Track: 2023-07-22 M. Aquila dal vallone dell'Inferno — **Date: 23/07/2023**

Track: 2023-07-22 M. Aquila dal vallone dell'Inferno	**IBP = 112 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	10.35 Km
Analyzed distance	10.35 Km
Lineal distance	0.05 Km

Accumulated climb	907.05 m
Accumulated descent	898.15 m
Maximum height	2487.65 m
Minimal height	1742.6 m
Climb rate	20.68 %
Descent rate	15.84 %
Positive climb difference per km	87.64 m
Negative descent difference per km	86.78 m

Total time	6:20:14 h
Time in movement	3:52:00 h
Stopped time	2:28:14 h

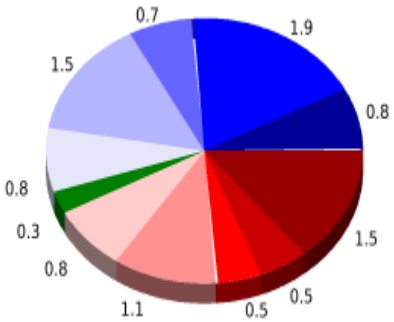
Total speed average	1.63 Km/h
Average speed in movement	2.68 Km/h
Maximum held speed	5.27 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	712 (cad. 14.54 m)
Significant points	276 (cad. 37.63 m / 38.76 %)
Aberrant points	89 (12.5 % d. total)

Direction changes per km	13.62
Direction changes >5° per km	10.72
Accumulated straight stretches	1.277 Km
Straight stretches per km	123.38 m
Penalizables slope changes	7
Penalizables slope changes per km	0.676

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Summary of slopes

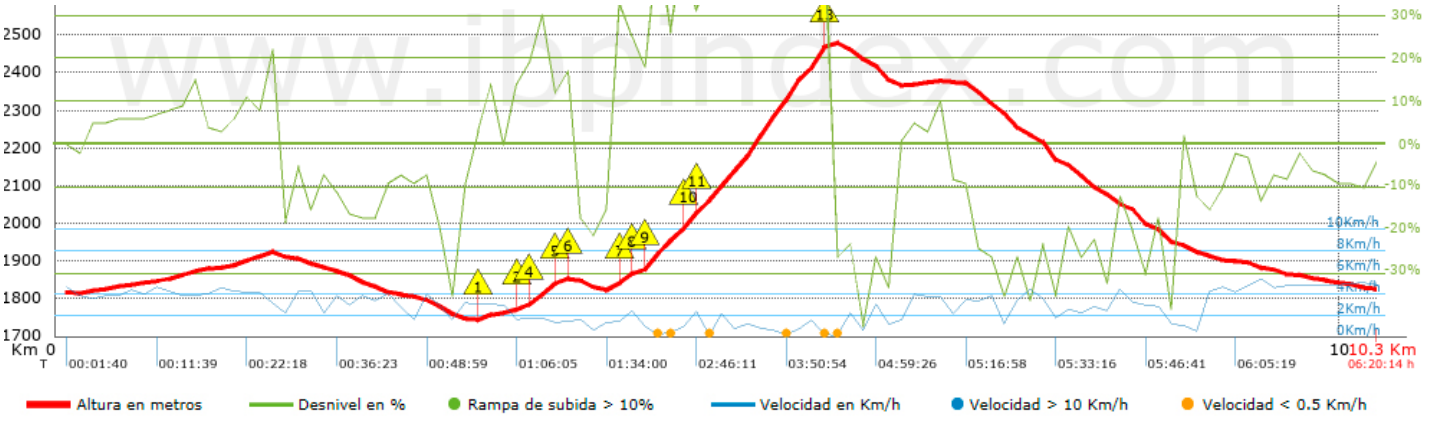


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.471	14.21	1.76	0:50:15
	Between 15 and 30%	0.508	4.9	1.85	0:16:29
	Between 10 and 15%	0.507	4.9	2.36	0:12:52
	Between 5 and 10%	1.134	10.96	3.36	0:20:14
	Between 1 and 5%	0.766	7.4	3.12	0:14:45
	Total :	4.386	42.38	2.3	1:54:35
	Plain				
	Difference of 1%	0.294	2.84	3.15	0:05:36
	Breakdown descents				
	Between 1 and 5%	0.811	7.84	3.9	0:12:29
	Between 5 and 10%	1.547	14.94	3.41	0:27:15
	Between 10 and 15%	0.667	6.44	3.85	0:10:23
	Between 15 and 30%	1.866	18.03	2.88	0:38:50
	Between 30% and 55%	0.779	7.52	2.04	0:22:52
	Total :	5.669	54.78	3.04	1:51:49
	Total track :	10.35	100 %	2.68	3:52:00

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	3.271	13 %	108 m
2	3.513	12 %	116 m
3	3.629	15 %	66 m
4	3.695	32 %	146 m
5	3.841	15 %	72 m
6	3.913	17 %	42 m
7	4.337	27 %	111 m
8	4.447	18 %	106 m
9	4.553	36 %	342 m
10	4.895	32 %	100 m
11	4.995	44 %	944 m
12	5.939	47 %	37 m
13	5.976	47 %	41 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2250	1998.662	19.31	0:48:57	2.45	1:10:07	1:59:04	1.01
2000	1579.612	15.26	0:46:41	2.03	0:18:49	1:05:30	1.45
1750	6598.388	63.76	2:13:03	2.98	0:59:18	3:12:21	2.06
1500	172.581	1.67	0:03:19	3.12		0:03:19	3.12
Total :	10.349 Km	100 %	3:52:00 h	2.68 Km/h	2:28:14 h	6:20:14 h	1.63 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
4.074	0:06:10	1848	1:23:23	1:23:23	4.074
4.553	0:49:30 > 10´	1877	1:46:34	0:23:11	0.479
4.963	0:12:59 > 10´	2026	2:46:11	0:59:37	0.411
5.174	0:02:53	2100	3:07:31	0:21:20	0.211
5.428	0:02:57	2213	3:23:00	0:15:29	0.254
5.505	0:03:09	2249	3:28:05	0:05:05 < 10´	0.076
5.571	0:17:39 > 10´	2281	3:33:15	0:05:10 < 10´	0.067
5.745	0:03:25	2364	3:54:49	0:21:34	0.174
5.86	0:14:04 > 10´	2413	4:02:29	0:07:40 < 10´	0.115
5.976	0:28:36 > 10´	2468	4:20:21	0:17:52	0.116
6.245	0:03:14	2449	4:54:29	0:34:08	0.269
8.753	0:03:38	1941	5:55:05	1:00:36	2.509
Total :	2:28:14 h				

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