Track: 2023-08-17 Monte Corvo da F. Cerreto	**IBP = 256 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	25.89 Km
Analyzed distance	25.89 Km
Lineal distance	0.03 Km

Accumulated climb	2742.8 m
Accumulated descent	2731.2 m
Maximum height	2624.1 m
Minimal height	1117.6 m
Climb rate	21.01 %
Descent rate	22.13 %
Positive climb difference per km	105.94 m
Negative descent difference per km	105.49 m

Total time	10:16:50 h
Time in movement	8:47:02 h
Stopped time	1:29:48 h

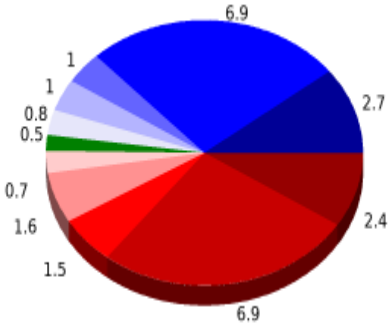
Total speed average	2.52 Km/h
Average speed in movement	2.95 Km/h
Maximum held speed	5.89 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1730 (cad. 14.97 m)
Significant points	697 (cad. 37.2 m / 40.29 %)
Aberrant points	107 (6.18 % d. total)

Direction changes per km	14.75
Direction changes >5º per km	13.29
Accumulated straight stretches	2.543 Km
Straight stretches per km	98.22 m
Penalizables slope changes	13
Penalizables slope changes per km	0.502

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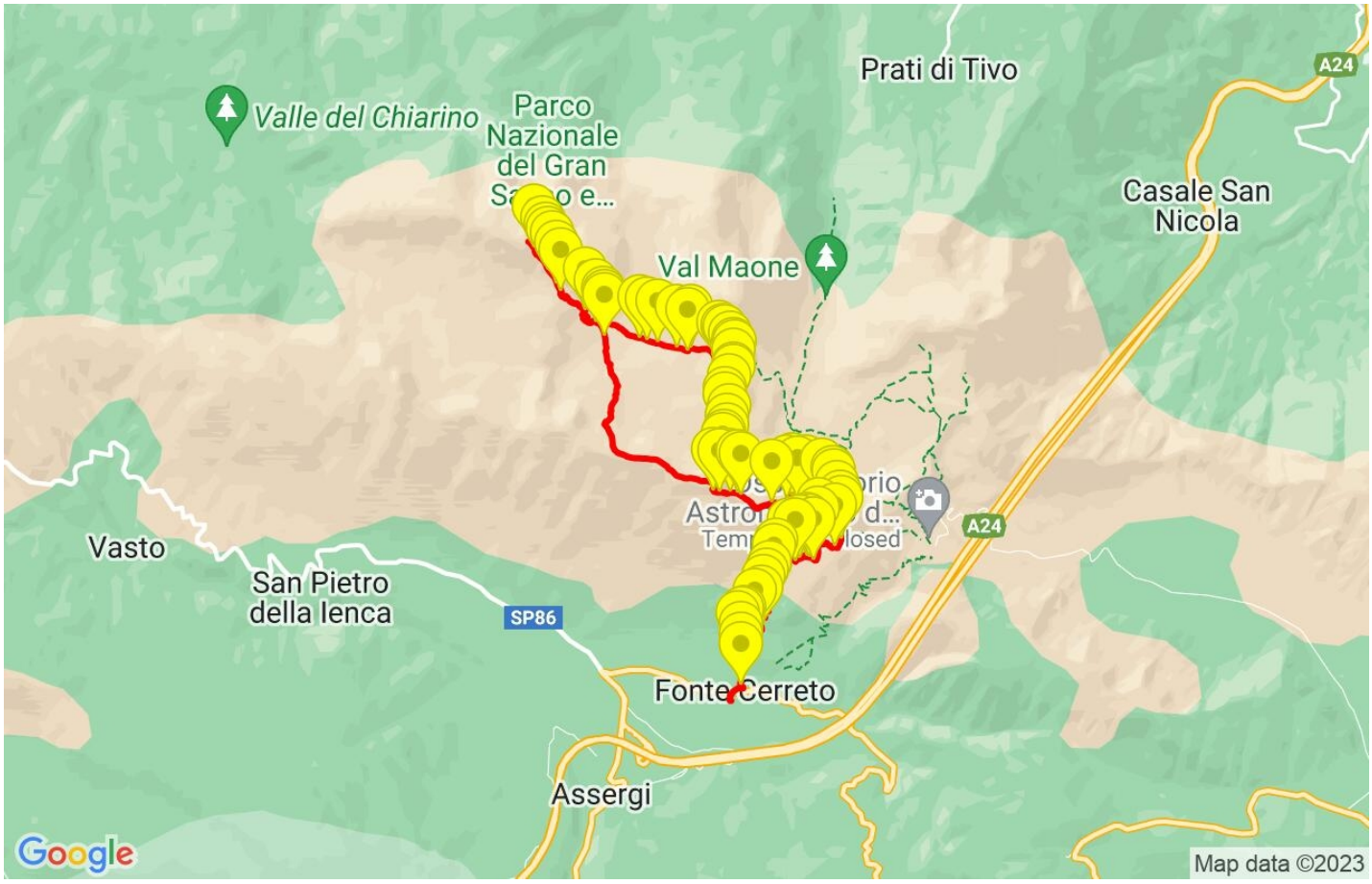
Summary of slopes

