Track: 2023-08-31 Dal Puzzillo al Costone — **Date: 31/08/2023**

Track: 2023-08-31 Dal Puzzillo al Costone	**IBP = 133 HKG**
These speeds are average for = HKG	
IBP index reliability= B	

Total length	19.21 Km
Analyzed distance	19.21 Km
Lineal distance	0.02 Km

Accumulated climb	1124.3 m
Accumulated descent	1121.2 m
Maximum height	2275.9 m
Minimal height	1561.2 m
Climb rate	13.31 %
Descent rate	11.83 %
Positive climb difference per km	58.53 m
Negative descent difference per km	58.37 m

Total time	6:10:03 h
Time in movement	5:19:23 h
Stopped time	0:50:40 h

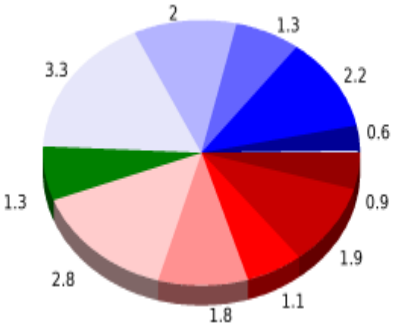
Total speed average	3.11 Km/h
Average speed in movement	3.61 Km/h
Maximum held speed	5.86 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1128 (cad. 17.03 m)
Significant points	495 (cad. 38.88 m / 43.88 %)
Aberrant points	43 (3.81 % d. total)

Direction changes per km	13.38
Direction changes >5º per km	10.72
Accumulated straight stretches	2.421 Km
Straight stretches per km	126.03 m
Penalizables slope changes	12
Penalizables slope changes per km	0.625

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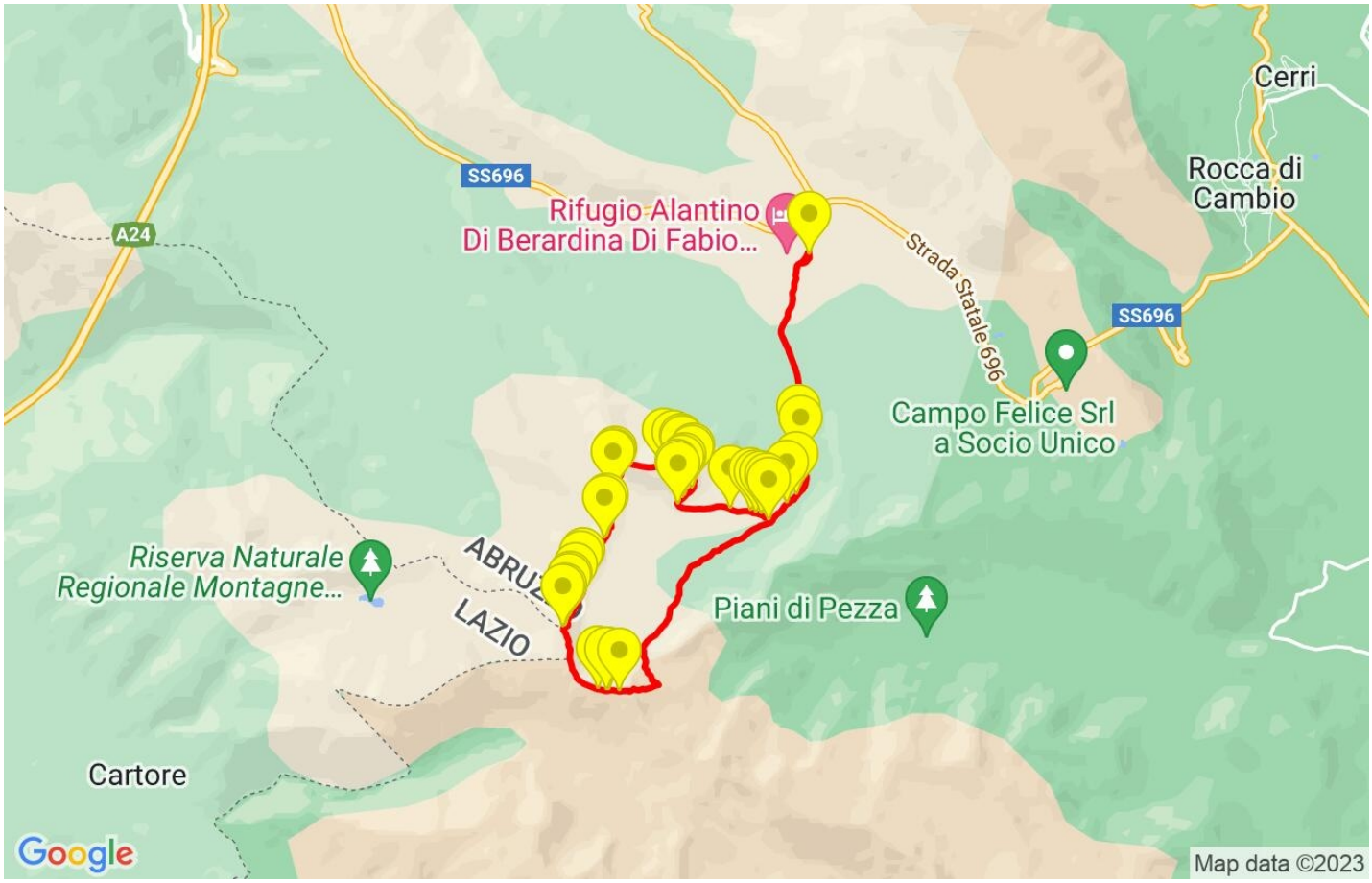
Summary of slopes

