Track: 2026-06-20 Sopralluogo Trail Duchessa	**IBP = 145 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	20.91 Km
Analyzed distance	20.91 Km
Lineal distance	0.03 Km

Accumulated climb	1431.5 m
Accumulated descent	1421.7 m
Maximum height	1909.4 m
Minimal height	967.1 m
Climb rate	14.67 %
Descent rate	13.92 %
Positive climb difference per km	68.46 m
Negative descent difference per km	67.99 m

Total time	6:30:17 h
Time in movement	5:46:39 h
Stopped time	0:43:38 h

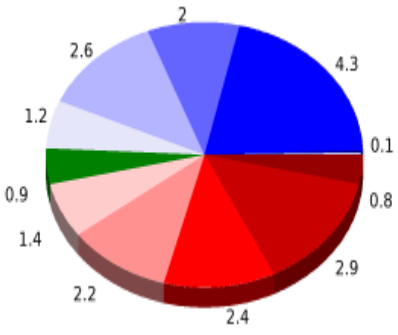
Total speed average	3.21 Km/h
Average speed in movement	3.62 Km/h
Maximum held speed	8.28 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1315 (cad. 15.9 m)
Significant points	548 (cad. 38.23 m / 41.67 %)
Aberrant points	12 (0.91 % d. total)

Direction changes per km	13.68
Direction changes >5° per km	10.14
Accumulated straight stretches	2.929 Km
Straight stretches per km	140.08 m
Penalizables slope changes	10
Penalizables slope changes per km	0.478

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Summary of slopes

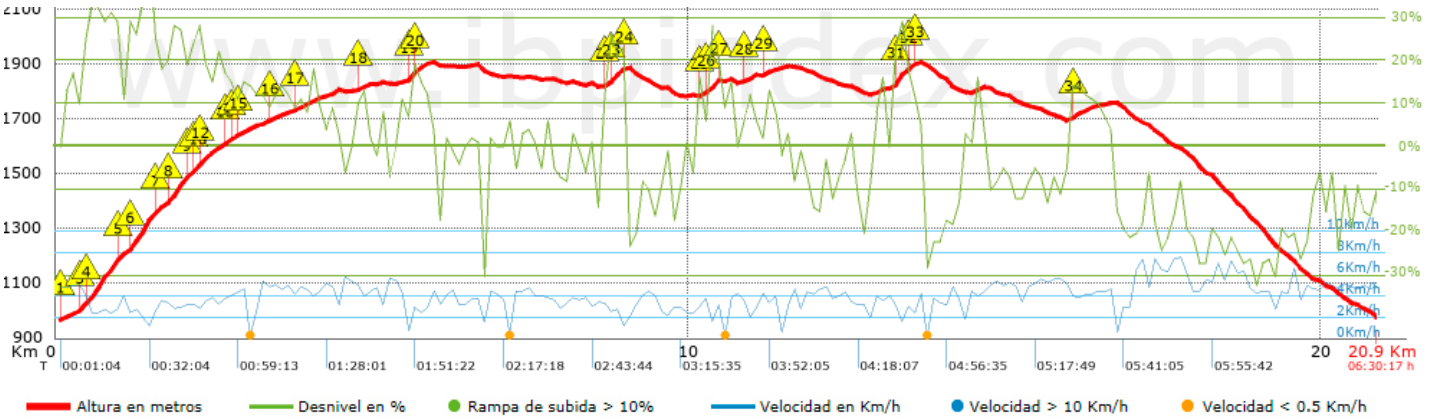


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.846	4.04	1.95	0:25:59
	Between 15 and 30%	2.89	13.82	2.76	1:02:50
	Between 10 and 15%	2.408	11.52	3.77	0:38:18
	Between 5 and 10%	2.184	10.44	3.98	0:32:56
	Between 1 and 5%	1.43	6.84	3.87	0:22:11
	Total :	9.757	46.66	3.21	3:02:14
	Plain				
	Difference of 1%	0.938	4.49	3.77	0:14:56
	Breakdown descents				
	Between 1 and 5%	1.247	5.96	4.14	0:18:04
	Between 5 and 10%	2.56	12.24	3.78	0:40:37
	Between 10 and 15%	2.034	9.73	4.44	0:27:31
	Between 15 and 30%	4.306	20.59	4.14	1:02:22
	Between 30% and 55%	0.067	0.32	4.41	0:00:55
	Total :	10.214	48.85	4.1	2:29:29
	Total track :	20.91	100 %	3.62	5:46:39

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
 1	0.108	13 %	259 m
 2	0.367	17 %	42 m
 3	0.409	22 %	30 m
 4	0.439	32 %	530 m
 5	0.969	20 %	143 m
 6	1.112	33 %	409 m
 7	1.521	20 %	274 m
 8	1.795	30 %	282 m
 9	2.077	23 %	119 m
 10	2.196	27 %	67 m
 11	2.263	25 %	37 m
 12	2.3	20 %	306 m
 13	2.606	15 %	190 m
 14	2.796	11 %	117 m
 15	2.913	11 %	338 m
 16	3.398	12 %	201 m
 17	3.81	12 %	248 m
 18	4.717	11 %	182 m
 19	5.555	24 %	111 m
 20	5.666	17 %	113 m
 21	8.642	12 %	50 m
 22	8.692	18 %	30 m
 23	8.721	24 %	236 m
 24	8.957	34 %	38 m
 25	10.148	12 %	142 m
 26	10.289	25 %	144 m

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27	10.433	21 %	35 m
28	10.895	14 %	154 m
29	11.165	11 %	185 m
30	13.213	23 %	48 m
31	13.261	29 %	168 m
32	13.429	18 %	115 m
33	13.543	13 %	86 m
34	16.029	12 %	307 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
1750	11724.443	56.07	3:25:36	3.42	0:35:14	4:00:50	2.92
1500	4380.762	20.95	0:59:44	4.4	0:08:24	1:08:08	3.86
Total :	16.105 Km	77.02 %	4:25:20 h	3.64 Km/h	0:43:38 h	5:08:58 h	3.13 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
3.047	0:08:24	1659	1:01:51	1:01:51	3.047
5.516	0:03:29	1838	1:45:03	0:43:12	2.469
7.129	0:04:50	1854	2:17:51	0:32:48	1.613
10.468	0:08:27	1839	3:29:55	1:12:04	3.339
11.35	0:03:59	1879	3:53:22	0:23:27	0.882
13.677	0:10:17 > 10´	1907	4:39:35	0:46:13	2.327
16.75	0:04:12	1764	5:35:41	0:56:06	3.073
Total :	0:43:38 h				

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