Track: 2022-07-16 Ultra Trail del Gran Sasso — **Date: 17/07/2022**

Track: 2022-07-16 Ultra Trail del Gran Sasso	**IBP = 405 HKG**
These speeds are average for = RNG	
IBP index reliability= B	

Total length	63.76 Km
Analyzed distance	63.76 Km
Lineal distance	0.05 Km

Accumulated climb	4737.53 m
Accumulated descent	4752.86 m
Maximum height	2706.7 m
Minimal height	579.8 m
Climb rate	15.46 %
Descent rate	15.31 %
Positive climb difference per km	74.3 m
Negative descent difference per km	74.54 m

Total time	14:19:42 h
Time in movement	13:47:57 h
Stopped time	0:31:45 h

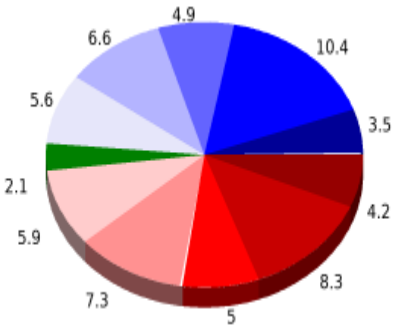
Total speed average	4.45 Km/h
Average speed in movement	4.62 Km/h
Maximum held speed	12.57 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	4399 (cad. 14.49 m)
Significant points	1716 (cad. 37.18 m / 39.01 %)
Aberrant points	246 (5.59 % d. total)

Direction changes per km	13.85
Direction changes >5° per km	11.15
Accumulated straight stretches	6.41 Km
Straight stretches per km	100.53 m
Penalizables slope changes	35
Penalizables slope changes per km	0.549