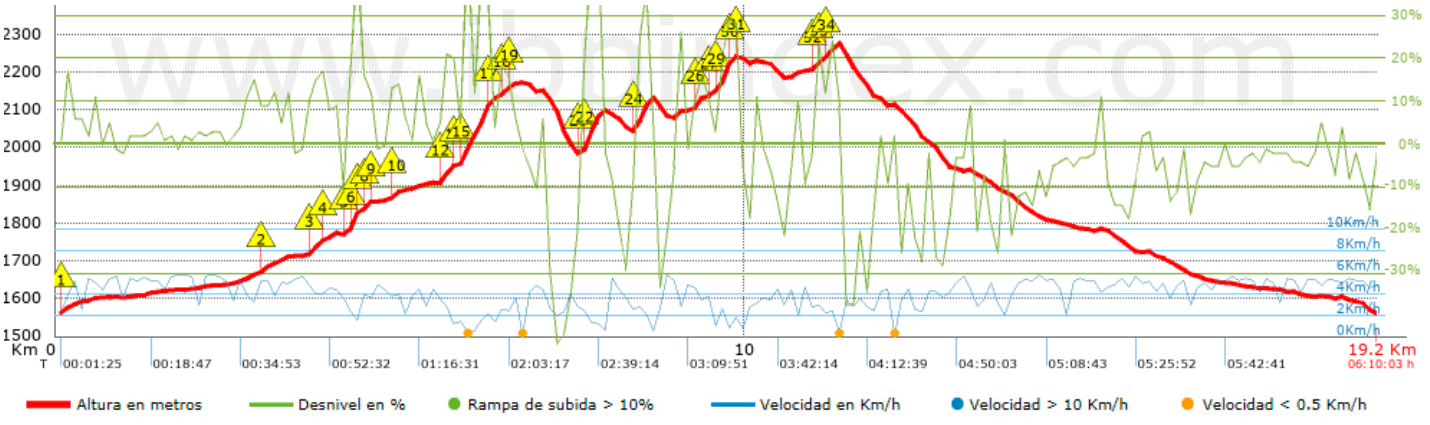


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.931	4.85	1.83	0:30:30
	Between 15 and 30%	1.851	9.64	2.45	0:45:23
	Between 10 and 15%	1.106	5.76	3.31	0:20:04
	Between 5 and 10%	1.795	9.35	3.95	0:27:16
	Between 1 and 5%	2.762	14.38	4.16	0:39:50
	Total :	8.446	43.97	3.11	2:43:03
	Plain				
	Difference of 1%	1.282	6.68	4.66	0:16:30
	Breakdown descents				
	Between 1 and 5%	3.283	17.09	4.51	0:43:38
	Between 5 and 10%	2.033	10.58	4.5	0:27:08
	Between 10 and 15%	1.32	6.87	4.38	0:18:06
	Between 15 and 30%	2.243	11.68	3.52	0:38:11
	Between 30% and 55%	0.601	3.13	2.82	0:12:47
	Total :	9.479	49.35	4.07	2:19:50
	Total track :	19.21	100 %	3.61	5:19:23

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
 1	0.09	13 %	120 m
 2	2.968	13 %	153 m
 3	3.662	15 %	187 m
 4	3.849	14 %	111 m
 5	4.21	18 %	70 m
 6	4.28	39 %	109 m
 7	4.389	18 %	69 m
 8	4.457	18 %	79 m
 9	4.537	12 %	39 m
 10	4.82	13 %	152 m
 11	5.556	15 %	32 m
 12	5.588	25 %	106 m
 13	5.733	11 %	138 m
 14	5.872	22 %	36 m
 15	5.908	41 %	358 m
 16	6.266	35 %	31 m
 17	6.297	24 %	32 m
 18	6.426	18 %	142 m
 19	6.568	12 %	73 m
 20	7.598	13 %	32 m
 21	7.63	21 %	31 m
 22	7.661	45 %	224 m
 23	8.365	24 %	45 m
 24	8.41	32 %	237 m
 25	9.256	16 %	177 m
 26	9.433	13 %	136 m

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27	9.569	18 %	34 m
28	9.603	35 %	188 m
29	9.791	29 %	30 m
30	9.822	28 %	32 m
31	11.007	17 %	35 m
32	11.042	16 %	145 m
33	11.187	26 %	76 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	194.781	1.01	0:03:15	3.6	0:06:18	0:09:33	1.22
2000	6336.758	32.99	2:14:12	2.83	0:36:35	2:50:47	2.23
1750	5071.275	26.4	1:24:17	3.61	0:07:47	1:32:04	3.3
1500	7604.364	39.59	1:37:39	4.67		1:37:39	4.67
Total :	19.207 Km	100 %	5:19:23 h	3.61 Km/h	0:50:40 h	6:10:03 h	3.11 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
5.908	0:11:35 > 10´	1965	1:32:46	1:32:46	5.908
6.673	0:08:12	2169	2:05:15	0:32:29	0.765
7.885	0:03:39	2095	2:40:01	0:34:46	1.213
8.648	0:04:58	2130	2:57:37	0:17:36	0.762
9.854	0:02:23	2240	3:29:49	0:32:12	1.206
11.334	0:06:18	2272	3:59:28	0:29:39	1.48
12.128	0:13:35 > 10´	2112	4:20:15	0:20:47	0.794
Total :	0:50:40 h				

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