Track: 2023-10-11 Corno Grande da F. Cerreto — **Date: 11/10/2023**

Track: 2023-10-11 Corno Grande da F. Cerreto	**IBP = 193 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	19.97 Km
Analyzed distance	19.97 Km
Lineal distance	0.01 Km

Accumulated climb	1955 m
Accumulated descent	1958 m
Maximum height	2888.7 m
Minimal height	1119.3 m
Climb rate	20.3 %
Descent rate	20.06 %
Positive climb difference per km	97.9 m
Negative descent difference per km	98.05 m

Total time	8:16:47 h
Time in movement	6:33:17 h
Stopped time	1:43:30 h

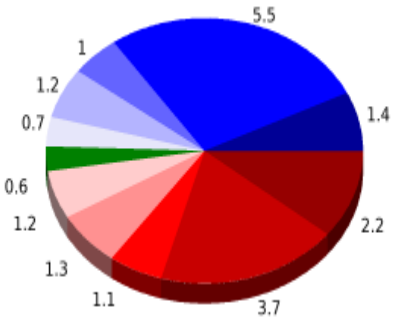
Total speed average	2.41 Km/h
Average speed in movement	3.05 Km/h
Maximum held speed	6.04 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1308 (cad. 15.27 m)
Significant points	534 (cad. 37.47 m / 40.83 %)
Aberrant points	93 (7.11 % d. total)

Direction changes per km	14.12
Direction changes >5º per km	11.82
Accumulated straight stretches	1.891 Km
Straight stretches per km	94.69 m
Penalizables slope changes	10
Penalizables slope changes per km	0.501

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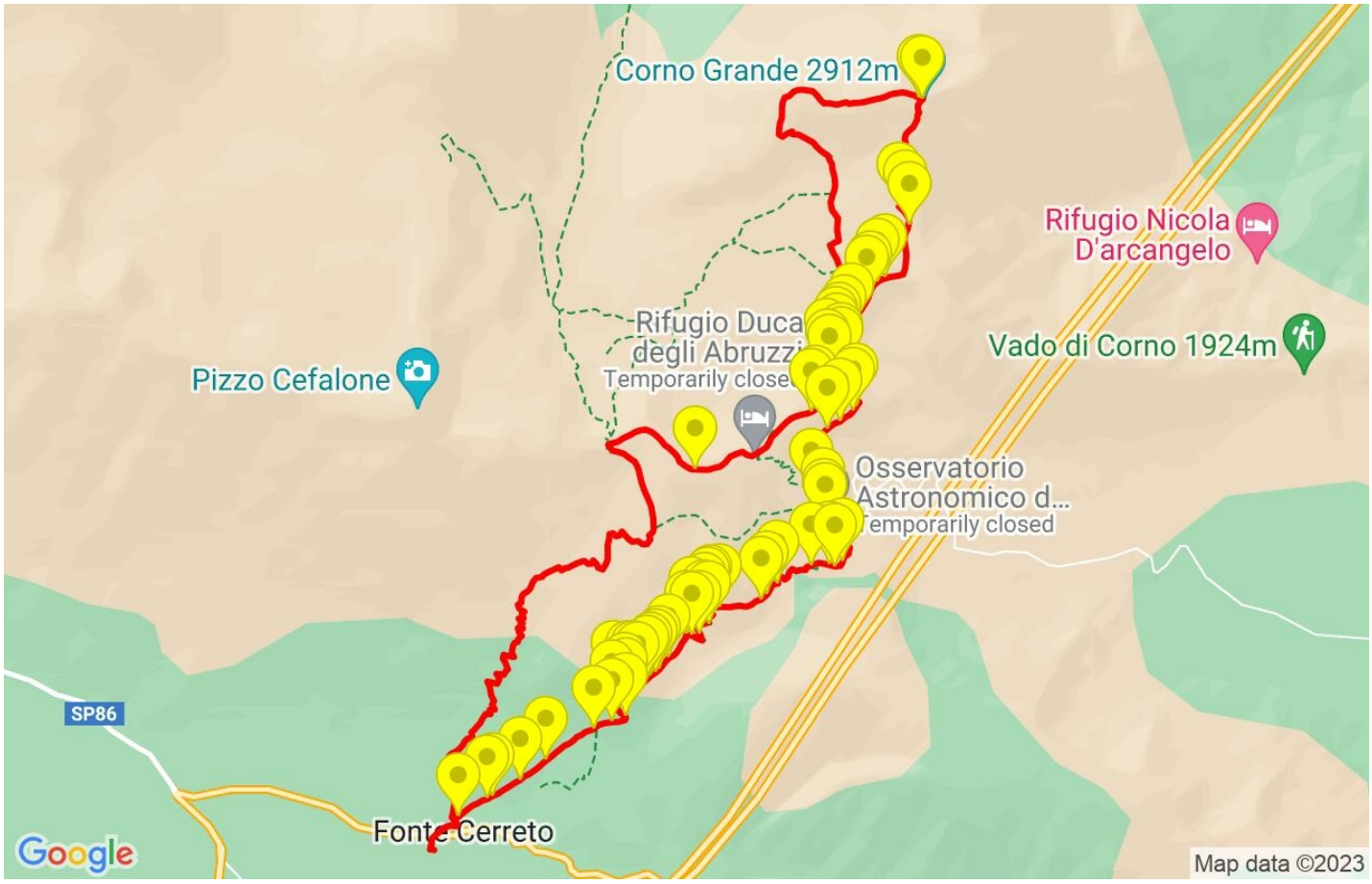
Summary of slopes

