**Track: 2024-07-20 Direttissima al Murolungo** — **Date: 20/07/2024**

| | |
|---|---|
| Track: 2024-07-20 Direttissima al Murolungo | **IBP = 139 HKG** |
| These speeds are average for = HKG | |
| IBP index reliability= A | |

| | |
|---|---|
| Total length | 14.3 Km |
| Analyzed distance | 14.3 Km |
| Lineal distance | 0.03 Km |

| | |
|---|---|
| Accumulated climb | 1362.2 m |
| Accumulated descent | 1348.1 m |
| Maximum height | 2185.8 m |
| Minimal height | 961.1 m |
| Climb rate | 22.78 % |
| Descent rate | 16.96 % |
| Positive climb difference per km | 95.26 m |
| Negative descent difference per km | 94.27 m |

| | |
|---|---|
| Total time | 5:28:03 h |
| Time in movement | 4:34:21 h |
| Stopped time | 0:53:42 h |

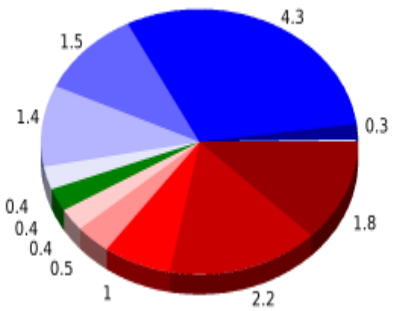
| | |
|---|---|
| Total speed average | 2.61 Km/h |
| Average speed in movement | 3.13 Km/h |
| Maximum held speed | 7.21 Km/h |

| | |
|---|---|
| Max slope filter | ~55 % |
| Min. points separation | ~30 m |
| Number of points | 911 (cad. 15.69 m) |
| Significant points | 378 (cad. 38.02 m / 41.49 %) |
| Aberrant points | 36 (3.95 % d. total) |

| | |
|---|---|
| Direction changes per km | 13.99 |
| Direction changes >5° per km | 11.19 |
| Accumulated straight stretches | 1.611 Km |
| Straight stretches per km | 112.66 m |
| Penalizables slope changes | 8 |
| Penalizables slope changes per km | 0.56 |

