Track: 2022-09-13 Dal Velino al Costone — **Date: 14/09/2022**

Track: 2022-09-13 Dal Velino al Costone	**IBP = 257 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	30.16 Km
Analyzed distance	30.16 Km
Lineal distance	0.04 Km

Accumulated climb	2748.66 m
Accumulated descent	2749.96 m
Maximum height	2480.4 m
Minimal height	1133.3 m
Climb rate	17.86 %
Descent rate	20.21 %
Positive climb difference per km	91.14 m
Negative descent difference per km	91.18 m

Total time	11:53:36 h
Time in movement	9:54:55 h
Stopped time	1:58:41 h

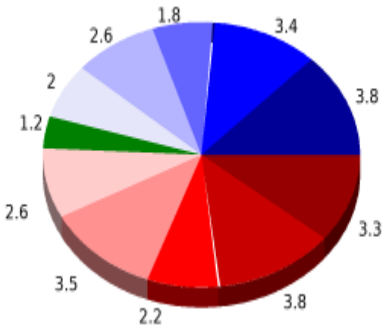
Total speed average	2.54 Km/h
Average speed in movement	3.04 Km/h
Maximum held speed	9.08 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1709 (cad. 17.65 m)
Significant points	777 (cad. 38.87 m / 45.47 %)
Aberrant points	192 (11.23 % d. total)

Direction changes per km	13.56
Direction changes >5º per km	10.81
Accumulated straight stretches	3.63 Km
Straight stretches per km	120.36 m
Penalizables slope changes	20
Penalizables slope changes per km	0.663

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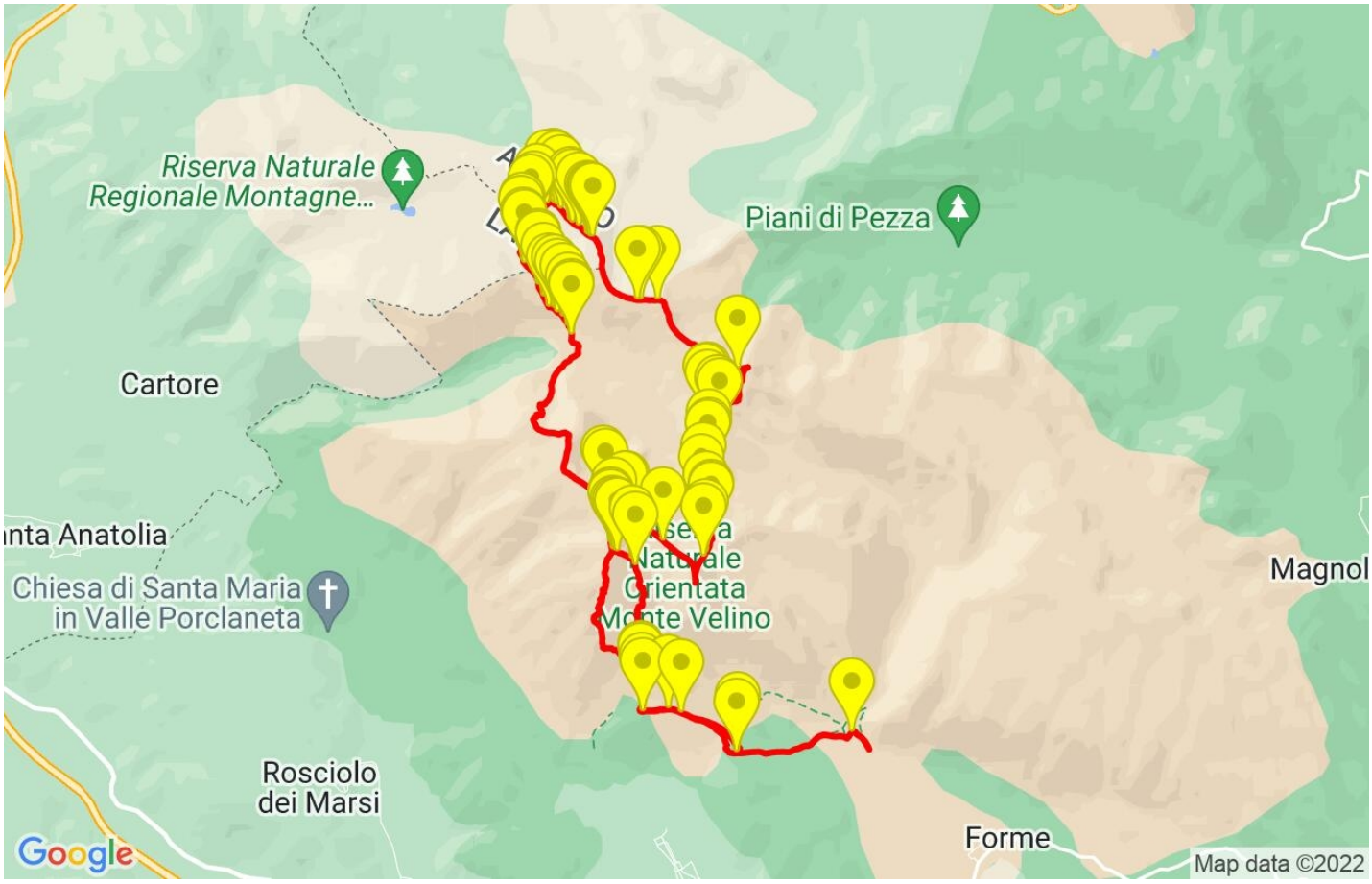
Summary of slopes

