Track: 2025-12-10 Murolungo	**IBP = 145 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	14.22 Km
Analyzed distance	14.22 Km
Lineal distance	0.01 Km

Accumulated climb	1357.3 m
Accumulated descent	1355 m
Maximum height	2189.5 m
Minimal height	954.7 m
Climb rate	23.8 %
Descent rate	16.7 %
Positive climb difference per km	95.45 m
Negative descent difference per km	95.29 m

Total time	6:55:52 h
Time in movement	5:52:02 h
Stopped time	1:03:50 h

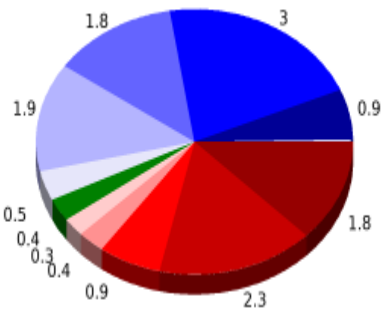
Total speed average	2.05 Km/h
Average speed in movement	2.42 Km/h
Maximum held speed	5.2 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	983 (cad. 14.47 m)
Significant points	388 (cad. 36.76 m / 39.47 %)
Aberrant points	39 (3.97 % d. total)

Direction changes per km	14.77
Direction changes >5º per km	10.97
Accumulated straight stretches	1.719 Km
Straight stretches per km	120.89 m
Penalizables slope changes	11
Penalizables slope changes per km	0.773

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Summary of slopes



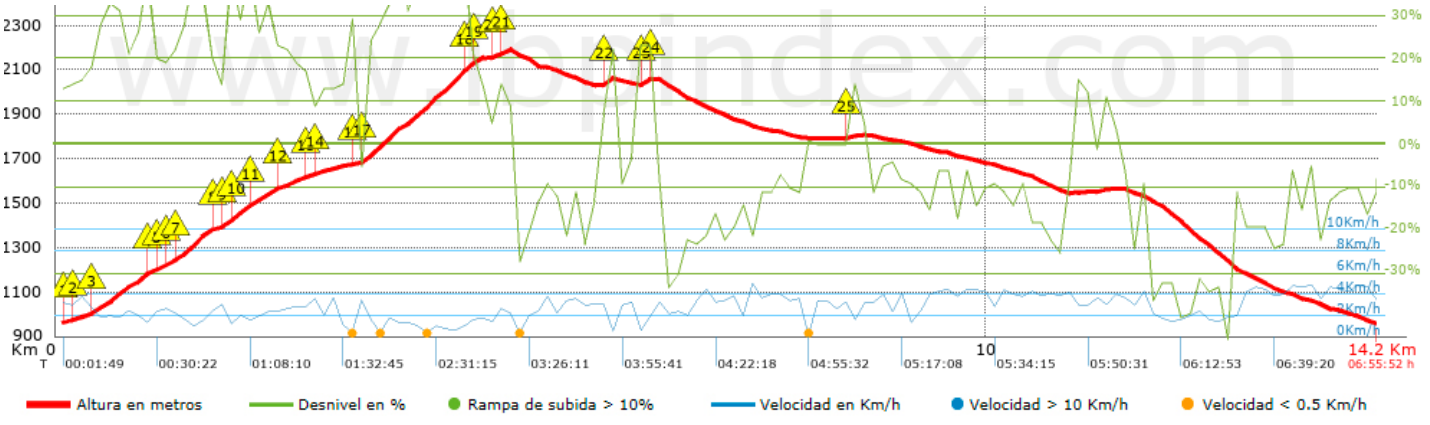
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.795	12.62	1.34	1:20:11
	Between 15 and 30%	2.275	15.99	2.07	1:05:58
	Between 10 and 15%	0.872	6.13	2.47	0:21:11
	Between 5 and 10%	0.442	3.11	2.97	0:08:56
	Between 1 and 5%	0.32	2.25	2.89	0:06:38
	Total :	5.703	40.1	1.87	3:02:54
	Plain				
	Difference of 1%	0.408	2.87	2.5	0:09:47
	Breakdown descents				
	Between 1 and 5%	0.512	3.6	3.13	0:09:50
	Between 5 and 10%	1.89	13.29	3.41	0:33:16
	Between 10 and 15%	1.78	12.51	3.52	0:30:18
	Between 15 and 30%	2.981	20.96	3.31	0:54:04
	Between 30% and 55%	0.949	6.67	1.79	0:31:53
	Total :	8.112	57.03	3.05	2:39:21
	Total track :	14.22	100 %	2.42	5:52:02

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Track: 2025-12-10 Murolungo **Date: 10/12/2025**

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.034	12 %	146 m
2	0.18	15 %	228 m
3	0.408	31 %	558 m
4	0.966	25 %	35 m
5	1.001	18 %	153 m
6	1.154	23 %	146 m
7	1.3	35 %	345 m
8	1.645	16 %	119 m
9	1.763	21 %	71 m
10	1.834	34 %	257 m
11	2.091	24 %	296 m
12	2.387	18 %	272 m
13	2.659	14 %	149 m
14	2.808	11 %	113 m
15	3.135	13 %	135 m
16	3.27	24 %	30 m
17	3.3	38 %	1067 m
18	4.367	33 %	109 m
19	4.477	29 %	69 m
20	4.685	18 %	66 m
21	4.751	29 %	38 m
22	5.86	28 %	110 m
23	6.243	28 %	114 m
24	6.356	13 %	37 m
25	8.508	13 %	108 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	2538.01	17.84	1:13:09	2.08	0:28:07	1:41:16	1.5
1750	3288.966	23.12	1:24:49	2.33	0:21:12	1:46:01	1.86
1500	3831.562	26.94	1:12:29	3.17	0:14:31	1:27:00	2.64
Total :	9.659 Km	67.9 %	3:50:27 h	2.51 Km/h	1:03:50 h	4:54:17 h	1.97 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
3.064	0:05:36	1667	1:32:45	1:32:45	3.064
3.377	0:08:55	1714	1:45:52	0:13:07	0.313
3.901	0:04:31	1900	2:18:03	0:32:11	0.524
4.114	0:03:06	1987	2:32:34	0:14:31	0.213
4.187	0:03:37	2016	2:37:56	0:05:22 < 10´	0.073
4.856	0:14:03 > 10´	2190	3:08:46	0:30:50	0.669
5.936	0:04:30	2054	3:49:27	0:40:41	1.079
6.243	0:02:51	2024	3:59:50	0:10:23	0.307
7.962	0:16:41 > 10´	1796	4:37:20	0:37:30	1.719
Total :	1:03:50 h				

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