**Track: 2024-09-06 Monte Velino dalla Majelama** — **Date: 06/09/2024**

| | |
|---|---|
| Track: 2024-09-06 Monte Velino dalla Majelama | **IBP = 148 HKG** |
| These speeds are average for = HKG | |
| IBP index reliability= A | |

| | |
|---|---|
| Total length | 18.38 Km |
| Analyzed distance | 18.38 Km |
| Lineal distance | 0.05 Km |

| | |
|---|---|
| Accumulated climb | 1512.8 m |
| Accumulated descent | 1505.3 m |
| Maximum height | 2486.7 m |
| Minimal height | 1139.7 m |
| Climb rate | 15.16 % |
| Descent rate | 19.95 % |
| Positive climb difference per km | 82.31 m |
| Negative descent difference per km | 81.9 m |

| | |
|---|---|
| Total time | 7:24:32 h |
| Time in movement | 6:28:36 h |
| Stopped time | 0:55:56 h |

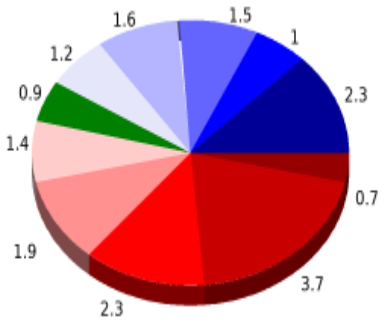
| | |
|---|---|
| Total speed average | 2.48 Km/h |
| Average speed in movement | 2.84 Km/h |
| Maximum held speed | 5.79 Km/h |

| | |
|---|---|
| Max slope filter | ~55 % |
| Min. points separation | ~30 m |
| Number of points | 1185 (cad. 15.51 m) |
| Significant points | 482 (cad. 38.21 m / 40.68 %) |
| Aberrant points | 97 (8.19 % d. total) |

| | |
|---|---|
| Direction changes per km | 14.09 |
| Direction changes >5º per km | 11.59 |
| Accumulated straight stretches | 2.31 Km |
| Straight stretches per km | 125.68 m |
| Penalizables slope changes | 9 |
| Penalizables slope changes per km | 0.49 |

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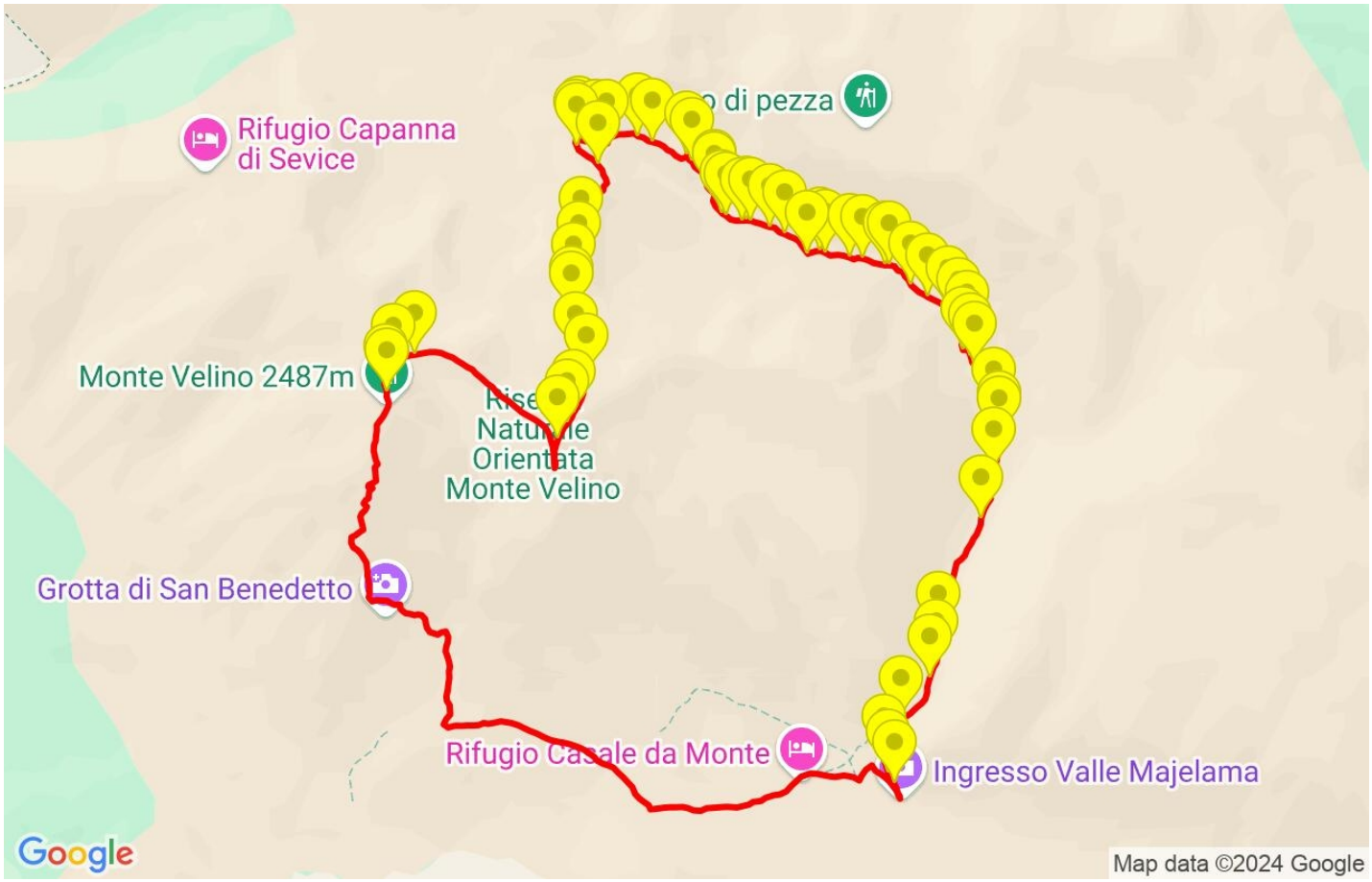
**Summary of slopes**

