Track: 2022-09-24 Dal Costone al Velino	**IBP = 228 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	33.49 Km
Analyzed distance	33.49 Km
Lineal distance	0 Km

Accumulated climb	2151.2 m
Accumulated descent	2157.5 m
Maximum height	2484.1 m
Minimal height	1559.2 m
Climb rate	14.18 %
Descent rate	12.86 %
Positive climb difference per km	64.23 m
Negative descent difference per km	64.42 m

Total time	8:53:10 h
Time in movement	8:01:41 h
Stopped time	0:51:29 h

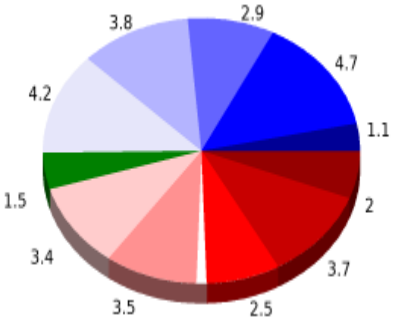
Total speed average	3.77 Km/h
Average speed in movement	4.17 Km/h
Maximum held speed	6.7 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1634 (cad. 20.5 m)
Significant points	858 (cad. 39.08 m / 52.51 %)
Aberrant points	18 (1.1 % d. total)

Direction changes per km	13.94
Direction changes >5º per km	10.18
Accumulated straight stretches	4.301 Km
Straight stretches per km	128.43 m
Penalizables slope changes	21
Penalizables slope changes per km	0.627

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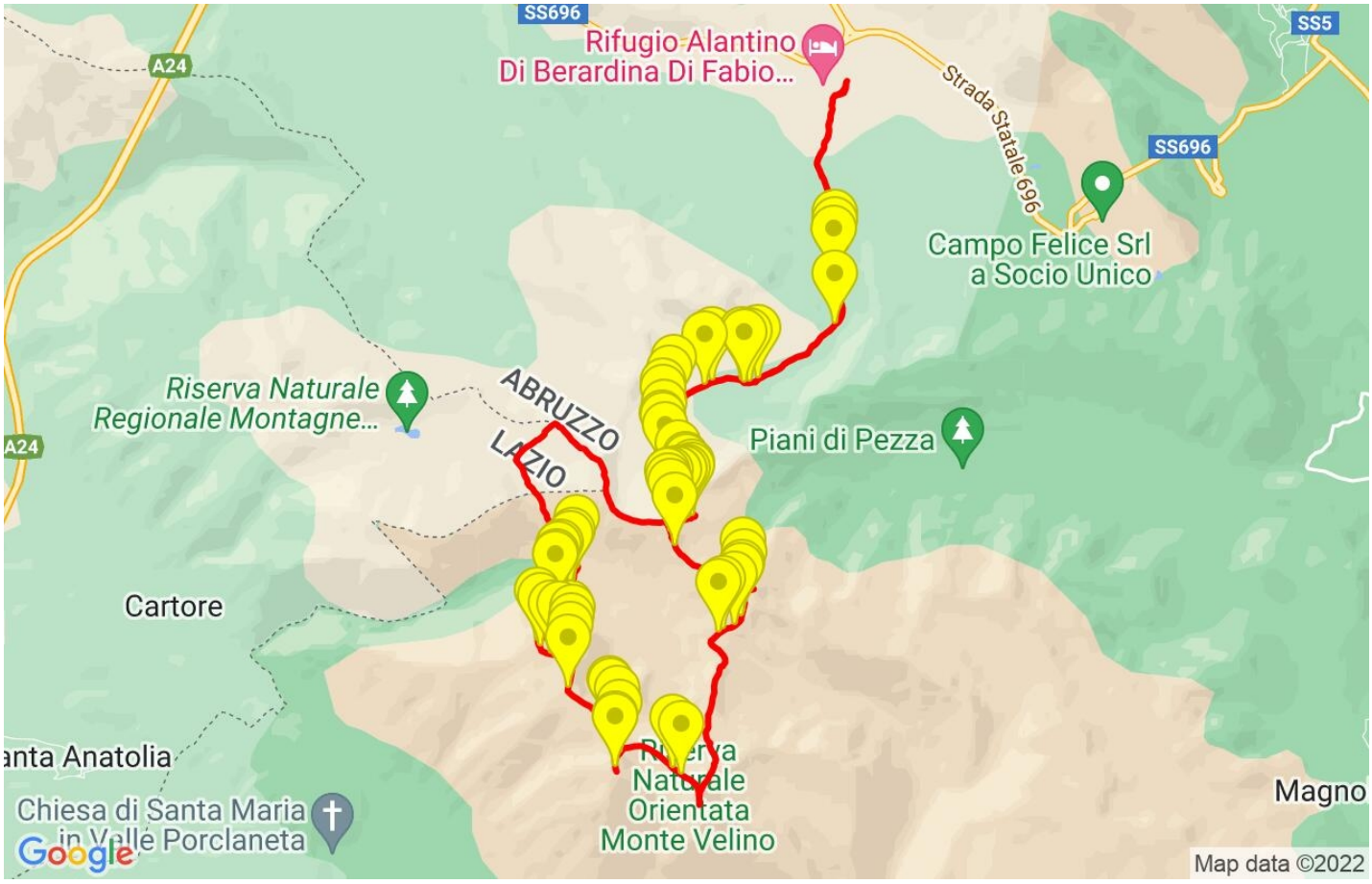
Summary of slopes

