Track: 2024-01-13 Morrone e Cima ZIS — **Date: 13/01/2024**

Track: 2024-01-13 Morrone e Cima ZIS	**IBP = 131 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	13.52 Km
Analyzed distance	13.52 Km
Lineal distance	0.02 Km

Accumulated climb	1298.2 m
Accumulated descent	1288.1 m
Maximum height	2151.7 m
Minimal height	953.7 m
Climb rate	19.54 %
Descent rate	19.88 %
Positive climb difference per km	96.02 m
Negative descent difference per km	95.27 m

Total time	6:21:02 h
Time in movement	5:15:23 h
Stopped time	1:05:39 h

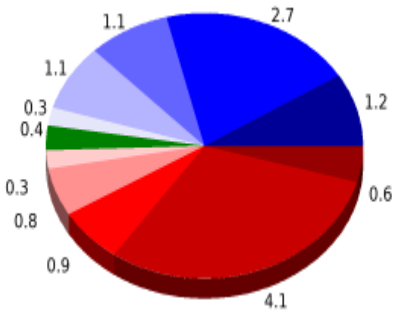
Total speed average	2.13 Km/h
Average speed in movement	2.57 Km/h
Maximum held speed	7.17 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	888 (cad. 15.23 m)
Significant points	364 (cad. 37.36 m / 40.99 %)
Aberrant points	27 (3.04 % d. total)

Direction changes per km	13.61
Direction changes >5° per km	11.09
Accumulated straight stretches	1.793 Km
Straight stretches per km	132.62 m
Penalizables slope changes	7
Penalizables slope changes per km	0.518

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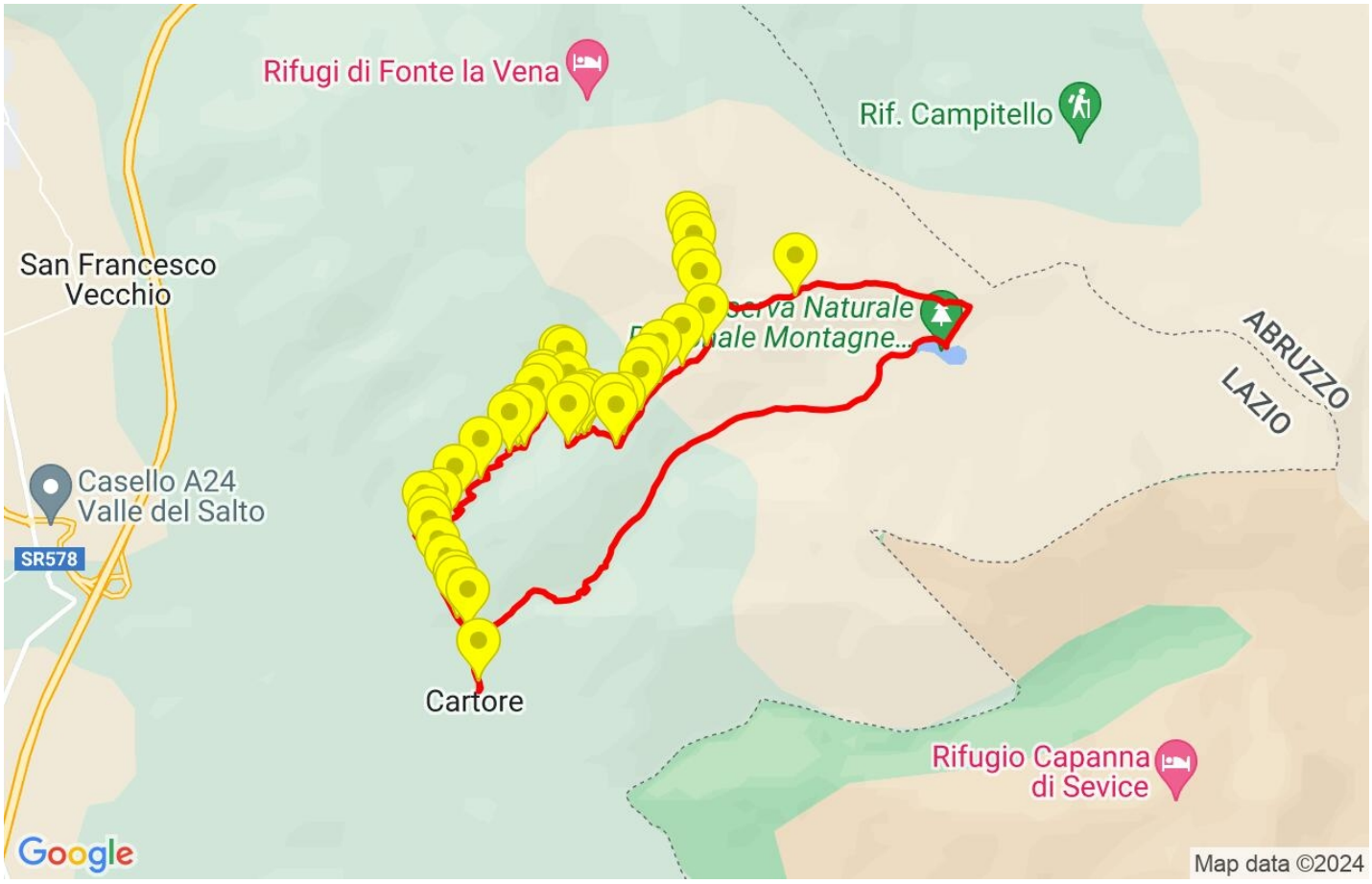
Summary of slopes

