Track: 2023-08-12 Il cammino dei Borghi Silenti	**IBP = 121 HKG**
These speeds are average for = HKG	
IBP index reliability= C	

Total length	35.12 Km
Analyzed distance	35.12 Km
Lineal distance	9.74 Km

Accumulated climb	1083.6 m
Accumulated descent	1167.2 m
Maximum height	515.9 m
Minimal height	135.2 m
Climb rate	7.45 %
Descent rate	7.36 %
Positive climb difference per km	30.85 m
Negative descent difference per km	33.23 m

Total time	7:34:19 h
Time in movement	7:10:09 h
Stopped time	0:24:10 h

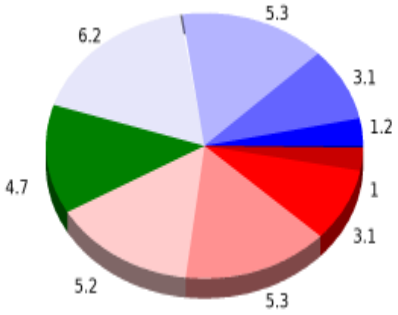
Total speed average	4.64 Km/h
Average speed in movement	4.9 Km/h
Maximum held speed	6.8 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1654 (cad. 21.24 m)
Significant points	851 (cad. 41.32 m / 51.45 %)
Aberrant points	1 (0.06 % d. total)

Direction changes per km	10.56
Direction changes >5º per km	7.66
Accumulated straight stretches	5.328 Km
Straight stretches per km	151.71 m
Penalizables slope changes	13
Penalizables slope changes per km	0.37

Find The Best bike routes
cicloide
www.cicloide.com

Summary of slopes

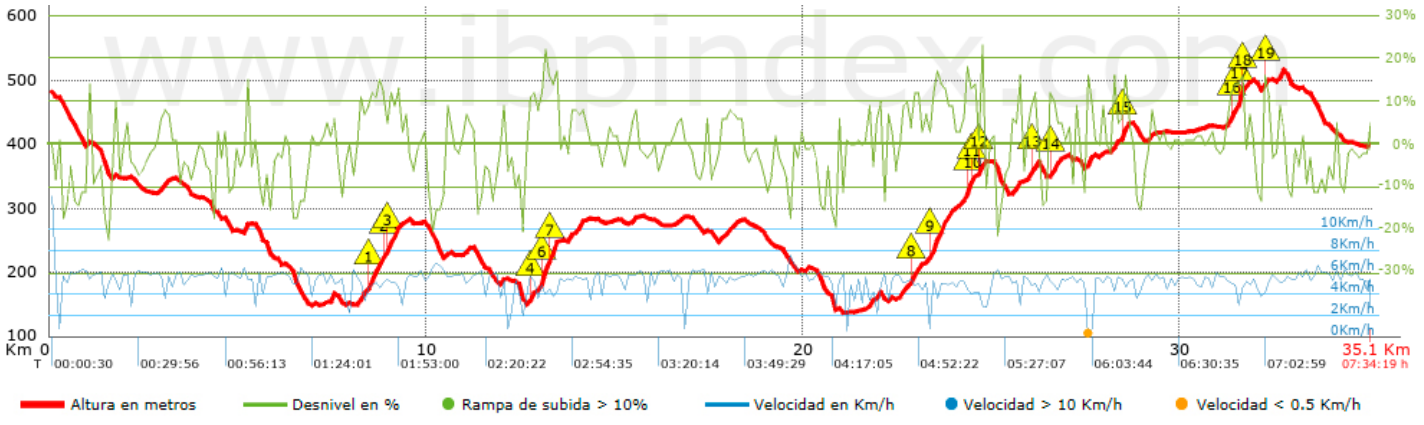


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0	0	0	0:00:00
	Between 15 and 30%	0.959	2.73	3.58	0:16:04
	Between 10 and 15%	3.093	8.81	4.41	0:42:06
	Between 5 and 10%	5.291	15.07	4.86	1:05:21
	Between 1 and 5%	5.204	14.82	4.66	1:07:01
	Total :	14.547	41.42	4.58	3:10:32
	Plain				
	Difference of 1%	4.71	13.41	5.13	0:55:06
	Breakdown descents				
	Between 1 and 5%	6.223	17.72	5.14	1:12:42
	Between 5 and 10%	5.307	15.11	5.3	1:00:06
	Between 10 and 15%	3.092	8.8	5.16	0:35:58
	Between 15 and 30%	1.243	3.54	4.74	0:15:45
	Between 30% and 55%	0	0	0	0:00:00
	Total :	15.865	45.17	5.16	3:04:31
	Total track :	35.12	100 %	4.9	7:10:09

Copyright IBPindexTeam © 2012. All Rights Reserved

Track: 2023-08-12 Il cammino dei Borghi Silenti	**IBP = 121 HKG**
These speeds are average for = HKG	
IBP index reliability= C	





Copyright IBPindexTeam © 2012. All Rights Reserved

Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	8.458	12 %	385 m
2	8.842	11 %	113 m
3	8.955	11 %	255 m
4	12.739	12 %	136 m
5	13.039	12 %	40 m
6	13.08	19 %	175 m
7	13.254	13 %	180 m
8	22.902	12 %	150 m
9	23.368	13 %	462 m
10	24.337	18 %	108 m
11	24.693	20 %	106 m
12	26.089	12 %	152 m
13	26.55	12 %	118 m
14	28.468	14 %	143 m
15	31.326	12 %	230 m
16	31.556	17 %	123 m
17	31.679	17 %	29 m
18	32.243	13 %	122 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
Total :	0 Km	--- %	--- h	--- Km/h	--- h	--- h	--- Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
0.178	0:03:01	474	0:01:20	0:01:20 < 10´	0.178
12.064	0:02:50	189	2:26:14	2:24:54	11.886
16.774	0:03:17	282	3:26:20	1:00:06	4.71
21.061	0:03:58	137	4:21:30	0:55:10	4.286
23.25	0:03:12	215	4:54:56	0:33:26	2.189
27.476	0:04:46	362	5:52:55	0:57:59	4.226
27.553	0:03:06	366	5:59:24	0:06:29 < 10´	0.076
Total :	0:24:10 h				

Copyright IBPindexTeam © 2012. All Rights Reserved