Track: 2024-02-02 Monte Aquila da Fonte Cerreto — **Date: 02/02/2024**

Track: 2024-02-02 Monte Aquila da Fonte Cerreto	**IBP = 191 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	20.55 Km
Analyzed distance	20.55 Km
Lineal distance	0.02 Km

Accumulated climb	1864.2 m
Accumulated descent	1876.1 m
Maximum height	2504.2 m
Minimal height	1100.9 m
Climb rate	20.63 %
Descent rate	17.49 %
Positive climb difference per km	90.72 m
Negative descent difference per km	91.29 m

Total time	7:41:08 h
Time in movement	6:47:11 h
Stopped time	0:53:57 h

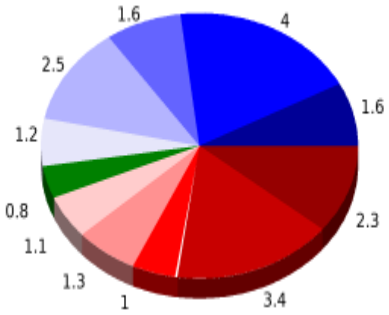
Total speed average	2.67 Km/h
Average speed in movement	3.03 Km/h
Maximum held speed	6.6 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1297 (cad. 15.84 m)
Significant points	539 (cad. 38.19 m / 41.56 %)
Aberrant points	64 (4.93 % d. total)

Direction changes per km	13.72
Direction changes >5º per km	10.8
Accumulated straight stretches	2.607 Km
Straight stretches per km	126.86 m
Penalizables slope changes	14
Penalizables slope changes per km	0.681