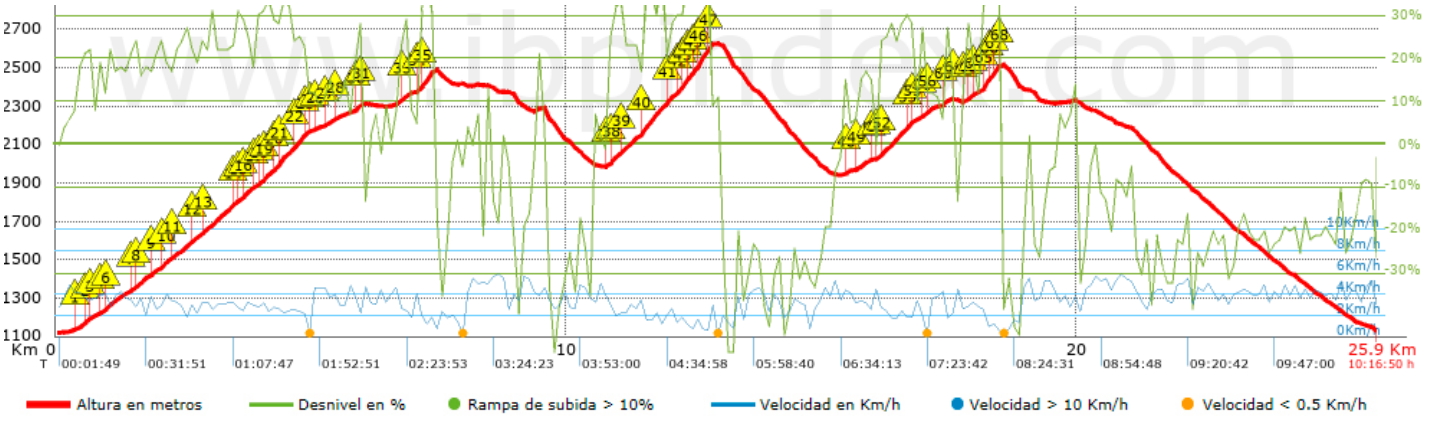


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	2.365	9.13	1.77	1:20:01
	Between 15 and 30%	6.941	26.81	2.72	2:33:12
	Between 10 and 15%	1.475	5.7	3.48	0:25:26
	Between 5 and 10%	1.596	6.16	3.51	0:27:19
	Between 1 and 5%	0.677	2.62	4.18	0:09:44
	Total :	13.055	50.41	2.65	4:55:42
	Plain				
	Difference of 1%	0.497	1.92	3.42	0:08:44
	Breakdown descents				
	Between 1 and 5%	0.799	3.09	3.31	0:14:28
	Between 5 and 10%	1.024	3.95	4.72	0:13:01
	Between 10 and 15%	0.958	3.7	4.21	0:13:39
	Between 15 and 30%	6.888	26.6	3.56	1:56:08
	Between 30% and 55%	2.674	10.33	2.46	1:05:20
	Total :	12.343	47.67	3.33	3:42:36
	Total track :	25.89	100 %	2.95	8:47:02

