Track: 2026-03-07 Cima di Roscia Grande — **Date: 07/03/2026**

Track: 2026-03-07 Cima di Roscia Grande	**IBP = 97 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	14.08 Km
Analyzed distance	14.08 Km
Lineal distance	0.06 Km

Accumulated climb	819.6 m
Accumulated descent	820.3 m
Maximum height	2179.1 m
Minimal height	1489 m
Climb rate	13.29 %
Descent rate	11.91 %
Positive climb difference per km	58.21 m
Negative descent difference per km	58.26 m

Total time	5:53:24 h
Time in movement	4:33:15 h
Stopped time	1:20:09 h

Total speed average	2.39 Km/h
Average speed in movement	3.09 Km/h
Maximum held speed	6.54 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	799 (cad. 17.63 m)
Significant points	357 (cad. 39.56 m / 44.68 %)
Aberrant points	12 (1.5 % d. total)

Direction changes per km	11.43
Direction changes >5º per km	8.03
Accumulated straight stretches	2.21 Km
Straight stretches per km	156.96 m
Penalizables slope changes	7
Penalizables slope changes per km	0.497

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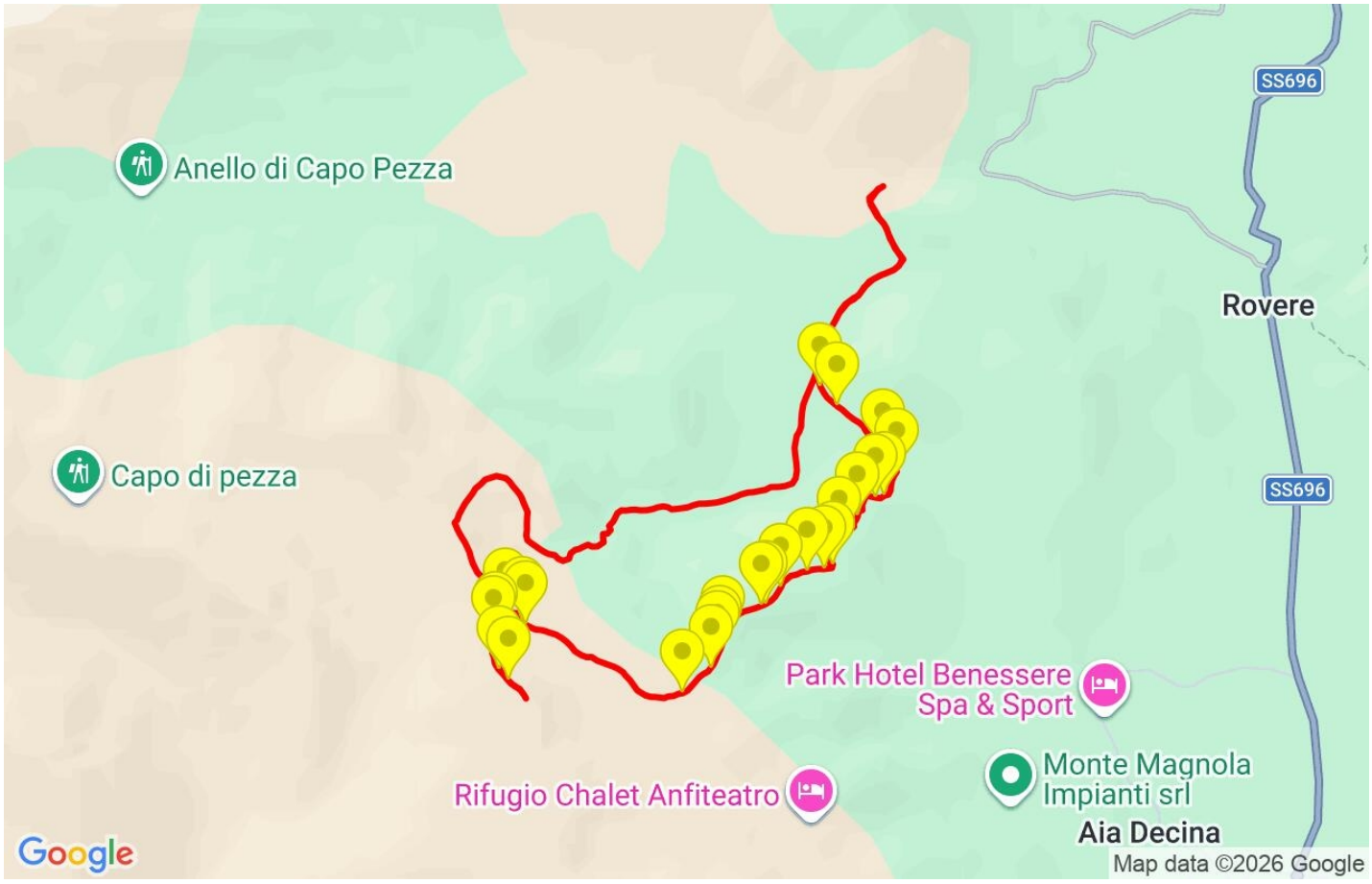
Summary of slopes