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**Summary of slopes**

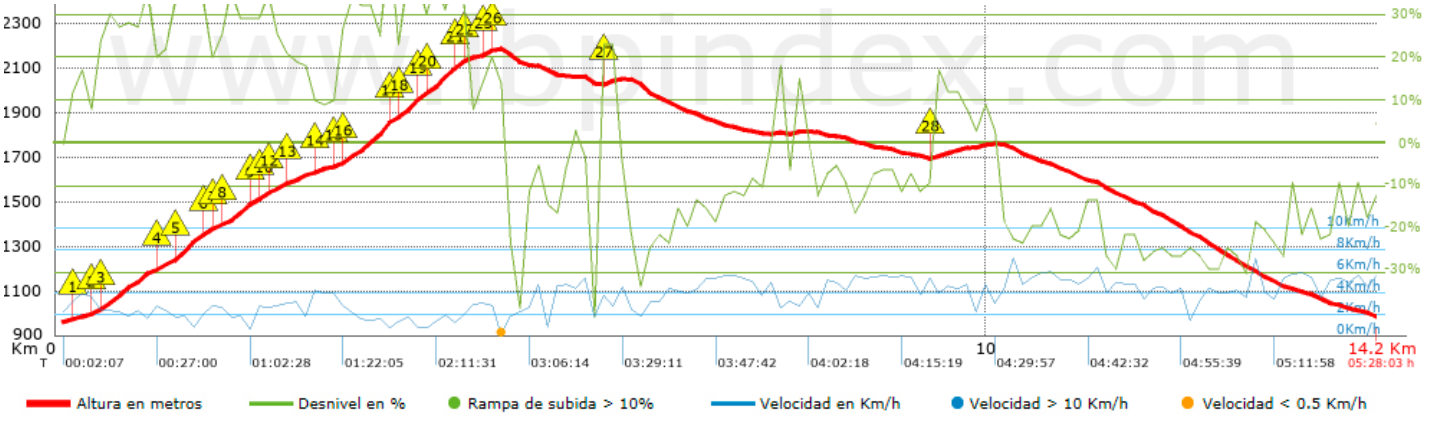



| | Climbs | Distance in km | above the total in % | Speed in | Time h:m:s |
|---|---|---|---|---|---|
| | Between 30% and 55% | 1.766 | 12.36 | 1.69 | 1:02:49 |
| | Between 15 and 30% | 2.235 | 15.63 | 2.53 | 0:53:03 |
| | Between 10 and 15% | 1.041 | 7.28 | 3.66 | 0:17:05 |
| | Between 5 and 10% | 0.516 | 3.61 | 3.23 | 0:09:36 |
| | Between 1 and 5% | 0.422 | 2.95 | 3.79 | 0:06:41 |
| | Total : | 5.981 | 41.83 | 2.4 | 2:29:14 |
| | **Plain** | | | | |
| | Difference of 1% | 0.367 | 2.57 | 3.34 | 0:06:36 |
| | **Breakdown descents** | | | | |
| | Between 1 and 5% | 0.403 | 2.82 | 4.45 | 0:05:26 |
| | Between 5 and 10% | 1.412 | 9.88 | 4.63 | 0:18:19 |
| | Between 10 and 15% | 1.545 | 10.81 | 4.75 | 0:19:31 |
| | Between 15 and 30% | 4.296 | 30.05 | 3.79 | 1:08:04 |
| | Between 30% and 55% | 0.293 | 2.05 | 2.45 | 0:07:11 |
| | Total : | 7.949 | 55.6 | 4.02 | 1:58:31 |
| | Total track : | 14.3 | 100 % | 3.13 | 4:34:21 |

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| | |
|---|---|
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## Steep slopes > 10%

| Steep slopes | Mileage point | Average slope | Interval |
|---|---|---|---|
|  1 | 0.141 | 13 % | 254 m |
|  2 | 0.395 | 22 % | 70 m |
|  3 | 0.465 | 31 % | 554 m |
|  4 | 1.019 | 20 % | 202 m |
|  5 | 1.221 | 36 % | 377 m |
|  6 | 1.598 | 26 % | 36 m |
|  7 | 1.635 | 16 % | 115 m |
|  8 | 1.75 | 31 % | 275 m |
|  9 | 2.025 | 24 % | 117 m |
|  10 | 2.142 | 23 % | 106 m |
|  11 | 2.248 | 35 % | 36 m |
|  12 | 2.284 | 23 % | 154 m |
|  13 | 2.438 | 19 % | 285 m |
|  14 | 2.723 | 13 % | 155 m |
|  15 | 2.997 | 22 % | 37 m |
|  16 | 3.033 | 35 % | 548 m |
|  17 | 3.581 | 22 % | 108 m |
|  18 | 3.69 | 41 % | 151 m |
|  19 | 3.841 | 33 % | 102 m |
|  20 | 3.943 | 39 % | 346 m |
|  21 | 4.288 | 28 % | 70 m |
|  22 | 4.358 | 25 % | 44 m |
|  23 | 4.509 | 14 % | 45 m |
|  24 | 4.554 | 11 % | 61 m |
|  25 | 4.615 | 32 % | 29 m |
|  26 | 4.645 | 15 % | 76 m |

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| | | | |
|---|---|---|---|
|  27 | 5.845 | 24 % | 151 m |
|  28 | 9.394 | 13 % | 301 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 | 2298.883 | 16.08 | 0:56:48 | 2.43 | 0:28:25 | 1:25:13 | 1.62 |
| 1750 | 3437.614 | 24.05 | 1:06:08 | 3.12 | 0:14:54 | 1:21:02 | 2.55 |
| 1500 | 3680.316 | 25.74 | 0:59:07 | 3.74 | | 0:59:07 | 3.74 |
| Total : | 9.417 Km | 65.87 % | 3:02:03 h | 3.1 Km/h | 0:43:19 h | 3:45:22 h | 2.51 Km/h |

| Stops | | | | | |
|---|---|---|---|---|---|
| Distance | Stopped time | Altitude | Elapsed time | Last stop elapsed time | Last stop distance |
| 1.372 | 0:02:30 | 1274 | 0:35:06 | 0:35:06 | 1.372 |
| 1.442 | 0:03:00 | 1301 | 0:38:58 | 0:03:52 < 10´ | 0.07 |
| 2.025 | 0:04:53 | 1473 | 0:57:35 | 0:18:37 | 0.583 |
| 3.542 | 0:03:28 | 1836 | 1:41:18 | 0:43:43 | 1.517 |
| 3.805 | 0:02:50 | 1923 | 1:53:27 | 0:12:09 | 0.263 |
| 3.878 | 0:08:36 | 1955 | 1:58:45 | 0:05:18 < 10´ | 0.073 |
| 4.72 | 0:25:23 > 10´ | 2182 | 2:33:26 | 0:34:41 | 0.842 |
| 5.15 | 0:03:02 | 2110 | 3:07:27 | 0:34:01 | 0.43 |
| Total : | 0:53:42 h | | | | |

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