Track: 2024-06-01 M. Gorzano per le 100 fonti — **Date: 02/06/2024**

Track: 2024-06-01 M. Gorzano per le 100 fonti	**IBP = 147 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	16.71 Km
Analyzed distance	16.71 Km
Lineal distance	0.02 Km

Accumulated climb	1400.4 m
Accumulated descent	1406.7 m
Maximum height	2453.9 m
Minimal height	1310.7 m
Climb rate	16.46 %
Descent rate	18.27 %
Positive climb difference per km	83.81 m
Negative descent difference per km	84.18 m

Total time	5:47:38 h
Time in movement	5:14:02 h
Stopped time	0:33:36 h

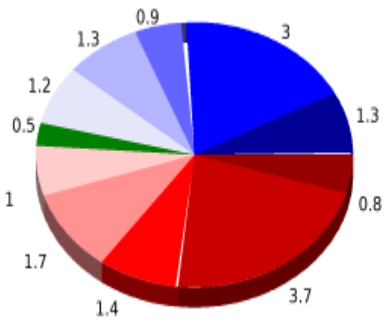
Total speed average	2.88 Km/h
Average speed in movement	3.19 Km/h
Maximum held speed	6.45 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1061 (cad. 15.75 m)
Significant points	447 (cad. 37.47 m / 42.13 %)
Aberrant points	30 (2.83 % d. total)

Direction changes per km	15.14
Direction changes >5º per km	12.51
Accumulated straight stretches	1.335 Km
Straight stretches per km	79.89 m
Penalizables slope changes	11
Penalizables slope changes per km	0.658

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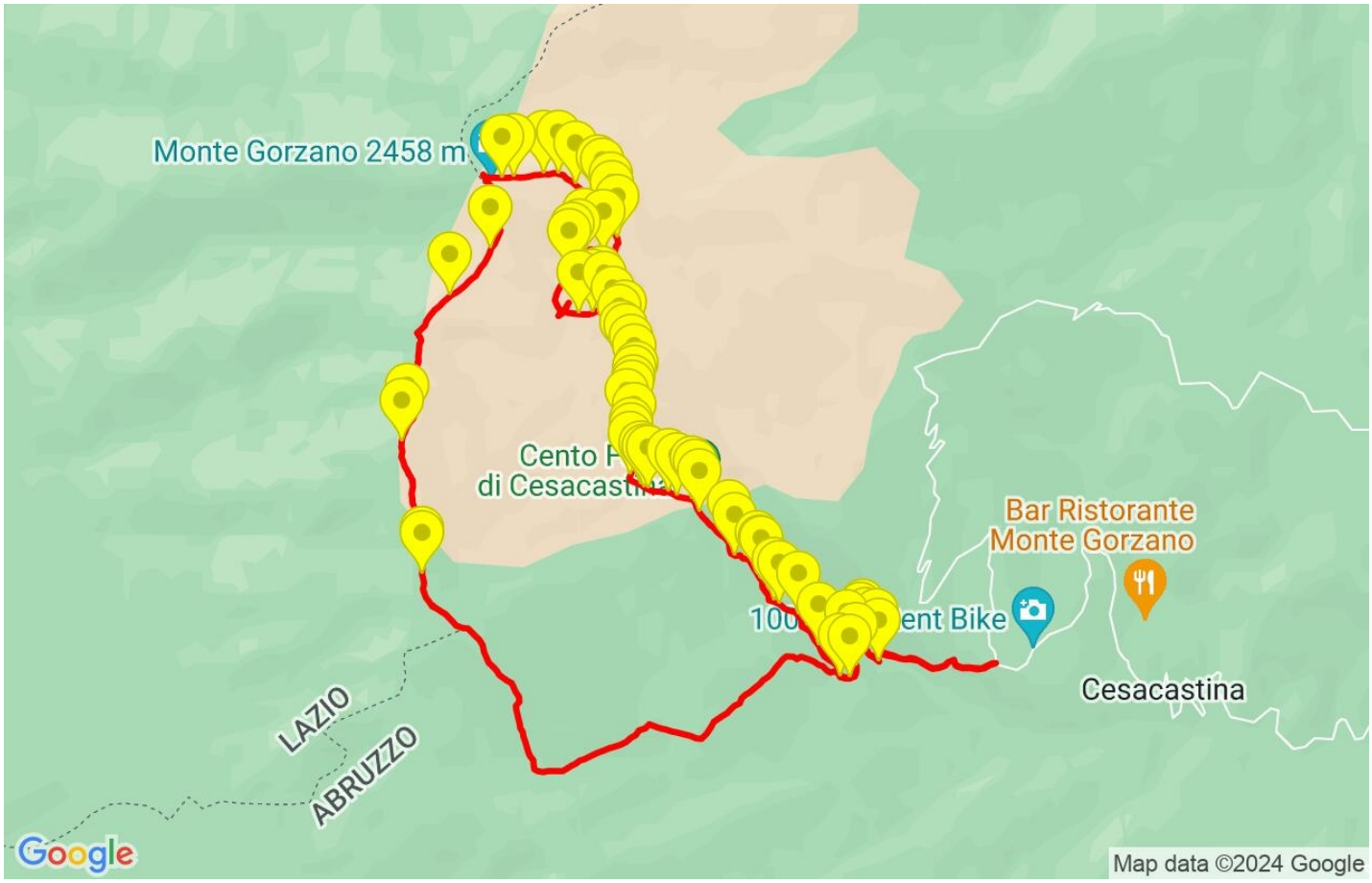
Summary of slopes

