Track: 2026-03-21 Monte Ginepro — **Date: 21/03/2026**

Track: 2026-03-21 Monte Ginepro	**IBP = 117 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	18.62 Km
Analyzed distance	18.62 Km
Lineal distance	0.03 Km

Accumulated climb	1195.95 m
Accumulated descent	1194.05 m
Maximum height	2119.05 m
Minimal height	1005.1 m
Climb rate	13.52 %
Descent rate	13.08 %
Positive climb difference per km	64.23 m
Negative descent difference per km	64.13 m

Total time	6:50:50 h
Time in movement	5:27:32 h
Stopped time	1:23:18 h

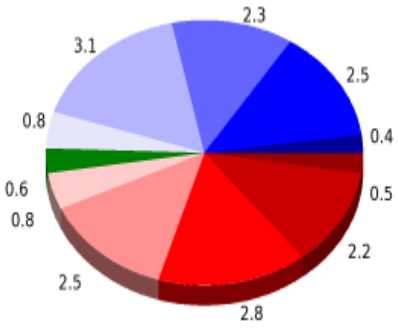
Total speed average	2.72 Km/h
Average speed in movement	3.41 Km/h
Maximum held speed	8.81 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1173 (cad. 15.88 m)
Significant points	504 (cad. 37.03 m / 42.97 %)
Aberrant points	25 (2.13 % d. total)

Direction changes per km	13.96
Direction changes >5º per km	10.63
Accumulated straight stretches	2.448 Km
Straight stretches per km	131.47 m
Penalizables slope changes	7
Penalizables slope changes per km	0.376

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Summary of slopes

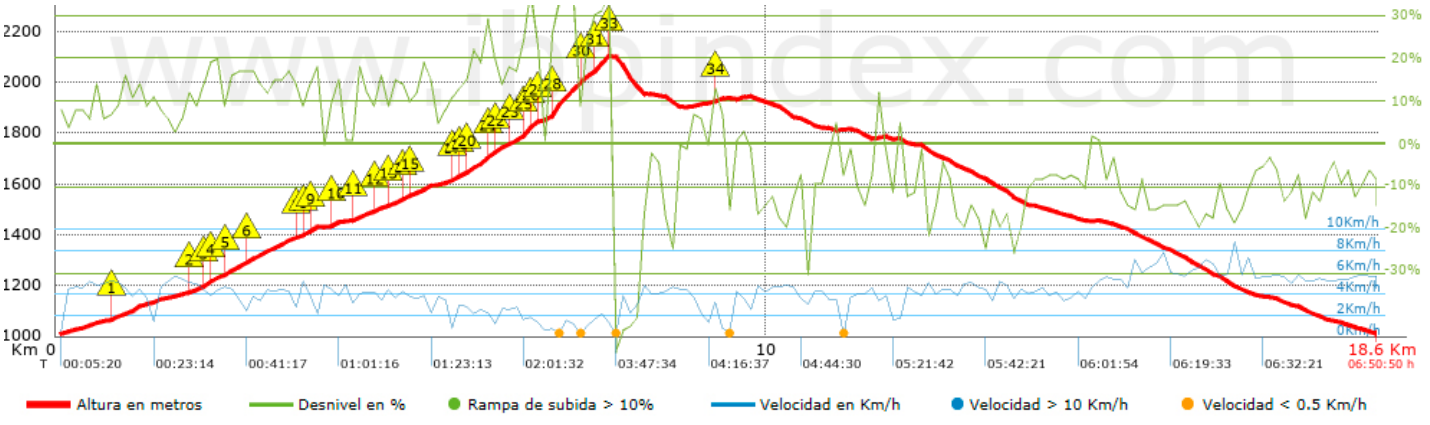


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.491	2.63	1.63	0:18:04
	Between 15 and 30%	2.208	11.85	2.24	0:59:08
	Between 10 and 15%	2.845	15.27	3.35	0:50:55
	Between 5 and 10%	2.452	13.17	3.67	0:40:07
	Between 1 and 5%	0.848	4.56	3.54	0:14:24
	Total :	8.844	47.48	2.91	3:02:38
	Plain				
	Difference of 1%	0.649	3.48	2.76	0:14:06
	Breakdown descents				
	Between 1 and 5%	0.81	4.35	4.08	0:11:55
	Between 5 and 10%	3.137	16.85	4.34	0:43:24
	Between 10 and 15%	2.304	12.37	4.48	0:30:50
	Between 15 and 30%	2.496	13.4	4.57	0:32:45
	Between 30% and 55%	0.385	2.07	1.94	0:11:54
	Total :	9.132	49.03	4.19	2:10:48
	Total track :	18.62	100 %	3.41	5:27:32

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.802	13 %	296 m
2	1.849	13 %	249 m
3	2.098	16 %	112 m
4	2.21	13 %	197 m
5	2.407	17 %	296 m
6	2.703	14 %	652 m
7	3.354	11 %	99 m
8	3.454	13 %	112 m
9	3.566	17 %	105 m
10	3.855	13 %	140 m
11	4.181	12 %	311 m
12	4.491	11 %	177 m
13	4.669	12 %	198 m
14	4.867	12 %	115 m
15	4.982	13 %	263 m
16	5.531	11 %	46 m
17	5.577	16 %	96 m
18	5.673	14 %	101 m
19	5.775	15 %	35 m
20	5.81	22 %	243 m
21	6.053	20 %	137 m
22	6.19	15 %	135 m
23	6.325	14 %	221 m
24	6.546	24 %	35 m
25	6.581	31 %	110 m
26	6.691	31 %	41 m

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27	6.732	23 %	41 m
28	6.941	36 %	385 m
29	7.325	13 %	94 m
30	7.419	24 %	96 m
31	7.516	28 %	226 m
32	7.742	34 %	30 m
33	7.772	29 %	40 m
34	9.22	11 %	113 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	762.75	4.1	0:27:57	1.64	0:09:23	0:37:20	1.23
1750	5093.112	27.35	1:50:11	2.77	1:10:10	3:00:21	1.69
1500	3492.496	18.75	1:06:17	3.16		1:06:17	3.16
Total :	9.348 Km	50.19 %	3:24:25 h	2.74 Km/h	1:19:33 h	4:43:58 h	1.98 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
6.81	0:03:16	1850	2:11:15	2:11:15	6.81
6.878	0:33:11 > 10´	1851	2:16:28	0:05:13 < 10´	0.067
7.252	0:03:24	1970	3:00:53	0:44:25	0.374
7.325	0:11:22 > 10´	1995	3:06:03	0:05:10 < 10´	0.074
7.812	0:09:23	2115	3:35:22	0:29:19	0.486
9.404	0:05:30	1941	4:22:49	0:47:27	1.592
10.964	0:13:27 > 10´	1811	4:52:34	0:29:45	1.56
Total :	1:23:18 h				

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