Track: 2024-06-15 M. Aquila allenamento UTGS — **Date: 15/06/2024**

Track: 2024-06-15 M. Aquila allenamento UTGS	**IBP = 276 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	35.01 Km
Analyzed distance	35.01 Km
Lineal distance	0.25 Km

Accumulated climb	2933.9 m
Accumulated descent	2888.1 m
Maximum height	2490.9 m
Minimal height	1113.4 m
Climb rate	19.49 %
Descent rate	15.68 %
Positive climb difference per km	83.8 m
Negative descent difference per km	82.49 m

Total time	8:59:57 h
Time in movement	8:47:45 h
Stopped time	0:12:12 h

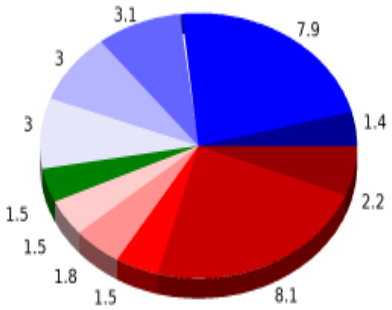
Total speed average	3.89 Km/h
Average speed in movement	3.98 Km/h
Maximum held speed	11.66 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	2106 (cad. 16.62 m)
Significant points	909 (cad. 38.55 m / 43.16 %)
Aberrant points	13 (0.62 % d. total)

Direction changes per km	13.71
Direction changes >5º per km	11.14
Accumulated straight stretches	3.878 Km
Straight stretches per km	110.77 m
Penalizables slope changes	21
Penalizables slope changes per km	0.6

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Summary of slopes



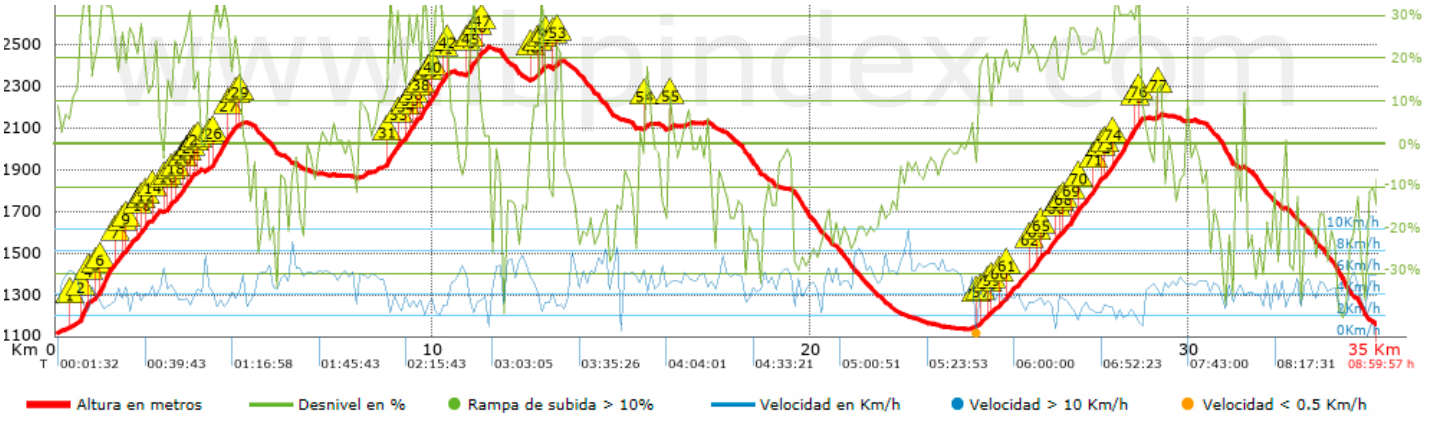
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	2.183	6.24	2.29	0:57:04
	Between 15 and 30%	8.053	23	3.11	2:35:31
	Between 10 and 15%	1.509	4.31	4.09	0:22:10
	Between 5 and 10%	1.809	5.17	4.28	0:25:20
	Between 1 and 5%	1.498	4.28	4.38	0:20:33
	Total :	15.052	43	3.22	4:40:38
	Plain				
	Difference of 1%	1.536	4.39	4.94	0:18:39
	Breakdown descents				
	Between 1 and 5%	2.96	8.46	5.51	0:32:13
	Between 5 and 10%	3.028	8.65	5.05	0:36:00
	Between 10 and 15%	3.127	8.93	5.63	0:33:20
	Between 15 and 30%	7.946	22.7	4.75	1:40:17
	Between 30% and 55%	1.359	3.88	3.06	0:26:38
	Total :	18.419	52.62	4.84	3:48:28
	Total track :	35.01	100 %	3.98	8:47:45