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Summary of slopes

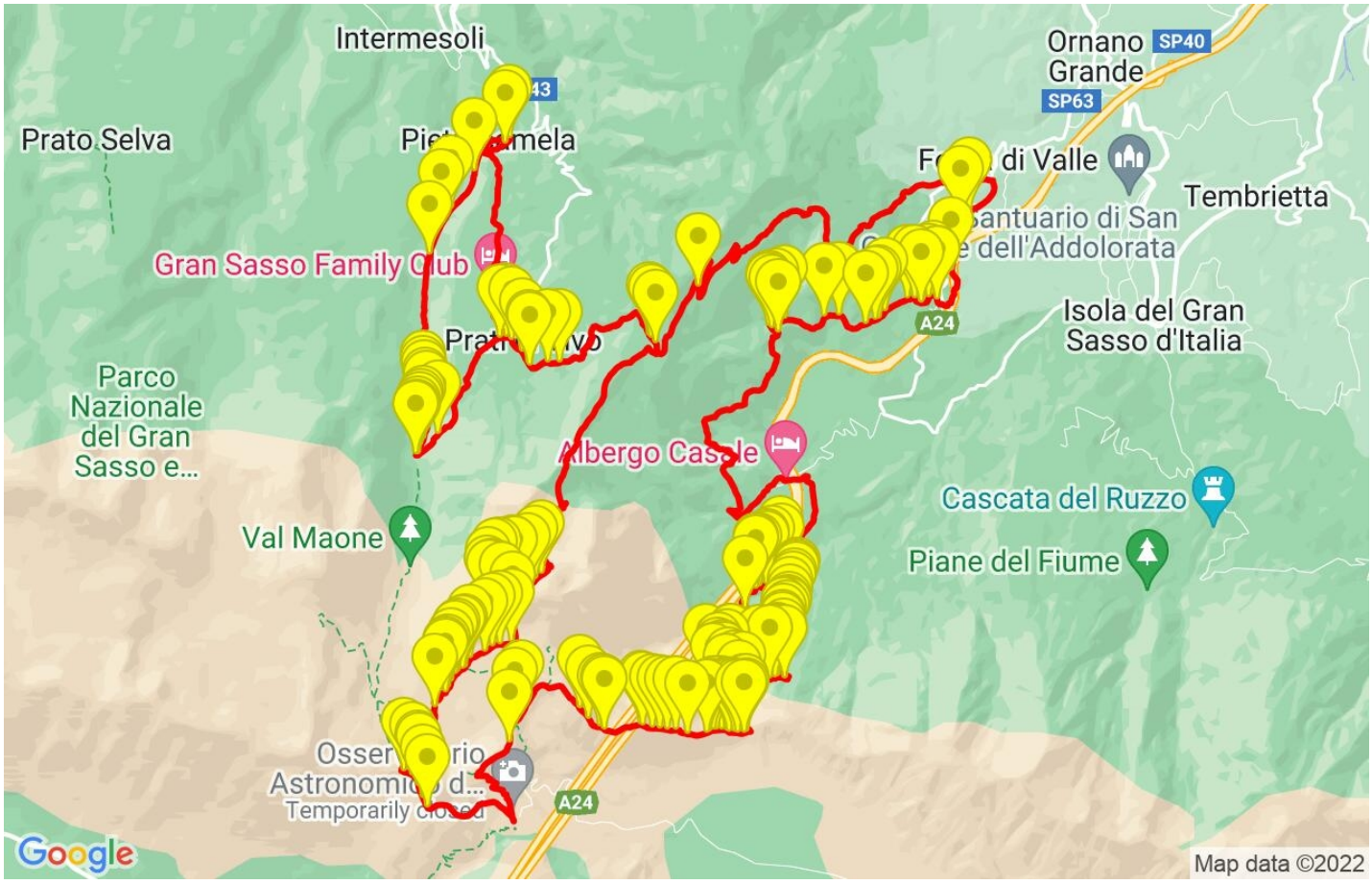


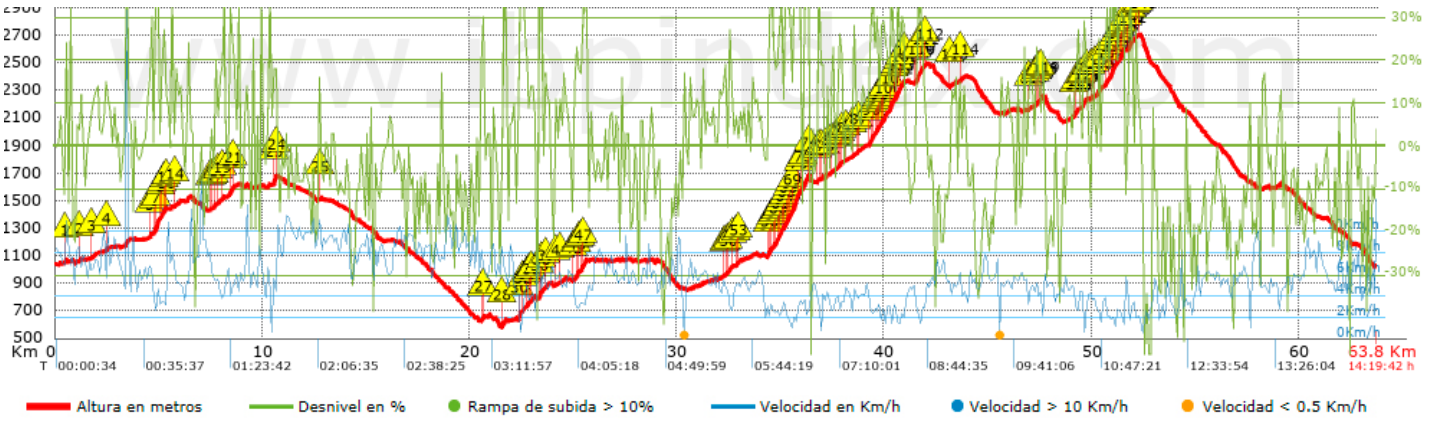
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	4.228	6.63	2.61	1:37:08
	Between 15 and 30%	8.297	13.01	3.26	2:32:53
	Between 10 and 15%	4.954	7.77	4.34	1:08:30
	Between 5 and 10%	7.286	11.43	5.23	1:23:35
	Between 1 and 5%	5.886	9.23	5.63	1:02:45
	Total :	30.652	48.08	3.96	7:44:51
	Plain				
	Difference of 1%	2.058	3.23	5.95	0:20:44
	Breakdown descents				
	Between 1 and 5%	5.57	8.74	5.96	0:56:03
	Between 5 and 10%	6.648	10.43	5.95	1:07:00
	Between 10 and 15%	4.865	7.63	5.89	0:49:36
	Between 15 and 30%	10.426	16.35	5.57	1:52:24
	Between 30% and 55%	3.539	5.55	3.7	0:57:19
	Total :	31.048	48.7	5.44	5:42:22
	Total track :	63.76	100 %	4.62	13:47:57

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.493	20 %	31 m
2	1.155	13 %	107 m
3	1.756	13 %	231 m
4	2.446	16 %	125 m
5	4.6	29 %	77 m
6	4.78	23 %	42 m
7	4.822	42 %	220 m
8	5.076	24 %	65 m
9	5.141	19 %	41 m
10	5.182	33 %	79 m
11	5.261	25 %	42 m
12	5.304	28 %	31 m
13	5.335	12 %	40 m
14	5.786	12 %	172 m
15	7.583	17 %	108 m
16	7.913	14 %	181 m
17	8.094	19 %	30 m
18	8.422	28 %	160 m
19	8.582	21 %	135 m
20	10.502	18 %	50 m
21	10.551	45 %	96 m
22	10.647	18 %	41 m
23	12.706	16 %	128 m
24	20.535	21 %	159 m
25	20.694	17 %	37 m
26	21.603	38 %	155 m