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Summary of slopes

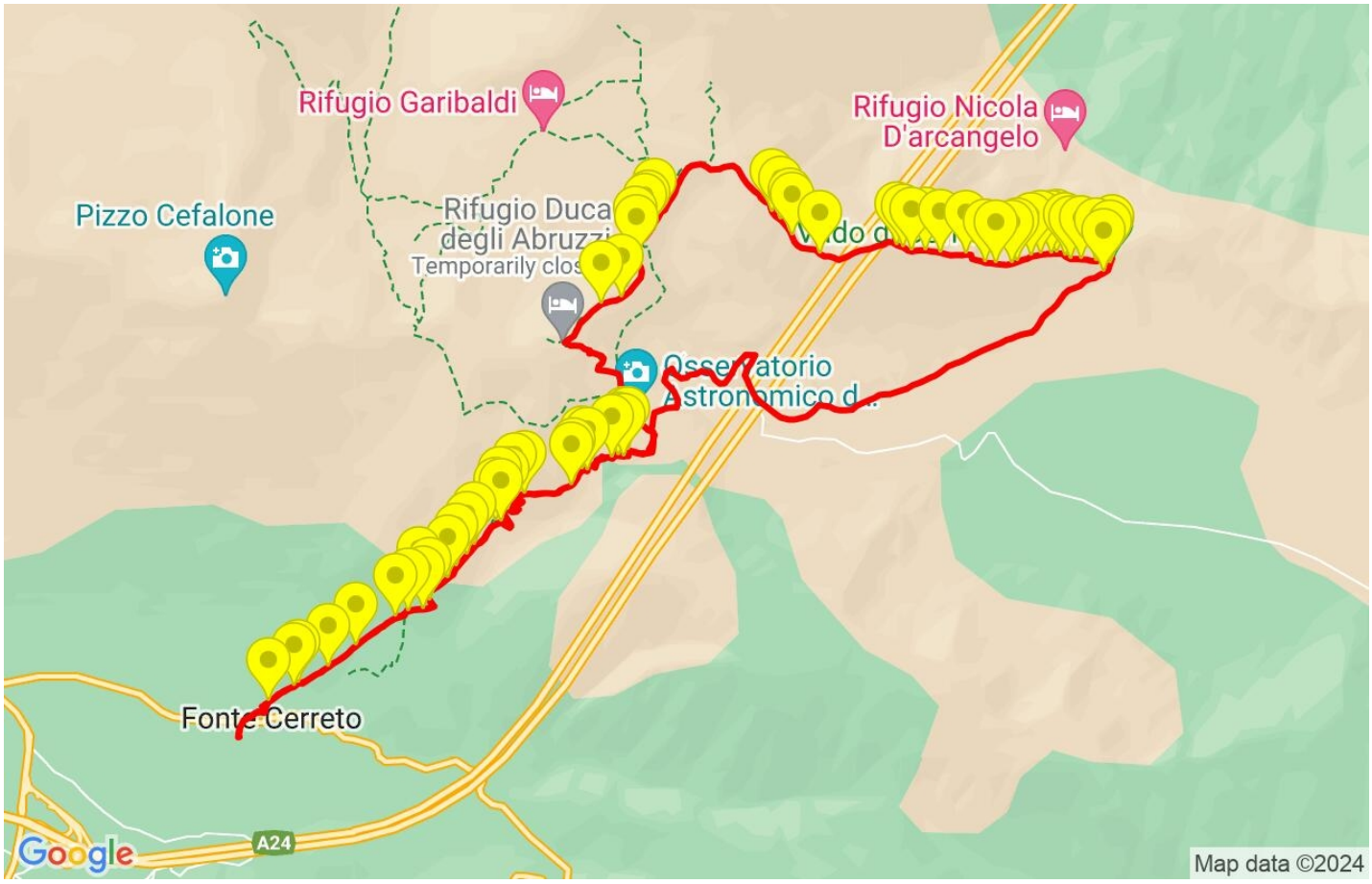


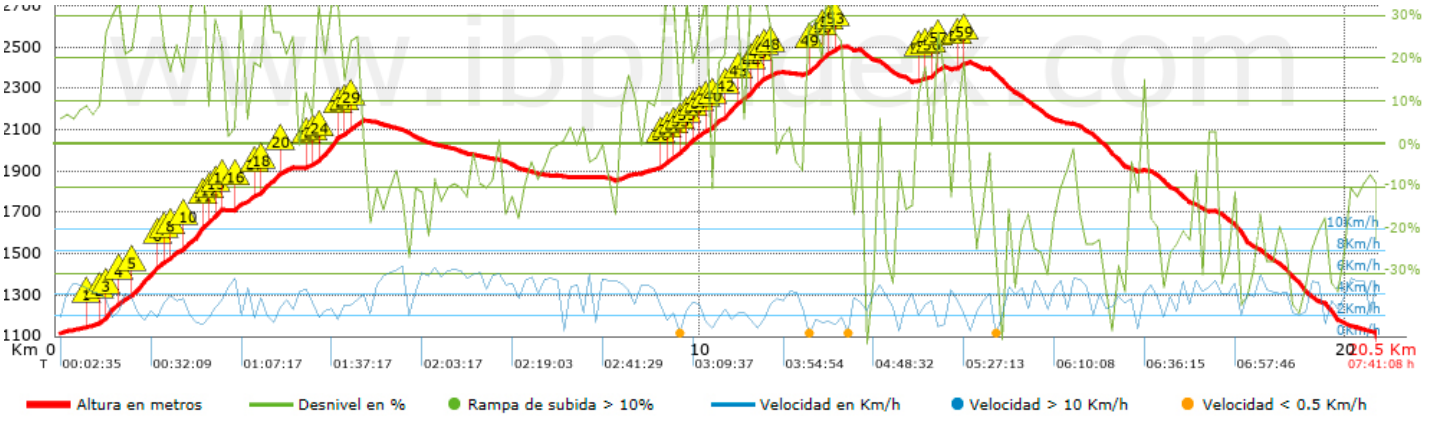
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	2.331	11.34	1.86	1:15:15
	Between 15 and 30%	3.364	16.37	2.32	1:26:59
	Between 10 and 15%	0.966	4.7	3.01	0:19:15
	Between 5 and 10%	1.307	6.36	3.43	0:22:51
	Between 1 and 5%	1.068	5.2	4.11	0:15:36
	Total :	9.036	43.98	2.47	3:39:56
	Plain				
	Difference of 1%	0.783	3.81	3.67	0:12:47
	Breakdown descents				
	Between 1 and 5%	1.158	5.64	3.46	0:20:04
	Between 5 and 10%	2.469	12.02	4.65	0:31:50
	Between 10 and 15%	1.563	7.61	4.97	0:18:53
	Between 15 and 30%	3.971	19.33	3.6	1:06:07
	Between 30% and 55%	1.568	7.63	2.5	0:37:34
	Total :	10.729	52.21	3.69	2:54:28
	Total track :	20.55	100 %	3.03	6:47:11

