Track: 2023-03-25 Dal Puzzillo al Costone — **Date: 25/03/2023**

Track: 2023-03-25 Dal Puzzillo al Costone	**IBP = 138 HKG**
These speeds are average for = HKG	
IBP index reliability= B	

Total length	18.77 Km
Analyzed distance	18.77 Km
Lineal distance	0.06 Km

Accumulated climb	1210.92 m
Accumulated descent	1207.32 m
Maximum height	2294.05 m
Minimal height	1559.8 m
Climb rate	13.72 %
Descent rate	13.68 %
Positive climb difference per km	64.51 m
Negative descent difference per km	64.32 m

Total time	7:04:51 h
Time in movement	5:47:03 h
Stopped time	1:17:48 h

Total speed average	2.65 Km/h
Average speed in movement	3.25 Km/h
Maximum held speed	6.02 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1141 (cad. 16.45 m)
Significant points	489 (cad. 38.46 m / 42.86 %)
Aberrant points	103 (9.03 % d. total)

Direction changes per km	13.53
Direction changes >5° per km	10.66
Accumulated straight stretches	2.438 Km
Straight stretches per km	129.89 m
Penalizables slope changes	12
Penalizables slope changes per km	0.639

Find The Best bike routes
cicloide
www.cicloide.com

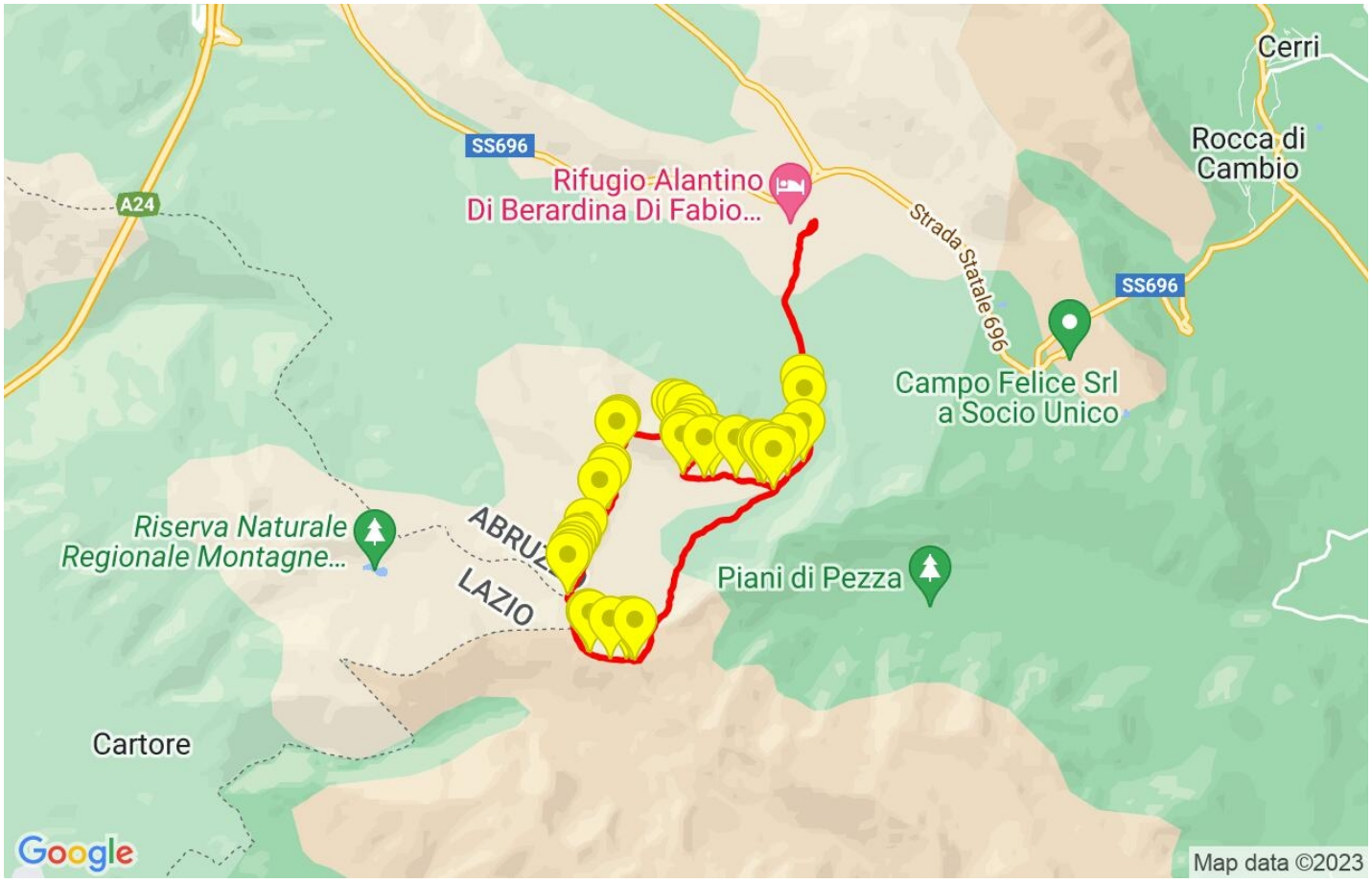
Summary of slopes

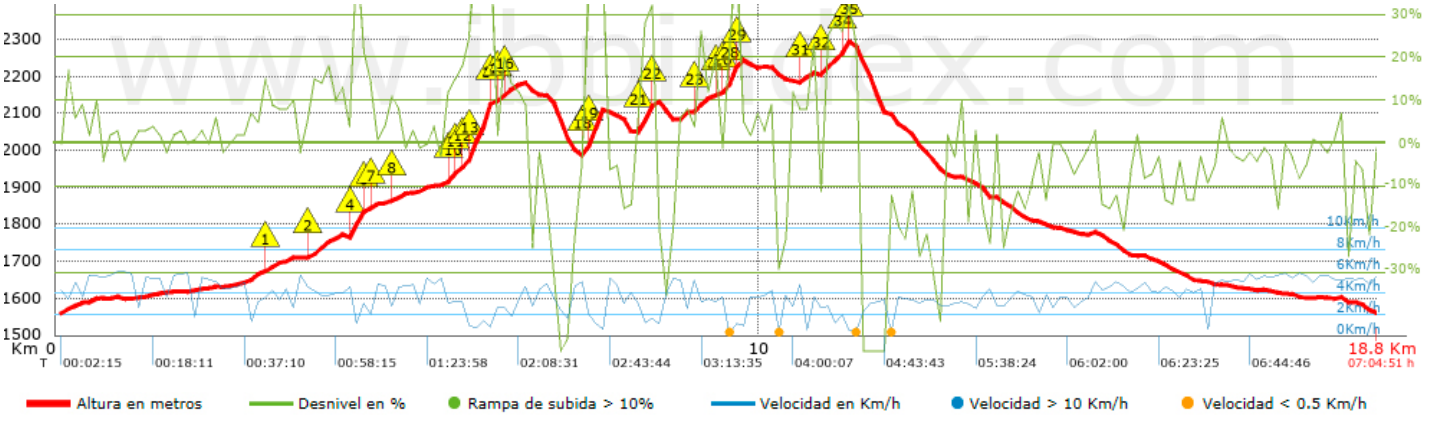


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.089	5.8	1.84	0:35:25
	Between 15 and 30%	1.701	9.07	2.34	0:43:38
	Between 10 and 15%	1.277	6.81	3.14	0:24:23
	Between 5 and 10%	1.957	10.43	3.91	0:30:01
	Between 1 and 5%	2.802	14.93	3.93	0:42:45
	Total :	8.827	47.03	3.01	2:56:12
	Plain				
	Difference of 1%	1.114	5.94	3.93	0:17:01
	Breakdown descents				
	Between 1 and 5%	2.529	13.48	4.06	0:37:22
	Between 5 and 10%	1.704	9.08	3.6	0:28:22
	Between 10 and 15%	1.753	9.34	3.85	0:27:19
	Between 15 and 30%	1.862	9.92	2.89	0:38:36
	Between 30% and 55%	0.978	5.21	2.65	0:22:11
	Total :	8.826	47.03	3.44	2:33:50
	Total track :	18.77	100 %	3.25	5:47:03

Copyright IBPindexTeam © 2012. All Rights Reserved

