Track: 2023-08-11 Il cammino dei Borghi Silenti — **Date: 12/08/2023**

Track: 2023-08-11 Il cammino dei Borghi Silenti	**IBP = 169 HKG**
These speeds are average for = HKG	
IBP index reliability= B	

Total length	43.46 Km
Analyzed distance	43.46 Km
Lineal distance	9.86 Km

Accumulated climb	1843.2 m
Accumulated descent	1756.3 m
Maximum height	990.4 m
Minimal height	169.6 m
Climb rate	8.82 %
Descent rate	9.25 %
Positive climb difference per km	42.41 m
Negative descent difference per km	40.41 m

Total time	9:58:45 h
Time in movement	9:21:34 h
Stopped time	0:37:11 h

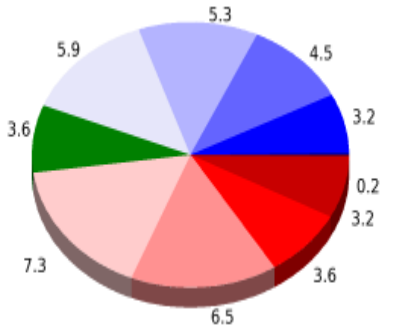
Total speed average	4.36 Km/h
Average speed in movement	4.64 Km/h
Maximum held speed	9.53 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	2289 (cad. 18.99 m)
Significant points	1085 (cad. 40.09 m / 47.4 %)
Aberrant points	5 (0.22 % d. total)

Direction changes per km	11.78
Direction changes >5º per km	9.2
Accumulated straight stretches	6.252 Km
Straight stretches per km	143.86 m
Penalizables slope changes	17
Penalizables slope changes per km	0.391