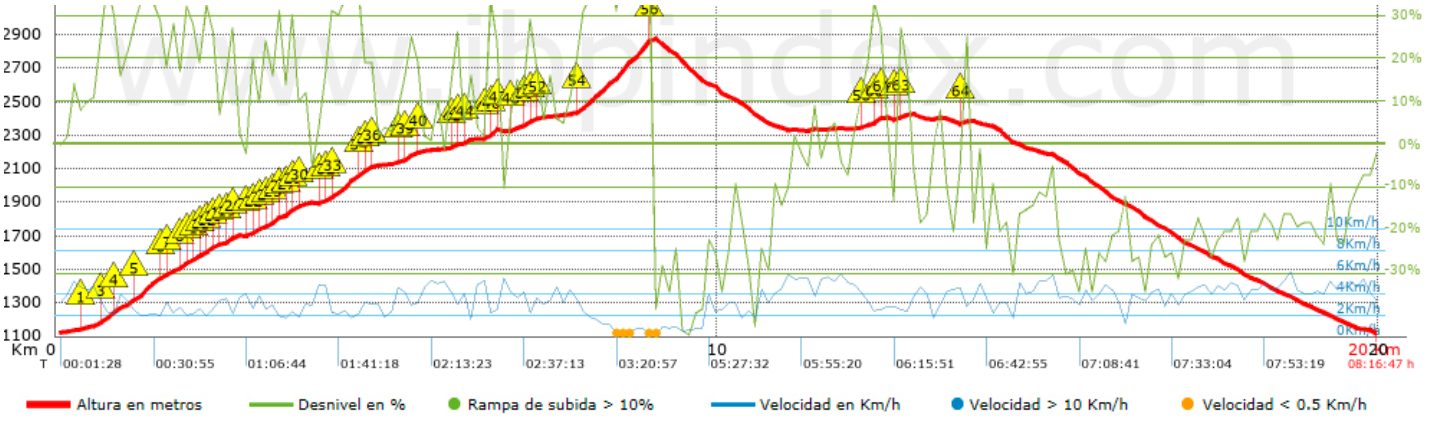


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	2.243	11.23	2.14	1:02:45
	Between 15 and 30%	3.719	18.62	2.59	1:26:09
	Between 10 and 15%	1.114	5.58	2.97	0:22:30
	Between 5 and 10%	1.315	6.59	3.21	0:24:37
	Between 1 and 5%	1.239	6.2	3.86	0:19:14
	Total :	9.629	48.22	2.68	3:35:15
	Plain				
	Difference of 1%	0.58	2.91	3.99	0:08:44
	Breakdown descents				
	Between 1 and 5%	0.716	3.58	4.43	0:09:42
	Between 5 and 10%	1.171	5.86	4.23	0:16:37
	Between 10 and 15%	0.998	5	4.02	0:14:54
	Between 15 and 30%	5.462	27.35	3.45	1:35:02
	Between 30% and 55%	1.413	7.08	2.57	0:33:03
	Total :	9.76	48.87	3.46	2:49:18
	Total track :	19.97	100 %	3.05	6:33:17

