Track: 2023-04-22 Monte Gennaro da Palombara — **Date: 23/04/2023**

Track: 2023-04-22 Monte Gennaro da Palombara	**IBP = 110 HKG**
These speeds are average for = RNG	
IBP index reliability= A	

Total length	18.85 Km
Analyzed distance	18.85 Km
Lineal distance	0 Km

Accumulated climb	1272.4 m
Accumulated descent	1268.3 m
Maximum height	1271.4 m
Minimal height	290.4 m
Climb rate	13.5 %
Descent rate	14.12 %
Positive climb difference per km	67.5 m
Negative descent difference per km	67.28 m

Total time	4:41:23 h
Time in movement	4:17:18 h
Stopped time	0:24:05 h

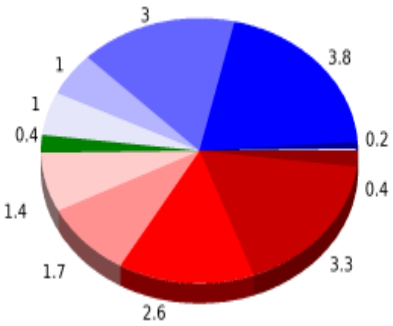
Total speed average	4.02 Km/h
Average speed in movement	4.4 Km/h
Maximum held speed	13.54 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1143 (cad. 16.49 m)
Significant points	496 (cad. 38.09 m / 43.39 %)
Aberrant points	4 (0.35 % d. total)

Direction changes per km	11.46
Direction changes >5° per km	9.87
Accumulated straight stretches	2.297 Km
Straight stretches per km	121.86 m
Penalizables slope changes	8
Penalizables slope changes per km	0.424

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Summary of slopes



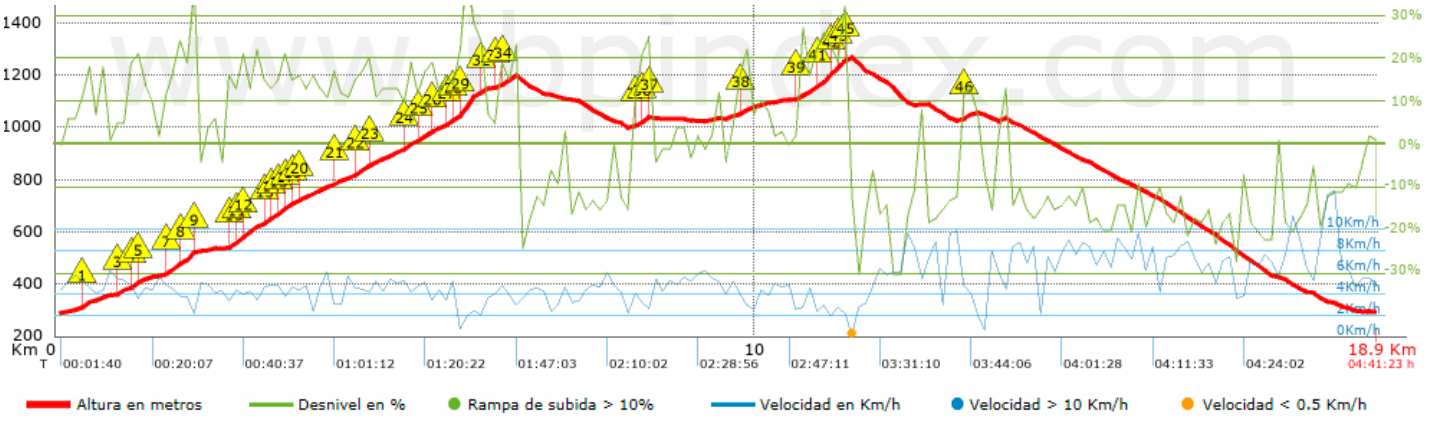
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.382	2.03	1.92	0:11:57
	Between 15 and 30%	3.298	17.49	3.19	1:02:07
	Between 10 and 15%	2.624	13.92	4.35	0:36:11
	Between 5 and 10%	1.718	9.11	4.14	0:24:53
	Between 1 and 5%	1.402	7.43	4.64	0:18:08
	Total :	9.424	49.99	3.69	2:33:16
	Plain				
	Difference of 1%	0.444	2.35	4.9	0:05:26
	Breakdown descents				
	Between 1 and 5%	1.004	5.32	4.68	0:12:52
	Between 5 and 10%	1.025	5.44	5.26	0:11:41
	Between 10 and 15%	2.986	15.84	6.56	0:27:19
	Between 15 and 30%	3.79	20.1	5.25	0:43:21
	Between 30% and 55%	0.18	0.96	3.2	0:03:23
	Total :	8.985	47.66	5.47	1:38:36
	Total track :	18.85	100 %	4.4	4:17:18

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.312	12 %	305 m
2	0.862	14 %	37 m
3	0.899	13 %	201 m
4	1.099	16 %	97 m
5	1.196	13 %	107 m
6	1.524	12 %	36 m
7	1.561	15 %	177 m
8	1.737	23 %	192 m
9	1.929	37 %	30 m
10	2.429	15 %	147 m
11	2.576	25 %	91 m
12	2.667	16 %	313 m
13	2.981	20 %	104 m
14	3.084	20 %	117 m
15	3.201	24 %	59 m
16	3.261	23 %	31 m
17	3.292	12 %	81 m
18	3.373	17 %	31 m
19	3.405	14 %	63 m
20	3.506	13 %	296 m
21	3.931	13 %	330 m
22	4.261	18 %	207 m
23	4.467	13 %	493 m
24	4.96	17 %	241 m
25	5.201	14 %	140 m
26	5.341	16 %	180 m

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27	5.522	15 %	166 m
28	5.688	22 %	77 m
29	5.765	32 %	259 m
30	6.024	24 %	30 m
31	6.054	17 %	38 m
32	6.092	21 %	35 m
33	6.333	18 %	233 m
34	8.247	11 %	67 m
35	8.314	17 %	99 m
36	8.413	25 %	46 m
37	9.737	18 %	150 m
38	10.585	14 %	257 m
39	10.842	22 %	41 m
40	10.883	28 %	178 m
41	11.061	21 %	137 m
42	11.199	33 %	72 m
43	11.271	24 %	35 m
44	11.306	32 %	32 m
45	12.907	13 %	175 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
5.688	0:03:23	1025	1:26:21	1:26:21	5.688
11.338	0:16:54 > 10´	1271	3:07:47	1:41:26	5.65
13.182	0:03:09	1055	3:46:40	0:38:53	1.844
18.851	0:00:39	295	4:40:44	0:54:04	5.669
Total :	0:24:05 h				

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