Track: 2023-11-24 Monte Velino — **Date: 24/11/2023**

Track: 2023-11-24 Monte Velino	**IBP = 160 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	16.64 Km
Analyzed distance	16.64 Km
Lineal distance	0.01 Km

Accumulated climb	1642 m
Accumulated descent	1645.8 m
Maximum height	2489.7 m
Minimal height	1017.4 m
Climb rate	18.31 %
Descent rate	21.86 %
Positive climb difference per km	98.68 m
Negative descent difference per km	98.91 m

Total time	6:20:51 h
Time in movement	5:50:08 h
Stopped time	0:30:43 h

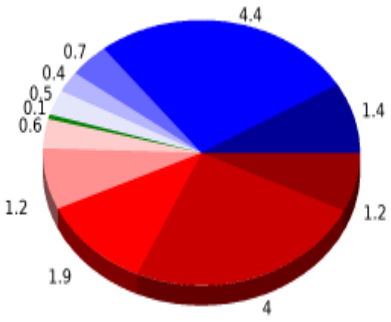
Total speed average	2.62 Km/h
Average speed in movement	2.85 Km/h
Maximum held speed	5.54 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1134 (cad. 14.67 m)
Significant points	450 (cad. 37.06 m / 39.68 %)
Aberrant points	20 (1.76 % d. total)

Direction changes per km	13.34
Direction changes >5º per km	11.06
Accumulated straight stretches	1.907 Km
Straight stretches per km	114.6 m
Penalizables slope changes	9
Penalizables slope changes per km	0.541

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Summary of slopes



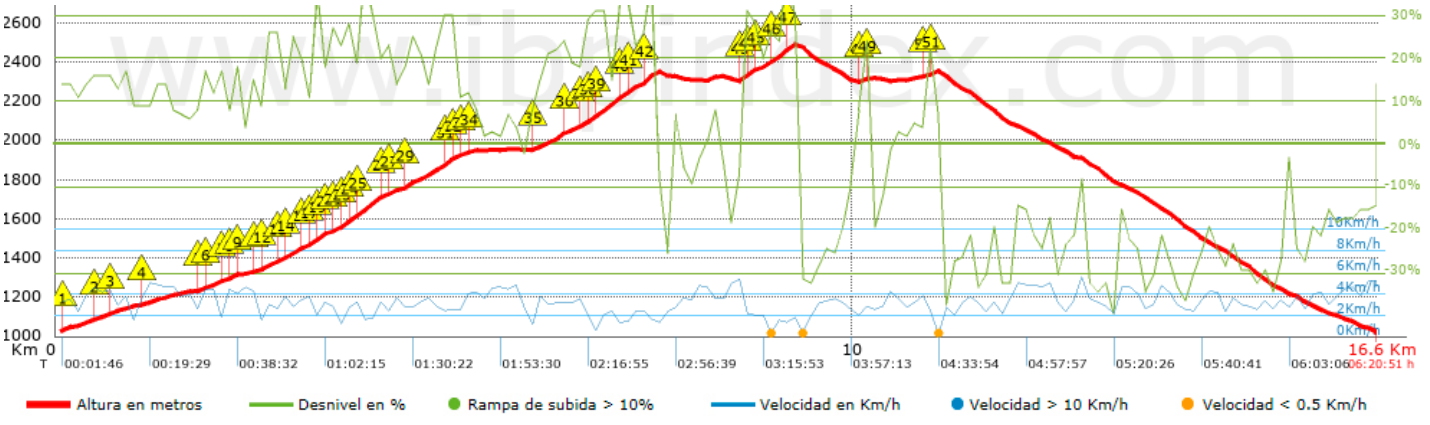
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.191	7.16	1.67	0:42:43
	Between 15 and 30%	3.97	23.86	2.68	1:28:55
	Between 10 and 15%	1.926	11.57	3.11	0:37:07
	Between 5 and 10%	1.241	7.46	3.27	0:22:48
	Between 1 and 5%	0.64	3.84	4.02	0:09:33
	Total :	8.968	53.89	2.68	3:21:06
	Plain				
	Difference of 1%	0.142	0.85	3.89	0:02:11
	Breakdown descents				
	Between 1 and 5%	0.517	3.11	3.65	0:08:30
	Between 5 and 10%	0.448	2.69	2.81	0:09:34
	Between 10 and 15%	0.745	4.48	3.13	0:14:18
	Between 15 and 30%	4.384	26.35	3.37	1:18:03
	Between 30% and 55%	1.436	8.63	2.37	0:36:26
	Total :	7.53	45.25	3.08	2:26:51
	Total track :	16.64	100 %	2.85	5:50:08

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
 1	0.036	13 %	406 m
 2	0.441	16 %	224 m
 3	0.666	13 %	280 m
 4	1.055	12 %	312 m
 5	1.75	14 %	78 m
 6	1.828	17 %	189 m
 7	2.017	14 %	144 m
 8	2.161	18 %	78 m
 9	2.239	18 %	35 m
 10	2.446	12 %	131 m
 11	2.578	15 %	39 m
 12	2.617	24 %	175 m
 13	2.791	15 %	119 m
 14	2.91	27 %	127 m
 15	3.036	20 %	42 m
 16	3.078	20 %	116 m
 17	3.194	23 %	41 m
 18	3.236	32 %	74 m
 19	3.31	23 %	74 m
 20	3.384	11 %	36 m
 21	3.42	20 %	111 m
 22	3.531	23 %	34 m
 23	3.565	28 %	106 m
 24	3.671	25 %	111 m
 25	3.782	34 %	250 m
 26	4.031	17 %	146 m

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27	4.177	17 %	137 m
28	4.314	18 %	38 m
29	4.352	22 %	461 m
30	4.813	34 %	77 m
31	4.89	26 %	107 m
32	4.997	25 %	32 m
33	5.029	12 %	113 m
34	5.142	12 %	103 m
35	6.012	22 %	311 m
36	6.323	19 %	273 m
37	6.597	24 %	45 m
38	6.642	24 %	107 m
39	6.748	32 %	329 m
40	7.077	30 %	117 m
41	7.194	24 %	115 m
42	7.31	33 %	232 m
43	8.552	19 %	75 m
44	8.627	26 %	118 m
45	8.745	23 %	187 m
46	8.932	29 %	245 m
47	9.177	35 %	79 m
48	10.095	20 %	105 m
49	10.2	13 %	38 m
50	10.897	23 %	112 m
51	11.009	14 %	34 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	4261.197	25.61	1:38:55	2.58	0:27:01	2:05:56	2.03
2000	1907.938	11.47	0:44:25	2.58	0:03:42	0:48:07	2.38
1750	2989.895	17.97	1:02:03	2.89		1:02:03	2.89
1500	1944.229	11.68	0:45:04	2.59		0:45:04	2.59
Total :	11.103 Km	66.73 %	4:10:27 h	2.66 Km/h	0:30:43 h	4:41:10 h	2.37 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
6.748	0:03:42	2112	2:19:02	2:19:02	6.748
8.89	0:07:42	2383	3:16:41	0:57:39	2.142
9.29	0:06:45	2487	3:36:28	0:19:47	0.4
11.043	0:12:34 > 10´	2351	4:21:20	0:44:52	1.754
Total :	0:30:43 h				

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