Track: 2023-12-20 Monte Velino	**IBP = 158 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	16.72 Km
Analyzed distance	16.72 Km
Lineal distance	0.01 Km

Accumulated climb	1612.3 m
Accumulated descent	1626.6 m
Maximum height	2493.6 m
Minimal height	1015 m
Climb rate	17.54 %
Descent rate	22.28 %
Positive climb difference per km	96.43 m
Negative descent difference per km	97.28 m

Total time	7:10:37 h
Time in movement	6:15:27 h
Stopped time	0:55:10 h

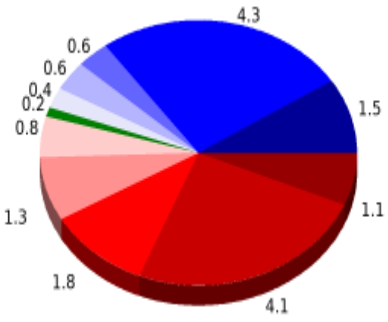
Total speed average	2.33 Km/h
Average speed in movement	2.67 Km/h
Maximum held speed	5.44 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1118 (cad. 14.95 m)
Significant points	448 (cad. 37.57 m / 40.07 %)
Aberrant points	9 (0.81 % d. total)

Direction changes per km	14
Direction changes >5° per km	11.48
Accumulated straight stretches	1.561 Km
Straight stretches per km	93.36 m
Penalizables slope changes	9
Penalizables slope changes per km	0.538

