Track: 2023-09-09 Traversata F. Cerreto F. Vetica	**IBP = 266 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	26.89 Km
Analyzed distance	26.89 Km
Lineal distance	17.79 Km

Accumulated climb	2879.21 m
Accumulated descent	2358.41 m
Maximum height	2564.9 m
Minimal height	1112.1 m
Climb rate	19.52 %
Descent rate	20.84 %
Positive climb difference per km	107.07 m
Negative descent difference per km	87.71 m

Total time	10:41:01 h
Time in movement	8:52:10 h
Stopped time	1:48:51 h

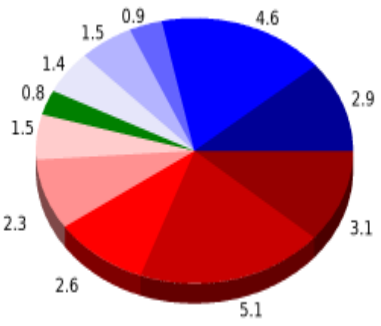
Total speed average	2.52 Km/h
Average speed in movement	3.03 Km/h
Maximum held speed	6.61 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1778 (cad. 15.13 m)
Significant points	715 (cad. 37.66 m / 40.21 %)
Aberrant points	131 (7.37 % d. total)

Direction changes per km	14.62
Direction changes >5° per km	12.01
Accumulated straight stretches	3.21 Km
Straight stretches per km	119.38 m
Penalizables slope changes	20
Penalizables slope changes per km	0.744

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Summary of slopes

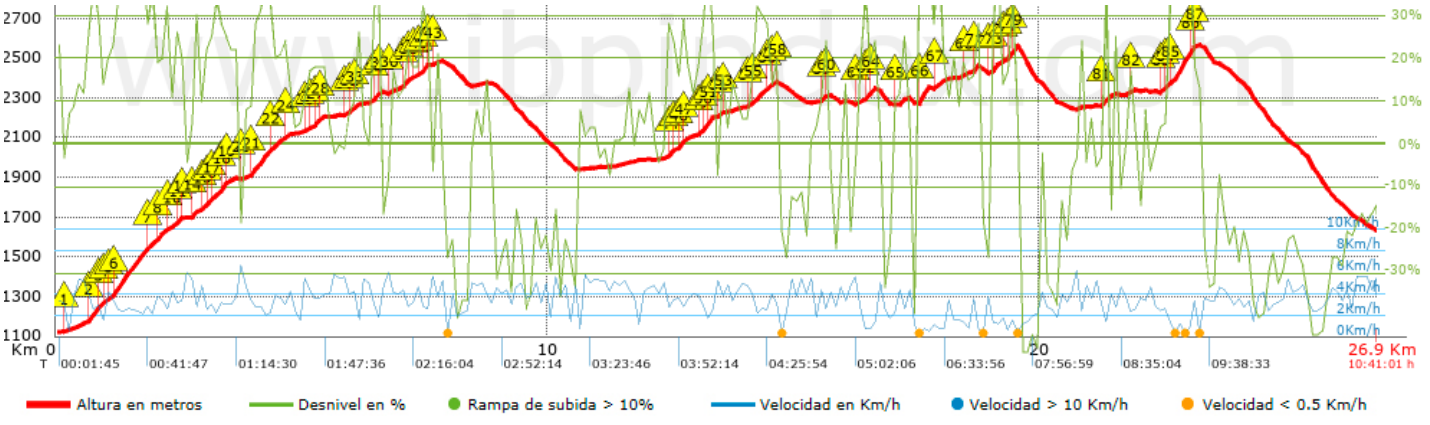


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	3.146	11.7	2.11	1:29:35
	Between 15 and 30%	5.144	19.13	2.75	1:52:04
	Between 10 and 15%	2.592	9.64	3.52	0:44:14
	Between 5 and 10%	2.329	8.66	3.42	0:40:51
	Between 1 and 5%	1.541	5.73	4.26	0:21:42
	Total :	14.753	54.86	2.87	5:08:26
	Plain				
	Difference of 1%	0.826	3.07	4.46	0:11:07
	Breakdown descents				
	Between 1 and 5%	1.44	5.36	4.15	0:20:50
	Between 5 and 10%	1.486	5.53	3.81	0:23:24
	Between 10 and 15%	0.887	3.3	3.84	0:13:52
	Between 15 and 30%	4.63	17.22	3.55	1:18:12
	Between 30% and 55%	2.87	10.67	2.26	1:16:19
	Total :	11.314	42.07	3.19	3:32:37
	Total track :	26.89	100 %	3.03	8:52:10