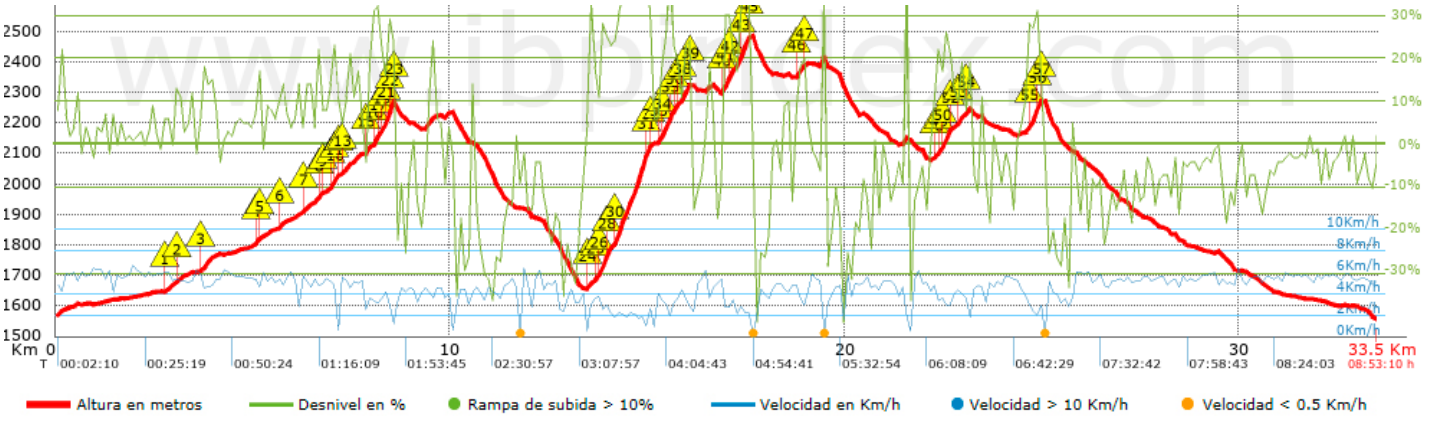


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.995	5.96	2.18	0:54:55
	Between 15 and 30%	3.667	10.95	3.18	1:09:16
	Between 10 and 15%	2.522	7.53	4.54	0:33:18
	Between 5 and 10%	3.542	10.58	4.47	0:47:31
	Between 1 and 5%	3.443	10.28	5.47	0:37:45
	Total :	15.169	45.29	3.75	4:02:45
	Plain				
	Difference of 1%	1.542	4.6	5.19	0:17:49
	Breakdown descents				
	Between 1 and 5%	4.229	12.63	5.34	0:47:32
	Between 5 and 10%	3.799	11.34	5.18	0:44:00
	Between 10 and 15%	2.932	8.75	4.85	0:36:15
	Between 15 and 30%	4.691	14.01	4	1:10:18
	Between 30% and 55%	1.13	3.37	2.94	0:23:02
	Total :	16.781	50.1	4.55	3:41:07
	Total track :	33.49	100 %	4.17	8:01:41

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
 1	2.797	12 %	98 m
 2	3.018	12 %	188 m
 3	3.677	14 %	342 m
 4	5.106	17 %	69 m
 5	5.175	16 %	34 m
 6	6.29	15 %	165 m
 7	6.642	20 %	101 m
 8	6.952	19 %	154 m
 9	7.106	13 %	32 m
 10	7.274	12 %	375 m
 11	7.882	12 %	33 m
 12	7.915	11 %	120 m
 13	8.035	22 %	113 m
 14	8.148	35 %	72 m
 15	8.22	22 %	37 m
 16	8.257	21 %	73 m
 17	8.33	16 %	31 m
 18	8.361	35 %	108 m
 19	8.469	38 %	76 m
 20	8.544	24 %	38 m
 21	13.503	19 %	194 m
 22	13.697	15 %	72 m
 23	13.77	31 %	196 m
 24	13.966	22 %	41 m
 25	14.007	20 %	110 m
 26	14.117	24 %	34 m

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27	14.151	35 %	825 m
