Track: 2023-02-04 Il Monte Pellecchia — **Date: 04/02/2023**

Track: 2023-02-04 Il Monte Pellecchia	**IBP = 79 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	12.93 Km
Analyzed distance	12.93 Km
Lineal distance	0 Km

Accumulated climb	820.8 m
Accumulated descent	827.6 m
Maximum height	1378.8 m
Minimal height	799.9 m
Climb rate	13.09 %
Descent rate	13.51 %
Positive climb difference per km	63.48 m
Negative descent difference per km	64.01 m

Total time	4:19:56 h
Time in movement	3:37:54 h
Stopped time	0:42:02 h

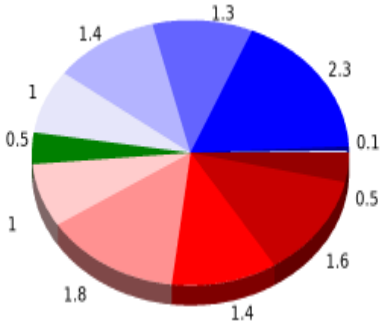
Total speed average	2.98 Km/h
Average speed in movement	3.56 Km/h
Maximum held speed	6.32 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	782 (cad. 16.53 m)
Significant points	334 (cad. 38.83 m / 42.71 %)
Aberrant points	6 (0.77 % d. total)

Direction changes per km	12.84
Direction changes >5° per km	9.9
Accumulated straight stretches	1.397 Km
Straight stretches per km	108.04 m
Penalizables slope changes	7
Penalizables slope changes per km	0.541

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Summary of slopes

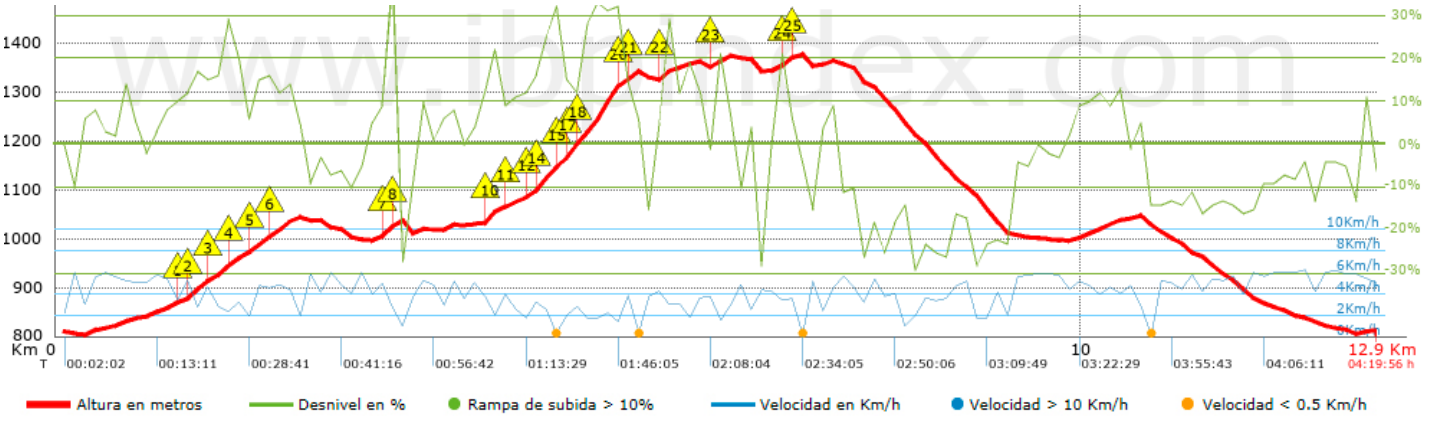


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.504	3.9	1.9	0:15:53
	Between 15 and 30%	1.598	12.36	2.71	0:35:20
	Between 10 and 15%	1.374	10.63	3.45	0:23:54
	Between 5 and 10%	1.762	13.63	3.84	0:27:30
	Between 1 and 5%	1.034	8	4.35	0:14:15
	Total :	6.271	48.51	3.22	1:56:52
	Plain				
	Difference of 1%	0.532	4.12	3.71	0:08:37
	Breakdown descents				
	Between 1 and 5%	1.042	8.06	5.15	0:12:08
	Between 5 and 10%	1.369	10.59	4.65	0:17:39
	Between 10 and 15%	1.312	10.15	4.46	0:17:39
	Between 15 and 30%	2.272	17.57	3.29	0:41:27
	Between 30% and 55%	0.131	1.01	2.22	0:03:32
	Total :	6.126	47.38	3.98	1:32:25
	Total track :	12.93	100 %	3.56	3:37:54

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	1.144	12 %	150 m
2	1.293	17 %	189 m
3	1.482	14 %	155 m
4	1.637	20 %	152 m
5	1.899	16 %	218 m
6	2.116	15 %	215 m
7	3.186	18 %	39 m
8	3.226	34 %	107 m
9	4.133	12 %	35 m
10	4.168	19 %	157 m
11	4.325	11 %	66 m
12	4.529	12 %	108 m
13	4.638	16 %	71 m
14	4.708	22 %	134 m
15	4.842	27 %	116 m
16	4.958	37 %	38 m
17	4.996	16 %	113 m
18	5.109	31 %	326 m
19	5.435	32 %	36 m
20	5.471	16 %	95 m
21	5.566	14 %	42 m
22	5.917	17 %	114 m
23	6.383	17 %	109 m
24	7.023	15 %	149 m
25	7.172	12 %	32 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
Total :	0 Km	--- %	--- h	--- Km/h	--- h	--- h	--- Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
4.778	0:06:32	1124	1:18:22	1:18:22	4.778
5.647	0:04:44	1340	1:49:58	0:31:36	0.869
7.237	0:09:15	1379	2:24:50	0:34:52	1.591
10.57	0:21:31 > 10´	1047	3:30:59	1:06:09	3.332
Total :	0:42:02 h				

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