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Summary of slopes

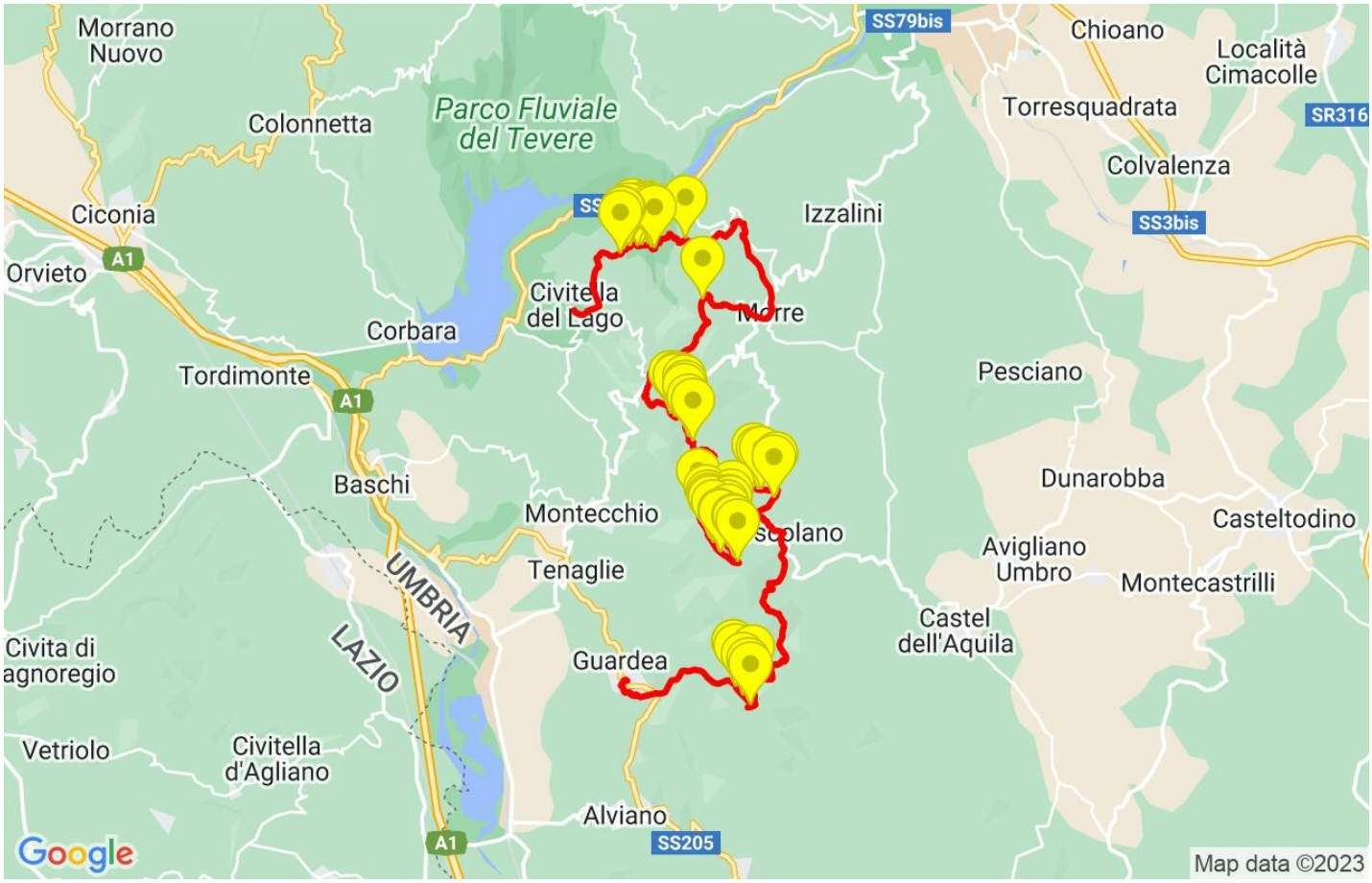


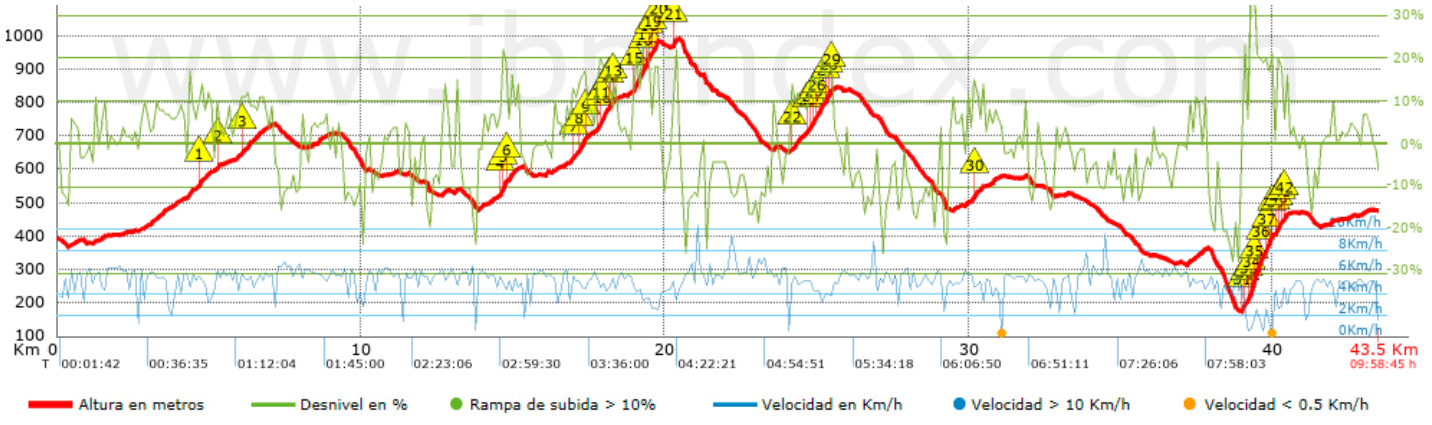
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.181	0.42	1.3	0:08:24
	Between 15 and 30%	3.225	7.42	3.37	0:57:28
	Between 10 and 15%	3.641	8.38	4.55	0:48:02
	Between 5 and 10%	6.498	14.95	4.88	1:19:50
	Between 1 and 5%	7.344	16.9	4.94	1:29:14
	Total :	20.89	48.06	4.43	4:42:58
	Plain				
	Difference of 1%	3.581	8.24	4.55	0:47:16
	Breakdown descents				
	Between 1 and 5%	5.943	13.67	4.89	1:12:57
	Between 5 and 10%	5.346	12.3	5.07	1:03:15
	Between 10 and 15%	4.495	10.34	5.02	0:53:44
	Between 15 and 30%	3.208	7.38	4.65	0:41:24
	Between 30% and 55%	0	0	0	0:00:00
	Total :	18.992	43.7	4.93	3:51:20
	Total track :	43.46	100 %	4.64	9:21:34

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
 1	4.631	13 %	186 m
 2	5.227	13 %	114 m
 3	14.562	13 %	72 m
 4	14.634	20 %	147 m
 5	14.782	12 %	190 m
 6	16.947	12 %	250 m
 7	17.197	17 %	184 m
 8	17.382	11 %	41 m
 9	17.717	12 %	107 m
 10	17.824	18 %	328 m
 11	18.152	14 %	34 m
 12	18.313	12 %	105 m
 13	18.913	14 %	40 m
 14	18.954	16 %	281 m
 15	19.235	23 %	157 m
 16	19.392	22 %	69 m
 17	19.461	12 %	115 m
 18	19.577	21 %	141 m
 19	19.718	18 %	40 m
 20	20.226	14 %	187 m
 21	24.143	12 %	242 m
 22	24.684	12 %	87 m
 23	24.771	16 %	142 m
 24	24.913	15 %	97 m
 25	25.01	17 %	203 m
 26	25.212	15 %	119 m

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27	25.331	18 %	120 m
28	25.452	15 %	33 m
29	30.14	14 %	143 m
30	38.95	20 %	130 m
31	39.08	14 %	29 m
32	39.209	20 %	33 m
33	39.243	39 %	148 m
34	39.391	25 %	187 m
35	39.578	20 %	147 m
36	39.724	23 %	222 m
37	39.946	21 %	32 m
38	40.086	12 %	32 m
39	40.118	18 %	148 m
40	40.266	19 %	37 m
41	40.414	13 %	109 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
Total :	0 Km	--- %	--- h	--- Km/h	--- h	--- h	--- Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
13.73	0:03:22	496	2:47:40	2:47:40	13.73
24.027	0:04:03	653	5:03:53	2:16:13	10.297
30.955	0:06:23	574	6:31:57	1:28:04	6.928
39.143	0:10:47 > 10´	203	8:19:58	1:48:01	8.188
39.578	0:04:34	317	8:43:41	0:23:43	0.434
39.859	0:08:02	376	8:56:10	0:12:29	0.282
Total :	0:37:11 h				

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