Track: 2023-07-20 Dal Sirente al San Nicola — **Date: 20/07/2023**

Track: 2023-07-20 Dal Sirente al San Nicola	**IBP = 145 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	16.79 Km
Analyzed distance	16.79 Km
Lineal distance	0.01 Km

Accumulated climb	1406.4 m
Accumulated descent	1365.9 m
Maximum height	2345.3 m
Minimal height	1176 m
Climb rate	19.87 %
Descent rate	14.93 %
Positive climb difference per km	83.76 m
Negative descent difference per km	81.35 m

Total time	6:53:37 h
Time in movement	5:48:56 h
Stopped time	1:04:41 h

Total speed average	2.44 Km/h
Average speed in movement	2.89 Km/h
Maximum held speed	10.25 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1092 (cad. 15.38 m)
Significant points	448 (cad. 37.57 m / 41.03 %)
Aberrant points	45 (4.12 % d. total)

Direction changes per km	13.52
Direction changes >5º per km	11.02
Accumulated straight stretches	1.945 Km
Straight stretches per km	115.84 m
Penalizables slope changes	11
Penalizables slope changes per km	0.655

Find The Best bike routes
cicloide
www.cicloide.com

Summary of slopes

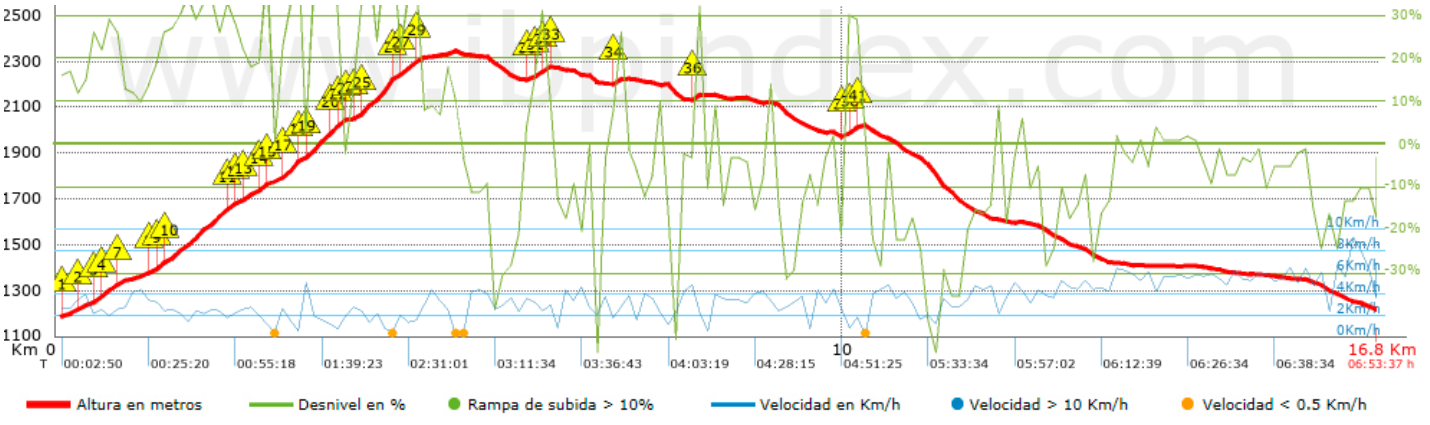


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.604	9.55	1.57	1:01:15
	Between 15 and 30%	2.593	15.44	2.22	1:10:07
	Between 10 and 15%	1.023	6.09	3.05	0:20:08
	Between 5 and 10%	0.822	4.9	3.04	0:16:14
	Between 1 and 5%	1.035	6.17	3.92	0:15:50
	Total :	7.078	42.15	2.31	3:03:34
	Plain				
	Difference of 1%	0.568	3.39	4.22	0:08:05
	Breakdown descents				
	Between 1 and 5%	2.044	12.17	4.54	0:27:01
	Between 5 and 10%	1.689	10.06	4.4	0:23:01
	Between 10 and 15%	1.656	9.86	3.49	0:28:27
	Between 15 and 30%	2.78	16.56	3.23	0:51:37
	Between 30% and 55%	0.976	5.81	2.15	0:27:11
	Total :	9.146	54.46	3.49	2:37:17
	Total track :	16.79	100 %	2.89	5:48:56

Copyright IBPindexTeam © 2012. All Rights Reserved

Track: 2023-07-20 Dal Sirente al San Nicola	**IBP = 145 HKG**
These speeds are average for = HKG	
IBP index reliability= A	





Copyright IBPindexTeam © 2012. All Rights Reserved

Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.047	16 %	227 m
2	0.274	15 %	144 m
3	0.418	22 %	192 m
4	0.61	28 %	109 m
5	0.719	26 %	46 m
6	0.765	20 %	40 m
7	0.806	12 %	387 m
8	1.192	19 %	78 m
9	1.27	21 %	78 m
10	1.348	30 %	780 m
11	2.128	27 %	75 m
12	2.237	23 %	121 m
13	2.359	18 %	225 m
14	2.584	37 %	36 m
15	2.62	36 %	66 m
16	2.841	23 %	36 m
17	2.877	33 %	170 m
18	3.047	28 %	106 m
19	3.153	34 %	258 m
20	3.411	34 %	116 m
21	3.528	31 %	35 m
22	3.562	41 %	69 m
23	3.712	11 %	101 m
24	3.813	19 %	36 m
25	3.848	36 %	401 m
26	4.25	29 %	161 m

Copyright IBPindexTeam © 2012. All Rights Reserved

27	4.41	34 %	144 m
28	4.554	35 %	32 m
29	4.586	14 %	31 m
30	6.004	11 %	40 m
31	6.045	16 %	105 m
32	6.15	31 %	96 m
33	6.246	11 %	36 m
34	7.078	22 %	111 m
35	8.079	11 %	35 m
36	8.114	25 %	95 m
37	9.998	12 %	41 m
38	10.039	26 %	97 m
39	10.136	29 %	33 m
40	10.169	19 %	34 m
41	10.203	13 %	34 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	1763.251	10.5	0:43:52	2.41	0:15:39	0:59:31	1.78
2000	4623.591	27.53	1:48:28	2.56	0:36:19	2:24:47	1.92
1750	2275.739	13.55	0:59:32	2.29	0:12:43	1:12:15	1.89
1500	2564.165	15.27	0:54:00	2.85		0:54:00	2.85
Total :	11.227 Km	66.86 %	4:25:52 h	2.53 Km/h	1:04:41 h	5:30:33 h	2.04 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
2.656	0:08:37	1764	1:05:56	1:05:56	2.656
3.015	0:04:06	1838	1:23:16	0:17:20	0.358
3.528	0:02:47	2005	1:46:22	0:23:06	0.513
4.149	0:02:15	2156	2:12:18	0:25:56	0.621
4.25	0:06:20	2201	2:17:56	0:05:38 < 10´	0.101
5.034	0:15:39 > 10´	2342	2:46:44	0:28:48	0.785
8.209	0:03:52	2158	4:13:39	1:26:55	3.174
9.48	0:02:41	2030	4:41:15	0:27:36	1.272
10.237	0:18:24 > 10´	2021	5:00:27	0:19:12	0.757
Total :	1:04:41 h				

Copyright IBPindexTeam © 2012. All Rights Reserved