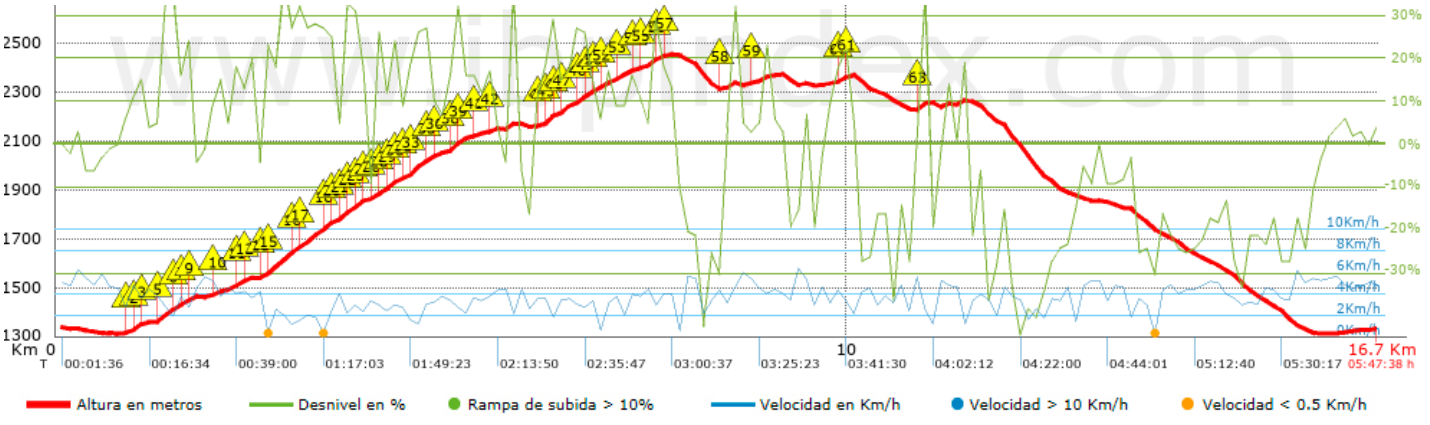


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.782	4.68	2.24	0:20:58
	Between 15 and 30%	3.683	22.04	2.49	1:28:45
	Between 10 and 15%	1.368	8.19	2.97	0:27:39
	Between 5 and 10%	1.7	10.17	3.92	0:26:02
	Between 1 and 5%	0.973	5.82	3.82	0:15:16
	Total :	8.507	50.91	2.86	2:58:40
	Plain				
	Difference of 1%	0.503	3.01	4.53	0:06:40
	Breakdown descents				
	Between 1 and 5%	1.177	7.04	4.12	0:17:08
	Between 5 and 10%	1.347	8.06	4.46	0:18:07
	Between 10 and 15%	0.931	5.57	4.02	0:13:53
	Between 15 and 30%	2.968	17.76	3.42	0:52:06
	Between 30% and 55%	1.278	7.65	2.79	0:27:28
	Total :	7.701	46.08	3.59	2:08:42
	Total track :	16.71	100 %	3.19	5:14:02

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
	0.892	11 %	72 m
	0.964	21 %	114 m
	1.078	15 %	45 m
	1.279	11 %	35 m
	1.314	27 %	112 m
	1.425	28 %	106 m
	1.532	15 %	110 m
	1.641	22 %	69 m
	1.711	27 %	38 m
	1.98	13 %	258 m
	2.238	16 %	153 m
	2.391	15 %	42 m
	2.614	17 %	32 m
	2.645	23 %	35 m
	2.68	30 %	249 m
	2.929	19 %	109 m
	3.038	26 %	318 m
	3.357	28 %	74 m
	3.43	24 %	30 m
	3.46	13 %	107 m
	3.567	23 %	73 m
	3.641	29 %	148 m
	3.789	31 %	32 m
	3.821	17 %	32 m
	3.852	15 %	78 m
	3.962	16 %	68 m

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27	4.03	26 %	34 m
28	4.064	19 %	110 m
29	4.174	24 %	107 m
30	4.281	20 %	69 m