28	14.976	33 %	86 m
29	15.062	15 %	47 m
30	15.251	16 %	126 m
31	15.377	27 %	163 m
32	15.54	29 %	98 m
33	15.638	22 %	108 m
34	15.746	16 %	121 m
35	15.867	24 %	180 m
36	16.047	24 %	39 m
37	16.912	24 %	31 m
38	16.942	31 %	156 m
39	17.099	21 %	227 m
40	17.325	33 %	190 m
41	17.515	32 %	36 m
42	17.551	18 %	48 m
43	18.79	19 %	149 m
44	18.94	17 %	77 m
45	22.245	12 %	82 m
46	22.328	20 %	174 m
47	22.501	28 %	146 m
48	22.648	21 %	48 m
49	22.696	12 %	163 m
50	22.859	19 %	164 m
51	23.024	12 %	109 m
52	24.642	30 %	222 m
53	24.864	31 %	74 m
54	24.939	16 %	37 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	4878.372	14.57	1:22:54	3.53	0:30:04	1:52:58	2.59
2000	11103.607	33.15	2:57:21	3.76	0:11:38	3:08:59	3.53
1750	8825.547	26.35	1:58:26	4.47	0:06:35	2:05:01	4.24
1500	8683.987	25.93	1:43:00	5.06	0:03:12	1:46:12	4.91
Total :	33.492 Km	100 %	8:01:41 h	4.17 Km/h	0:51:29 h	8:53:10 h	3.77 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
7.106	0:03:01	2016	1:21:30	1:21:30	7.106
10.038	0:04:34	2235	2:11:00	0:49:30	2.932
11.715	0:06:35	1924	2:39:26	0:28:26	1.677
13.44	0:03:12	1654	3:10:24	0:30:58	1.725
17.599	0:09:04	2484	4:44:57	1:34:33	4.159
19.43	0:05:07	2402	5:20:47	0:35:50	1.831
21.584	0:04:03	2160	5:57:47	0:37:00	2.154
24.975	0:15:53 > 10´	2270	6:57:07	0:59:20	3.391
Total :	0:51:29 h				

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