Track: 2024-07-27 Monte Prena per via Cieri — **Date: 27/07/2024**

Track: 2024-07-27 Monte Prena per via Cieri	**IBP = 144 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	14.82 Km
Analyzed distance	14.82 Km
Lineal distance	0.03 Km

Accumulated climb	1314.9 m
Accumulated descent	1310.4 m
Maximum height	2568.6 m
Minimal height	1576.4 m
Climb rate	20.3 %
Descent rate	16.08 %
Positive climb difference per km	88.72 m
Negative descent difference per km	88.42 m

Total time	8:42:57 h
Time in movement	5:01:28 h
Stopped time	3:41:29 h

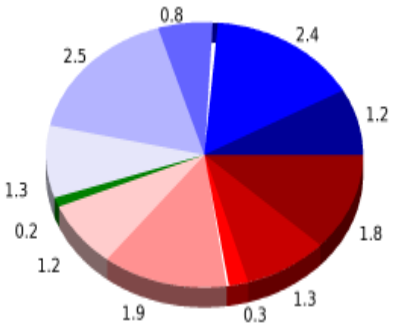
Total speed average	1.7 Km/h
Average speed in movement	2.95 Km/h
Maximum held speed	6.01 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	990 (cad. 14.97 m)
Significant points	390 (cad. 38.09 m / 39.39 %)
Aberrant points	147 (14.85 % d. total)

Direction changes per km	14.24
Direction changes >5° per km	10.59
Accumulated straight stretches	2.36 Km
Straight stretches per km	159.24 m
Penalizables slope changes	9
Penalizables slope changes per km	0.607

