Track: 2024-08-12 Le vette del Gran Sasso — **Date: 13/08/2024**

Track: 2024-08-12 Le vette del Gran Sasso	**IBP = 184 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	14.65 Km
Analyzed distance	14.65 Km
Lineal distance	0.04 Km

Accumulated climb	1564.33 m
Accumulated descent	1546.33 m
Maximum height	2898.56 m
Minimal height	2137.9 m
Climb rate	22.28 %
Descent rate	22.87 %
Positive climb difference per km	106.78 m
Negative descent difference per km	105.55 m

Total time	9:49:20 h
Time in movement	5:40:11 h
Stopped time	4:09:09 h

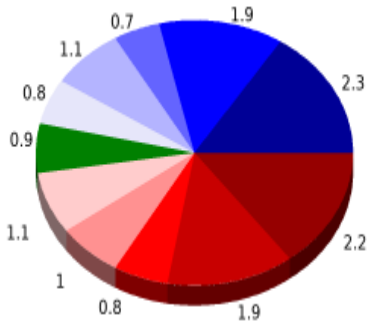
Total speed average	1.49 Km/h
Average speed in movement	2.58 Km/h
Maximum held speed	6.01 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1029 (cad. 14.24 m)
Significant points	393 (cad. 37.38 m / 38.19 %)
Aberrant points	230 (22.35 % d. total)

Direction changes per km	13.86
Direction changes >5° per km	10.92
Accumulated straight stretches	1.764 Km
Straight stretches per km	120.41 m
Penalizables slope changes	14
Penalizables slope changes per km	0.955

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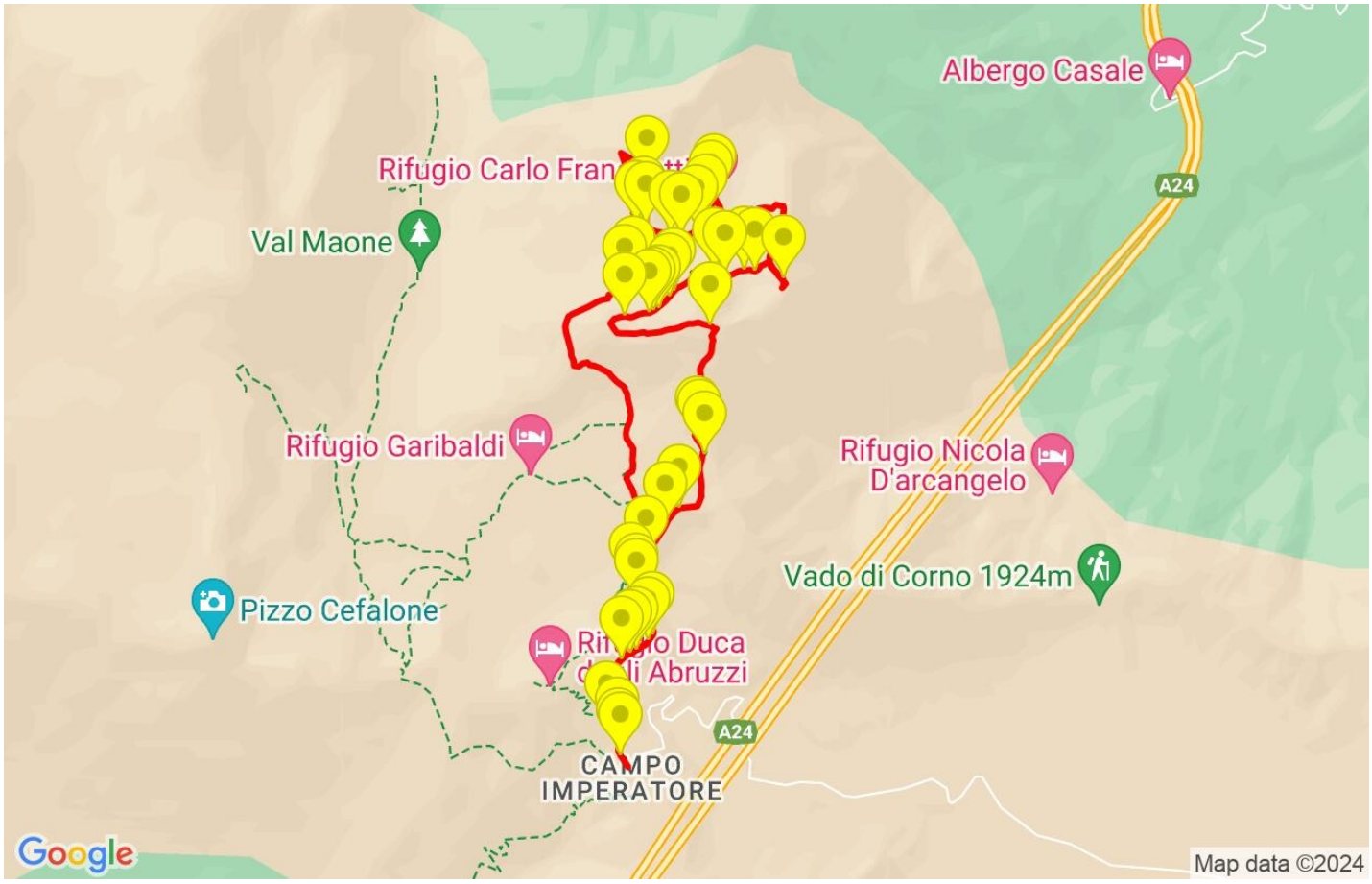
Summary of slopes

