Track: 2023-06-17 Da M. Aquila a P. Cefalone	**IBP = 198 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	20.82 Km
Analyzed distance	20.82 Km
Lineal distance	0.01 Km

Accumulated climb	1960.5 m
Accumulated descent	1946.9 m
Maximum height	2536.1 m
Minimal height	1107.3 m
Climb rate	19.43 %
Descent rate	18.78 %
Positive climb difference per km	94.16 m
Negative descent difference per km	93.51 m

Total time	7:51:42 h
Time in movement	7:06:40 h
Stopped time	0:45:02 h

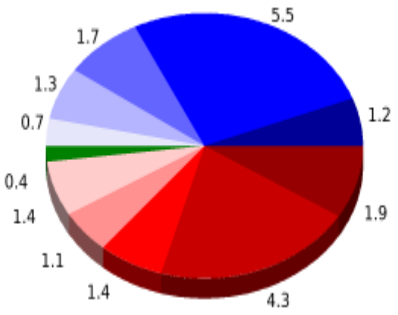
Total speed average	2.65 Km/h
Average speed in movement	2.93 Km/h
Maximum held speed	6.08 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1375 (cad. 15.14 m)
Significant points	555 (cad. 37.57 m / 40.36 %)
Aberrant points	63 (4.58 % d. total)

Direction changes per km	14.31
Direction changes >5º per km	11.43
Accumulated straight stretches	2.447 Km
Straight stretches per km	117.53 m
Penalizables slope changes	16
Penalizables slope changes per km	0.769

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Summary of slopes

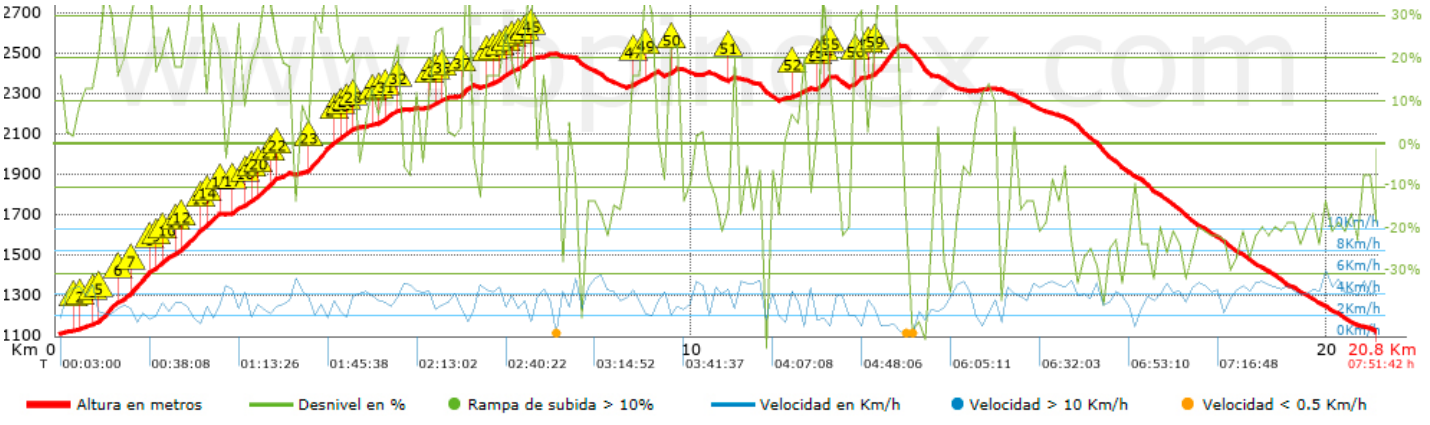


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.942	9.33	1.7	1:08:42
	Between 15 and 30%	4.258	20.46	2.37	1:47:50
	Between 10 and 15%	1.391	6.68	3.44	0:24:17
	Between 5 and 10%	1.136	5.46	3.15	0:21:40
	Between 1 and 5%	1.362	6.54	3.4	0:24:04
	Total :	10.089	48.47	2.46	4:06:33
	Plain				
	Difference of 1%	0.362	1.74	2.86	0:07:36
	Breakdown descents				
	Between 1 and 5%	0.679	3.26	3.99	0:10:12
	Between 5 and 10%	1.333	6.4	3.78	0:21:09
	Between 10 and 15%	1.661	7.98	4.28	0:23:16
	Between 15 and 30%	5.539	26.61	3.83	1:26:44
	Between 30% and 55%	1.154	5.54	2.22	0:31:10
	Total :	10.366	49.8	3.61	2:52:31
	Total track :	20.82	100 %	2.93	7:06:40

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
1	0.538	12 %	83 m
2	0.621	21 %	45 m
3	0.665	31 %	283 m
4	0.948	20 %	193 m
5	1.142	35 %	304 m
6	1.446	29 %	106 m
7	1.552	22 %	151 m
8	1.703	27 %	115 m
9	1.818	19 %	142 m
10	1.96	32 %	292 m
11	2.252	23 %	112 m
12	2.364	28 %	176 m
13	2.54	22 %	35 m
14	2.738	11 %	67 m
15	2.805	22 %	152 m
16	2.957	21 %	111 m
17	3.068	21 %	95 m
18	3.163	29 %	246 m
19	3.409	30 %	41 m
20	3.45	24 %	37 m
21	3.964	35 %	390 m
22	4.354	21 %	119 m
23	4.473	21 %	109 m
24	4.582	24 %	48 m
25	4.63	22 %	87 m
26	4.716	11 %	32 m

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27	4.943	11 %	151 m
28	5.094	16 %	81 m
29	5.175	24 %	147 m
30	5.322	23 %	32 m
31	5.818	12 %	101 m
32	5.919	14 %	108 m
33	6.027	23 %	79 m
34	6.371	25 %	29 m
35	6.4	34 %	141 m
36	6.745	15 %	145 m
37	6.89	13 %	111 m
38	7.001	25 %	114 m
39	7.115	13 %	34 m
40	7.149	15 %	130 m
41	7.279	14 %	63 m
42	7.342	33 %	121 m
43	7.464	26 %	29 m
44	9.022	13 %	67 m
45	9.088	12 %	161 m
46	9.249	38 %	30 m
47	9.279	22 %	115 m
48	9.622	20 %	158 m
49	10.568	19 %	123 m
50	11.609	20 %	191 m
51	11.988	15 %	37 m
52	12.025	41 %	118 m
53	12.143	16 %	39 m
54	12.528	31 %	133 m

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 55	12.8	17 %	32 m
 56	12.832	18 %	69 m
 57	12.902	39 %	312 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	269.181	1.29	0:05:37	2.88	0:34:30	0:40:07	0.4
2250	9080.608	43.62	3:21:32	2.7	0:10:32	3:32:04	2.57
2000	2946.619	14.16	0:51:38	3.42		0:51:38	3.42
1750	2313.261	11.11	0:47:12	2.94		0:47:12	2.94
1500	2229.728	10.71	0:44:54	2.98		0:44:54	2.98
Total :	16.839 Km	80.89 %	5:50:53 h	2.88 Km/h	0:45:02 h	6:35:55 h	2.55 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
7.8	0:10:32 > 10´	2493	2:54:38	2:54:38	7.8
13.183	0:29:17 > 10´	2504	5:08:00	2:13:22	5.383
13.387	0:05:13	2530	5:41:15	0:33:15	0.204
Total :	0:45:02 h				

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