Track: 2026-05-23 Anello degli Ernici — **Date: 23/05/2026**

Track: 2026-05-23 Anello degli Ernici	**IBP = 121 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	12.54 Km
Analyzed distance	12.54 Km
Lineal distance	0.03 Km

Accumulated climb	1162.1 m
Accumulated descent	1170.3 m
Maximum height	2061.31 m
Minimal height	1113.3 m
Climb rate	22.73 %
Descent rate	16.22 %
Positive climb difference per km	92.67 m
Negative descent difference per km	93.33 m

Total time	6:28:34 h
Time in movement	4:48:43 h
Stopped time	1:39:51 h

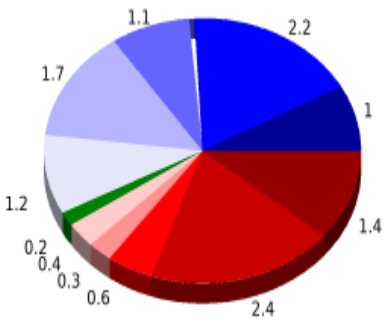
Total speed average	1.94 Km/h
Average speed in movement	2.61 Km/h
Maximum held speed	5.61 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	825 (cad. 15.2 m)
Significant points	334 (cad. 37.65 m / 40.48 %)
Aberrant points	26 (3.15 % d. total)

Direction changes per km	14.43
Direction changes >5º per km	11.24
Accumulated straight stretches	1.939 Km
Straight stretches per km	154.63 m
Penalizables slope changes	6
Penalizables slope changes per km	0.479

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Summary of slopes



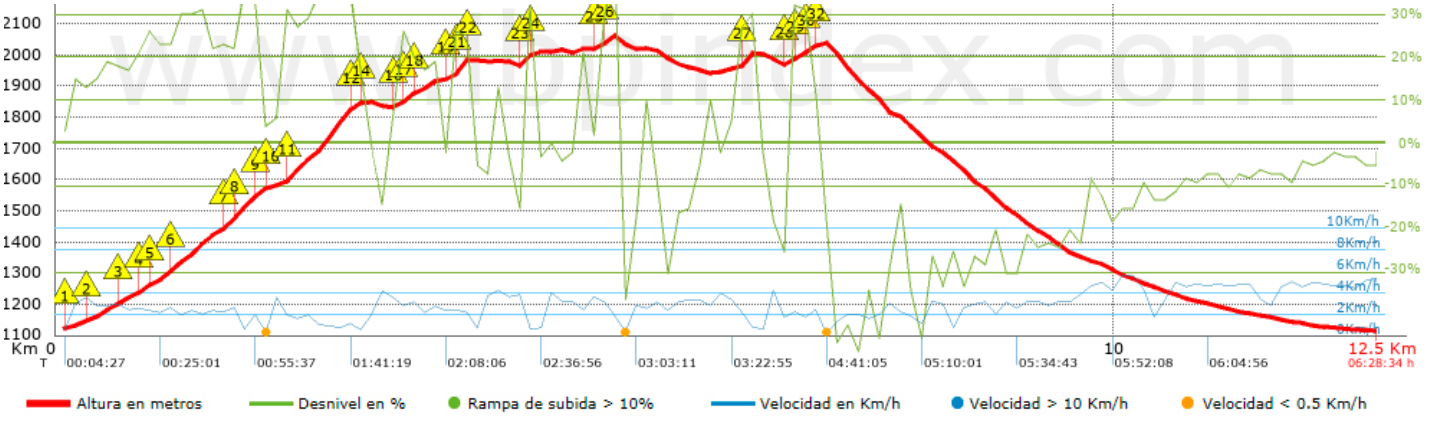
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.442	11.5	1.62	0:53:20
	Between 15 and 30%	2.392	19.08	2.25	1:03:49
	Between 10 and 15%	0.571	4.55	2.57	0:13:20
	Between 5 and 10%	0.332	2.64	2.89	0:06:53
	Between 1 and 5%	0.377	3.01	4.75	0:04:46
	Total :	5.113	40.78	2.16	2:22:08
	Plain				
	Difference of 1%	0.209	1.67	4.68	0:02:41
	Breakdown descents				
	Between 1 and 5%	1.184	9.44	3.45	0:20:35
	Between 5 and 10%	1.743	13.9	3.97	0:26:19
	Between 10 and 15%	1.057	8.43	3.64	0:17:26
	Between 15 and 30%	2.192	17.48	2.84	0:46:17
	Between 30% and 55%	1.041	8.3	1.88	0:33:17
	Total :	7.217	57.55	3.01	2:23:54
	Total track :	12.54	100 %	2.61	4:48:43

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
	0.095	12 %	181 m
	0.276	18 %	307 m
	0.583	19 %	151 m
	0.733	20 %	115 m
	0.849	23 %	221 m
	1.069	28 %	483 m
	1.553	29 %	113 m
	1.666	34 %	252 m
	1.918	23 %	31 m
	1.993	12 %	124 m
	2.117	37 %	647 m
	2.764	24 %	77 m
	2.841	16 %	32 m
	2.873	12 %	33 m
	3.173	11 %	33 m
	3.206	17 %	31 m
	3.237	26 %	110 m
	3.347	20 %	232 m
	3.686	20 %	38 m
	3.724	34 %	75 m
	3.799	41 %	42 m
	3.841	25 %	43 m
	4.363	29 %	141 m
	4.504	14 %	37 m
	5.104	12 %	39 m
	5.143	33 %	114 m

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27	6.419	33 %	149 m
28	6.9	20 %	37 m
29	6.938	29 %	150 m
30	7.088	18 %	73 m
31	7.161	18 %	31 m
32	7.192	32 %	31 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	1711.915	13.65	0:37:47	2.72	1:06:45	1:44:32	0.98
1750	3843.184	30.65	1:40:10	2.3	0:14:52	1:55:02	2
1500	1686.033	13.45	0:52:22	1.93	0:11:30	1:03:52	1.58
Total :	7.241 Km	57.75 %	3:10:19 h	2.28 Km/h	1:33:07 h	4:43:26 h	1.53 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
1.702	0:03:00	1486	0:46:25	0:46:25	1.702
1.949	0:08:49	1568	0:57:59	0:11:34	0.247
2.633	0:03:00	1769	1:32:10	0:34:11	0.684
2.801	0:04:54	1830	1:42:45	0:10:35	0.168
3.884	0:03:35	1982	2:14:31	0:31:46	1.083
4.434	0:03:23	1986	2:28:43	0:14:12	0.55
4.504	0:03:02	2005	2:33:07	0:04:24 < 10´	0.07
5.257	0:07:56	2061	2:51:20	0:18:13	0.754
6.568	0:04:20	2004	3:29:43	0:38:23	1.31
7.192	0:51:27 > 10´	2034	3:49:38	0:19:55	0.624
8.394	0:02:41	1678	5:17:14	1:27:36	1.202
Total :	1:39:51 h				

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