Track: 2023-09-30 Anello di Monte Velino — **Date: 30/09/2023**

Track: 2023-09-30 Anello di Monte Velino	**IBP = 150 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	19.07 Km
Analyzed distance	19.07 Km
Lineal distance	0 Km

Accumulated climb	1548.5 m
Accumulated descent	1536.2 m
Maximum height	2485.2 m
Minimal height	1134.6 m
Climb rate	20.77 %
Descent rate	13.99 %
Positive climb difference per km	81.2 m
Negative descent difference per km	80.56 m

Total time	7:21:19 h
Time in movement	5:47:17 h
Stopped time	1:34:02 h

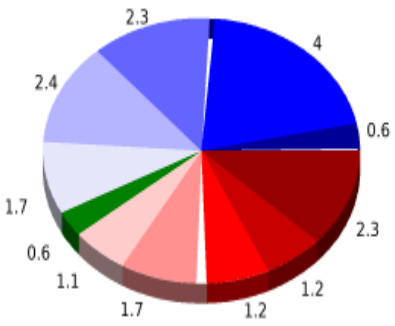
Total speed average	2.59 Km/h
Average speed in movement	3.29 Km/h
Maximum held speed	5.9 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1234 (cad. 15.45 m)
Significant points	507 (cad. 37.69 m / 41.09 %)
Aberrant points	110 (8.91 % d. total)

Direction changes per km	14.53
Direction changes >5º per km	11.38
Accumulated straight stretches	2.212 Km
Straight stretches per km	115.99 m
Penalizables slope changes	6
Penalizables slope changes per km	0.315

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Summary of slopes

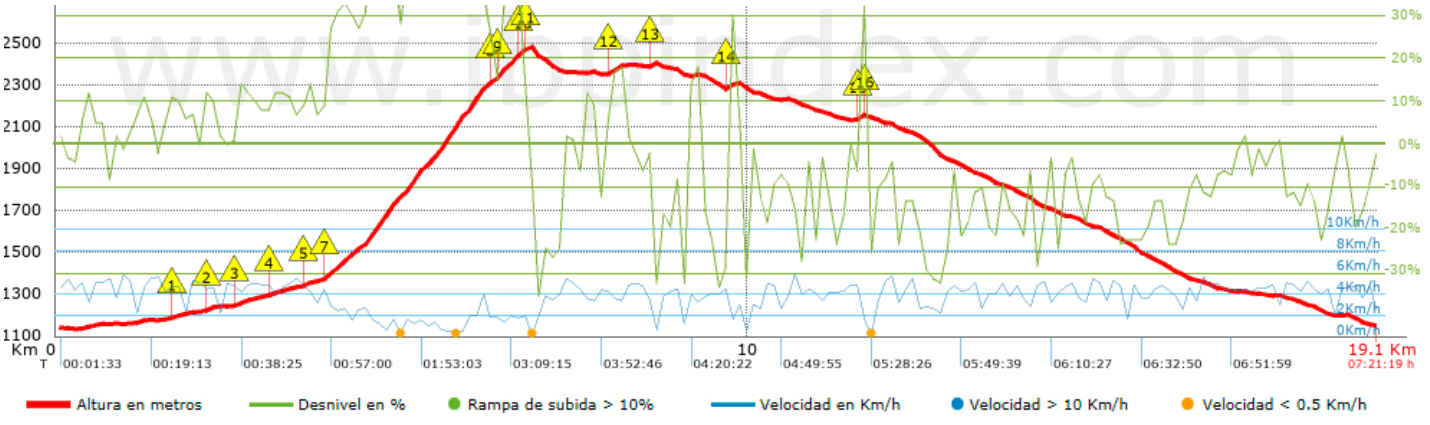


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	2.264	11.87	1.88	1:12:07
	Between 15 and 30%	1.248	6.54	2.58	0:28:59
	Between 10 and 15%	1.187	6.23	3.67	0:19:26
	Between 5 and 10%	1.672	8.77	4.15	0:24:09
	Between 1 and 5%	1.084	5.68	3.93	0:16:32
	Total :	7.455	39.09	2.77	2:41:13
	Plain				
	Difference of 1%	0.636	3.34	4.46	0:08:33
	Breakdown descents				
	Between 1 and 5%	1.729	9.07	4.15	0:25:01
	Between 5 and 10%	2.435	12.77	4.13	0:35:21
	Between 10 and 15%	2.287	12	4.32	0:31:46
	Between 15 and 30%	3.954	20.74	3.55	1:06:52
	Between 30% and 55%	0.572	3	1.85	0:18:31
	Total :	10.979	57.57	3.71	2:57:31
	Total track :	19.07	100 %	3.29	5:47:17

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
1	1.641	11 %	121 m
2	2.118	13 %	125 m
3	2.551	11 %	149 m
4	3.068	11 %	224 m
5	3.592	12 %	161 m
6	3.871	22 %	31 m
7	3.902	39 %	2343 m
8	6.244	27 %	111 m
9	6.355	36 %	300 m
10	6.655	30 %	96 m
11	6.751	24 %	75 m
12	7.971	19 %	206 m
13	8.551	30 %	95 m
14	9.71	26 %	104 m
15	11.594	32 %	38 m
16	11.632	30 %	59 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	4115.004	21.58	1:29:53	2.75	0:22:37	1:52:30	2.19
2000	2971.541	15.58	0:45:24	3.93	0:57:01	1:42:25	1.74
1750	2104.963	11.04	0:49:30	2.55	0:10:32	1:00:02	2.1
1500	2181.469	11.44	0:48:05	2.72	0:03:52	0:51:57	2.52
Total :	11.373 Km	59.64 %	3:52:52 h	2.93 Km/h	1:34:02 h	5:26:54 h	2.09 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
4.694	0:03:52	1646	1:20:25	1:20:25	4.694
4.943	0:07:38	1752	1:32:34	0:12:09	0.249
5.533	0:41:41 > 10´	1983	2:05:05	0:32:31	0.59
6.788	0:15:43 > 10´	2475	3:18:12	1:13:07	1.255
8.613	0:03:17	2404	4:05:26	0:47:14	1.825
9.853	0:03:37	2308	4:34:06	0:28:40	1.24
11.69	0:18:14 > 10´	2166	5:09:36	0:35:30	1.837
Total :	1:34:02 h				

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