Track: 2023-09-27 Intermesoli e Pizzo Cefalone — **Date: 28/09/2023**

Track: 2023-09-27 Intermesoli e Pizzo Cefalone	**IBP = 222 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	22.58 Km
Analyzed distance	22.58 Km
Lineal distance	0.01 Km

Accumulated climb	2175.9 m
Accumulated descent	2173.8 m
Maximum height	2634.1 m
Minimal height	1115.7 m
Climb rate	20.22 %
Descent rate	19.62 %
Positive climb difference per km	96.36 m
Negative descent difference per km	96.27 m

Total time	8:42:46 h
Time in movement	7:02:58 h
Stopped time	1:39:48 h

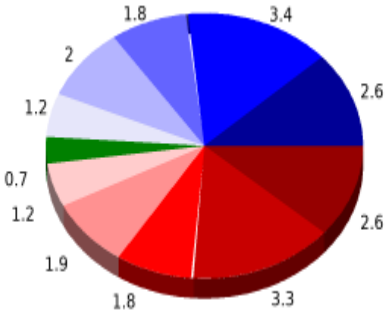
Total speed average	2.59 Km/h
Average speed in movement	3.2 Km/h
Maximum held speed	6.62 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1401 (cad. 16.12 m)
Significant points	595 (cad. 38.01 m / 42.47 %)
Aberrant points	141 (10.06 % d. total)

Direction changes per km	14.08
Direction changes >5º per km	10.27
Accumulated straight stretches	2.986 Km
Straight stretches per km	132.24 m
Penalizables slope changes	19
Penalizables slope changes per km	0.842

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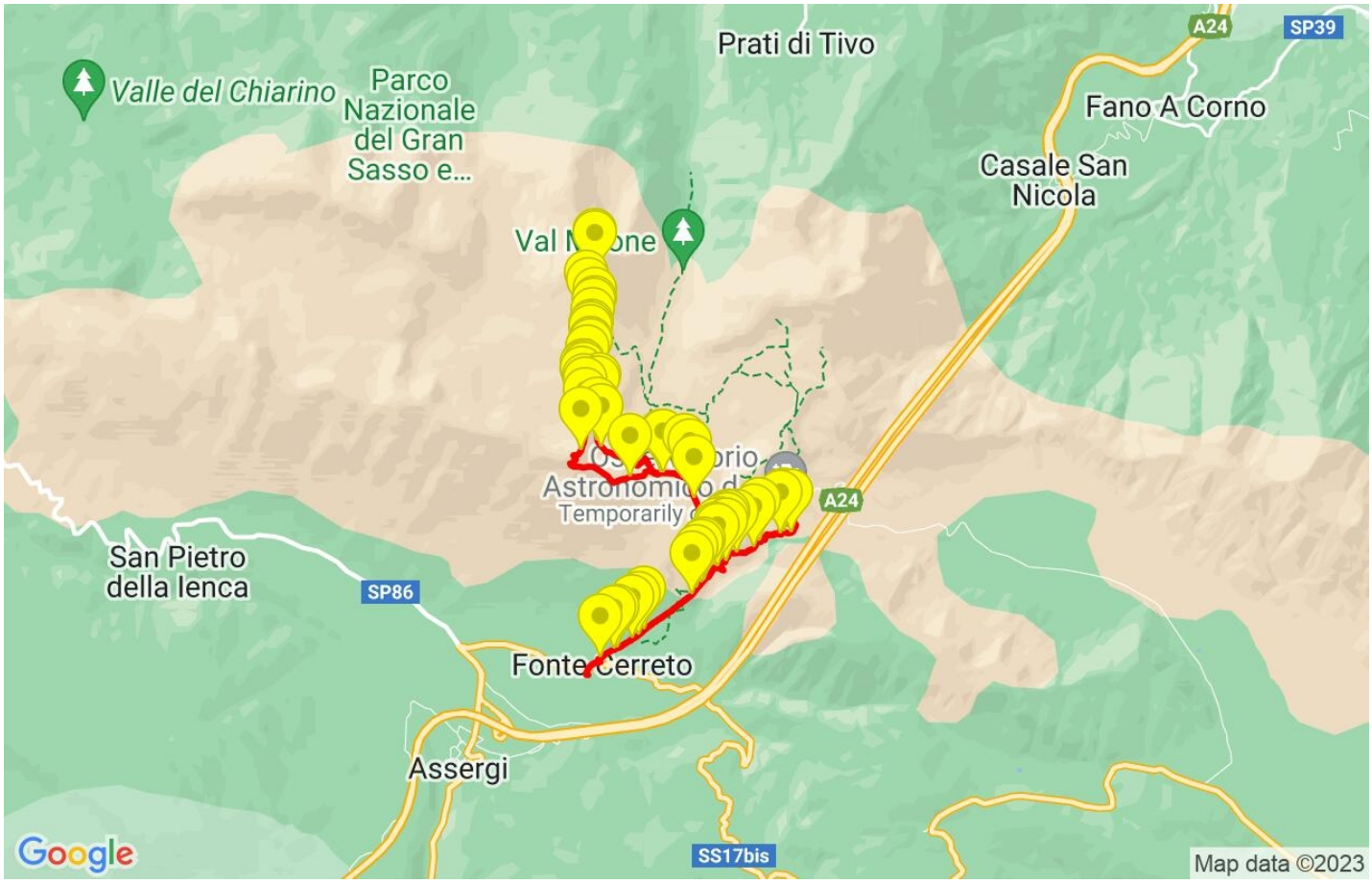
Summary of slopes