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.627	30 %	255 m
2	0.882	26 %	82 m
3	0.964	19 %	114 m
4	1.078	23 %	78 m
5	1.156	33 %	716 m
6	1.871	25 %	191 m
7	2.062	24 %	164 m
8	2.226	32 %	34 m
9	2.26	13 %	154 m
10	2.414	27 %	120 m
11	2.534	20 %	46 m
12	2.755	14 %	42 m
13	2.797	24 %	122 m
14	2.919	18 %	116 m
15	3.035	22 %	144 m
16	3.179	27 %	231 m
17	3.41	33 %	39 m
18	3.448	17 %	135 m
19	3.785	11 %	192 m
20	3.977	32 %	380 m
21	4.357	23 %	294 m
22	4.65	21 %	36 m
23	4.687	19 %	34 m
24	5.15	17 %	109 m
25	5.259	24 %	115 m
26	5.374	21 %	50 m

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27	5.861	12 %	50 m
28	5.911	12 %	61 m
29	5.972	22 %	30 m
30	6.002	16 %	108 m
31	6.111	22 %	38 m
32	6.441	35 %	149 m
33	6.59	14 %	41 m
34	6.797	14 %	262 m
35	7.059	26 %	107 m
36	7.166	16 %	113 m
37	7.279	12 %	113 m
38	7.392	18 %	34 m
39	7.426	37 %	90 m
40	7.516	26 %	42 m
41	7.684	20 %	106 m
42	12.417	24 %	129 m
43	12.546	18 %	115 m
44	12.661	27 %	121 m
45	12.782	17 %	64 m
46	13.041	18 %	37 m
47	13.078	24 %	38 m
48	13.116	32 %	177 m
49	13.294	29 %	72 m
50	13.476	17 %	113 m
51	14.062	13 %	152 m
52	14.214	29 %	202 m
53	14.416	21 %	155 m
54	14.571	18 %	41 m

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55	14.612	16 %	76 m
56	15.588	27 %	61 m
57	15.649	23 %	65 m
58	16.441	33 %	94 m
59	16.535	19 %	38 m
60	16.573	48 %	39 m
61	17.032	11 %	176 m
62	17.539	38 %	256 m
63	17.911	23 %	176 m
64	18.417	16 %	106 m
65	18.637	16 %	33 m
66	18.67	30 %	38 m
67	18.708	32 %	65 m
68	19.004	21 %	109 m
69	19.114	34 %	109 m
70	19.223	14 %	39 m
71	19.261	12 %	71 m
72	19.332	17 %	36 m
73	19.367	34 %	97 m
74	19.465	40 %	38 m
75	19.502	48 %	34 m
76	21.254	12 %	39 m
77	21.292	36 %	145 m
78	21.824	16 %	115 m
79	22.46	16 %	135 m
80	22.594	18 %	109 m
81	22.703	42 %	352 m
82	23.055	47 %	69 m

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83	23.124	18 %	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	814.874	3.03	0:23:03	2.12	0:13:02	0:36:05	1.35
2250	12655.351	47.06	4:33:00	2.78	1:29:22	6:02:22	2.1
2000	5636.964	20.96	1:38:07	3.45		1:38:07	3.45
1750	4079.992	15.17	1:10:57	3.45	0:02:40	1:13:37	3.33
1500	1980.055	7.36	0:32:43	3.63		0:32:43	3.63
Total :	25.167 Km	93.58 %	8:17:50 h	3.03 Km/h	1:45:04 h	10:02:54 h	2.5 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
0.161	0:03:47	1123	0:03:06	0:03:06 < 10´	0.161
7.893	0:06:21	2486	2:26:59	2:23:53	7.731
10.587	0:02:40	1930	3:16:28	0:49:29	2.694
14.652	0:05:46	2379	4:29:41	1:13:13	4.065
16.374	0:05:11	2279	5:03:31	0:33:50	1.723
16.441	0:16:44 > 10´	2280	5:10:00	0:06:29 < 10´	0.067
17.509	0:06:22	2259	5:53:50	0:43:50	1.068
17.579	0:03:46	2271	6:02:59	0:09:09 < 10´	0.07
17.642	0:07:11	2301	6:07:39	0:04:40 < 10´	0.063
17.947	0:02:55	2349	6:25:49	0:18:10	0.305
18.013	0:02:26	2380	6:29:42	0:03:53 < 10´	0.066
18.454	0:02:41	2410	6:45:25	0:15:43	0.441
18.74	0:12:55 > 10´	2454	6:57:06	0:11:41	0.286
19.261	0:03:37	2481	7:25:15	0:28:09	0.521
19.502	0:07:57	2543	7:36:46	0:11:31	0.241
22.703	0:04:35	2368	8:58:24	1:21:38	3.201
22.875	0:08:52	2431	9:10:06	0:11:42	0.172
23.244	0:05:05	2561	9:30:09	0:20:03	0.37
Total :	1:48:51 h				

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