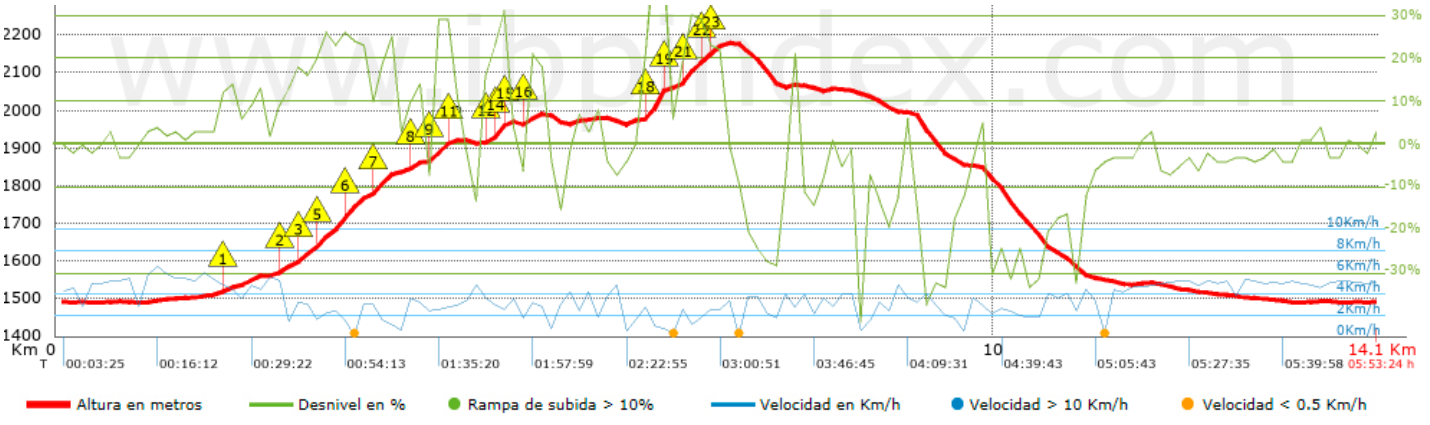


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.382	2.71	1.69	0:13:34
	Between 15 and 30%	2.022	14.36	2.33	0:52:05
	Between 10 and 15%	0.918	6.52	2.72	0:20:15
	Between 5 and 10%	0.785	5.57	3.3	0:14:15
	Between 1 and 5%	2.061	14.63	4.49	0:27:31
	Total :	6.167	43.79	2.9	2:07:40
	Plain				
	Difference of 1%	1.029	7.3	3.28	0:18:50
	Breakdown descents				
	Between 1 and 5%	2.628	18.66	4.42	0:35:41
	Between 5 and 10%	1.441	10.23	3.46	0:25:01
	Between 10 and 15%	0.629	4.47	2.96	0:12:45
	Between 15 and 30%	1.395	9.9	2.64	0:31:39
	Between 30% and 55%	0.796	5.65	2.21	0:21:39
	Total :	6.889	48.91	3.26	2:06:45
	Total track :	14.08	100 %	3.09	4:33:15

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	1.747	12 %	174 m
2	2.364	13 %	164 m
3	2.528	19 %	206 m
4	2.734	20 %	68 m
5	2.802	27 %	261 m
6	3.063	24 %	245 m
7	3.308	22 %	256 m
8	3.984	21 %	162 m
9	4.146	29 %	31 m
10	4.177	14 %	40 m
11	4.545	17 %	68 m
12	4.614	23 %	37 m
13	4.651	29 %	108 m
14	4.76	13 %	72 m
15	5.017	20 %	135 m
16	6.246	19 %	38 m
17	6.284	42 %	176 m
18	6.46	21 %	38 m
19	6.637	19 %	33 m
20	6.67	29 %	218 m
21	6.888	24 %	97 m
22	6.985	20 %	104 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	2594.313	18.42	0:58:24	2.67	0:39:27	1:37:51	1.59
1750	4378.865	31.09	1:37:07	2.71	0:17:17	1:54:24	2.3
1500	4541.894	32.25	1:22:33	3.3	0:23:25	1:45:58	2.57
Total :	11.515 Km	81.76 %	3:58:04 h	2.9 Km/h	1:20:09 h	5:18:13 h	2.17 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
3.139	0:13:55 > 10´	1735	0:57:00	0:57:00	3.139
3.564	0:03:12	1829	1:21:56	0:24:56	0.425
5.152	0:04:41	1990	1:59:25	0:37:29	1.588
6.031	0:05:08	1964	2:17:47	0:18:22	0.879
6.35	0:03:37	2004	2:30:50	0:13:03	0.319
6.46	0:07:17	2051	2:37:59	0:07:09 < 10´	0.11
7.158	0:25:19 > 10´	2178	3:02:56	0:24:57	0.698
8.542	0:03:14	2057	3:56:18	0:53:22	1.384
9.587	0:04:16	1864	4:25:17	0:28:59	1.045
11.085	0:09:30	1555	5:05:43	0:40:26	1.497
Total :	1:20:09 h				

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