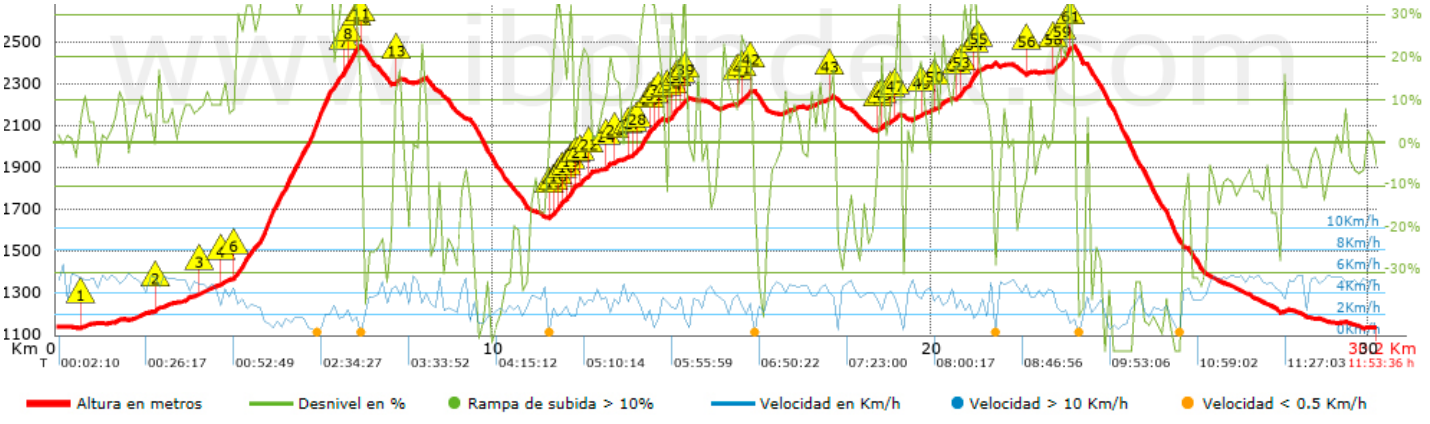


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	3.26	10.81	1.81	1:47:54
	Between 15 and 30%	3.775	12.52	2.48	1:31:21
	Between 10 and 15%	2.245	7.44	3.91	0:34:28
	Between 5 and 10%	3.549	11.77	3.98	0:53:33
	Between 1 and 5%	2.564	8.5	4.39	0:35:03
	Total :	15.393	51.03	2.87	5:22:19
	Plain				
	Difference of 1%	1.163	3.86	4.95	0:14:05
	Breakdown descents				
	Between 1 and 5%	2.03	6.73	4.42	0:27:35
	Between 5 and 10%	2.587	8.58	4.57	0:33:56
	Between 10 and 15%	1.807	5.99	3.76	0:28:50
	Between 15 and 30%	3.423	11.35	3.57	0:57:31
	Between 30% and 55%	3.76	12.47	2.04	1:50:39
	Total :	13.607	45.11	3.16	4:18:31
	Total track :	30.16	100 %	3.04	9:54:55

