Track: 2023-11-18 Intermesoli e Pizzo Cefalone — **Date: 19/11/2023**

Track: 2023-11-18 Intermesoli e Pizzo Cefalone	**IBP = 145 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	13.18 Km
Analyzed distance	13.18 Km
Lineal distance	0.01 Km

Accumulated climb	1185.07 m
Accumulated descent	1185.17 m
Maximum height	2644.47 m
Minimal height	2133.1 m
Climb rate	18.91 %
Descent rate	18.51 %
Positive climb difference per km	89.91 m
Negative descent difference per km	89.92 m

Total time	6:42:26 h
Time in movement	4:34:52 h
Stopped time	2:07:34 h

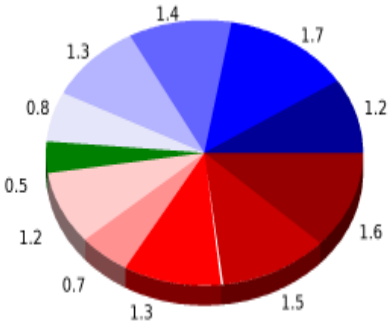
Total speed average	1.96 Km/h
Average speed in movement	2.88 Km/h
Maximum held speed	5.91 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	860 (cad. 15.32 m)
Significant points	349 (cad. 37.87 m / 40.58 %)
Aberrant points	141 (16.4 % d. total)

Direction changes per km	12.75
Direction changes >5° per km	9.26
Accumulated straight stretches	1.57 Km
Straight stretches per km	119.12 m
Penalizables slope changes	13
Penalizables slope changes per km	0.987

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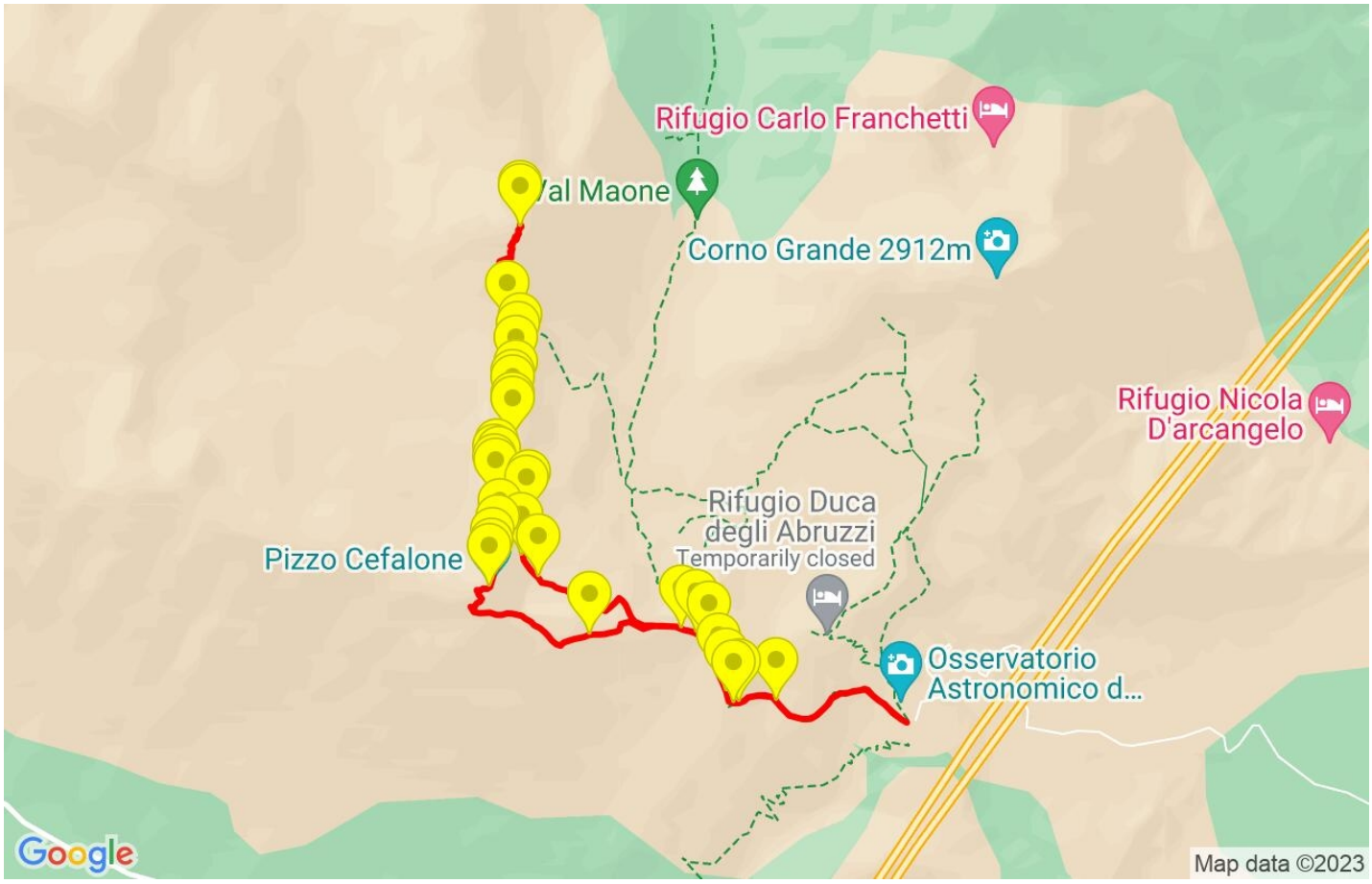
Summary of slopes

