Track: 2025-12-27 Il Costone	**IBP = 96 HKG**
These speeds are average for = HKG	
IBP index reliability= B	

Total length	15.2 Km
Analyzed distance	15.2 Km
Lineal distance	0 Km

Accumulated climb	781.69 m
Accumulated descent	784.59 m
Maximum height	2276.09 m
Minimal height	1554.4 m
Climb rate	11.49 %
Descent rate	10.87 %
Positive climb difference per km	51.43 m
Negative descent difference per km	51.62 m

Total time	7:01:06 h
Time in movement	4:49:05 h
Stopped time	2:12:01 h

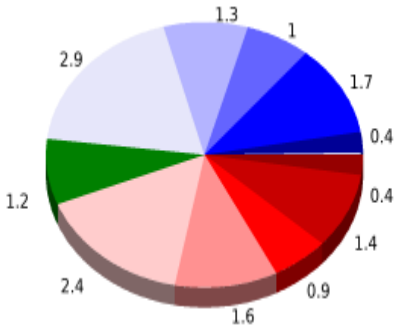
Total speed average	2.17 Km/h
Average speed in movement	3.15 Km/h
Maximum held speed	5.65 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	888 (cad. 17.12 m)
Significant points	387 (cad. 39.37 m / 43.58 %)
Aberrant points	33 (3.72 % d. total)

Direction changes per km	13.55
Direction changes >5º per km	10.72
Accumulated straight stretches	2.133 Km
Straight stretches per km	140.33 m
Penalizables slope changes	5
Penalizables slope changes per km	0.329

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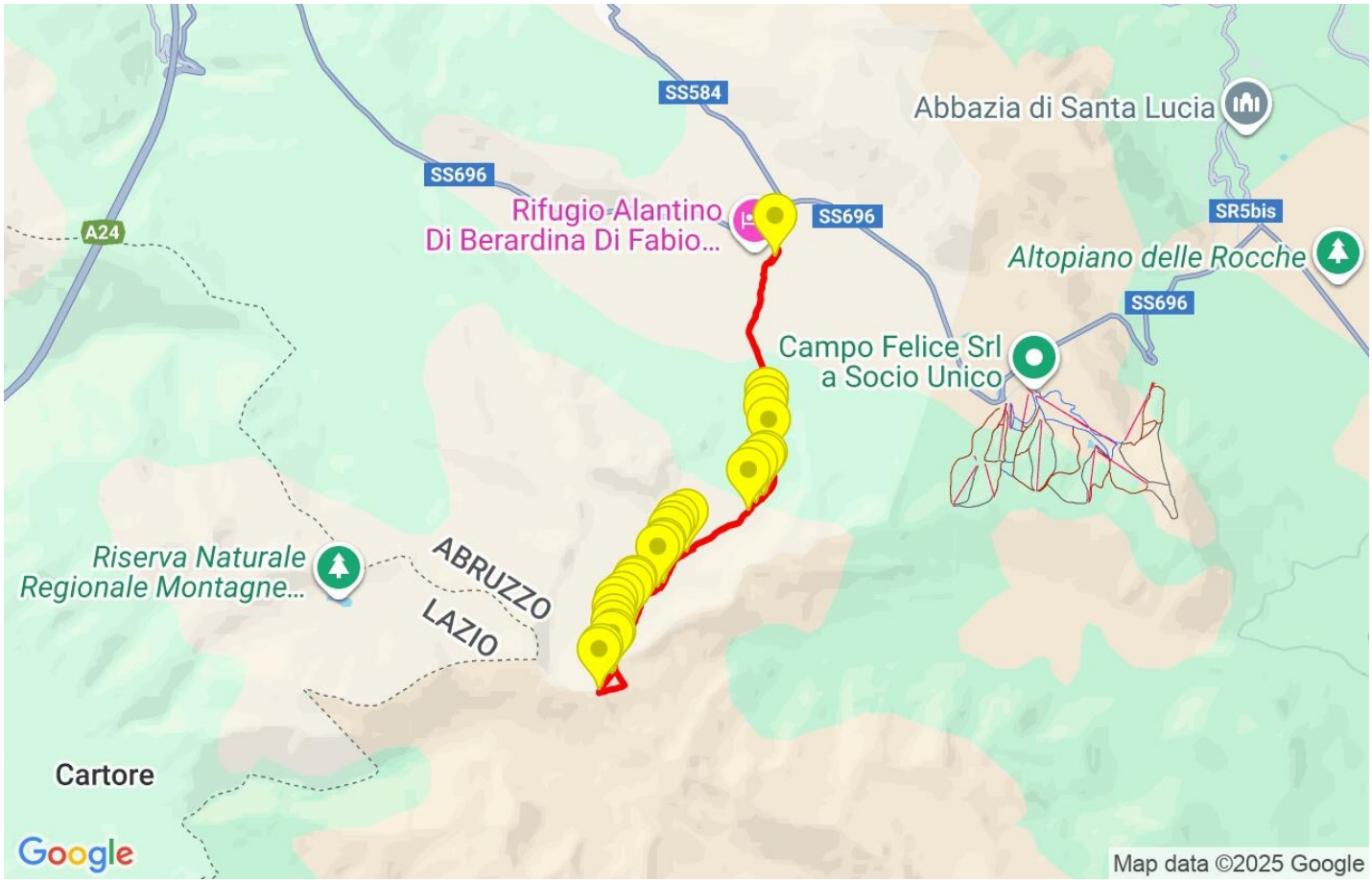
Summary of slopes