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
 1	0.404	11 %	231 m
 2	0.636	24 %	44 m
 3	0.679	33 %	229 m
 4	0.909	20 %	227 m
 5	1.136	32 %	409 m
 6	1.545	22 %	144 m
 7	1.689	26 %	131 m
 8	1.82	18 %	130 m
 9	1.95	28 %	110 m
 10	2.059	28 %	63 m
 11	2.123	19 %	108 m
 12	2.231	24 %	107 m
 13	2.339	26 %	39 m
 14	2.378	36 %	32 m
 15	2.41	11 %	78 m
 16	2.489	11 %	32 m
 17	2.52	16 %	36 m
 18	2.557	23 %	31 m
 19	2.587	28 %	110 m
 20	2.697	15 %	33 m
 21	2.898	16 %	33 m
 22	2.931	21 %	150 m
 23	3.081	19 %	114 m
 24	3.196	22 %	110 m
 25	3.305	25 %	44 m
 26	3.349	22 %	102 m

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27	3.451	30 %	114 m
28	3.566	30 %	36 m
29	3.602	17 %	67 m
30	3.669	16 %	97 m
31	3.961	12 %	55 m
32	4.017	13 %	120 m
33	4.137	32 %	429 m
34	4.566	29 %	134 m
35	4.7	26 %	38 m
36	4.739	17 %	73 m
37	5.181	11 %	29 m
38	5.21	17 %	77 m
39	5.287	23 %	175 m
40	5.462	21 %	45 m
41	5.949	13 %	100 m
42	6.049	15 %	114 m
43	6.163	25 %	38 m
44	6.201	22 %	34 m
45	6.483	17 %	30 m
46	6.513	40 %	109 m
47	6.622	24 %	40 m
48	6.859	14 %	214 m
49	7.073	15 %	32 m
50	7.104	25 %	114 m
51	7.219	15 %	59 m
52	7.278	18 %	32 m
53	7.837	21 %	66 m
54	7.903	40 %	1049 m

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55	8.952	47 %	36 m
56	8.988	33 %	34 m
57	12.197	16 %	31 m
58	12.333	33 %	74 m
59	12.407	22 %	40 m
60	12.447	27 %	31 m
61	12.712	14 %	32 m
62	12.745	20 %	150 m
63	13.7	20 %	94 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2750	714.098	3.58	0:20:19	2.11	0:51:41	1:12:00	0.6
2500	1518.564	7.6	0:37:09	2.45	0:51:49	1:28:58	1.02
2250	6164.723	30.87	1:54:25	3.23		1:54:25	3.23
2000	2919.402	14.62	0:52:19	3.35		0:52:19	3.35
1750	2303.073	11.53	0:50:45	2.72		0:50:45	2.72
1500	2433.945	12.19	0:50:23	2.9		0:50:23	2.9
Total :	16.054 Km	80.39 %	5:25:20 h	2.96 Km/h	1:43:30 h	7:08:50 h	2.25 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
8.435	0:08:22	2624	3:12:35	3:12:35	8.435
8.508	0:47:26 > 10´	2650	3:23:00	0:10:25	0.073
8.923	0:20:23 > 10´	2847	4:13:01	0:50:01	0.415
9.161	0:09:03	2844	4:42:16	0:29:15	0.238
9.354	0:03:48	2785	4:57:42	0:15:26	0.193
9.534	0:14:28 > 10´	2716	5:08:38	0:10:56	0.181
Total :	1:43:30 h				

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