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Summary of slopes

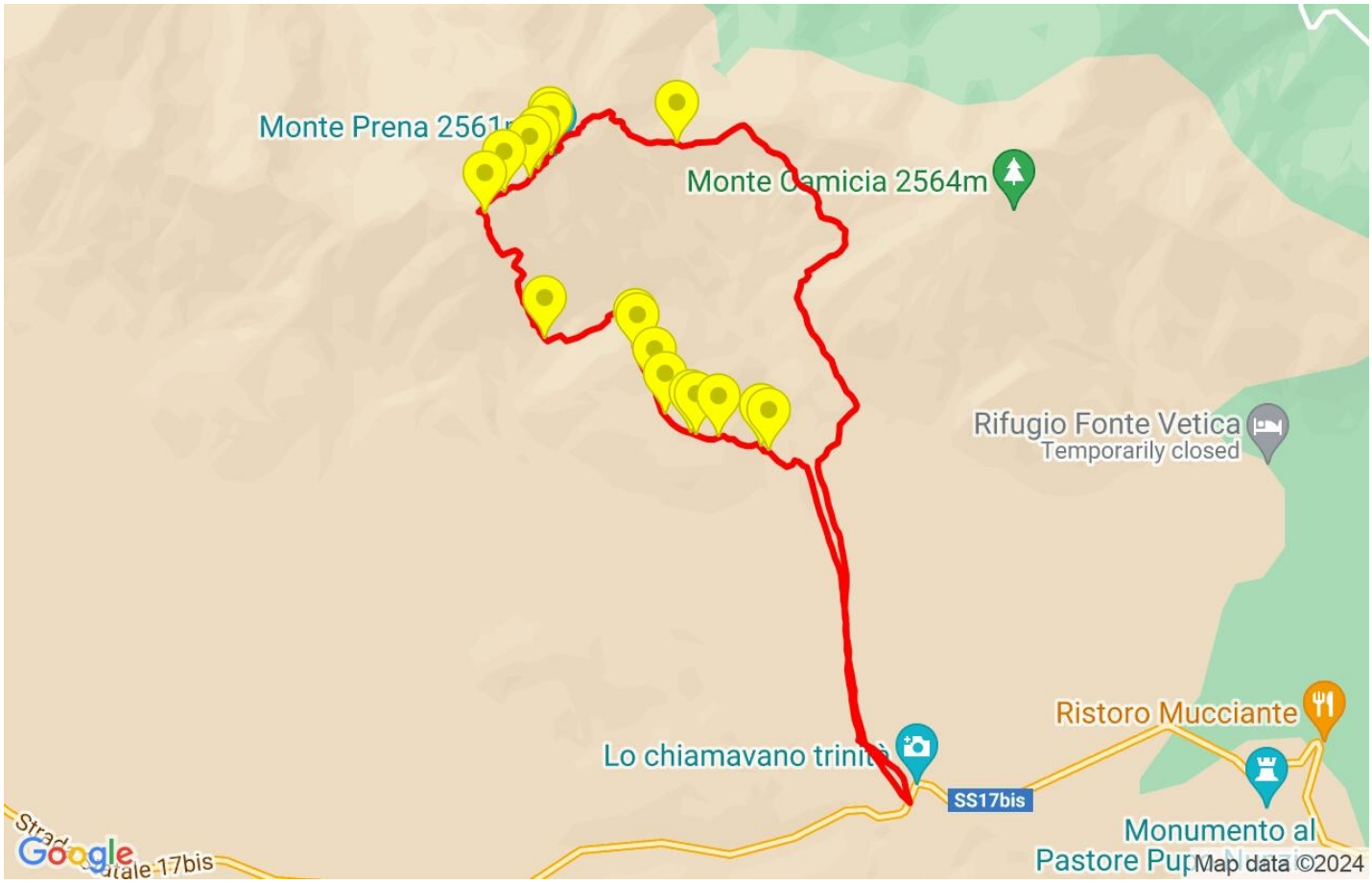


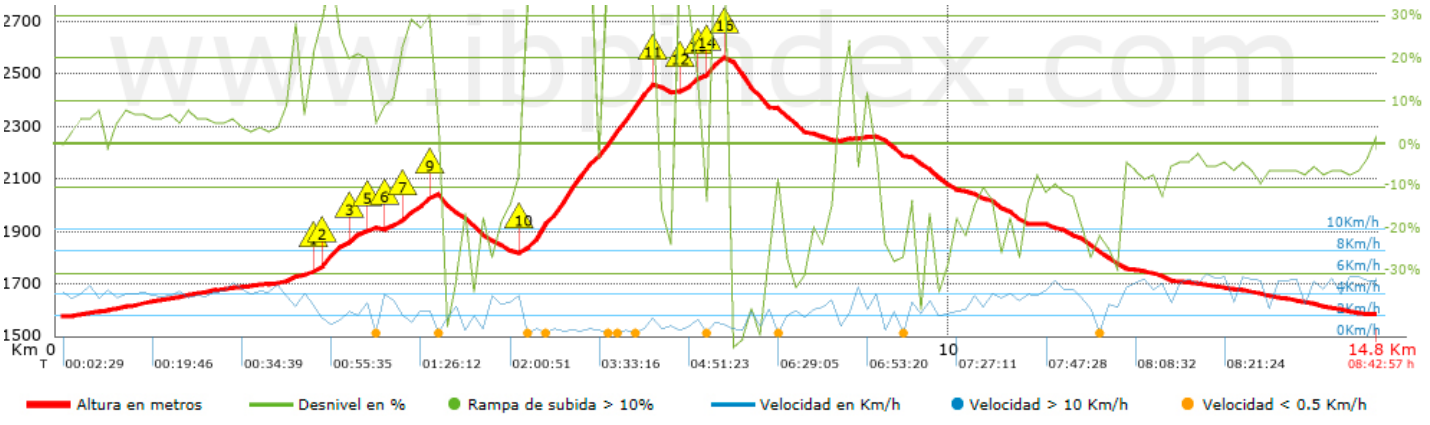
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.834	12.38	2.47	0:44:28
	Between 15 and 30%	1.299	8.76	2.19	0:35:33
	Between 10 and 15%	0.282	1.91	2.34	0:07:14
	Between 5 and 10%	1.906	12.87	3.43	0:33:22
	Between 1 and 5%	1.156	7.8	3.84	0:18:02
	Total :	6.477	43.71	2.8	2:18:39
	Plain				
	Difference of 1%	0.193	1.3	3.47	0:03:20
	Breakdown descents				
	Between 1 and 5%	1.288	8.69	3.64	0:21:15
	Between 5 and 10%	2.468	16.65	4.61	0:32:07
	Between 10 and 15%	0.825	5.56	3.45	0:14:20
	Between 15 and 30%	2.356	15.9	2.68	0:52:43
	Between 30% and 55%	1.211	8.18	1.86	0:39:04
	Total :	8.148	54.99	3.07	2:39:29
	Total track :	14.82	100 %	2.95	5:01:28