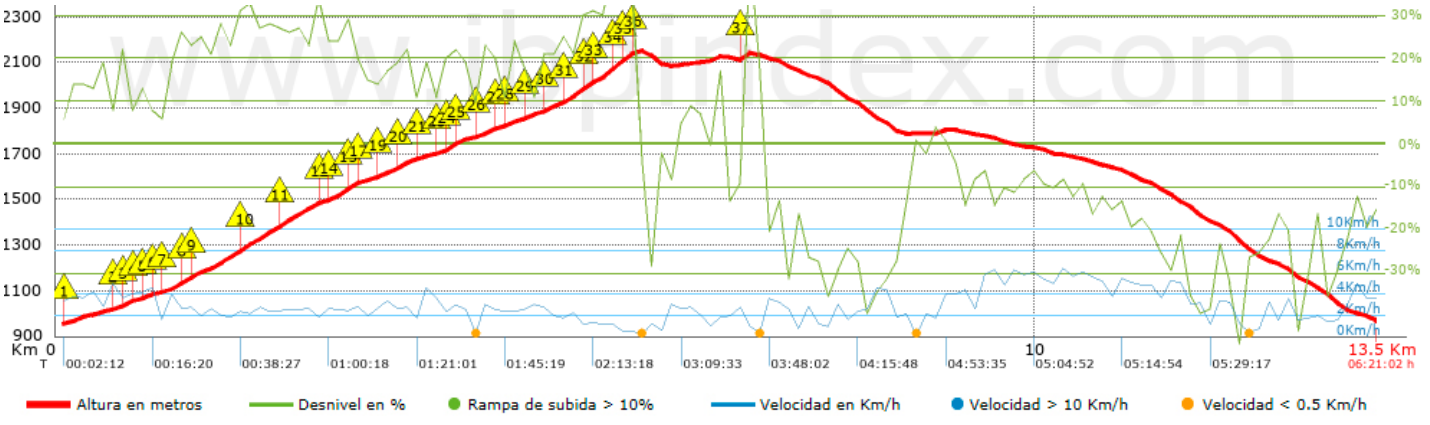


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.554	4.09	1.44	0:23:08
	Between 15 and 30%	4.071	30.1	2.37	1:43:08
	Between 10 and 15%	0.931	6.89	2.99	0:18:41
	Between 5 and 10%	0.773	5.71	2.97	0:15:37
	Between 1 and 5%	0.316	2.34	2.92	0:06:30
	Total :	6.644	49.13	2.39	2:47:04
	Plain				
	Difference of 1%	0.402	2.97	2.15	0:11:11
	Breakdown descents				
	Between 1 and 5%	0.289	2.14	2.76	0:06:17
	Between 5 and 10%	1.127	8.33	4.06	0:16:38
	Between 10 and 15%	1.143	8.45	3.94	0:17:26
	Between 15 and 30%	2.723	20.14	2.79	0:58:34
	Between 30% and 55%	1.195	8.84	1.88	0:38:13
	Total :	6.478	47.9	2.83	2:17:08
	Total track :	13.52	100 %	2.57	5:15:23

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
 1	0.084	14 %	384 m
 2	0.574	16 %	39 m
 3	0.613	23 %	122 m
 4	0.735	11 %	129 m
 5	0.865	13 %	150 m
 6	1.078	21 %	220 m
 7	1.298	23 %	113 m
 8	1.411	24 %	417 m
 9	1.828	27 %	385 m
 10	2.213	25 %	418 m
 11	2.631	15 %	114 m
 12	2.745	24 %	42 m
 13	2.787	27 %	179 m
 14	2.966	25 %	79 m
 15	3.045	20 %	30 m
 16	3.075	13 %	199 m
 17	3.274	15 %	35 m
 18	3.309	22 %	180 m
 19	3.489	17 %	223 m
 20	3.712	14 %	119 m
 21	3.831	11 %	41 m
 22	3.872	19 %	39 m
 23	3.911	22 %	200 m
 24	4.11	19 %	66 m
 25	4.287	19 %	212 m
 26	4.499	11 %	104 m

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27	4.603	18 %	127 m
28	4.731	16 %	193 m
29	4.924	21 %	230 m
30	5.154	26 %	253 m
31	5.407	24 %	100 m
32	5.507	33 %	201 m
33	5.708	26 %	102 m
34	5.81	42 %	70 m
35	5.88	21 %	65 m
36	6.985	22 %	102 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	2446.663	18.09	1:23:40	1.75	0:33:55	1:57:35	1.25
1750	3173.921	23.47	1:12:16	2.64	0:24:04	1:36:20	1.98
1500	3041.158	22.49	0:48:30	3.76		0:48:30	3.76
Total :	8.662 Km	64.05 %	3:24:26 h	2.54 Km/h	0:57:59 h	4:22:25 h	1.98 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
4.176	0:06:31	1763	1:30:58	1:30:58	4.176
5.743	0:04:14	2095	2:26:51	0:55:53	1.567
5.81	0:03:45	2109	2:32:10	0:05:19 < 10´	0.066
5.88	0:04:29	2138	2:38:06	0:05:56 < 10´	0.07
5.945	0:08:50	2152	2:44:34	0:06:28 < 10´	0.065
6.052	0:03:18	2129	2:57:30	0:12:56	0.108
7.054	0:06:52	2141	3:36:20	0:38:50	1.002
7.535	0:02:27	2069	3:55:18	0:18:58	0.481
8.65	0:17:33 > 10´	1788	4:28:24	0:33:06	1.115
12.137	0:07:40	1291	5:39:57	1:11:33	3.487
Total :	1:05:39 h				

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