Track: 2023-02-11 Monte Cava — **Date: 11/02/2023**

Track: 2023-02-11 Monte Cava	**IBP = 135 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	18.22 Km
Analyzed distance	18.22 Km
Lineal distance	0.01 Km

Accumulated climb	1404.9 m
Accumulated descent	1405.2 m
Maximum height	2010.3 m
Minimal height	845.3 m
Climb rate	15.89 %
Descent rate	15.64 %
Positive climb difference per km	77.11 m
Negative descent difference per km	77.12 m

Total time	7:04:17 h
Time in movement	6:05:03 h
Stopped time	0:59:14 h

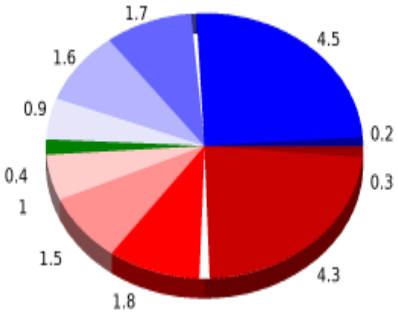
Total speed average	2.58 Km/h
Average speed in movement	2.99 Km/h
Maximum held speed	6.21 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1195 (cad. 15.25 m)
Significant points	495 (cad. 36.95 m / 41.42 %)
Aberrant points	9 (0.75 % d. total)

Direction changes per km	13.17
Direction changes >5º per km	10.1
Accumulated straight stretches	2.182 Km
Straight stretches per km	119.76 m
Penalizables slope changes	9
Penalizables slope changes per km	0.494

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Summary of slopes

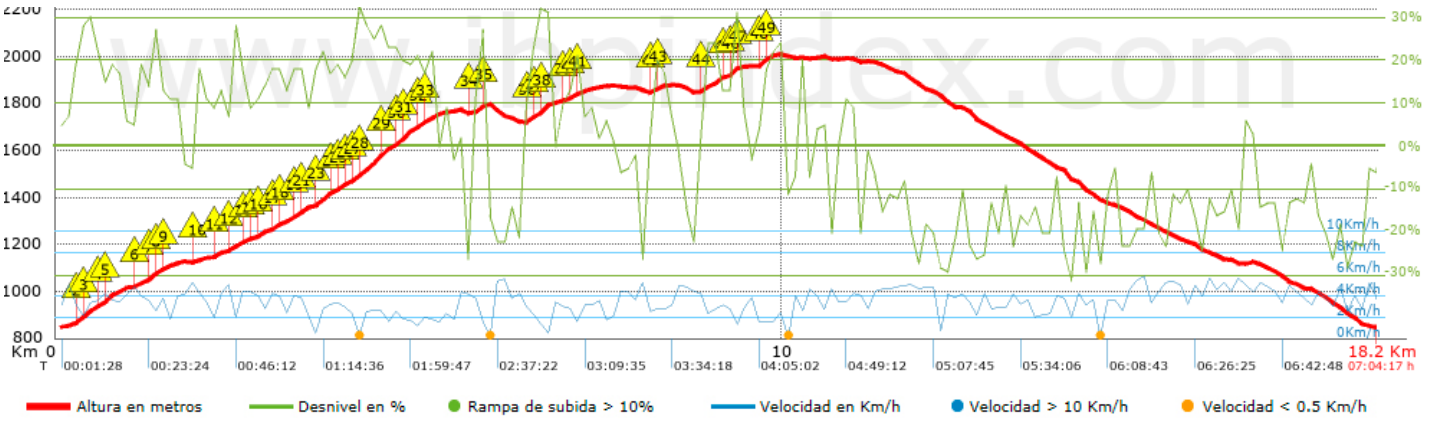


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.31	1.7	1.7	0:10:57
	Between 15 and 30%	4.338	23.81	2.26	1:55:08
	Between 10 and 15%	1.751	9.61	2.71	0:38:42
	Between 5 and 10%	1.458	8	3.06	0:28:34
	Between 1 and 5%	0.985	5.41	3.46	0:17:05
	Total :	8.841	48.53	2.52	3:30:26
	Plain				
	Difference of 1%	0.394	2.16	2.55	0:09:16
	Breakdown descents				
	Between 1 and 5%	0.933	5.12	3.31	0:16:54
	Between 5 and 10%	1.641	9.01	3.87	0:25:25
	Between 10 and 15%	1.733	9.51	4.03	0:25:46
	Between 15 and 30%	4.451	24.43	3.73	1:11:30
	Between 30% and 55%	0.226	1.24	2.36	0:05:46
	Total :	8.983	49.31	3.71	2:25:21
	Total track :	18.22	100 %	2.99	6:05:03

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.238	19 %	33 m
2	0.271	22 %	71 m
3	0.342	28 %	167 m
4	0.509	19 %	143 m
5	0.653	21 %	266 m
6	1.053	14 %	223 m
7	1.276	28 %	134 m
8	1.41	13 %	31 m
9	1.441	14 %	246 m
10	1.897	12 %	112 m
11	2.176	13 %	198 m
12	2.374	19 %	215 m
13	2.589	13 %	45 m
14	2.729	13 %	74 m
15	2.803	14 %	130 m
16	2.933	19 %	114 m
17	3.048	16 %	234 m
18	3.281	21 %	99 m
19	3.38	22 %	30 m
20	3.41	14 %	125 m
21	3.535	18 %	31 m
22	3.566	24 %	177 m
23	3.743	18 %	134 m
24	3.877	20 %	104 m
25	3.981	19 %	114 m
26	4.095	20 %	45 m

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27	4.14	28 %	369 m
28	4.508	23 %	153 m
29	4.661	23 %	110 m
30	4.771	24 %	205 m
31	4.976	22 %	100 m
32	5.076	25 %	114 m
33	5.69	19 %	173 m
34	5.864	21 %	73 m
35	6.477	17 %	73 m
36	6.55	22 %	77 m
37	6.626	29 %	178 m
38	6.987	12 %	81 m
39	7.068	17 %	138 m
40	7.207	11 %	114 m
41	8.194	16 %	109 m
42	8.303	11 %	35 m
43	8.909	24 %	217 m
44	9.126	11 %	139 m
45	9.265	29 %	106 m
46	9.691	26 %	82 m
47	9.773	23 %	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
2000	292.727	1.61	0:05:44	3.06	0:19:51	0:25:35	0.69
1750	6673.343	36.63	2:19:05	2.88	0:16:21	2:35:26	2.58
1500	2771.297	15.21	1:10:27	2.36		1:10:27	2.36
Total :	9.737 Km	53.45 %	3:35:16 h	2.71 Km/h	0:36:12 h	4:11:28 h	2.32 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
3.535	0:03:51	1360	1:08:05	1:08:05	3.535
4.095	0:10:16 > 10´	1475	1:25:58	0:17:53	0.56
5.937	0:09:03	1801	2:27:14	1:01:16	1.842
6.732	0:04:14	1781	2:52:15	0:25:01	0.795
10.009	0:19:51 > 10´	2007	4:15:53	1:23:38	3.277
12.127	0:03:04	1844	5:09:02	0:53:09	2.118
14.33	0:08:55	1399	5:58:01	0:48:59	2.203
Total :	0:59:14 h				

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