Track: 2022-11-11 Monte Aquila da F. Cerreto	**IBP = 160 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	17.04 Km
Analyzed distance	17.04 Km
Lineal distance	0.02 Km

Accumulated climb	1594.5 m
Accumulated descent	1596 m
Maximum height	2497.4 m
Minimal height	1100.1 m
Climb rate	19.13 %
Descent rate	19.12 %
Positive climb difference per km	93.57 m
Negative descent difference per km	93.66 m

Total time	6:39:31 h
Time in movement	5:29:07 h
Stopped time	1:10:24 h

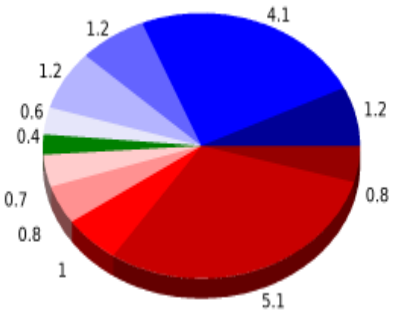
Total speed average	2.56 Km/h
Average speed in movement	3.11 Km/h
Maximum held speed	6.57 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1090 (cad. 15.63 m)
Significant points	453 (cad. 37.69 m / 41.56 %)
Aberrant points	13 (1.19 % d. total)

Direction changes per km	14.08
Direction changes >5° per km	11.85
Accumulated straight stretches	2.15 Km
Straight stretches per km	126.17 m
Penalizables slope changes	9
Penalizables slope changes per km	0.528

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Summary of slopes

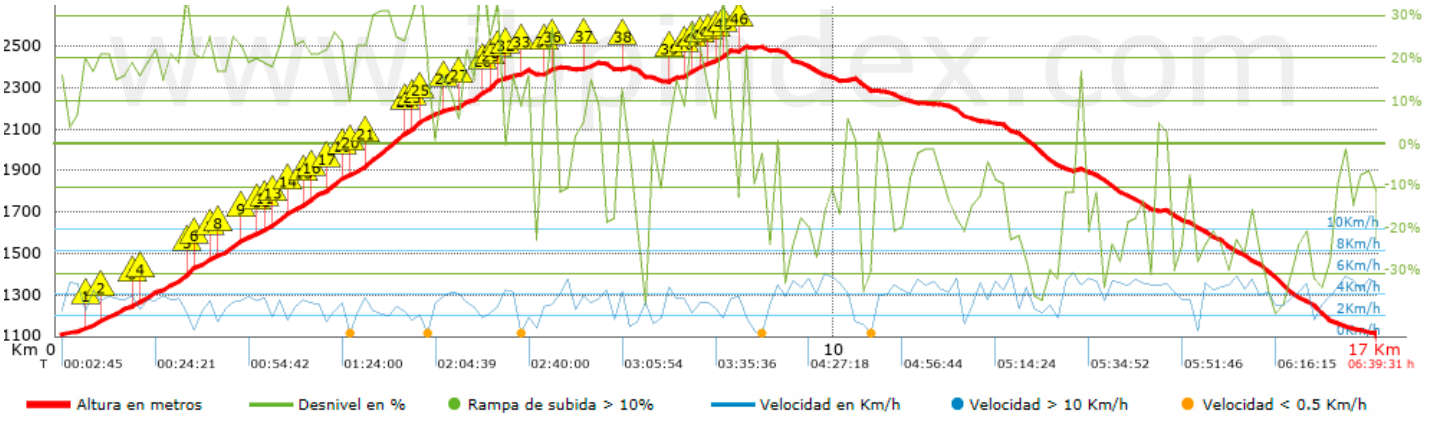


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.816	4.79	2.01	0:24:23
	Between 15 and 30%	5.116	30.03	2.72	1:52:42
	Between 10 and 15%	0.972	5.7	3.32	0:17:35
	Between 5 and 10%	0.782	4.59	3.81	0:12:19
	Between 1 and 5%	0.651	3.82	2.83	0:13:47
	Total :	8.337	48.94	2.77	3:00:46
	Plain				
	Difference of 1%	0.35	2.05	3.34	0:06:17
	Breakdown descents				
	Between 1 and 5%	0.617	3.62	3.72	0:09:57
	Between 5 and 10%	1.249	7.33	4.61	0:16:15
	Between 10 and 15%	1.174	6.89	3.86	0:18:16
	Between 15 and 30%	4.061	23.84	3.59	1:07:49
	Between 30% and 55%	1.246	7.32	2.51	0:29:47
	Total :	8.348	49.01	3.53	2:22:04
	Total track :	17.04	100 %	3.11	5:29:07

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.349	20 %	228 m
2	0.577	18 %	382 m
3	0.959	21 %	98 m
4	1.057	20 %	583 m
5	1.64	39 %	108 m
6	1.749	21 %	187 m
7	1.936	20 %	140 m
8	2.076	22 %	268 m
9	2.344	21 %	174 m
10	2.517	19 %	139 m
11	2.656	21 %	107 m
12	2.763	21 %	40 m
13	2.803	27 %	139 m
14	2.942	24 %	210 m
15	3.152	23 %	112 m
16	3.263	23 %	226 m
17	3.49	27 %	155 m
18	3.645	24 %	36 m
19	3.681	18 %	99 m
20	3.78	23 %	181 m
21	3.961	30 %	521 m
22	4.482	30 %	110 m
23	4.592	34 %	71 m
24	4.663	28 %	32 m
25	4.695	23 %	134 m
26	4.933	11 %	218 m

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27	5.15	17 %	282 m
28	5.433	30 %	106 m
29	5.538	34 %	112 m
30	5.65	33 %	34 m
31	5.683	14 %	89 m
32	5.773	14 %	85 m
33	5.981	20 %	108 m
34	6.22	11 %	37 m
35	6.257	16 %	80 m
36	6.337	26 %	105 m
37	6.775	13 %	117 m
38	7.242	14 %	107 m
39	7.876	13 %	223 m
40	8.099	20 %	40 m
41	8.139	26 %	116 m
42	8.255	14 %	74 m
43	8.329	13 %	154 m
44	8.483	31 %	68 m
45	8.551	34 %	73 m
46	8.757	19 %	119 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	5446.449	31.97	1:51:40	2.93	0:50:09	2:41:49	2.02
2000	2936.741	17.24	0:53:01	3.32	0:06:02	0:59:03	2.98
1750	2284.833	13.41	0:43:59	3.12	0:06:00	0:49:59	2.74
1500	2437.873	14.31	0:47:11	3.1	0:04:40	0:51:51	2.82
Total :	13.106 Km	76.93 %	4:15:51 h	3.07 Km/h	1:06:51 h	5:22:42 h	2.44 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
1.714	0:03:33	1409	0:33:09	0:33:09	1.714
3.747	0:06:00	1873	1:25:33	0:52:24	2.032
4.725	0:06:02	2147	1:56:21	0:30:48	0.979
5.904	0:09:49	2362	2:27:15	0:30:54	1.179
6.089	0:02:16	2384	2:40:00	0:12:45	0.185
8.946	0:29:57 > 10´	2494	3:46:06	1:06:06	2.857
10.386	0:08:07	2312	4:40:36	0:54:30	1.44
14.568	0:04:40	1649	5:54:36	1:14:00	4.182
Total :	1:10:24 h				

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