Track: 2023-12-29 Le vette di Casamaina — **Date: 29/12/2023**

Track: 2023-12-29 Le vette di Casamaina	**IBP = 126 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	18.3 Km
Analyzed distance	18.3 Km
Lineal distance	0.02 Km

Accumulated climb	1101.7 m
Accumulated descent	1104.8 m
Maximum height	2206.7 m
Minimal height	1375.2 m
Climb rate	11.71 %
Descent rate	14.51 %
Positive climb difference per km	60.2 m
Negative descent difference per km	60.37 m

Total time	5:46:11 h
Time in movement	5:06:24 h
Stopped time	0:39:47 h

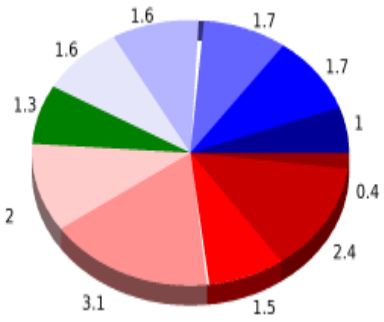
Total speed average	3.17 Km/h
Average speed in movement	3.58 Km/h
Maximum held speed	6.09 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1050 (cad. 17.42 m)
Significant points	466 (cad. 39.35 m / 44.38 %)
Aberrant points	14 (1.33 % d. total)

Direction changes per km	11.8
Direction changes >5º per km	8.8
Accumulated straight stretches	2.305 Km
Straight stretches per km	125.96 m
Penalizables slope changes	11
Penalizables slope changes per km	0.601

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Summary of slopes



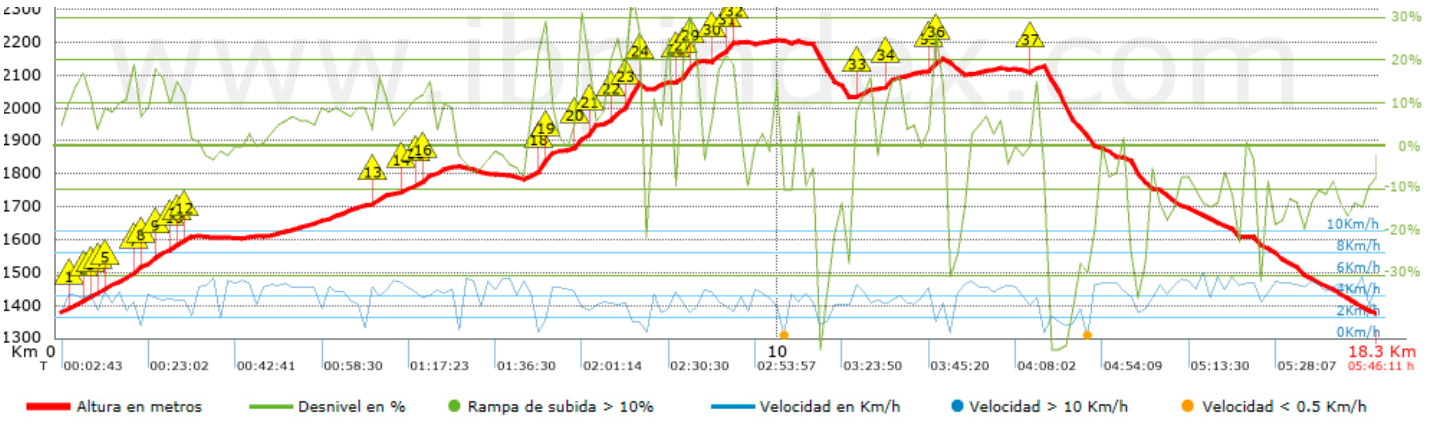
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.415	2.27	2.06	0:12:06
	Between 15 and 30%	2.371	12.96	2.94	0:48:25
	Between 10 and 15%	1.53	8.36	3.64	0:25:13
	Between 5 and 10%	3.103	16.96	3.81	0:48:50
	Between 1 and 5%	1.992	10.89	4.12	0:29:01
	Total :	9.412	51.44	3.45	2:43:35
	Plain				
	Difference of 1%	1.269	6.93	3.95	0:19:17
	Breakdown descents				
	Between 1 and 5%	1.622	8.86	4.39	0:22:11
	Between 5 and 10%	1.627	8.89	4.51	0:21:38
	Between 10 and 15%	1.685	9.21	4.89	0:20:41
	Between 15 and 30%	1.705	9.32	3.98	0:25:44
	Between 30% and 55%	0.976	5.34	1.76	0:33:18
	Total :	7.616	41.63	3.7	2:03:32
	Total track :	18.3	100 %	3.58	5:06:24

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
	0.213	13 %	102 m
	0.315	15 %	101 m
	0.416	13 %	118 m
	0.695	12 %	335 m
	1.03	19 %	36 m
	1.066	19 %	79 m
	1.182	12 %	163 m
	1.344	17 %	174 m
	1.635	15 %	109 m
	1.744	15 %	103 m
	4.386	14 %	159 m
	4.811	11 %	151 m
	4.962	14 %	151 m
	5.113	16 %	62 m
	6.628	23 %	39 m
	6.668	33 %	102 m
	6.769	28 %	74 m
	7.174	24 %	237 m
	7.411	31 %	35 m
	7.629	19 %	243 m
	7.872	37 %	178 m
	8.05	26 %	37 m
	8.596	13 %	30 m
	8.626	19 %	36 m
	8.662	29 %	104 m
	8.767	17 %	35 m

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27	8.801	20 %	69 m
28	9.092	17 %	128 m
29	9.22	24 %	108 m
30	9.328	19 %	38 m
31	11.099	12 %	104 m
32	11.452	15 %	161 m
33	12.06	18 %	123 m
34	12.183	26 %	40 m
35	13.484	12 %	136 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2000	6103.584	33.36	1:58:12	3.1	0:15:37	2:13:49	2.74
1750	4337.866	23.71	1:13:49	3.53	0:24:10	1:37:59	2.66
1500	5739.019	31.37	1:22:45	4.16		1:22:45	4.16
Total :	16.18 Km	88.44 %	4:34:46 h	3.53 Km/h	0:39:47 h	5:14:33 h	3.09 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
5.497	0:03:09	1823	1:26:51	1:26:51	5.497
6.57	0:06:10	1793	1:42:47	0:15:56	1.073
8.087	0:03:35	2074	2:20:35	0:37:48	1.517
10.027	0:04:31	2207	2:59:59	0:39:24	1.94
12.263	0:04:07	2150	3:50:11	0:50:12	2.236
13.649	0:03:24	2129	4:13:32	0:23:21	1.387
14.152	0:14:51 > 10´	1940	4:34:26	0:20:54	0.503
Total :	0:39:47 h				

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