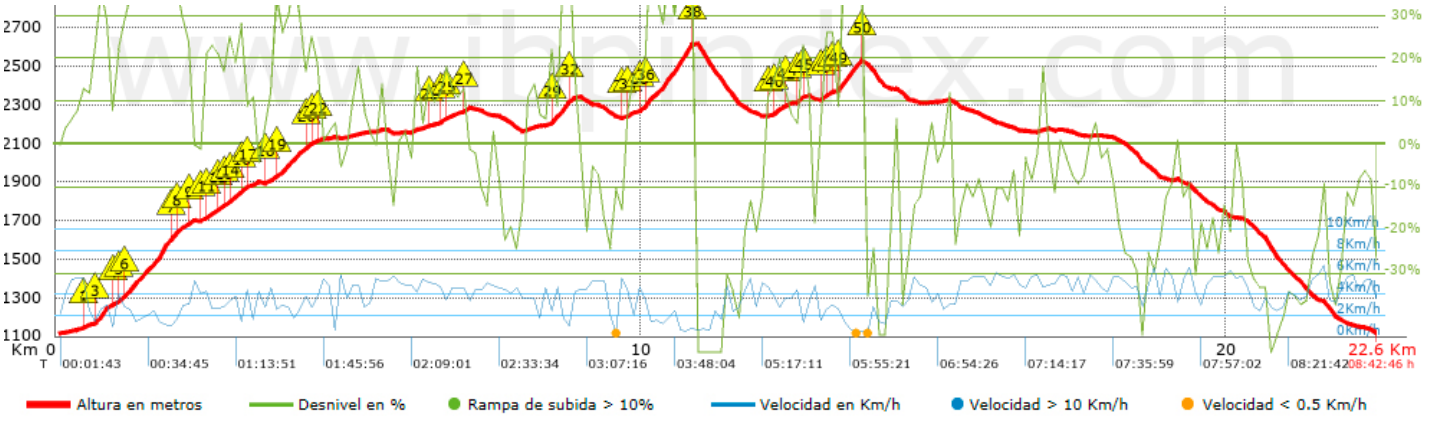


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	2.606	11.54	1.86	1:24:04
	Between 15 and 30%	3.304	14.63	2.76	1:11:53
	Between 10 and 15%	1.773	7.85	3.53	0:30:09
	Between 5 and 10%	1.905	8.44	3.41	0:33:32
	Between 1 and 5%	1.172	5.19	4.28	0:16:25
	Total :	10.76	47.66	2.73	3:56:03
	Plain				
	Difference of 1%	0.738	3.27	4.08	0:10:52
	Breakdown descents				
	Between 1 and 5%	1.247	5.52	4.23	0:17:40
	Between 5 and 10%	1.98	8.77	4.83	0:24:37
	Between 10 and 15%	1.781	7.89	4.81	0:22:13
	Between 15 and 30%	3.442	15.25	3.93	0:52:34
	Between 30% and 55%	2.629	11.65	2.67	0:58:59
	Total :	11.08	49.07	3.78	2:56:03
	Total track :	22.58	100 %	3.2	7:02:58

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
 1	0.409	11 %	211 m
 2	0.62	22 %	65 m
 3	0.685	34 %	245 m
 4	0.931	14 %	103 m
 5	1.034	22 %	105 m
 6	1.139	37 %	856 m
 7	1.995	24 %	115 m
 8	2.11	28 %	103 m
 9	2.213	24 %	38 m
 10	2.508	16 %	29 m
 11	2.537	21 %	233 m
 12	2.771	19 %	113 m
 13	2.884	24 %	82 m
 14	2.966	26 %	179 m
 15	3.145	29 %	29 m
 16	3.174	28 %	73 m
 17	3.247	13 %	120 m
 18	3.608	12 %	133 m
 19	3.741	31 %	502 m
 20	4.243	22 %	103 m
 21	4.345	22 %	106 m
 22	4.451	22 %	33 m
 23	6.334	11 %	220 m
 24	6.554	18 %	111 m
 25	6.665	13 %	286 m
 26	6.95	17 %	35 m

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27	6.985	25 %	60 m
28	8.419	22 %	33 m
29	8.452	34 %	288 m
30	8.741	48 %	29 m
