Track: 2024-08-31 Monte Scindarella per la Valle Fredda — **Date: 31/08/2024**

Track: 2024-08-31 Monte Scindarella per la Valle Fredda	**IBP = 124 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	**15.9 Km**
Analyzed distance	**15.9 Km**
Lineal distance	**0.01 Km**

Accumulated climb	**1229.6 m**
Accumulated descent	**1235.8 m**
Maximum height	**2234.2 m**
Minimal height	**1114.6 m**
Climb rate	**13.97 %**
Descent rate	**18.94 %**
Positive climb difference per km	**77.33 m**
Negative descent difference per km	**77.72 m**

Total time	**5:42:11 h**
Time in movement	**4:42:50 h**
Stopped time	**0:59:21 h**

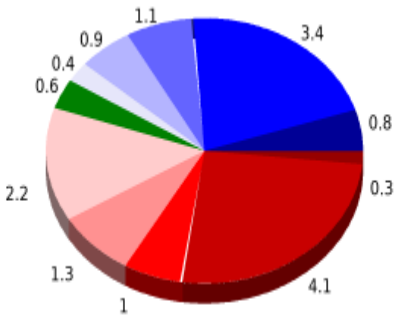
Total speed average	**2.79 Km/h**
Average speed in movement	**3.37 Km/h**
Maximum held speed	**6.82 Km/h**

Max slope filter	**~55 %**
Min. points separation	**~30 m**
Number of points	**1424 (cad. 11.17 m)**
Significant points	**472 (cad. 33.76 m / 33.15 %)**
Aberrant points	**14 (0.98 % d. total)**

Direction changes per km	**14.59**
Direction changes >5° per km	**11.45**
Accumulated straight stretches	**2.305 Km**
Straight stretches per km	**144.97 m**
Penalizables slope changes	**7**
Penalizables slope changes per km	**0.44**