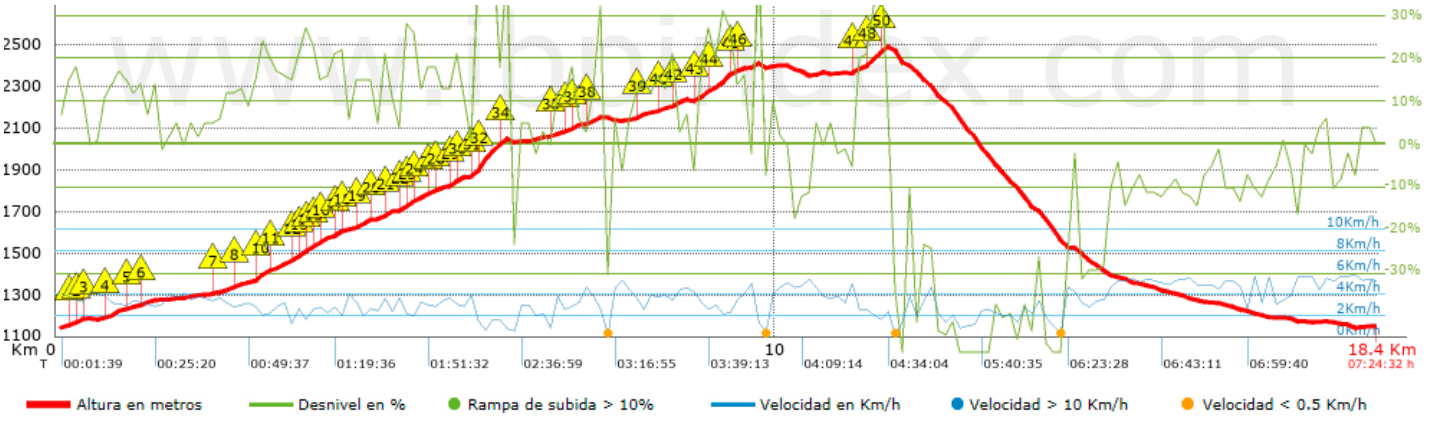



| | Climbs | Distance in km | above the total in % | Speed in | Time h:m:s |
|---|---|---|---|---|---|
| | Between 30% and 55% | 0.738 | 4.01 | 1.67 | 0:26:33 |
| | Between 15 and 30% | 3.718 | 20.23 | 2.4 | 1:32:55 |
| | Between 10 and 15% | 2.261 | 12.3 | 3 | 0:45:12 |
| | Between 5 and 10% | 1.899 | 10.33 | 3.39 | 0:33:35 |
| | Between 1 and 5% | 1.364 | 7.42 | 3.61 | 0:22:40 |
| | Total : | 9.98 | 54.3 | 2.71 | 3:40:55 |
| | **Plain** | | | | |
| | Difference of 1% | 0.853 | 4.64 | 3.48 | 0:14:43 |
| | **Breakdown descents** | | | | |
| | Between 1 and 5% | 1.151 | 6.27 | 4.05 | 0:17:03 |
| | Between 5 and 10% | 1.642 | 8.93 | 4.49 | 0:21:55 |
| | Between 10 and 15% | 1.464 | 7.96 | 4.26 | 0:20:38 |
| | Between 15 and 30% | 0.954 | 5.19 | 3.56 | 0:16:06 |
| | Between 30% and 55% | 2.334 | 12.7 | 1.81 | 1:17:16 |
| | Total : | 7.545 | 41.06 | 2.96 | 2:32:58 |
| | Total track : | 18.38 | 100 % | 2.84 | 6:28:36 |