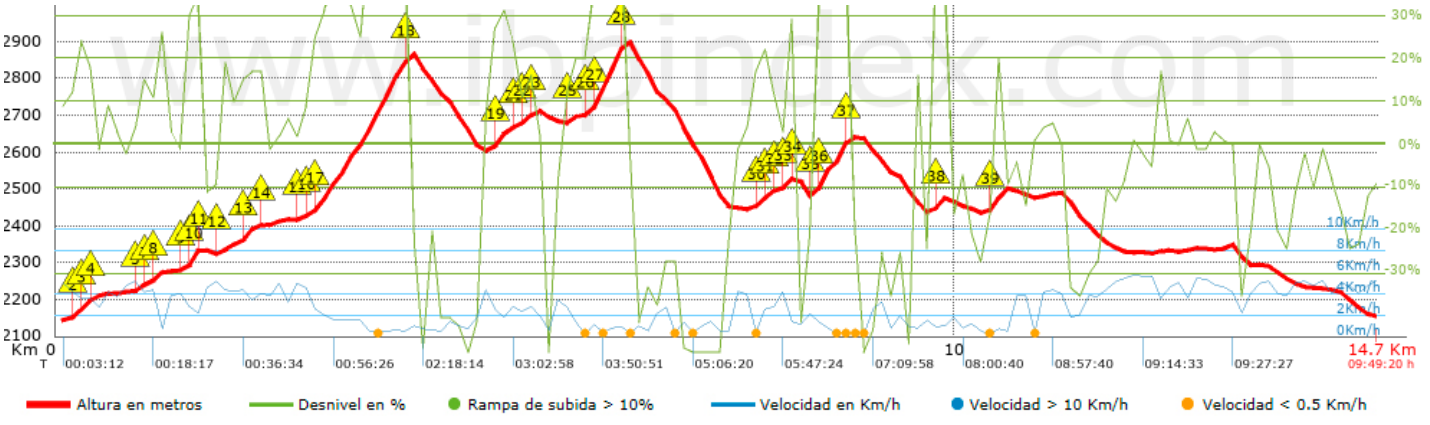


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	2.23	15.22	1.85	1:12:08
	Between 15 and 30%	1.932	13.18	2.7	0:42:55
	Between 10 and 15%	0.793	5.41	3.91	0:12:10
	Between 5 and 10%	0.966	6.59	3.55	0:16:20
	Between 1 and 5%	1.101	7.51	4.12	0:16:02
	Total :	7.021	47.92	2.64	2:39:35
	Plain				
	Difference of 1%	0.871	5.95	3.18	0:16:25
	Breakdown descents				
	Between 1 and 5%	0.82	5.6	3.92	0:12:33
	Between 5 and 10%	1.129	7.7	3.76	0:18:01
	Between 10 and 15%	0.674	4.6	3.6	0:11:14
	Between 15 and 30%	1.874	12.79	2.31	0:48:41
	Between 30% and 55%	2.264	15.45	1.84	1:13:42
	Total :	6.76	46.13	2.47	2:44:11
	Total track :	14.65	100 %	2.58	5:40:11