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
 1	0.585	11 %	107 m
 2	2.252	14 %	113 m
 3	3.271	11 %	180 m
 4	3.808	14 %	107 m
 5	4.06	21 %	35 m
 6	4.095	39 %	2423 m
 7	6.518	35 %	110 m
 8	6.628	37 %	239 m
 9	6.867	16 %	37 m
 10	6.904	29 %	31 m
 11	6.936	12 %	50 m
 12	7.728	11 %	48 m
 13	7.776	19 %	107 m
 14	11.294	19 %	32 m
 15	11.326	19 %	105 m
 16	11.43	27 %	158 m
 17	11.588	21 %	103 m
 18	11.691	30 %	68 m
 19	11.759	40 %	86 m
 20	11.996	20 %	189 m
 21	12.185	29 %	31 m
 22	12.536	11 %	29 m
 23	12.565	13 %	183 m
 24	12.748	15 %	44 m
 25	13.09	11 %	62 m
 26	13.152	18 %	138 m

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27	13.29	32 %	242 m
28	13.532	22 %	106 m
29	13.637	32 %	63 m
30	13.7	22 %	70 m
31	13.77	14 %	108 m
32	13.985	12 %	38 m
33	14.023	32 %	106 m
34	14.129	17 %	156 m
35	14.285	32 %	41 m
36	14.326	37 %	30 m
37	14.356	38 %	32 m
38	14.388	19 %	38 m
39	15.563	15 %	46 m
40	15.609	19 %	234 m
41	15.843	19 %	40 m
42	17.617	12 %	103 m
43	18.777	14 %	47 m
44	18.825	25 %	108 m
45	19.084	13 %	51 m
46	19.135	19 %	142 m
47	19.741	18 %	33 m
48	19.774	11 %	315 m
49	20.088	15 %	180 m
50	20.523	18 %	141 m
51	20.664	20 %	43 m
52	20.707	29 %	263 m
53	20.97	29 %	69 m
54	21.039	13 %	165 m

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	22.21	11 %	112 m
	22.763	14 %	41 m
	22.804	21 %	182 m
	22.986	31 %	153 m
	23.139	43 %	37 m
	23.176	31 %	39 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	6084.073	20.17	2:13:27	2.74	0:41:37	2:55:04	2.09
2000	9162.353	30.38	3:01:50	3.02	0:57:44	3:59:34	2.29
1750	3795.51	12.58	1:38:38	2.31	0:02:48	1:41:26	2.25
1500	2364.049	7.84	1:01:51	2.29	0:16:32	1:18:23	1.81
Total :	21.406 Km	70.97 %	7:55:46 h	2.7 Km/h	1:58:41 h	9:54:27 h	2.16 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
4.901	0:03:17	1651	1:16:21	1:16:21	4.901
5.138	0:02:48	1753	1:26:53	0:10:32	0.237
5.724	0:02:49	1993	1:52:45	0:25:52	0.586
5.788	0:07:11	2022	1:57:40	0:04:55 < 10´	0.064
5.895	0:25:57 > 10´	2072	2:07:20	0:09:40 < 10´	0.107
6.936	0:12:25 > 10´	2474	3:03:19	0:55:59	1.041
11.194	0:08:15	1661	4:39:45	1:36:26	4.259
13.598	0:03:12	2076	5:43:56	1:04:11	2.404
14.426	0:03:21	2231	6:05:31	0:21:35	0.828
15.923	0:08:14	2267	6:39:30	0:33:59	1.496
17.752	0:03:51	2240	7:15:28	0:35:58	1.829
19.276	0:04:22	2151	7:43:29	0:28:01	1.524
21.434	0:05:55	2410	8:32:50	0:49:21	2.157
23.258	0:15:03 > 10´	2480	9:12:32	0:39:42	1.824
23.992	0:03:30	2236	9:48:34	0:36:02	0.734
24.172	0:03:31	2175	9:56:49	0:08:15 < 10´	0.18
25.582	0:05:00	1591	10:46:11	0:49:22	1.41
Total :	1:58:41 h				

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