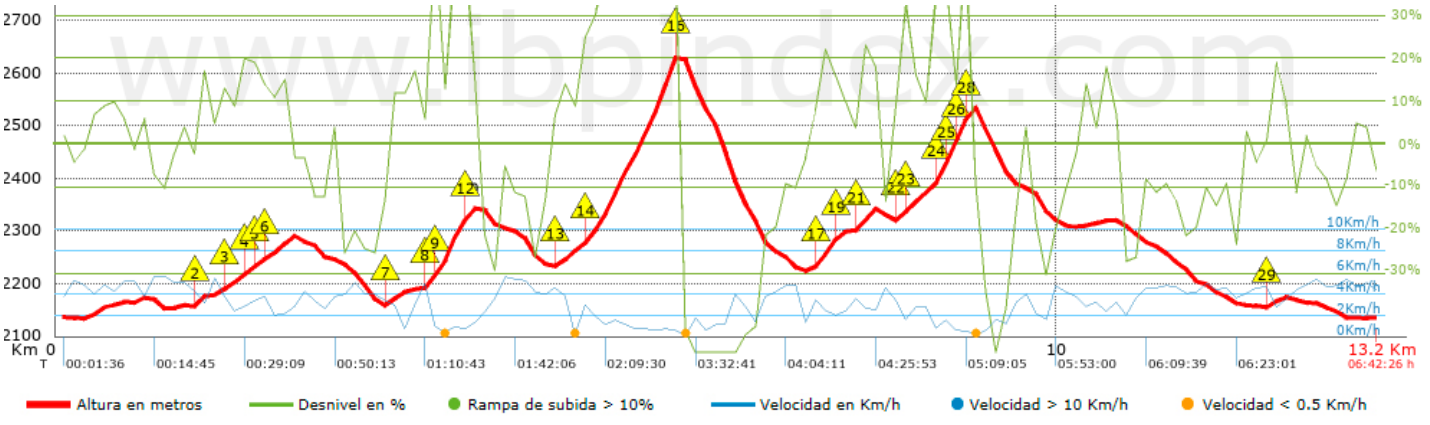


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.558	11.82	1.82	0:51:26
	Between 15 and 30%	1.485	11.27	2.49	0:35:50
	Between 10 and 15%	1.319	10.01	3.52	0:22:30
	Between 5 and 10%	0.725	5.5	3.64	0:11:58
	Between 1 and 5%	1.18	8.96	3.79	0:18:42
	Total :	6.267	47.56	2.68	2:20:26
	Plain				
	Difference of 1%	0.509	3.86	3.73	0:08:11
	Breakdown descents				
	Between 1 and 5%	0.789	5.99	3.26	0:14:32
	Between 5 and 10%	1.254	9.52	4.78	0:15:45
	Between 10 and 15%	1.424	10.81	3.37	0:25:21
	Between 15 and 30%	1.744	13.24	3.3	0:31:45
	Between 30% and 55%	1.19	9.03	1.84	0:38:52
	Total :	6.402	48.58	3.04	2:06:15
	Total track :	13.18	100 %	2.88	4:34:52

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	1.365	13 %	36 m
2	1.401	13 %	104 m
3	1.62	11 %	219 m
4	1.839	19 %	121 m
5	1.96	13 %	108 m
6	2.068	15 %	193 m
7	3.25	11 %	183 m
8	3.692	16 %	38 m
9	3.73	36 %	290 m
10	4.02	48 %	34 m
11	4.054	30 %	34 m
12	4.089	19 %	68 m
13	4.979	13 %	258 m
14	5.236	38 %	897 m
15	6.133	48 %	39 m
16	6.173	48 %	32 m
17	7.558	25 %	174 m
18	7.732	16 %	73 m
19	7.805	19 %	31 m
20	7.95	11 %	32 m
21	7.982	19 %	196 m
22	8.394	14 %	34 m
23	8.428	18 %	292 m
24	8.72	37 %	132 m
25	8.851	36 %	118 m
26	8.97	47 %	90 m

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 27	9.059	48 %	41 m
 28	9.101	14 %	37 m
 29	12.106	14 %	131 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	859.871	6.53	0:16:32	3.12	1:21:49	1:38:21	0.52
2250	6295.693	47.77	2:37:51	2.39	0:38:37	3:16:28	1.92
2000	6022.261	45.7	1:40:29	3.6	0:07:08	1:47:37	3.36
Total :	13.178 Km	100 %	4:34:52 h	2.88 Km/h	2:07:34 h	6:42:26 h	1.96 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
3.404	0:02:33	2174	1:02:34	1:02:34	3.404
3.805	0:04:35	2235	1:16:29	0:13:55	0.401
4.02	0:02:58	2304	1:28:47	0:12:18	0.216
5.113	0:09:03	2254	1:50:51	0:22:04	1.093
5.682	0:02:47	2413	2:19:49	0:28:58	0.569
5.752	0:03:05	2445	2:24:43	0:04:54 < 10´	0.07
5.861	0:04:11	2486	2:32:30	0:07:47 < 10´	0.109
5.926	0:25:28 > 10´	2512	2:38:59	0:06:29 < 10´	0.065
6.173	0:19:59 > 10´	2629	3:07:05	0:28:06	0.246
6.378	0:10:43 > 10´	2575	3:32:41	0:25:36	0.205
8.679	0:03:09	2373	4:39:00	1:06:19	2.301
8.891	0:03:44	2446	4:50:31	0:11:31	0.212
8.97	0:35:19 > 10´	2470	4:55:37	0:05:06 < 10´	0.079
Total :	2:07:34 h				

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