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.126	12 %	31 m
2	0.157	17 %	74 m
3	0.232	23 %	146 m
4	0.378	19 %	68 m
5	0.875	11 %	74 m
6	0.949	15 %	50 m
7	0.999	14 %	101 m
8	1.1	23 %	47 m
9	1.41	12 %	34 m
10	1.444	35 %	139 m
11	1.584	17 %	34 m
12	1.792	14 %	263 m
13	2.055	21 %	163 m
14	2.218	14 %	75 m
15	2.787	22 %	30 m
16	2.818	40 %	1073 m
17	3.891	46 %	34 m
18	4.827	28 %	187 m
19	5.014	24 %	37 m
20	5.051	27 %	40 m
21	5.195	30 %	47 m
22	5.242	21 %	69 m
23	5.615	11 %	70 m
24	5.685	16 %	40 m
25	5.839	21 %	78 m
26	5.917	46 %	325 m

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27	6.242	47 %	82 m
28	7.718	17 %	47 m
29	7.765	21 %	106 m
30	7.871	18 %	104 m
31	7.974	12 %	121 m
32	8.096	28 %	69 m
33	8.165	45 %	29 m
34	8.379	16 %	44 m
35	8.424	39 %	349 m
36	8.773	33 %	71 m
37	9.747	44 %	104 m
38	10.378	37 %	171 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2750	1384.181	9.45	0:47:51	1.74	0:56:08	1:43:59	0.8
2500	4284.549	29.24	2:11:07	1.96	2:03:37	4:14:44	1.01
2250	6974.903	47.6	2:11:01	3.19	1:09:24	3:20:25	2.09
2000	2009.251	13.71	0:30:12	3.99		0:30:12	3.99
Total :	14.653 Km	100 %	5:40:11 h	2.58 Km/h	4:09:09 h	9:49:20 h	1.49 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
1.147	0:02:50	2264	0:19:40	0:19:40	1.147
3.373	0:07:46	2619	1:09:18	0:49:38	2.226
3.437	0:19:42 > 10´	2644	1:18:31	0:09:13 < 10´	0.064
3.637	0:09:32	2739	1:40:24	0:21:53	0.2
3.746	0:11:07 > 10´	2791	1:52:27	0:12:03	0.109
3.968	0:08:30	2866	2:09:44	0:17:17	0.222
4.109	0:06:57	2815	2:20:00	0:10:16	0.141
4.218	0:03:17	2785	2:29:16	0:09:16 < 10´	0.108
4.523	0:02:25	2674	2:48:31	0:19:15	0.305
5.426	0:03:15	2709	3:14:00	0:25:29	0.903
5.802	0:09:12	2693	3:27:51	0:13:51	0.376
5.952	0:04:54	2722	3:41:12	0:13:21	0.15
6.089	0:03:00	2787	3:53:22	0:12:10	0.137
6.324	0:07:44	2899	4:07:25	0:14:03	0.234
6.467	0:02:39	2853	4:21:38	0:14:13	0.144
6.536	0:03:22	2823	4:26:39	0:05:01 < 10´	0.069
6.83	0:05:32	2725	4:39:35	0:12:56	0.294
6.984	0:15:46 > 10´	2664	4:50:34	0:10:59	0.154
7.257	0:03:35	2534	5:14:07	0:23:33	0.274
7.335	0:08:11	2498	5:19:49	0:05:42 < 10´	0.078
7.718	0:07:01	2445	5:33:43	0:13:54	0.383
8.605	0:35:25 > 10´	2549	6:12:36	0:38:53	0.886
8.882	0:13:04 > 10´	2640	6:52:34	0:39:58	0.278
9.241	0:03:01	2559	7:14:43	0:22:09	0.359
9.454	0:03:46	2495	7:25:16	0:10:33	0.213
9.53	0:02:35	2458	7:30:35	0:05:19 < 10´	0.076
9.983	0:10:20 > 10´	2465	7:50:20	0:19:45	0.452
10.168	0:03:35	2446	8:05:19	0:14:59	0.185
10.243	0:12:32 > 10´	2446	8:10:34	0:05:15 < 10´	0.075
10.378	0:03:42	2442	8:26:43	0:16:09	0.135
10.448	0:07:20	2469	8:32:37	0:05:54 < 10´	0.071
10.767	0:07:32	2485	8:45:10	0:12:33	0.319
Total :	4:09:09 h				

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