Track: 2023-04-29 Alta via della Fenice — **Date: 01/05/2023**

Track: 2023-04-29 Alta via della Fenice	**IBP = 349 HKG**
These speeds are average for = HKG	
IBP index reliability= B	

Total length	73.53 Km
Analyzed distance	73.53 Km
Lineal distance	0.01 Km

Accumulated climb	4240.71 m
Accumulated descent	4255.01 m
Maximum height	1545.4 m
Minimal height	279.6 m
Climb rate	12.92 %
Descent rate	11.84 %
Positive climb difference per km	57.67 m
Negative descent difference per km	57.87 m

Total time	31:35:34 h
Time in movement	24:06:18 h
Stopped time	7:29:16 h

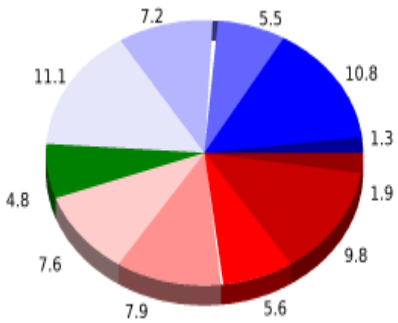
Total speed average	2.33 Km/h
Average speed in movement	3.05 Km/h
Maximum held speed	7.08 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	4840 (cad. 15.19 m)
Significant points	1953 (cad. 37.67 m / 40.35 %)
Aberrant points	42 (0.87 % d. total)

Direction changes per km	14.16
Direction changes >5º per km	11.74
Accumulated straight stretches	6.684 Km
Straight stretches per km	90.9 m
Penalizables slope changes	37
Penalizables slope changes per km	0.503

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Summary of slopes

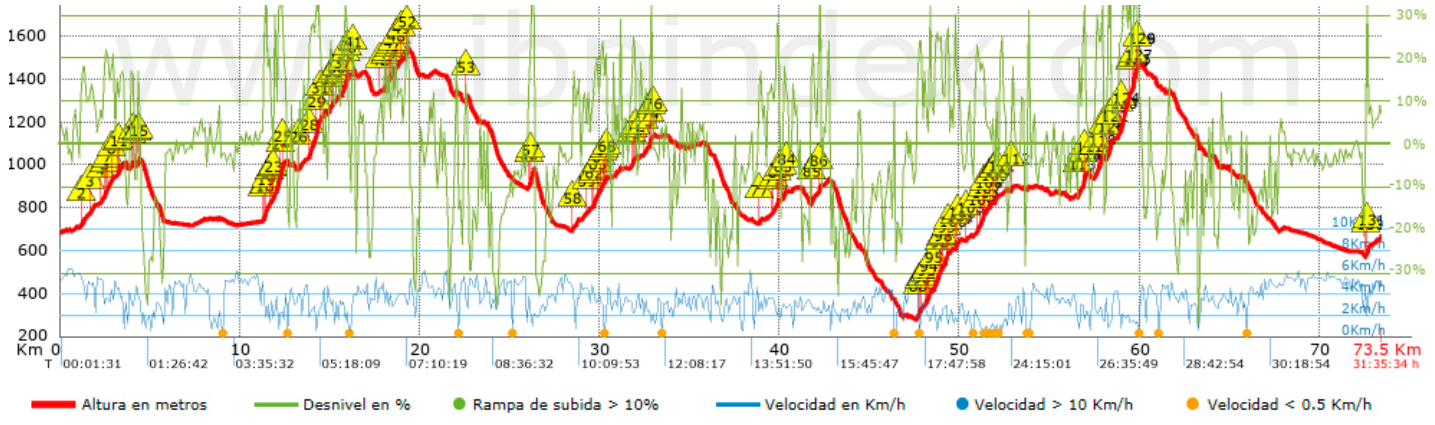


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.941	2.64	1.66	1:09:59
	Between 15 and 30%	9.82	13.35	2.41	4:04:58
	Between 10 and 15%	5.576	7.58	2.89	1:55:37
	Between 5 and 10%	7.85	10.68	3.18	2:28:20
	Between 1 and 5%	7.63	10.38	3.34	2:16:57
	Total :	32.816	44.63	2.75	11:55:51
	Plain				
	Difference of 1%	4.779	6.5	3.56	1:20:37
	Breakdown descents				
	Between 1 and 5%	11.117	15.12	4.02	2:45:45
	Between 5 and 10%	7.177	9.76	3.67	1:57:29
	Between 10 and 15%	5.51	7.49	3.58	1:32:16
	Between 15 and 30%	10.789	14.67	2.78	3:52:45
	Between 30% and 55%	1.345	1.83	1.94	0:41:35
	Total :	35.939	48.87	3.32	10:49:50
	Total track :	73.53	100 %	3.05	24:06:18