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27	22.377	47 %	36 m
28	22.412	30 %	113 m
29	22.525	25 %	74 m
30	22.599	16 %	150 m
31	22.749	24 %	101 m
32	22.85	14 %	110 m
33	22.96	18 %	112 m
34	23.314	37 %	153 m
35	23.467	34 %	35 m
36	23.502	12 %	154 m
37	23.656	17 %	196 m
38	24.124	12 %	101 m
39	24.328	13 %	260 m
40	24.982	16 %	129 m
41	25.111	32 %	117 m
42	25.228	18 %	35 m
43	25.263	12 %	60 m
44	25.322	16 %	108 m
45	25.431	29 %	186 m
46	32.236	12 %	127 m
47	32.513	28 %	122 m
48	32.635	11 %	61 m
49	32.852	20 %	107 m
50	32.959	22 %	32 m
51	34.364	14 %	38 m
52	34.402	23 %	38 m
53	34.441	27 %	107 m
54	34.548	26 %	116 m

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55	34.664	20 %	112 m
56	34.776	36 %	107 m
57	34.883	24 %	114 m
58	34.997	35 %	73 m
59	35.07	25 %	37 m
60	35.107	18 %	68 m
61	35.175	22 %	65 m
62	35.24	32 %	108 m
63	35.348	34 %	125 m
64	35.474	46 %	30 m
65	35.504	15 %	97 m
66	35.6	45 %	217 m
67	35.817	31 %	107 m
68	35.924	38 %	45 m
69	35.969	18 %	114 m
70	36.083	34 %	247 m
71	36.33	34 %	37 m
72	36.807	14 %	30 m
73	36.837	17 %	170 m
74	37.007	12 %	37 m
75	37.165	14 %	262 m
76	37.71	12 %	77 m
77	37.787	16 %	42 m
78	37.83	22 %	118 m
79	37.947	21 %	36 m
80	38.198	12 %	127 m
81	38.49	13 %	143 m
82	38.633	14 %	127 m

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83	38.76	11 %	222 m
84	39.259	23 %	148 m
85	39.408	38 %	35 m
86	39.442	24 %	98 m
87	39.54	23 %	40 m
88	39.58	30 %	76 m
89	39.656	34 %	38 m
90	39.693	19 %	77 m
91	39.77	20 %	70 m
92	39.841	29 %	42 m
93	39.883	31 %	70 m
94	39.953	20 %	39 m
95	39.992	23 %	267 m
96	40.259	34 %	188 m
97	40.447	22 %	118 m
98	40.565	34 %	106 m
99	40.671	32 %	108 m
100	40.778	25 %	151 m
101	40.93	28 %	36 m
102	40.965	21 %	39 m
103	41.472	15 %	39 m
104	41.511	18 %	44 m
105	41.555	32 %	218 m
106	41.774	21 %	190 m
107	41.963	29 %	36 m
108	43.633	20 %	106 m
109	46.976	12 %	146 m
110	47.29	12 %	35 m

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111	47.325	19 %	146 m
112	47.47	15 %	135 m
113	47.606	17 %	41 m
114	49.137	11 %	30 m
115	49.167	19 %	41 m
116	49.208	27 %	106 m
117	49.315	17 %	111 m
118	49.472	12 %	85 m
119	49.558	16 %	36 m
120	49.593	26 %	153 m
121	49.747	15 %	80 m
122	49.985	16 %	117 m
123	50.213	21 %	173 m
124	50.386	13 %	300 m
125	50.686	23 %	195 m
126	50.881	39 %	106 m
127	50.987	28 %	104 m
128	51.091	39 %	35 m
129	51.126	27 %	102 m
130	51.227	18 %	112 m
131	51.34	30 %	176 m
132	51.516	38 %	63 m
133	51.579	13 %	33 m
134	51.769	21 %	37 m
135	51.805	32 %	190 m
136	51.995	32 %	35 m
137	52.141	23 %	115 m
138	52.256	26 %	33 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2500	1633.408	2.56	0:46:28	2.11	0:04:03	0:50:31	1.94
2250	6681.704	10.48	2:06:15	3.18		2:06:15	3.18
2000	7473.238	11.72	1:56:54	3.84	0:10:39	2:07:33	3.52
1750	3243.371	5.09	0:48:22	4.02		0:48:22	4.02
1500	10800.681	16.94	2:08:14	5.05	0:07:29	2:15:43	4.77
Total :	29.832 Km	46.79 %	7:46:13 h	3.84 Km/h	0:22:11 h	8:08:24 h	3.66 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
10.37	0:04:43	1616	1:45:44	1:45:44	10.37
22.377	0:03:33	634	3:24:45	1:39:01	12.007
30.295	0:06:01	859	4:57:40	1:32:55	7.918
36.874	0:02:46	1650	6:50:46	1:53:06	6.579
45.532	0:06:56	2130	9:25:55	2:35:09	8.658
49.593	0:03:43	2182	10:27:30	1:01:35	4.061
52.392	0:04:03	2693	11:40:04	1:12:34	2.799
Total :	0:31:45 h				

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