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
 1	0.673	25 %	43 m
 2	0.716	33 %	242 m
 3	0.958	21 %	237 m
 4	1.196	35 %	359 m
 5	1.554	23 %	108 m
 6	1.662	19 %	107 m
 7	1.769	25 %	146 m
 8	1.915	18 %	103 m
 9	2.018	39 %	234 m
 10	2.252	26 %	107 m
 11	2.359	28 %	108 m
 12	2.467	27 %	82 m
 13	2.55	23 %	43 m
 14	2.771	17 %	38 m
 15	2.809	22 %	228 m
 16	3.037	20 %	121 m
 17	3.158	29 %	278 m
 18	3.436	24 %	74 m
 19	3.51	15 %	67 m
 20	3.839	12 %	33 m
 21	3.872	11 %	113 m
 22	3.985	24 %	31 m
 23	4.016	34 %	325 m
 24	4.341	32 %	77 m
 25	4.418	15 %	38 m
 26	4.456	22 %	73 m

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27	4.529	24 %	31 m
28	4.559	25 %	104 m
29	9.41	19 %	40 m
30	9.45	38 %	136 m
31	9.586	14 %	104 m
32	9.69	30 %	76 m
33	9.766	39 %	40 m
34	9.806	26 %	66 m
35	9.908	25 %	78 m
36	9.986	30 %	66 m
37	10.052	16 %	101 m
38	10.154	34 %	44 m
39	10.197	22 %	114 m
40	10.311	21 %	74 m
41	10.386	37 %	171 m
42	10.557	20 %	181 m
43	10.738	35 %	108 m
44	10.845	31 %	105 m
45	10.95	20 %	67 m
46	11.017	28 %	48 m
47	11.065	29 %	39 m
48	11.634	28 %	255 m
49	11.889	36 %	40 m
50	11.928	19 %	106 m
51	12.035	20 %	84 m
52	12.119	26 %	30 m
53	13.333	11 %	86 m
54	13.419	18 %	32 m

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	13.56	35 %	69 m
	13.629	27 %	67 m
	13.954	21 %	144 m
	14.098	13 %	37 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	135.832	0.66	0:02:34	3.18	0:05:33	0:08:07	1
2250	4181.715	20.35	1:44:48	2.39	0:34:26	2:19:14	1.8
2000	4267.835	20.77	1:22:08	3.12	0:02:54	1:25:02	3.01
1750	6080.399	29.59	1:37:20	3.75	0:11:04	1:48:24	3.37
1500	2237.892	10.89	0:46:59	2.86		0:46:59	2.86
Total :	16.904 Km	82.26 %	5:33:49 h	3.04 Km/h	0:53:57 h	6:27:46 h	2.62 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
7.834	0:04:19	1873	2:28:10	2:28:10	7.834
9.625	0:04:18	1982	3:00:12	0:32:02	1.791
10.052	0:02:54	2090	3:14:47	0:14:35	0.427
10.809	0:02:42	2286	3:40:50	0:26:03	0.757
11.599	0:09:46	2369	4:02:34	0:21:44	0.79
12.181	0:05:33	2502	4:33:59	0:31:25	0.581
13.006	0:03:44	2369	4:54:25	0:20:26	0.825
14.135	0:06:27	2431	5:29:39	0:35:14	1.129
14.466	0:11:47 > 10´	2395	5:40:54	0:11:15	0.331
16.664	0:02:27	1912	6:31:34	0:50:40	2.199
Total :	0:53:57 h				

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