Track: 2024-03-16 La Rocca di Tolfa — **Date: 16/03/2024**

Track: 2024-03-16 La Rocca di Tolfa	**IBP = 153 HKG**
These speeds are average for = RNG	
IBP index reliability= C	

Total length	49.15 Km
Analyzed distance	49.15 Km
Lineal distance	0 Km

Accumulated climb	1360.8 m
Accumulated descent	1363.8 m
Maximum height	559.4 m
Minimal height	11.3 m
Climb rate	6.45 %
Descent rate	6.25 %
Positive climb difference per km	27.69 m
Negative descent difference per km	27.75 m

Total time	8:56:59 h
Time in movement	8:42:00 h
Stopped time	0:14:59 h

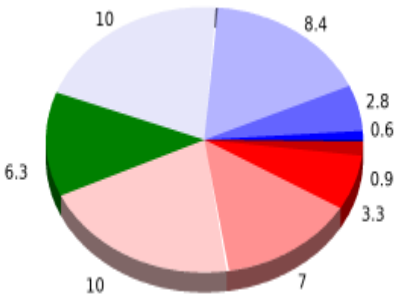
Total speed average	5.49 Km/h
Average speed in movement	5.65 Km/h
Maximum held speed	11.21 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1964 (cad. 25.03 m)
Significant points	1143 (cad. 43.04 m / 58.2 %)
Aberrant points	0 (0 % d. total)

Direction changes per km	9.81
Direction changes >5º per km	7.45
Accumulated straight stretches	8.741 Km
Straight stretches per km	177.84 m
Penalizables slope changes	15
Penalizables slope changes per km	0.305

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Summary of slopes



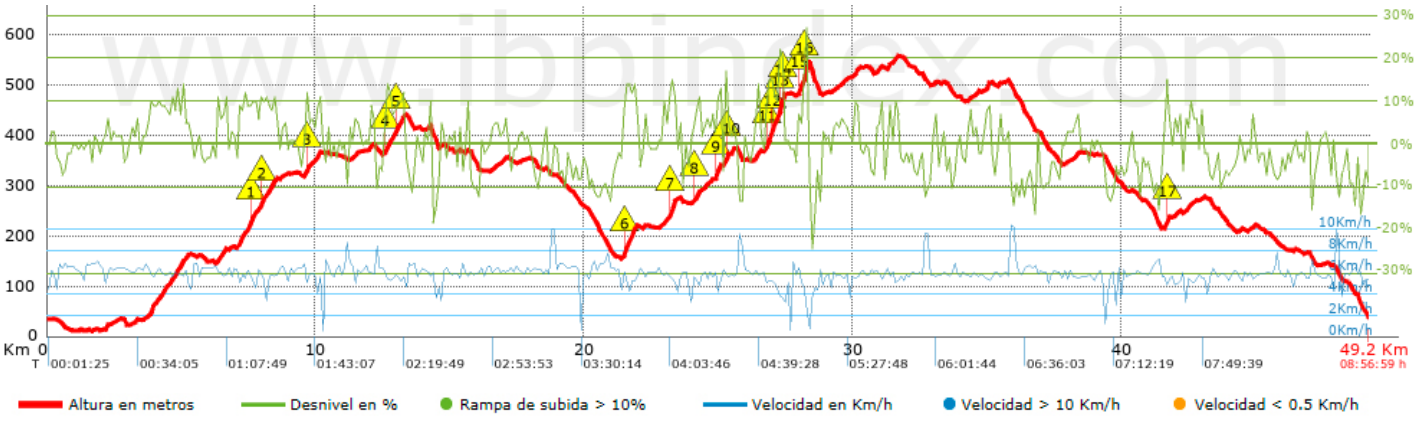
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0	0	0	0:00:00
	Between 15 and 30%	0.901	1.83	3.79	0:14:15
	Between 10 and 15%	3.265	6.64	5.12	0:38:14
	Between 5 and 10%	6.967	14.17	5.45	1:16:38
	Between 1 and 5%	9.951	20.24	5.68	1:45:12
	Total :	21.084	42.89	5.4	3:54:19
	Plain				
	Difference of 1%	6.252	12.72	5.78	1:04:52
	Breakdown descents				
	Between 1 and 5%	10.007	20.36	5.76	1:44:10
	Between 5 and 10%	8.429	17.15	5.96	1:24:53
	Between 10 and 15%	2.827	5.75	6.18	0:27:27
	Between 15 and 30%	0.556	1.13	5.29	0:06:19
	Between 30% and 55%	0	0	0	0:00:00
	Total :	21.819	44.39	5.88	3:42:49
	Total track :	49.15	100 %	5.65	8:42:00

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	7.562	11 %	173 m
2	7.93	11 %	159 m
3	9.617	11 %	125 m
4	12.574	13 %	178 m
5	12.984	11 %	235 m
6	21.459	13 %	403 m
7	23.13	13 %	261 m
8	24.1	11 %	111 m
9	24.851	12 %	167 m
10	25.215	16 %	112 m
11	26.769	15 %	156 m
12	26.925	13 %	288 m
13	27.214	19 %	161 m
14	27.375	25 %	32 m
15	27.951	12 %	175 m
16	28.126	20 %	182 m
17	41.622	15 %	114 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
Total :	0 Km	--- %	--- h	--- Km/h	--- h	--- h	--- Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
10.167	0:03:46	366	1:45:07	1:45:07	10.167
19.792	0:05:13	272	3:24:30	1:39:23	9.626
27.552	0:03:04	482	4:53:55	1:29:25	7.76
28.345	0:02:44	546	5:09:06	0:15:11	0.793
49.153	0:00:12	39	8:56:47	3:47:41	20.808
Total :	0:14:59 h				

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