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	2.843	22 %	69 m
2	2.912	30 %	349 m
3	3.261	22 %	160 m
4	3.421	20 %	41 m
5	3.462	16 %	69 m
6	3.679	18 %	186 m
7	3.865	27 %	269 m
8	4.133	30 %	30 m
9	4.164	28 %	30 m
10	5.211	44 %	1415 m
11	6.627	32 %	43 m
12	6.937	27 %	228 m
13	7.166	13 %	112 m
14	7.277	32 %	149 m
15	7.426	47 %	40 m
16	7.466	26 %	30 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	398.052	2.69	0:11:32	2.07	0:46:52	0:58:24	0.41
2250	2389.55	16.13	1:08:07	2.1	1:00:07	2:08:14	1.12
2000	2375.777	16.03	0:50:13	2.84	1:04:37	1:54:50	1.24
1750	4072.483	27.49	1:29:37	2.73	0:49:53	2:19:30	1.75
1500	5581.099	37.67	1:21:59	4.08		1:21:59	4.08
Total :	14.817 Km	100 %	5:01:28 h	2.95 Km/h	3:41:29 h	8:42:57 h	1.7 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
3.53	0:05:27	1911	1:08:26	1:08:26	3.53
4.234	0:04:23	2040	1:31:06	0:22:40	0.703
4.457	0:03:26	1971	1:41:24	0:10:18	0.223
4.653	0:02:57	1920	1:48:42	0:07:18 < 10´	0.196
5.182	0:06:21	1817	2:03:24	0:14:42	0.529
5.276	0:10:07 > 10´	1837	2:12:29	0:09:05 < 10´	0.093
5.447	0:12:58 > 10´	1913	2:27:02	0:14:33	0.172
5.589	0:32:50 > 10´	1977	2:42:30	0:15:28	0.141
5.899	0:12:18 > 10´	2123	3:16:34	0:34:04	0.31
6.073	0:07:04	2185	3:33:16	0:16:42	0.174
6.233	0:07:19	2261	3:45:23	0:12:07	0.159
6.3	0:10:01 > 10´	2293	3:54:24	0:09:01 < 10´	0.068
6.43	0:09:21	2355	4:06:26	0:12:02	0.13
6.67	0:14:21 > 10´	2458	4:21:27	0:15:01	0.24
6.937	0:03:32	2419	4:42:28	0:21:01	0.267
7.166	0:12:37 > 10´	2480	4:57:22	0:14:54	0.228
7.466	0:34:45 > 10´	2561	5:19:00	0:21:38	0.3
7.53	0:06:33	2564	5:54:56	0:35:56	0.064
8.023	0:08:30	2372	6:20:35	0:25:39	0.493
9.228	0:04:35	2256	6:55:47	0:35:12	1.205
9.408	0:07:09	2209	7:04:41	0:08:54 < 10´	0.179
11.565	0:04:55	1849	7:56:06	0:51:25	2.157
Total :	3:41:29 h				

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