Find The Best bike routes
cicloide
www.cicloide.com

Summary of slopes

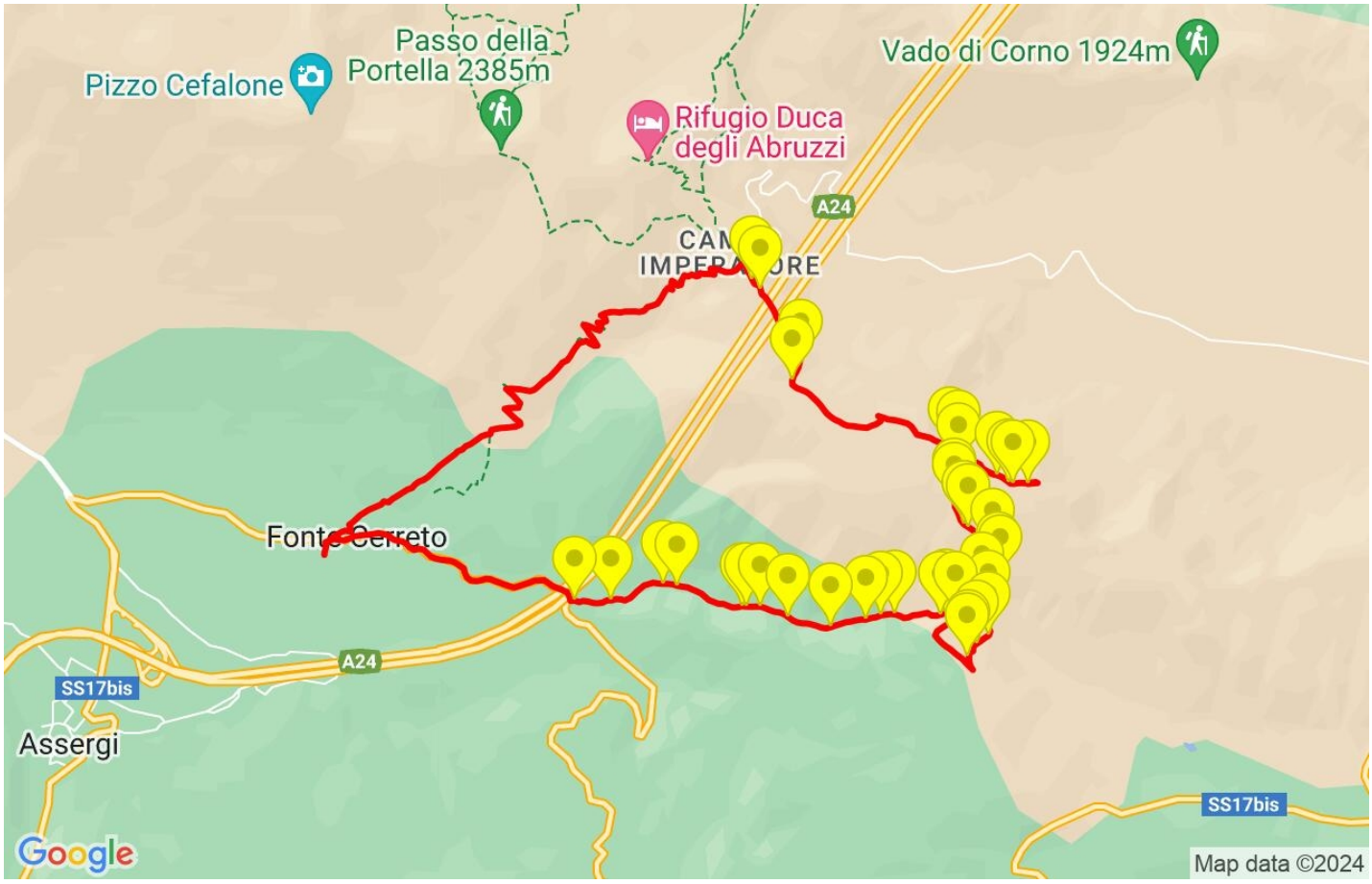


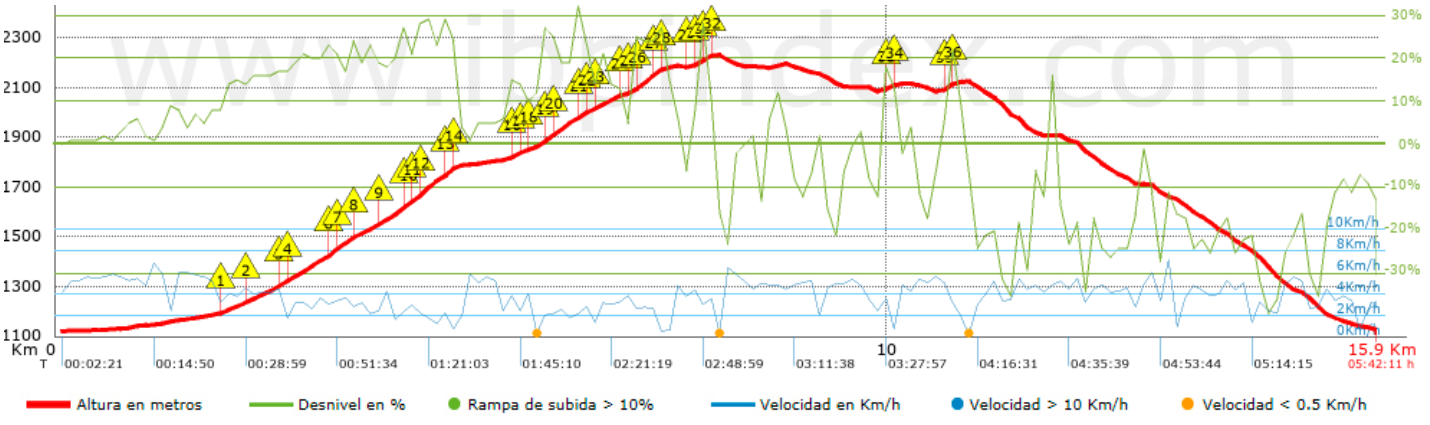
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.272	1.71	1.57	0:10:25
	Between 15 and 30%	4.117	25.89	2.53	1:37:32
	Between 10 and 15%	0.951	5.98	3.47	0:16:26
	Between 5 and 10%	1.284	8.08	4.7	0:16:24
	Between 1 and 5%	2.177	13.69	4.62	0:28:15
	Total :	8.801	55.34	3.12	2:49:02
	Plain				
	Difference of 1%	0.576	3.62	4.18	0:08:16
	Breakdown descents				
	Between 1 and 5%	0.36	2.26	4.66	0:04:38
	Between 5 and 10%	0.875	5.5	4.39	0:11:58
	Between 10 and 15%	1.115	7.01	4.45	0:15:02
	Between 15 and 30%	3.364	21.16	3.56	0:56:43
	Between 30% and 55%	0.812	5.1	2.83	0:17:11
	Total :	6.526	41.04	3.71	1:45:32
	Total track :	15.9	100 %	3.37	4:42:50

