Track: 2023-09-16 Il GRAB di Roma a piedi — **Date: 17/09/2023**

Track: 2023-09-16 Il GRAB di Roma a piedi	**IBP = 125 HKG**
These speeds are average for = RNG	
IBP index reliability= E	

Total length	54.3 Km
Analyzed distance	54.3 Km
Lineal distance	0.01 Km

Accumulated climb	195.51 m
Accumulated descent	198.17 m
Maximum height	89.91 m
Minimal height	19.43 m
Climb rate	2.67 %
Descent rate	2.88 %
Positive climb difference per km	3.6 m
Negative descent difference per km	3.65 m

Total time	9:52:49 h
Time in movement	9:52:49 h
Stopped time	0:00:00 h

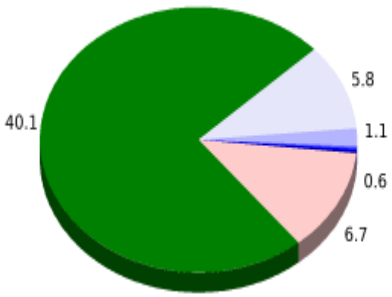
Total speed average	5.5 Km/h
Average speed in movement	5.5 Km/h
Maximum held speed	12.67 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	4792 (cad. 11.33 m)
Significant points	1585 (cad. 34.3 m / 33.08 %)
Aberrant points	0 (0 % d. total)

Direction changes per km	14.88
Direction changes >5° per km	10.79
Accumulated straight stretches	7.94 Km
Straight stretches per km	146.22 m
Penalizables slope changes	0
Penalizables slope changes per km	0

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Summary of slopes

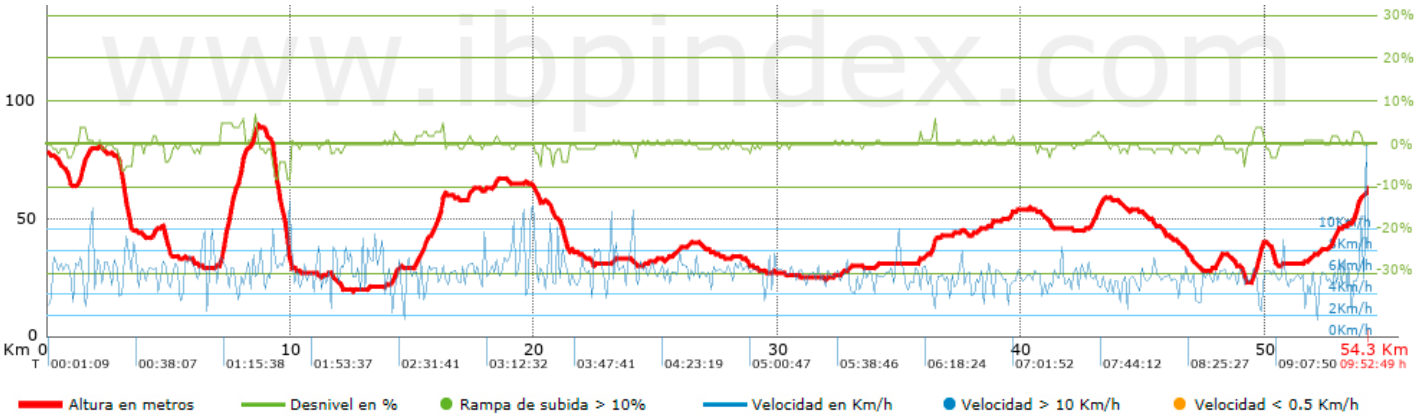


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0	0	0	0:00:00
	Between 15 and 30%	0	0	0	0:00:00
	Between 10 and 15%	0.011	0.02	5.71	0:00:07
	Between 5 and 10%	0.59	1.09	5.54	0:06:23
	Between 1 and 5%	6.721	12.38	5.19	1:17:42
	Total :	7.321	13.48	5.22	1:24:12
	Plain				
	Difference of 1%	40.13	73.9	5.53	7:15:47
	Breakdown descents				
	Between 1 and 5%	5.753	10.6	5.55	1:02:10
	Between 5 and 10%	1.123	2.07	6.32	0:10:40
	Between 10 and 15%	0	0	0	0:00:00
	Between 15 and 30%	0	0	0	0:00:00
	Between 30% and 55%	0	0	0	0:00:00
	Total :	6.876	12.66	5.66	1:12:50
	Total track :	54.3	100 %	5.5	9:52:49

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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
Total :	0:00:00 h				

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