Track: 2023-03-25 Dal Puzzillo al Costone	**IBP = 138 HKG**
These speeds are average for = HKG	
IBP index reliability= B	





Copyright IBPindexTeam © 2012. All Rights Reserved

Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
 1	2.938	13 %	154 m
 2	3.583	14 %	293 m
 3	4.161	19 %	43 m
 4	4.205	36 %	144 m
 5	4.348	21 %	34 m
 6	4.382	14 %	37 m
 7	4.419	17 %	77 m
 8	4.748	13 %	156 m
 9	5.509	13 %	44 m
 10	5.553	22 %	110 m
 11	5.663	15 %	72 m
 12	5.735	16 %	98 m
 13	5.833	45 %	355 m
 14	6.188	21 %	38 m
 15	6.299	19 %	69 m
 16	6.368	14 %	166 m
 17	7.46	13 %	40 m
 18	7.5	24 %	30 m
 19	7.53	45 %	250 m
 20	8.252	24 %	40 m
 21	8.292	33 %	214 m
 22	8.506	31 %	33 m
 23	9.096	16 %	232 m
 24	9.328	20 %	33 m
 25	9.361	12 %	69 m
 26	9.465	20 %	64 m

Copyright IBPindexTeam © 2012. All Rights Reserved

27	9.529	35 %	71 m
28	9.6	36 %	95 m
29	9.694	37 %	37 m
30	10.557	15 %	31 m
31	10.588	17 %	104 m
32	10.89	20 %	223 m
33	11.113	25 %	75 m
34	11.188	36 %	42 m
35	11.229	32 %	32 m

Copyright IBPindexTeam © 2012. All Rights Reserved

High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2250	329.84	1.76	0:07:18	2.71	0:11:39	0:18:57	1.04
2000	5939.792	31.65	2:19:25	2.56	0:59:20	3:18:45	1.79
1750	4917.431	26.2	1:37:50	3.02	0:02:42	1:40:32	2.93
1500	7579.651	40.39	1:42:30	4.44	0:04:07	1:46:37	4.27
Total :	18.767 Km	100 %	5:47:03 h	3.24 Km/h	1:17:48 h	7:04:51 h	2.65 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
5.87	0:10:09 > 10´	1973	1:37:52	1:37:52	5.87
6.052	0:04:48	2060	1:51:06	0:13:14	0.183
7.67	0:03:18	2060	2:34:43	0:43:37	1.617
9.495	0:09:17	2164	3:21:39	0:46:56	1.826
10.249	0:04:34	2214	3:51:44	0:30:05	0.754
10.557	0:03:51	2183	4:01:28	0:09:44 < 10´	0.308
11.229	0:04:06	2284	4:21:13	0:19:45	0.672
11.342	0:07:33	2272	4:27:14	0:06:01 < 10´	0.112
11.763	0:26:05 > 10´	2103	4:43:43	0:16:29	0.421
16.25	0:04:07	1647	6:32:20	1:48:37	4.487
Total :	1:17:48 h				

Copyright IBPindexTeam © 2012. All Rights Reserved