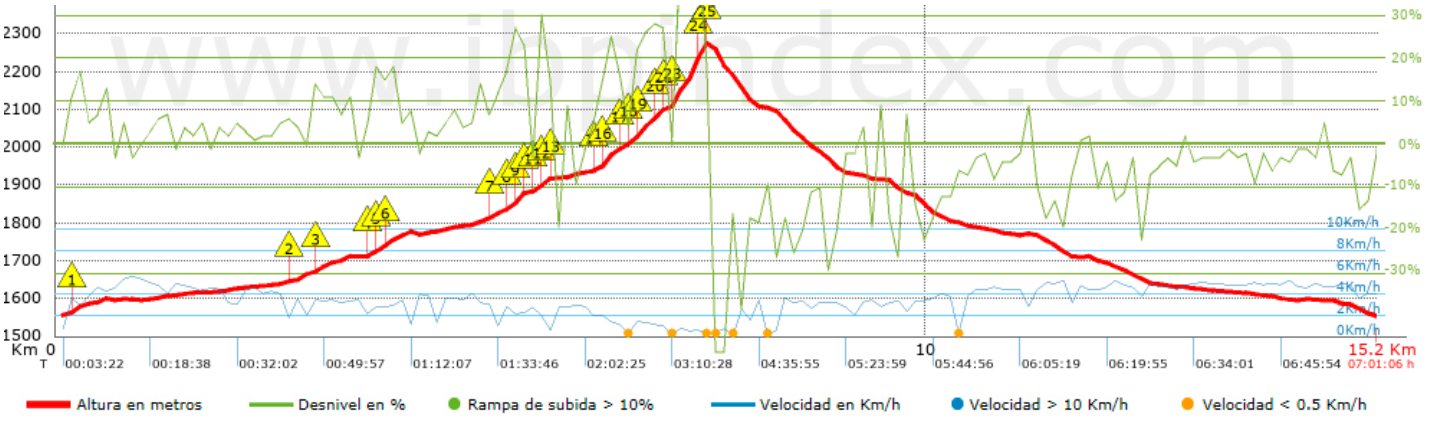


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.411	2.7	1.3	0:18:55
	Between 15 and 30%	1.447	9.52	1.94	0:44:51
	Between 10 and 15%	0.922	6.07	2.61	0:21:12
	Between 5 and 10%	1.612	10.61	3.11	0:31:09
	Between 1 and 5%	2.41	15.86	3.63	0:39:49
	Total :	6.802	44.75	2.62	2:35:56
	Plain				
	Difference of 1%	1.179	7.76	4.07	0:17:23
	Breakdown descents				
	Between 1 and 5%	2.925	19.24	4.14	0:42:22
	Between 5 and 10%	1.276	8.39	4.05	0:18:54
	Between 10 and 15%	0.979	6.44	3.99	0:14:43
	Between 15 and 30%	1.688	11.11	3.27	0:31:00
	Between 30% and 55%	0.35	2.3	2.39	0:08:47
	Total :	7.218	47.49	3.74	1:55:46
	Total track :	15.2	100 %	3.15	4:49:05

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
1	0.123	14 %	140 m
2	2.695	12 %	109 m
3	2.916	13 %	194 m
4	3.604	13 %	40 m
5	3.644	17 %	145 m
6	3.789	14 %	144 m
7	4.973	12 %	152 m
8	5.125	15 %	100 m
9	5.224	24 %	95 m
10	5.32	23 %	42 m
11	5.489	15 %	36 m
12	5.525	24 %	98 m
13	5.624	16 %	78 m
14	6.188	12 %	32 m
15	6.22	17 %	84 m
16	6.304	23 %	164 m
17	6.469	12 %	114 m
18	6.583	23 %	108 m
19	6.69	25 %	133 m
20	6.823	22 %	92 m
21	6.916	13 %	157 m
22	7.073	23 %	39 m
23	7.112	46 %	261 m
24	7.373	44 %	74 m
25	7.447	18 %	33 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	179.035	1.18	0:04:38	2.32	0:23:03	0:27:41	0.39
2000	2016.064	13.26	0:54:57	2.2	1:36:29	2:31:26	0.8
1750	5361.935	35.28	1:55:45	2.78	0:09:44	2:05:29	2.56
1500	7641.422	50.28	1:53:45	4.03	0:02:45	1:56:30	3.94
Total :	15.198 Km	100 %	4:49:05 h	3.15 Km/h	2:12:01 h	7:01:06 h	2.17 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
5.593	0:03:09	1907	1:47:45	1:47:45	5.593
6.469	0:10:27 > 10´	1995	2:16:56	0:29:11	0.876
7.038	0:22:45 > 10´	2108	2:47:43	0:30:47	0.569
7.189	0:04:25	2151	3:17:13	0:29:30	0.151
7.256	0:03:59	2182	3:23:21	0:06:08 < 10´	0.066
7.413	0:23:03 > 10´	2255	3:35:01	0:11:40	0.157
7.552	0:05:51	2259	3:59:47	0:24:46	0.139
7.681	0:18:45 > 10´	2203	4:08:31	0:08:44 < 10´	0.129
8.113	0:30:17 > 10´	2105	4:36:58	0:28:27	0.432
10.348	0:06:35	1803	5:49:12	1:12:14	2.235
Total :	2:12:01 h				

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