Track: 2022-12-21 I monti della Duchessa — **Date: 21/12/2022**

Track: 2022-12-21 I monti della Duchessa	**IBP = 181 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	18.82 Km
Analyzed distance	18.82 Km
Lineal distance	0.02 Km

Accumulated climb	1828.8 m
Accumulated descent	1821.2 m
Maximum height	2188 m
Minimal height	955.3 m
Climb rate	18.58 %
Descent rate	21.15 %
Positive climb difference per km	97.17 m
Negative descent difference per km	96.77 m

Total time	7:36:52 h
Time in movement	6:58:13 h
Stopped time	0:38:39 h

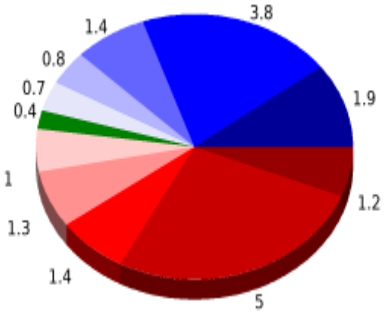
Total speed average	2.47 Km/h
Average speed in movement	2.7 Km/h
Maximum held speed	5.75 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1284 (cad. 14.66 m)
Significant points	504 (cad. 37.49 m / 39.25 %)
Aberrant points	65 (5.06 % d. total)

Direction changes per km	14.13
Direction changes >5° per km	11.69
Accumulated straight stretches	1.982 Km
Straight stretches per km	105.31 m
Penalizables slope changes	14
Penalizables slope changes per km	0.744

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Summary of slopes

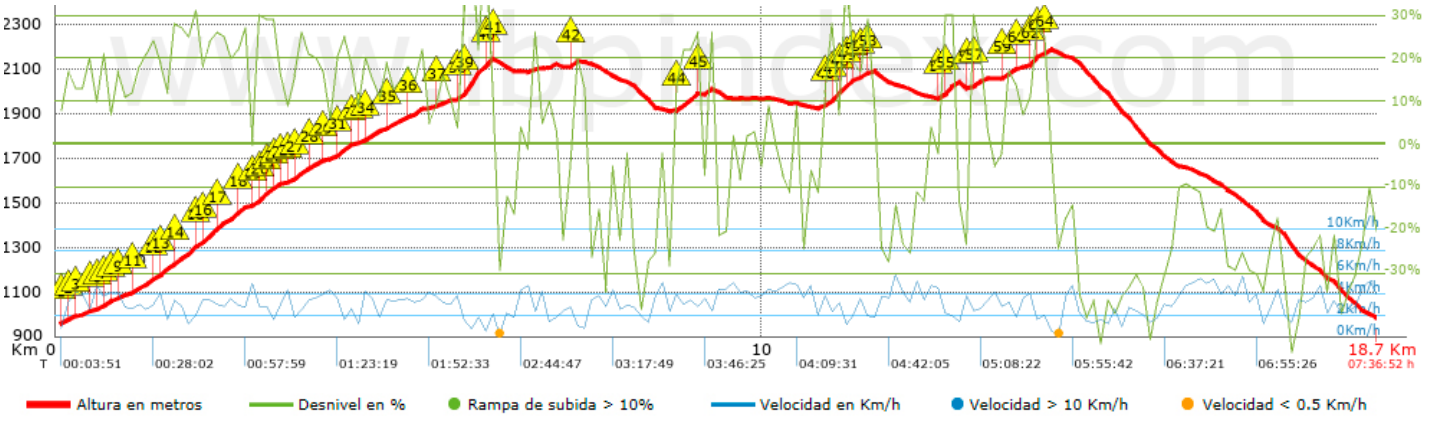


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.17	6.21	1.59	0:44:04
	Between 15 and 30%	4.987	26.5	2.59	1:55:20
	Between 10 and 15%	1.422	7.56	3.2	0:26:39
	Between 5 and 10%	1.275	6.78	2.77	0:27:35
	Between 1 and 5%	0.988	5.25	2.98	0:19:54
	Total :	9.842	52.3	2.53	3:53:32
	Plain				
	Difference of 1%	0.366	1.95	4.5	0:04:53
	Breakdown descents				
	Between 1 and 5%	0.749	3.98	3.82	0:11:46
	Between 5 and 10%	0.813	4.32	3.87	0:12:36
	Between 10 and 15%	1.35	7.18	3.54	0:22:54
	Between 15 and 30%	3.798	20.18	3.27	1:09:44
	Between 30% and 55%	1.901	10.1	1.82	1:02:48
	Total :	8.61	45.75	2.87	2:59:48
	Total track :	18.82	100 %	2.7	6:58:13

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
	0.066	12 %	74 m
	0.14	17 %	105 m
	0.245	11 %	180 m
	0.424	11 %	117 m
	0.574	17 %	41 m
	0.615	22 %	120 m
	0.735	11 %	146 m
	0.881	12 %	149 m
	1.03	12 %	42 m
	1.072	21 %	254 m
	1.327	21 %	132 m
	1.459	19 %	178 m
	1.637	27 %	298 m
	1.935	28 %	119 m
	2.054	27 %	218 m
	2.272	24 %	329 m
	2.601	27 %	71 m
	2.787	24 %	32 m
	2.819	27 %	190 m
	3.009	25 %	98 m
	3.107	14 %	34 m
	3.141	16 %	49 m
	3.19	11 %	102 m
	3.292	13 %	32 m
	3.324	18 %	79 m
	3.403	22 %	178 m

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27	3.582	17 %	214 m
28	3.796	11 %	117 m
29	3.913	20 %	43 m
30	3.955	22 %	185 m
31	4.141	20 %	71 m
32	4.324	17 %	300 m
33	4.624	16 %	325 m
34	4.949	19 %	235 m
35	5.4	14 %	144 m
36	5.665	18 %	46 m
37	5.711	41 %	372 m
38	6.083	39 %	40 m
39	6.123	14 %	61 m
40	7.272	23 %	116 m
41	8.739	14 %	32 m
42	8.771	24 %	274 m
43	9.045	26 %	39 m
44	10.892	28 %	62 m
45	10.955	28 %	121 m
46	11.075	38 %	79 m
47	11.154	32 %	71 m
48	11.226	12 %	69 m
49	11.336	11 %	83 m
50	11.418	24 %	71 m
51	11.49	20 %	36 m
52	12.483	18 %	46 m
53	12.529	32 %	211 m
54	12.916	14 %	31 m

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 55	12.946	27 %	146 m
 56	13.35	15 %	45 m
 57	13.395	20 %	175 m
 58	13.57	17 %	43 m
 59	13.735	11 %	31 m
 60	13.766	31 %	118 m
 61	13.884	22 %	105 m
 62	13.989	23 %	46 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2000	5865.226	31.17	2:28:47	2.37	0:35:53	3:04:40	1.91
1750	5512.523	29.29	2:00:08	2.75		2:00:08	2.75
1500	2608.012	13.86	0:47:40	3.28		0:47:40	3.28
Total :	13.986 Km	74.32 %	5:16:35 h	2.65 Km/h	0:35:53 h	5:52:28 h	2.38 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
5.82	0:02:46	2017	2:09:01	2:09:01	5.82
5.992	0:03:42	2082	2:17:47	0:08:46 < 10´	0.173
6.153	0:08:21	2144	2:26:51	0:09:04 < 10´	0.161
7.388	0:02:25	2135	3:07:28	0:40:37	1.235
14.035	0:18:39 > 10´	2186	5:31:34	2:24:06	6.648
Total :	0:38:39 h				

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