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.382	11 %	233 m
2	0.615	31 %	234 m
3	0.849	38 %	39 m
4	0.889	18 %	125 m
5	1.014	22 %	107 m
6	1.122	33 %	394 m
7	1.516	23 %	233 m
8	1.749	22 %	117 m
9	1.865	24 %	252 m
10	2.117	20 %	97 m
11	2.214	25 %	184 m
12	2.398	31 %	30 m
13	2.519	14 %	39 m
14	2.559	25 %	174 m
15	2.886	13 %	76 m
16	2.961	25 %	117 m
17	3.078	18 %	114 m
18	3.192	22 %	137 m
19	3.329	23 %	40 m
20	3.369	25 %	74 m
21	3.443	29 %	166 m
22	3.609	26 %	33 m
23	3.643	14 %	111 m
24	3.754	20 %	72 m
25	4.118	32 %	450 m
26	4.568	23 %	182 m

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27	4.749	24 %	73 m
28	4.823	18 %	32 m
29	8.722	13 %	39 m
30	8.76	28 %	261 m
31	9.022	31 %	46 m
32	9.068	21 %	183 m
33	9.251	30 %	101 m
34	9.351	23 %	126 m
35	9.478	30 %	102 m
36	9.58	19 %	115 m
37	9.694	34 %	156 m
38	9.851	22 %	118 m
39	9.969	32 %	244 m
40	10.213	25 %	158 m
41	10.371	29 %	31 m
42	10.892	18 %	44 m
43	10.935	22 %	37 m
44	10.972	33 %	223 m
45	11.195	18 %	71 m
46	11.267	14 %	99 m
47	12.579	11 %	119 m
48	12.808	31 %	94 m
49	12.902	28 %	36 m
50	12.938	16 %	33 m
51	13.19	15 %	30 m
52	13.22	21 %	165 m
53	15.551	15 %	126 m
54	16.225	14 %	119 m

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55	24.387	16 %	105 m
56	24.492	20 %	159 m
57	24.651	14 %	131 m
58	24.783	17 %	204 m
59	24.987	20 %	169 m
60	25.156	20 %	589 m
61	25.745	21 %	223 m
62	25.968	27 %	108 m
63	26.076	17 %	34 m
64	26.11	22 %	355 m
65	26.465	20 %	134 m
66	26.599	21 %	107 m
67	26.706	19 %	111 m
68	26.817	28 %	224 m
69	27.041	23 %	420 m
70	27.461	27 %	225 m
71	27.686	19 %	107 m
72	27.794	22 %	179 m
73	27.973	30 %	611 m
74	28.583	34 %	77 m
75	28.66	31 %	67 m
76	29.122	14 %	154 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	4351.535	12.43	1:09:39	3.75		1:09:39	3.75
2000	8895.03	25.41	2:10:19	4.1	0:03:41	2:14:00	3.98
1750	8281.048	23.66	2:08:00	3.88		2:08:00	3.88
1500	4902.765	14	1:18:25	3.75	0:02:26	1:20:51	3.64
Total :	26.43 Km	75.5 %	6:46:23 h	3.9 Km/h	0:06:07 h	6:52:30 h	3.84 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
14.915	0:03:41	2150	3:46:21	3:46:21	14.915
24.345	0:06:05	1147	5:38:04	1:51:43	9.431
26.435	0:02:26	1553	6:21:02	0:42:58	2.09
Total :	0:12:12 h				

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