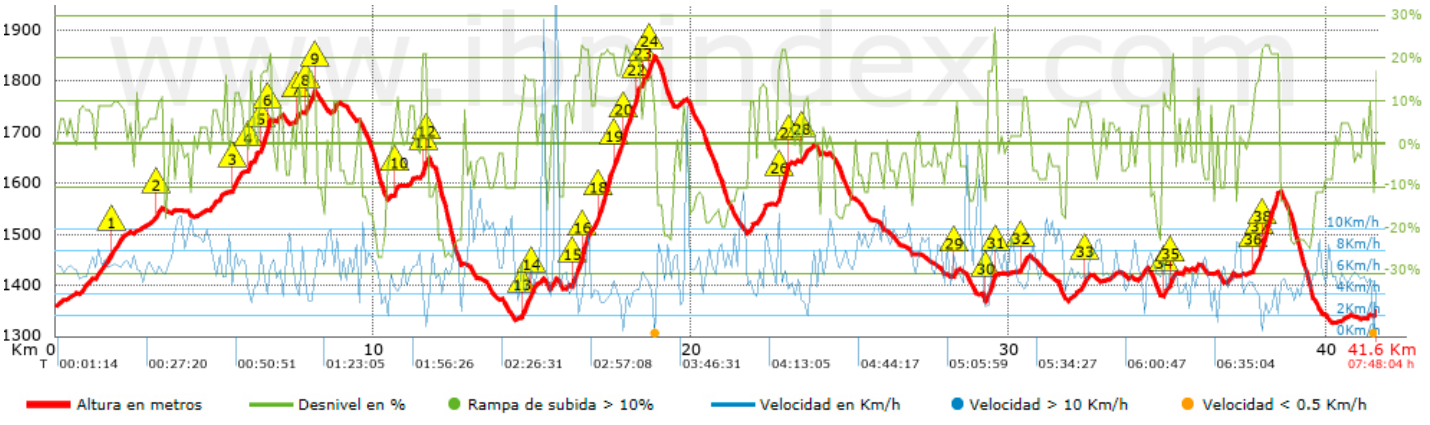


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.031	0.07	4.27	0:00:26
	Between 15 and 30%	4.628	11.17	3.8	1:13:01
	Between 10 and 15%	3.244	7.83	5.01	0:38:49
	Between 5 and 10%	6.178	14.91	5.62	1:05:59
	Between 1 and 5%	5.818	14.04	5.53	1:03:09
	Total :	19.899	48.03	4.95	4:01:24
	Plain				
	Difference of 1%	2.257	5.45	6.22	0:21:46
	Breakdown descents				
	Between 1 and 5%	4.614	11.14	6.37	0:43:27
	Between 5 and 10%	6.169	14.89	6.83	0:54:12
	Between 10 and 15%	4.411	10.65	6.1	0:43:24
	Between 15 and 30%	4.296	10.37	5.61	0:45:57
	Between 30% and 55%	0	0	0	0:00:00
	Total :	19.491	47.04	6.25	3:07:00
	Total track :	41.43	100 %	5.52	7:30:10

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
 1	5.558	12 %	272 m
 2	6.091	11 %	162 m
 3	6.412	17 %	257 m
 4	6.669	22 %	114 m
 5	7.559	13 %	150 m
 6	7.908	17 %	228 m
 7	8.136	13 %	33 m
 8	10.651	15 %	113 m
 9	11.531	21 %	183 m
 10	11.713	20 %	29 m
 11	14.696	15 %	295 m
 12	14.991	14 %	116 m
 13	16.257	16 %	264 m
 14	16.521	23 %	246 m
 15	17.034	17 %	39 m
 16	17.073	21 %	478 m
 17	17.551	17 %	307 m
 18	17.858	20 %	399 m
 19	18.257	24 %	36 m
 20	18.294	31 %	31 m
 21	18.511	15 %	190 m
 22	18.701	17 %	147 m
 23	22.711	17 %	48 m
 24	22.758	23 %	282 m
 25	23.04	17 %	33 m
 26	29.301	18 %	262 m

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27	29.563	15 %	30 m
28	30.351	11 %	222 m
29	34.82	12 %	103 m
30	35.082	21 %	113 m
31	37.678	14 %	213 m
32	37.891	17 %	39 m
33	37.93	22 %	572 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
1750	2435.409	5.88	0:24:40	5.92	0:10:20	0:35:00	4.17
1500	18109.861	43.71	3:27:03	5.25	0:04:27	3:31:30	5.14
Total :	20.545 Km	49.59 %	3:51:43 h	5.32 Km/h	0:14:47 h	4:06:30 h	5 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
17.82	0:04:27	1672	3:11:10	3:11:10	17.82
18.814	0:10:20 > 10´	1839	3:29:12	0:18:02	0.994
37.93	0:04:26	1463	6:54:37	3:25:25	19.115
Total :	0:19:13 h				

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