Copyright IBPindexTeam © 2012. All Rights Reserved

Track: 2024-08-31 Monte Scindarella per la Valle Fredda **Date: 31/08/2024**

Track: 2024-08-31 Monte Scindarella per la Valle Fredda	**IBP = 124 HKG**
These speeds are average for = HKG	
IBP index reliability= A	





Copyright IBPindexTeam © 2012. All Rights Reserved

Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
 1	2	15 %	265 m
 2	2.265	17 %	399 m
 3	2.664	20 %	102 m
 4	2.765	20 %	479 m
 5	3.244	23 %	32 m
 6	3.276	26 %	104 m
 7	3.38	23 %	204 m
 8	3.583	19 %	309 m
 9	3.893	21 %	245 m
 10	4.138	26 %	107 m
 11	4.244	21 %	101 m
 12	4.345	29 %	340 m
 13	4.685	37 %	34 m
 14	4.718	24 %	74 m
 15	5.447	15 %	31 m
 16	5.478	18 %	101 m
 17	5.579	13 %	101 m
 18	5.681	14 %	166 m
 19	5.847	25 %	136 m
 20	5.982	25 %	309 m
 21	6.291	26 %	31 m
 22	6.323	15 %	166 m
 23	6.489	19 %	239 m
 24	6.728	13 %	36 m
 25	6.897	18 %	31 m
 26	6.928	25 %	273 m

Copyright IBPindexTeam © 2012. All Rights Reserved

27	7.201	21 %	99 m
28	7.299	11 %	65 m
29	7.602	11 %	96 m
30	7.698	17 %	34 m
31	7.732	24 %	101 m
32	7.832	11 %	31 m
33	9.947	17 %	131 m
34	10.079	16 %	34 m
35	10.661	21 %	106 m
36	10.766	11 %	65 m

Copyright IBPindexTeam © 2012. All Rights Reserved

High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2000	5089.565	32	1:24:20	3.62	0:46:47	2:11:07	2.33
1750	2986.55	18.78	0:59:01	3.04	0:09:16	1:08:17	2.62
1500	2445.54	15.38	0:52:39	2.79		0:52:39	2.79
Total :	10.522 Km	66.16 %	3:16:00 h	3.22 Km/h	0:56:03 h	4:12:03 h	2.5 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
4.685	0:02:45	1753	1:28:03	1:28:03	4.685
5.681	0:06:31	1849	1:46:46	0:18:43	0.996
7.171	0:03:51	2147	2:33:47	0:47:01	1.491
7.27	0:02:56	2169	2:38:55	0:05:08 < 10´	0.098
7.896	0:07:36	2231	2:52:24	0:13:29	0.627
10.015	0:02:41	2098	3:28:53	0:36:29	2.118
10.861	0:29:43 > 10´	2121	3:43:52	0:14:59	0.846
15.552	0:03:18	1151	5:34:18	1:50:26	4.691
Total :	0:59:21 h				

Copyright IBPindexTeam © 2012. All Rights Reserved