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
 1	0.384	17 %	147 m
 2	0.53	22 %	142 m
 3	0.673	16 %	183 m
 4	0.856	17 %	103 m
 5	0.959	20 %	42 m
 6	1.001	19 %	417 m
 7	1.418	21 %	138 m
 8	1.556	20 %	317 m
 9	1.873	21 %	177 m
 10	2.05	21 %	229 m
 11	2.279	22 %	417 m
 12	2.696	19 %	145 m
 13	2.842	24 %	597 m
 14	3.439	19 %	110 m
 15	3.549	27 %	112 m
 16	3.661	23 %	216 m
 17	3.877	12 %	43 m
 18	3.92	20 %	110 m
 19	4.03	28 %	185 m
 20	4.215	27 %	115 m
 21	4.331	30 %	322 m
 22	4.652	32 %	201 m
 23	4.854	23 %	72 m
 24	5.072	11 %	168 m
 25	5.241	11 %	38 m
 26	5.279	17 %	181 m

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27	5.46	14 %	229 m
28	5.806	17 %	74 m
29	5.88	26 %	87 m
30	5.967	32 %	32 m
31	6.746	23 %	46 m
32	6.792	32 %	109 m
33	7.062	19 %	78 m
34	7.14	36 %	293 m
35	10.783	14 %	38 m
36	10.821	25 %	43 m
37	10.864	27 %	155 m
38	11.019	24 %	455 m
39	11.474	33 %	524 m
40	11.999	28 %	111 m
41	12.11	29 %	148 m
42	12.257	24 %	92 m
43	12.349	44 %	74 m
44	12.423	33 %	109 m
45	12.532	43 %	254 m
46	12.786	47 %	44 m
47	15.418	19 %	114 m
48	15.683	17 %	273 m
49	15.956	18 %	37 m
50	16.102	23 %	77 m
51	16.18	29 %	514 m
52	16.694	33 %	66 m
53	16.76	19 %	38 m
54	16.926	25 %	107 m

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55	17.033	12 %	30 m
56	17.063	18 %	127 m
57	17.38	12 %	31 m
58	17.412	22 %	144 m
59	17.556	16 %	31 m
60	17.821	20 %	168 m
61	17.988	14 %	125 m
62	18.114	36 %	169 m
63	18.283	32 %	102 m
64	18.385	48 %	76 m
65	18.461	48 %	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
2500	883.055	3.41	0:22:33	2.35	0:44:08	1:06:41	0.79
2250	9013.414	34.81	3:18:30	2.72	0:37:38	3:56:08	2.29
2000	6186.926	23.89	2:13:10	2.79	0:08:02	2:21:12	2.63
1750	3332.282	12.87	1:00:10	3.32		1:00:10	3.32
1500	2190.48	8.46	0:41:51	3.14		0:41:51	3.14
Total :	21.606 Km	83.44 %	7:36:14 h	2.84 Km/h	1:29:48 h	9:06:02 h	2.37 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
4.854	0:05:05	2143	1:43:15	1:43:15	4.854
7.399	0:02:47	2479	2:41:26	0:58:11	2.545
7.877	0:14:47 > 10´	2412	3:00:20	0:18:54	0.479
12.391	0:02:42	2435	4:48:27	1:48:07	4.514
12.607	0:03:18	2510	4:58:56	0:10:29	0.216
12.684	0:03:33	2546	5:04:08	0:05:12 < 10´	0.077
12.907	0:19:21 > 10´	2619	5:13:40	0:09:32 < 10´	0.223
13.169	0:06:28	2569	5:40:32	0:26:52	0.261
14.677	0:02:57	2077	6:20:16	0:39:44	1.509
17.004	0:09:03	2254	7:14:09	0:53:53	2.327
18.385	0:10:01 > 10´	2465	7:56:30	0:42:21	1.381
18.502	0:06:48	2521	8:08:00	0:11:30	0.118
18.575	0:02:58	2513	8:16:51	0:08:51 < 10´	0.073
Total :	1:29:48 h				

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