Track: 2026-03-14 Puzzillo e Morretano — **Date: 14/03/2026**

Track: 2026-03-14 Puzzillo e Morretano	**IBP = 106 HKG**
These speeds are average for = HKG	
IBP index reliability= B	

Total length	13.93 Km
Analyzed distance	13.93 Km
Lineal distance	0.03 Km

Accumulated climb	866.1 m
Accumulated descent	867.4 m
Maximum height	2184.4 m
Minimal height	1601 m
Climb rate	13.15 %
Descent rate	12.99 %
Positive climb difference per km	62.18 m
Negative descent difference per km	62.27 m

Total time	5:39:35 h
Time in movement	4:44:56 h
Stopped time	0:54:39 h

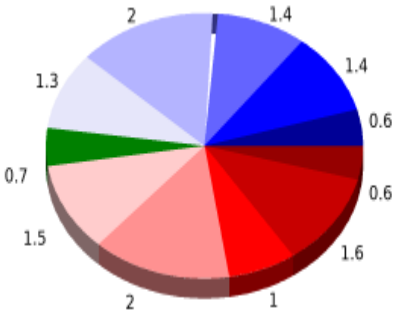
Total speed average	2.46 Km/h
Average speed in movement	2.93 Km/h
Maximum held speed	5.74 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	874 (cad. 15.94 m)
Significant points	371 (cad. 37.66 m / 42.45 %)
Aberrant points	28 (3.2 % d. total)

Direction changes per km	12.63
Direction changes >5º per km	8.4
Accumulated straight stretches	2.613 Km
Straight stretches per km	187.58 m
Penalizables slope changes	9
Penalizables slope changes per km	0.646

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Summary of slopes

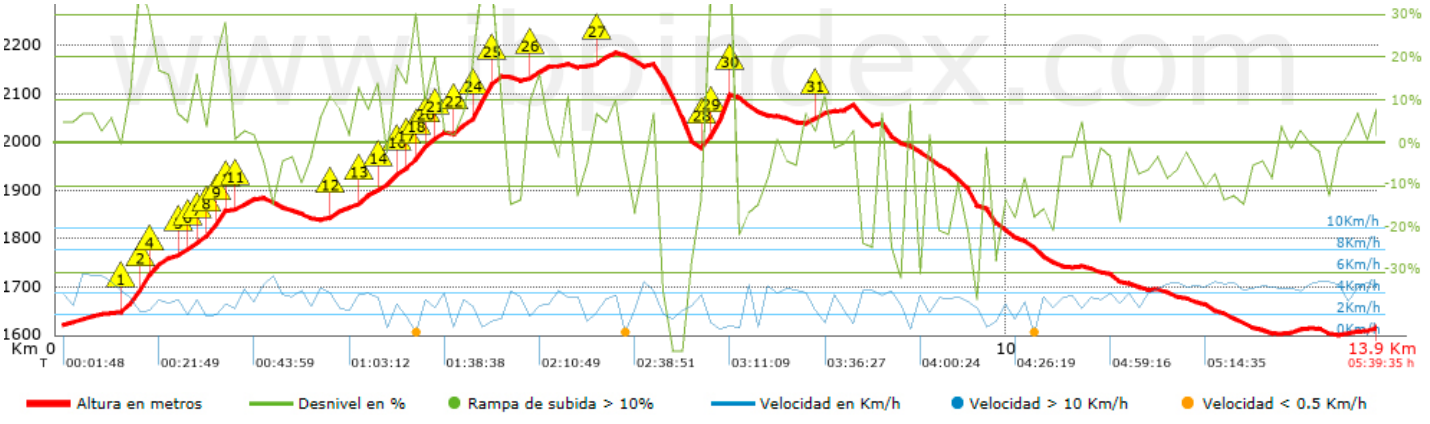


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.615	4.41	1.5	0:24:33
	Between 15 and 30%	1.579	11.33	2.18	0:43:29
	Between 10 and 15%	0.973	6.98	2.41	0:24:15
	Between 5 and 10%	1.966	14.11	3.24	0:36:26
	Between 1 and 5%	1.456	10.45	3.25	0:26:52
	Total :	6.588	47.28	2.54	2:35:35
	Plain				
	Difference of 1%	0.666	4.78	3.68	0:10:51
	Breakdown descents				
	Between 1 and 5%	1.259	9.04	3.79	0:19:55
	Between 5 and 10%	1.985	14.24	3.83	0:31:03
	Between 10 and 15%	1.433	10.29	3.67	0:23:27
	Between 15 and 30%	1.422	10.21	2.95	0:28:55
	Between 30% and 55%	0.58	4.17	2.3	0:15:10
	Total :	6.679	47.94	3.38	1:58:30
	Total track :	13.93	100 %	2.93	4:44:56

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
 1	0.68	26 %	216 m
 2	0.896	27 %	33 m
 3	0.929	27 %	80 m
 4	1.01	13 %	246 m
 5	1.256	12 %	101 m
 6	1.435	14 %	142 m
 7	1.577	22 %	141 m
 8	1.718	32 %	30 m
 9	1.748	13 %	110 m
 10	2.83	12 %	136 m
 11	3.115	14 %	237 m
 12	3.352	14 %	193 m
 13	3.545	18 %	40 m
 14	3.584	14 %	108 m
 15	3.693	11 %	35 m
 16	3.728	30 %	112 m
 17	3.881	22 %	75 m
 18	3.956	19 %	37 m
 19	4.151	13 %	183 m
 20	4.334	20 %	34 m
 21	4.369	35 %	206 m
 22	4.575	34 %	32 m
 23	4.959	12 %	118 m
 24	5.664	13 %	104 m
 25	6.804	18 %	40 m
 26	6.844	44 %	229 m

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27	7.074	22 %	36 m
28	8.005	14 %	111 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	4747.277	34.07	1:52:12	2.54	0:21:12	2:13:24	2.14
1750	4620.528	33.16	1:39:40	2.78	0:33:27	2:13:07	2.08
1500	4565.551	32.77	1:13:04	3.75		1:13:04	3.75
Total :	13.933 Km	100 %	4:44:56 h	2.93 Km/h	0:54:39 h	5:39:35 h	2.46 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
3.413	0:02:57	1909	1:10:02	1:10:02	3.413
3.728	0:09:26	1952	1:20:48	0:10:46	0.315
4.066	0:04:14	2019	1:38:38	0:17:50	0.338
5.869	0:07:37	2184	2:28:19	0:49:41	1.803
6.926	0:03:36	2029	3:00:23	0:32:04	1.056
7.109	0:03:08	2106	3:12:55	0:12:32	0.183
7.28	0:02:37	2075	3:18:17	0:05:22 < 10´	0.171
8.886	0:03:09	1983	3:54:40	0:36:23	1.606
9.731	0:02:32	1862	4:14:24	0:19:44	0.844
10.197	0:15:23 > 10´	1791	4:28:37	0:14:13	0.466
Total :	0:54:39 h				

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