Track: 2023-08-25 Il giro degli Ernici	**IBP = 146 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	15.09 Km
Analyzed distance	15.09 Km
Lineal distance	0.01 Km

Accumulated climb	1470.6 m
Accumulated descent	1455.6 m
Maximum height	2067 m
Minimal height	921.8 m
Climb rate	23.05 %
Descent rate	17.48 %
Positive climb difference per km	97.46 m
Negative descent difference per km	96.46 m

Total time	6:43:35 h
Time in movement	5:30:28 h
Stopped time	1:13:07 h

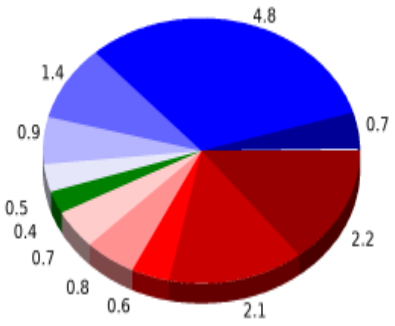
Total speed average	2.24 Km/h
Average speed in movement	2.74 Km/h
Maximum held speed	5.6 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	994 (cad. 15.18 m)
Significant points	407 (cad. 37.16 m / 40.95 %)
Aberrant points	41 (4.12 % d. total)

Direction changes per km	13.65
Direction changes >5º per km	10.34
Accumulated straight stretches	1.682 Km
Straight stretches per km	111.46 m
Penalizables slope changes	8
Penalizables slope changes per km	0.53

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Summary of slopes

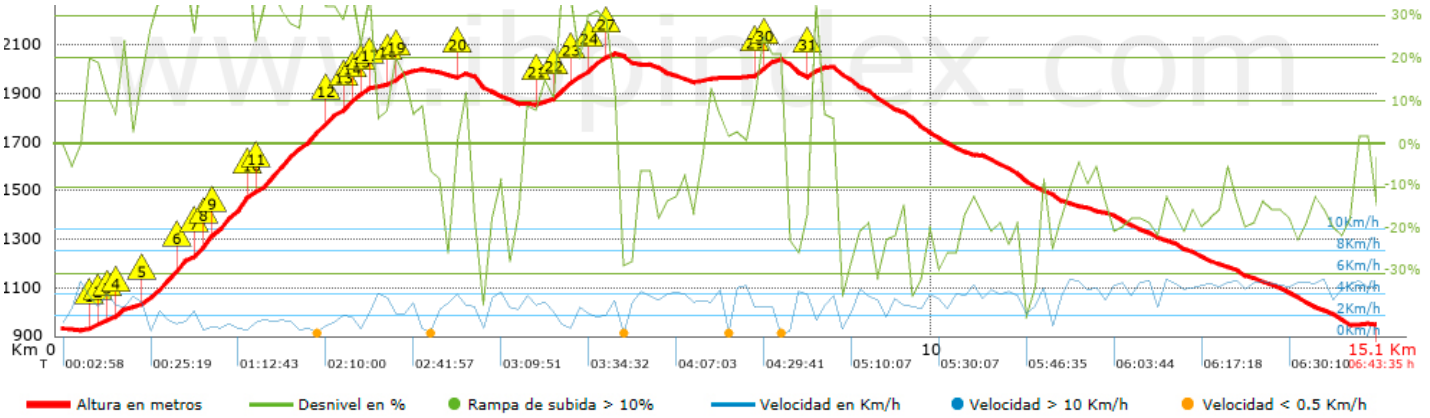


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	2.178	14.44	1.49	1:27:26
	Between 15 and 30%	2.14	14.18	2.28	0:56:25
	Between 10 and 15%	0.619	4.1	2.63	0:14:08
	Between 5 and 10%	0.75	4.97	3.07	0:14:40
	Between 1 and 5%	0.695	4.61	3.59	0:11:36
	Total :	6.381	42.3	2.08	3:04:15
	Plain				
	Difference of 1%	0.378	2.51	3.02	0:07:31
	Breakdown descents				
	Between 1 and 5%	0.45	2.98	4.09	0:06:36
	Between 5 and 10%	0.922	6.11	3.5	0:15:48
	Between 10 and 15%	1.442	9.56	4.03	0:21:27
	Between 15 and 30%	4.823	31.97	3.65	1:19:20
	Between 30% and 55%	0.69	4.57	2.67	0:15:31
	Total :	8.327	55.2	3.6	2:18:42
	Total track :	15.09	100 %	2.74	5:30:28

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
 1	0.345	21 %	115 m
 2	0.46	17 %	94 m
 3	0.554	14 %	112 m
 4	0.666	18 %	287 m
 5	0.953	33 %	449 m
 6	1.402	32 %	115 m
 7	1.517	37 %	170 m
 8	1.687	34 %	114 m
 9	1.801	40 %	321 m
 10	2.123	30 %	119 m
 11	2.242	35 %	860 m
 12	3.102	27 %	109 m
 13	3.21	32 %	196 m
 14	3.406	21 %	85 m
 15	3.491	23 %	45 m
 16	3.536	34 %	45 m
 17	3.62	12 %	170 m
 18	3.79	22 %	109 m
 19	3.899	15 %	105 m
 20	4.561	15 %	100 m
 21	5.475	12 %	190 m
 22	5.665	31 %	241 m
 23	5.906	22 %	118 m
 24	6.024	31 %	190 m
 25	6.214	29 %	37 m
 26	6.251	18 %	34 m

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27	6.285	14 %	36 m
28	7.937	11 %	34 m
29	7.971	29 %	140 m
30	8.111	18 %	118 m
31	8.604	29 %	114 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2000	1433.083	9.5	0:35:42	2.41	0:26:45	1:02:27	1.38
1750	5503.849	36.48	2:01:37	2.72	0:16:53	2:18:30	2.38
1500	2034.544	13.49	0:54:58	2.22	0:08:48	1:03:46	1.91
Total :	8.971 Km	59.47 %	3:32:17 h	2.54 Km/h	0:52:26 h	4:24:43 h	2.03 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
0.989	0:04:16	1042	0:20:23	0:20:23	0.989
1.618	0:03:13	1250	0:46:56	0:26:33	0.629
1.758	0:06:21	1312	0:55:52	0:08:56 < 10´	0.14
1.983	0:02:47	1388	1:08:16	0:12:24	0.224
2.084	0:04:04	1431	1:14:39	0:06:23 < 10´	0.101
2.715	0:03:09	1653	1:47:23	0:32:44	0.631
2.855	0:05:39	1697	1:55:32	0:08:09 < 10´	0.14
3.366	0:03:37	1867	2:20:55	0:25:23	0.511
4.176	0:05:25	2001	2:45:09	0:24:14	0.809
4.8	0:02:30	1955	3:02:31	0:17:22	0.624
6.384	0:05:37	2066	3:47:00	0:44:29	1.584
7.555	0:05:21	1966	4:15:29	0:28:29	1.171
8.229	0:18:15 > 10´	2035	4:33:45	0:18:16	0.674
8.885	0:02:53	2009	5:03:46	0:30:01	0.656
Total :	1:13:07 h				

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