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
 1	1.134	11 %	53 m
 2	1.186	18 %	165 m
 3	1.619	13 %	300 m
 4	2.42	16 %	117 m
 5	2.536	21 %	126 m
 6	2.663	17 %	216 m
 7	2.879	22 %	37 m
 8	3.125	15 %	42 m
 9	3.167	13 %	139 m
 10	3.306	15 %	246 m
 11	3.925	17 %	145 m
 12	4.07	11 %	38 m
 13	4.281	11 %	37 m
 14	4.317	20 %	122 m
 15	11.291	11 %	30 m
 16	11.321	24 %	32 m
 17	11.353	30 %	105 m
 18	11.458	16 %	177 m
 19	11.635	13 %	145 m
 20	11.78	13 %	38 m
 21	11.883	29 %	415 m
 22	12.298	27 %	117 m
 23	12.415	17 %	186 m
 24	13.286	17 %	137 m
 25	13.848	23 %	35 m
 26	13.883	30 %	407 m

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27	14.29	27 %	144 m
28	14.434	21 %	72 m
29	14.505	12 %	194 m
30	14.932	14 %	38 m
31	14.969	20 %	99 m
32	15.069	11 %	111 m
33	15.215	11 %	115 m
34	15.331	11 %	165 m
35	15.628	21 %	190 m
36	15.818	28 %	114 m
37	15.932	27 %	77 m
38	16.008	44 %	34 m
39	16.217	18 %	146 m
40	17.787	12 %	99 m
41	18.047	18 %	120 m
42	18.168	20 %	85 m
43	18.252	12 %	136 m
44	18.389	17 %	34 m
45	18.422	23 %	114 m
46	18.634	15 %	200 m
47	18.947	11 %	281 m
48	19.228	21 %	32 m
49	19.26	27 %	35 m
50	19.295	27 %	72 m
51	22.543	18 %	103 m
52	26.025	12 %	47 m
53	26.072	18 %	63 m
54	26.135	24 %	75 m

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55	26.211	36 %	146 m
56	28.46	12 %	325 m
57	29.279	14 %	139 m
58	29.551	12 %	102 m
59	29.653	17 %	64 m
60	29.717	19 %	112 m
61	29.829	17 %	182 m
62	30.01	21 %	115 m
63	30.125	24 %	35 m
64	30.224	16 %	36 m
65	30.259	15 %	63 m
66	30.322	21 %	31 m
67	31.716	12 %	80 m
68	31.796	18 %	30 m
69	31.825	21 %	125 m
70	31.95	22 %	61 m
71	32.48	15 %	164 m
72	32.758	32 %	117 m
73	32.875	22 %	44 m
74	32.958	13 %	36 m
75	38.829	12 %	149 m
76	39.526	11 %	188 m
77	39.714	15 %	107 m
78	39.821	24 %	68 m
79	39.889	24 %	63 m
80	39.952	13 %	33 m
81	40.204	19 %	146 m
82	40.349	13 %	42 m

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83	41.747	17 %	223 m
84	42.114	22 %	221 m
85	47.617	14 %	33 m
86	47.65	19 %	146 m
87	47.796	11 %	109 m
88	47.905	11 %	121 m
89	48.026	17 %	41 m
90	48.066	12 %	100 m
91	48.166	18 %	136 m
92	48.302	27 %	73 m
93	48.573	22 %	342 m
94	48.914	23 %	32 m
95	48.947	17 %	111 m
96	49.057	19 %	181 m
97	49.239	23 %	94 m
98	49.333	18 %	93 m
99	49.727	24 %	102 m
100	49.828	14 %	161 m
101	50.929	13 %	75 m
102	51.004	22 %	121 m
103	51.125	18 %	143 m
104	51.268	24 %	112 m
105	51.38	16 %	165 m
106	51.659	16 %	105 m
107	51.904	13 %	174 m
108	52.078	19 %	29 m
109	52.894	13 %	141 m
110	56.594	24 %	130 m

