Track: 2023-06-09 M. Portella e Aquila da F. Cerreto — **Date: 09/06/2023**

Track: 2023-06-09 M. Portella e Aquila da F. Cerreto	**IBP = 157 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	17.14 Km
Analyzed distance	17.14 Km
Lineal distance	0.01 Km

Accumulated climb	1558.9 m
Accumulated descent	1563.1 m
Maximum height	2501 m
Minimal height	1114.7 m
Climb rate	18.71 %
Descent rate	18.98 %
Positive climb difference per km	90.95 m
Negative descent difference per km	91.2 m

Total time	5:31:32 h
Time in movement	4:58:21 h
Stopped time	0:33:11 h

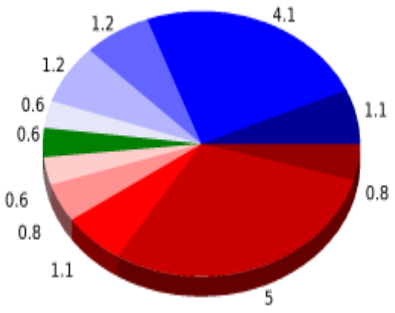
Total speed average	3.1 Km/h
Average speed in movement	3.45 Km/h
Maximum held speed	6.47 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1096 (cad. 15.64 m)
Significant points	460 (cad. 37.34 m / 41.97 %)
Aberrant points	12 (1.09 % d. total)

Direction changes per km	14
Direction changes >5° per km	11.2
Accumulated straight stretches	2.085 Km
Straight stretches per km	121.65 m
Penalizables slope changes	8
Penalizables slope changes per km	0.467

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Summary of slopes



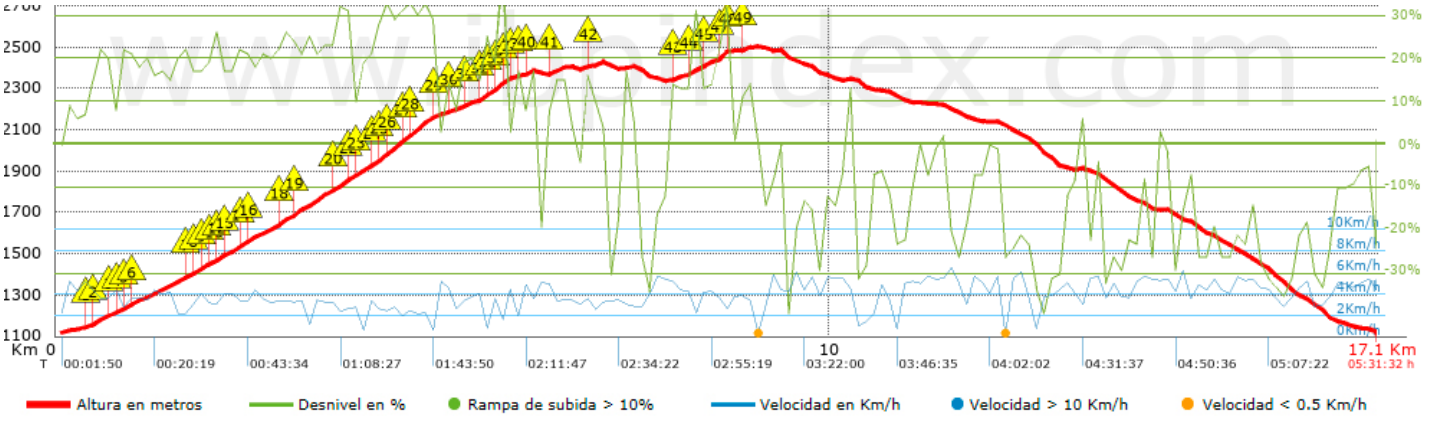
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.805	4.7	1.74	0:27:47
	Between 15 and 30%	4.983	29.07	3.13	1:35:33
	Between 10 and 15%	1.062	6.2	3.83	0:16:39
	Between 5 and 10%	0.837	4.88	3.73	0:13:27
	Between 1 and 5%	0.648	3.78	4.3	0:09:03
	Total :	8.334	48.63	3.08	2:42:29
	Plain				
	Difference of 1%	0.57	3.32	4.36	0:07:50
	Breakdown descents				
	Between 1 and 5%	0.609	3.55	3.8	0:09:37
	Between 5 and 10%	1.247	7.27	4.51	0:16:36
	Between 10 and 15%	1.178	6.87	3.76	0:18:46
	Between 15 and 30%	4.115	24.01	4.01	1:01:30
	Between 30% and 55%	1.087	6.34	3.03	0:21:33
	Total :	8.235	48.05	3.86	2:08:02
	Total track :	17.14	100 %	3.45	4:58:21

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
 1	0.377	18 %	126 m
 2	0.503	22 %	158 m
 3	0.661	15 %	131 m
 4	0.791	21 %	31 m
 5	0.823	16 %	113 m
 6	0.936	19 %	690 m
 7	1.626	22 %	93 m
 8	1.718	18 %	151 m
 9	1.87	21 %	116 m
 10	1.986	28 %	38 m
 11	2.024	27 %	73 m
 12	2.096	18 %	81 m
 13	2.177	21 %	187 m
 14	2.364	24 %	106 m
 15	2.471	22 %	35 m
 16	2.506	20 %	323 m
 17	2.829	21 %	70 m
 18	2.899	25 %	157 m
 19	3.056	23 %	519 m
 20	3.575	30 %	147 m
 21	3.722	29 %	75 m
 22	3.797	15 %	102 m
 23	3.899	22 %	184 m
 24	4.083	31 %	106 m
 25	4.189	26 %	113 m
 26	4.301	31 %	197 m

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 27	4.498	28 %	100 m
 28	4.598	32 %	259 m
 29	4.856	21 %	72 m
 30	5.061	11 %	189 m
 31	5.25	17 %	244 m
 32	5.494	32 %	39 m
 33	5.533	25 %	109 m
 34	5.642	19 %	31 m
 35	5.673	41 %	80 m
 36	5.753	23 %	32 m
 37	5.785	39 %	30 m
 38	5.885	12 %	48 m
 39	6.049	15 %	65 m
 40	6.356	18 %	140 m
 41	6.847	12 %	109 m
 42	7.939	14 %	245 m
 43	8.184	21 %	173 m
 44	8.357	14 %	176 m
 45	8.533	22 %	40 m
 46	8.572	34 %	113 m
 47	8.686	16 %	32 m
 48	8.833	11 %	165 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2500	102.173	0.6	0:01:28	4.18	0:07:17	0:08:45	0.7
2250	5346.418	31.2	1:39:01	3.24	0:05:58	1:44:59	3.06
2000	2939.414	17.15	0:46:29	3.79	0:17:03	1:03:32	2.78
1750	2244.473	13.1	0:42:24	3.18	0:02:53	0:45:17	2.97
1500	2522.097	14.72	0:42:34	3.56		0:42:34	3.56
Total :	13.155 Km	76.76 %	3:51:56 h	3.4 Km/h	0:33:11 h	4:25:07 h	2.98 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
3.869	0:02:53	1877	1:13:28	1:13:28	3.869
4.82	0:03:37	2146	1:40:13	0:26:45	0.952
5.533	0:03:08	2257	1:55:27	0:15:14	0.712
9.028	0:07:17	2501	3:06:17	1:10:50	3.495
10.762	0:02:50	2283	3:42:59	0:36:42	1.733
12.234	0:10:47 > 10´	2130	4:03:56	0:20:57	1.472
12.554	0:02:39	2059	4:18:37	0:14:41	0.32
Total :	0:33:11 h				

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