Find The Best bike routes
cicloide
www.cicloide.com

Summary of slopes

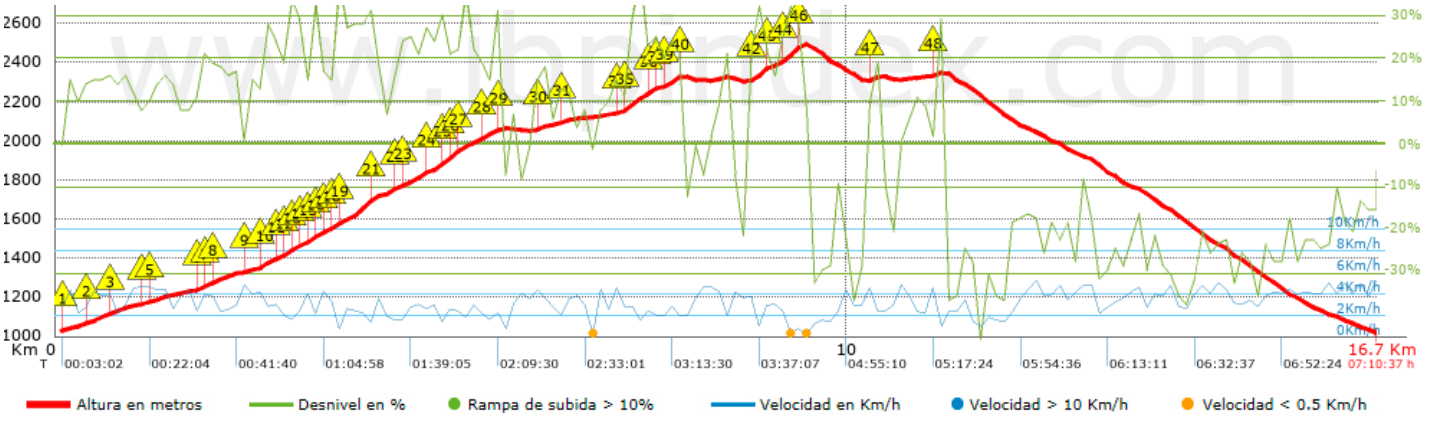


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.123	6.72	1.59	0:42:18
	Between 15 and 30%	4.101	24.53	2.39	1:43:03
	Between 10 and 15%	1.844	11.03	3.15	0:35:07
	Between 5 and 10%	1.296	7.75	3.44	0:22:35
	Between 1 and 5%	0.83	4.97	3	0:16:35
	Total :	9.193	54.99	2.51	3:39:38
	Plain				
	Difference of 1%	0.244	1.46	2.62	0:05:36
	Breakdown descents				
	Between 1 and 5%	0.378	2.26	2.77	0:08:12
	Between 5 and 10%	0.552	3.3	3.82	0:08:41
	Between 10 and 15%	0.553	3.31	3.84	0:08:38
	Between 15 and 30%	4.326	25.88	3.21	1:20:50
	Between 30% and 55%	1.492	8.92	2.04	0:43:52
	Total :	7.301	43.67	2.92	2:30:13
	Total track :	16.72	100 %	2.67	6:15:27

Copyright IBPindexTeam © 2012. All Rights Reserved

Track: 2023-12-20 Monte Velino	**IBP = 158 HKG**
These speeds are average for = HKG	
IBP index reliability= A	





Copyright IBPindexTeam © 2012. All Rights Reserved

Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.104	13 %	254 m
2	0.357	16 %	301 m
3	0.658	13 %	362 m
4	1.186	13 %	270 m
5	1.725	11 %	105 m
6	1.83	20 %	110 m
7	1.94	18 %	267 m
8	2.407	13 %	195 m
9	2.602	25 %	156 m
10	2.758	17 %	145 m
11	2.902	29 %	99 m
12	3.002	24 %	63 m
13	3.065	19 %	130 m
14	3.195	30 %	96 m
15	3.291	23 %	64 m
16	3.354	18 %	108 m
17	3.462	17 %	83 m
18	3.545	29 %	399 m
19	3.945	34 %	64 m
20	4.009	20 %	220 m
21	4.229	12 %	110 m
22	4.339	22 %	302 m
23	4.641	26 %	210 m
24	4.852	28 %	108 m
25	4.959	31 %	114 m
26	5.074	21 %	301 m

Copyright IBPindexTeam © 2012. All Rights Reserved

27	5.375	21 %	162 m
28	5.537	32 %	30 m
29	6.027	13 %	182 m
30	6.32	13 %	193 m
31	7.049	15 %	38 m
32	7.087	14 %	74 m
33	7.161	25 %	42 m
34	7.203	32 %	210 m
35	7.413	23 %	123 m
36	7.536	12 %	109 m
37	7.645	19 %	39 m
38	7.684	25 %	162 m
39	7.846	20 %	44 m
40	8.745	21 %	30 m
41	8.775	29 %	218 m
42	8.993	19 %	131 m
43	9.124	34 %	208 m
44	9.332	29 %	33 m
45	9.365	36 %	38 m
46	10.274	20 %	115 m
47	11.086	25 %	109 m

Copyright IBPindexTeam © 2012. All Rights Reserved

High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2250	4086.67	24.45	1:51:40	2.2	0:36:39	2:28:19	1.65
2000	3167.713	18.95	1:13:05	2.6	0:15:49	1:28:54	2.14
1750	2171.284	12.99	0:49:26	2.64		0:49:26	2.64
1500	1883.438	11.27	0:43:57	2.57	0:03:12	0:47:09	2.4
Total :	11.309 Km	67.65 %	4:38:08 h	2.44 Km/h	0:55:40 h	5:33:48 h	2.03 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
3.508	0:03:12	1557	1:07:51	1:07:51	3.508
5.61	0:04:00	2065	2:10:54	1:03:03	2.103
6.672	0:11:49 > 10´	2117	2:33:01	0:22:07	1.061
9.191	0:04:21	2412	3:48:19	1:15:18	2.519
9.301	0:02:30	2453	3:57:23	0:09:04 < 10´	0.11
9.403	0:29:48 > 10´	2489	4:03:58	0:06:35 < 10´	0.102
Total :	0:55:40 h				

Copyright IBPindexTeam © 2012. All Rights Reserved