31	8.77	27 %	39 m
32	8.809	18 %	67 m
33	9.697	11 %	110 m
34	9.807	13 %	164 m
35	9.971	20 %	107 m
36	10.078	40 %	754 m
37	10.832	48 %	44 m
38	10.876	48 %	31 m
39	12.13	11 %	131 m
40	12.261	24 %	165 m
41	12.426	12 %	35 m
42	12.461	17 %	43 m
43	12.654	17 %	29 m
44	12.683	22 %	107 m
45	12.79	12 %	72 m
46	13.09	22 %	107 m
47	13.197	12 %	46 m
48	13.243	16 %	150 m
49	13.393	40 %	332 m
50	13.726	39 %	46 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	761.245	3.37	0:16:35	2.75	1:11:58	1:28:33	0.52
2250	6470.197	28.66	2:23:09	2.71	0:18:39	2:41:48	2.4
2000	7343.444	32.53	1:49:27	4.03	0:09:11	1:58:38	3.71
1750	2621.098	11.61	0:46:50	3.36		0:46:50	3.36
1500	1951.871	8.65	0:43:35	2.69		0:43:35	2.69
Total :	19.148 Km	84.81 %	5:59:36 h	3.19 Km/h	1:39:48 h	7:39:24 h	2.5 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
4.66	0:03:16	2127	1:47:13	1:47:13	4.66
9.534	0:05:55	2247	3:14:04	1:26:51	4.873
10.597	0:13:33 > 10´	2483	3:49:27	0:35:23	1.063
10.766	0:02:20	2562	4:05:21	0:15:54	0.17
10.876	0:30:25 > 10´	2615	4:12:03	0:06:42 < 10´	0.11
11.038	0:08:44	2587	4:44:27	0:32:24	0.162
11.144	0:03:37	2537	4:55:00	0:10:33	0.106
13.466	0:02:38	2411	5:47:35	0:52:35	2.322
13.536	0:03:03	2437	5:52:18	0:04:43 < 10´	0.069
13.61	0:13:56 > 10´	2469	5:56:53	0:04:35 < 10´	0.074
13.772	0:12:21 > 10´	2533	6:12:24	0:15:31	0.162
Total :	1:39:48 h				

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