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

| Steep slopes | Mileage point | Average slope | Interval |
|---|---|---|---|
| 1 | 0.144 | 14 % | 89 m |
| 2 | 0.233 | 17 % | 105 m |
| 3 | 0.339 | 11 % | 54 m |
| 4 | 0.631 | 14 % | 364 m |
| 5 | 2.165 | 11 % | 347 m |
| 6 | 2.721 | 15 % | 37 m |
| 7 | 2.758 | 22 % | 191 m |
| 8 | 2.948 | 17 % | 352 m |
| 9 | 3.3 | 21 % | 68 m |
| 10 | 3.368 | 25 % | 98 m |
| 11 | 3.466 | 24 % | 125 m |
| 12 | 3.591 | 17 % | 111 m |
| 13 | 3.703 | 17 % | 113 m |
| 14 | 3.816 | 18 % | 164 m |
| 15 | 3.98 | 19 % | 35 m |
| 16 | 4.122 | 18 % | 217 m |
| 17 | 4.339 | 15 % | 35 m |
| 18 | 4.528 | 24 % | 99 m |
| 19 | 4.801 | 18 % | 35 m |
| 20 | 4.836 | 28 % | 125 m |
| 21 | 4.96 | 17 % | 209 m |
| 22 | 5.169 | 16 % | 119 m |
| 23 | 5.422 | 13 % | 33 m |
| 24 | 5.454 | 19 % | 30 m |
| 25 | 5.484 | 21 % | 121 m |
| 26 | 5.605 | 21 % | 31 m |

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| | | | |
|---|---|---|---|
| 27 | 5.796 | 20 % | 37 m |
| 28 | 5.833 | 44 % | 304 m |
| 29 | 6.137 | 11 % | 68 m |
| 30 | 6.205 | 23 % | 43 m |
| 31 | 6.912 | 13 % | 79 m |
| 32 | 7.107 | 19 % | 68 m |
| 33 | 7.175 | 27 % | 31 m |
| 34 | 7.405 | 20 % | 205 m |
| 35 | 8.009 | 14 % | 183 m |
| 36 | 8.341 | 11 % | 171 m |
| 37 | 8.512 | 21 % | 38 m |
| 38 | 8.551 | 25 % | 76 m |
| 39 | 8.859 | 19 % | 181 m |
| 40 | 9.04 | 29 % | 289 m |
| 41 | 9.329 | 24 % | 79 m |
| 42 | 9.408 | 12 % | 129 m |
| 43 | 11.108 | 21 % | 185 m |
| 44 | 11.294 | 31 % | 176 m |
| 45 | 11.469 | 43 % | 29 m |
| 46 | 11.498 | 30 % | 37 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 | 3325.873 | 18.1 | 1:14:08 | 2.69 | 0:23:54 | 1:38:02 | 2.04 |
| 2000 | 3445.916 | 18.75 | 1:20:47 | 2.56 | 0:20:29 | 1:41:16 | 2.04 |
| 1750 | 1777.113 | 9.67 | 0:49:36 | 2.15 | 0:03:54 | 0:53:30 | 1.99 |
| 1500 | 2253.753 | 12.26 | 0:56:57 | 2.37 | 0:07:39 | 1:04:36 | 2.09 |
| Total : | 10.803 Km | 58.78 % | 4:21:28 h | 2.48 Km/h | 0:55:56 h | 5:17:24 h | 2.04 Km/h |

| Stops | | | | | |
|---|---|---|---|---|---|
| Distance | Stopped time | Altitude | Elapsed time | Last stop elapsed time | Last stop distance |
| 5.944 | 0:03:54 | 1929 | 2:12:18 | 2:12:18 | 5.944 |
| 6.248 | 0:07:51 | 2029 | 2:25:59 | 0:13:41 | 0.304 |
| 7.61 | 0:09:54 | 2161 | 3:04:12 | 0:38:13 | 1.362 |
| 9.75 | 0:04:39 | 2410 | 3:56:06 | 0:51:54 | 2.14 |
| 11.577 | 0:19:15 > 10´ | 2487 | 4:34:04 | 0:37:58 | 1.826 |
| 12.511 | 0:02:44 | 2175 | 5:23:32 | 0:49:28 | 0.935 |
| 13.888 | 0:07:39 | 1598 | 6:13:07 | 0:49:35 | 1.377 |
| Total : | 0:55:56 h | | | | |

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