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111	56.837	22 %	33 m
112	56.87	31 %	105 m
113	56.975	36 %	69 m
114	57.499	13 %	141 m
115	57.64	23 %	284 m
116	57.924	33 %	38 m
117	58.162	15 %	37 m
118	58.199	26 %	162 m
119	58.362	30 %	107 m
120	58.818	21 %	155 m
121	58.973	34 %	452 m
122	59.424	38 %	41 m
123	59.602	17 %	34 m
124	59.636	41 %	224 m
125	59.86	22 %	33 m
126	59.893	17 %	119 m
127	72.572	14 %	48 m
128	72.62	33 %	105 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
1500	497.356	0.68	0:10:02	2.97		0:10:02	2.97
Total :	0.497 Km	0.68 %	0:10:02 h	2.97 Km/h	0:00:00 h	0:10:02 h	2.97 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
3.523	0:02:33	1001	0:50:16	0:50:16	3.523
4.975	0:04:05	900	1:31:45	0:41:29	1.452
8.353	0:13:07 > 10´	749	2:36:24	1:04:39	3.378
8.72	0:02:34	748	2:58:58	0:22:34	0.366
8.971	0:15:19 > 10´	748	3:11:41	0:12:43	0.251
12.128	0:03:12	901	4:14:30	1:02:49	3.157
12.567	0:09:58	1017	4:27:13	0:12:43	0.439
14.186	0:03:36	1121	5:07:40	0:40:27	1.619
16.042	0:21:26 > 10´	1421	5:56:52	0:49:12	1.856
22.099	0:06:12	1344	7:57:07	2:00:15	6.057
25.068	0:04:35	945	8:51:34	0:54:27	2.968
28.635	0:03:06	713	10:03:42	1:12:08	3.568
30.194	0:15:23 > 10´	911	10:31:35	0:27:53	1.559
33.436	0:08:23	1132	11:56:00	1:24:25	3.242
37.835	0:10:13 > 10´	769	13:33:32	1:37:32	4.399
38.505	0:02:42	745	13:54:01	0:20:29	0.67
40.704	0:03:06	879	14:40:34	0:46:33	2.2
42.79	0:04:06	938	15:31:10	0:50:36	2.085
46.321	0:08:39	374	16:52:38	1:21:28	3.531
46.379	0:02:41	373	17:03:14	0:10:36	0.059
47.684	0:05:22	292	17:33:57	0:30:43	1.305
48.687	0:05:04	441	18:07:12	0:33:15	1.002
50.586	0:06:30	669	19:14:03	1:06:51	1.899
50.685	0:09:13	662	19:21:46	0:07:43 < 10´	0.099
51.163	0:04:01	719	19:46:57	0:25:11	0.478
51.268	0:06:28	739	19:55:43	0:08:46 < 10´	0.105
51.478	0:02:22	779	20:10:46	0:15:03	0.21
51.585	0:11:46 > 10´	794	20:17:26	0:06:40 < 10´	0.108
51.873	0:06:29	822	20:42:54	0:25:28	0.288
52.078	2:47:35 > 10´	844	20:59:06	0:16:12	0.204
52.349	0:03:39	854	23:55:06	2:56:00	0.271
53.655	0:36:10 > 10´	884	24:35:45	0:40:39	1.307
53.85	0:05:26	896	25:13:49	0:38:04	0.195
56.561	0:02:49	850	26:04:50	0:51:01	2.711
57.198	0:03:20	956	26:23:03	0:18:13	0.637
58.162	0:02:52	1025	26:48:30	0:25:27	0.965
58.896	0:02:30	1142	27:09:46	0:21:16	0.733
59.86	0:05:01	1440	27:48:24	0:38:38	0.964
61.017	0:08:54	1375	28:12:30	0:24:06	1.157
63.218	0:02:51	1130	28:59:37	0:47:07	2.201
65.917	0:05:58	918	29:52:21	0:52:44	2.699
Total :	7:29:16 h				

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