31	4.388	21 %	69 m
32	4.457	24 %	33 m
33	4.491	29 %	137 m
34	4.627	25 %	67 m
35	4.694	14 %	80 m
36	4.809	11 %	110 m
37	4.92	16 %	48 m
38	4.968	25 %	138 m
39	5.106	16 %	117 m
40	5.223	16 %	38 m
41	5.261	11 %	60 m
42	5.419	15 %	111 m
43	6.111	18 %	44 m
44	6.155	32 %	99 m
45	6.254	13 %	149 m
46	6.404	21 %	187 m
47	6.591	30 %	104 m
48	6.695	15 %	65 m
49	6.761	16 %	112 m
50	6.872	12 %	36 m
51	6.908	19 %	184 m
52	7.093	18 %	143 m
53	7.236	11 %	100 m
54	7.336	13 %	213 m

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	7.549	23 %	80 m
	7.629	18 %	35 m
	8.386	15 %	112 m
	8.819	13 %	100 m
	9.849	23 %	110 m
	9.96	11 %	39 m
	10.875	14 %	33 m
	10.908	30 %	106 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2250	4474.713	26.78	1:17:46	3.45	0:12:39	1:30:25	2.97
2000	3305.047	19.78	1:01:35	3.22		1:01:35	3.22
1750	2628.446	15.73	1:02:28	2.52	0:11:23	1:13:51	2.14
1500	2396.933	14.34	0:49:30	2.91	0:09:34	0:59:04	2.43
Total :	12.805 Km	76.63 %	4:11:19 h	3.06 Km/h	0:33:36 h	4:44:55 h	2.7 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
2.614	0:04:34	1543	0:44:24	0:44:24	2.614
3.279	0:05:00	1714	1:10:42	0:26:18	0.665
6.833	0:03:50	2316	2:39:00	1:28:18	3.554
7.766	0:08:49	2454	3:00:37	0:21:37	0.934
13.765	0:11:23 > 10´	1767	4:52:56	1:52:19	5.998
Total :	0:33:36 h				

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