Track: 2026-07-14 San Franco e Ienca	**IBP = 153 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	23.9 Km
Analyzed distance	23.9 Km
Lineal distance	0 Km

Accumulated climb	1601.7 m
Accumulated descent	1514.86 m
Maximum height	2199.1 m
Minimal height	1208.5 m
Climb rate	14.67 %
Descent rate	12.91 %
Positive climb difference per km	67.02 m
Negative descent difference per km	63.38 m

Total time	6:20:50 h
Time in movement	5:53:52 h
Stopped time	0:26:58 h

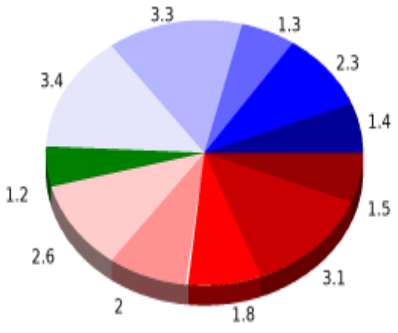
Total speed average	3.77 Km/h
Average speed in movement	4.05 Km/h
Maximum held speed	8.73 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1442 (cad. 16.57 m)
Significant points	634 (cad. 37.76 m / 43.97 %)
Aberrant points	15 (1.04 % d. total)

Direction changes per km	12.97
Direction changes >5º per km	10.38
Accumulated straight stretches	3.011 Km
Straight stretches per km	125.98 m
Penalizables slope changes	11
Penalizables slope changes per km	0.46

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Summary of slopes

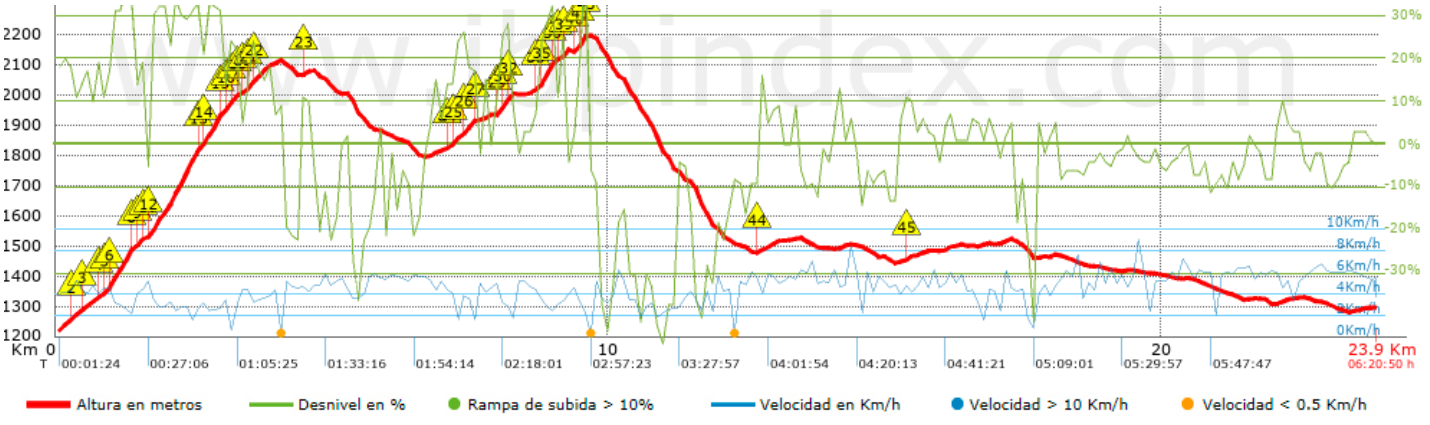


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.476	6.18	2.41	0:36:49
	Between 15 and 30%	3.089	12.93	3.41	0:54:18
	Between 10 and 15%	1.773	7.42	4.17	0:25:31
	Between 5 and 10%	2.028	8.48	4.45	0:27:19
	Between 1 and 5%	2.55	10.67	4.81	0:31:47
	Total :	10.915	45.67	3.73	2:55:44
	Plain				
	Difference of 1%	1.247	5.22	4.87	0:15:22
	Breakdown descents				
	Between 1 and 5%	3.375	14.12	4.93	0:41:04
	Between 5 and 10%	3.326	13.92	5.2	0:38:21
	Between 10 and 15%	1.297	5.43	4.36	0:17:51
	Between 15 and 30%	2.347	9.82	4.02	0:35:03
	Between 30% and 55%	1.392	5.82	2.74	0:30:27
	Total :	11.736	49.11	4.33	2:42:46
	Total track :	23.9	100 %	4.05	5:53:52

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
 1	0	17 %	289 m
 2	0.289	14 %	194 m
 3	0.484	15 %	236 m
 4	0.72	13 %	178 m
 5	0.898	20 %	74 m
 6	0.972	32 %	357 m
 7	1.329	33 %	35 m
 8	1.364	14 %	63 m
 9	1.427	16 %	101 m
 10	1.527	12 %	150 m
 11	1.677	19 %	32 m
 12	1.709	32 %	837 m
 13	2.546	29 %	108 m
 14	2.654	31 %	267 m
 15	2.921	25 %	106 m
 16	3.027	17 %	103 m
 17	3.129	28 %	122 m
 18	3.251	20 %	38 m
 19	3.356	11 %	110 m
 20	3.467	16 %	38 m
 21	3.504	24 %	100 m
 22	3.605	18 %	242 m
 23	4.44	15 %	146 m
 24	7.042	13 %	158 m
 25	7.2	22 %	152 m
 26	7.352	21 %	168 m

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27	7.521	17 %	40 m
28	8.008	24 %	72 m
29	8.08	27 %	95 m
30	8.175	40 %	31 m
31	8.206	19 %	30 m
32	8.687	19 %	37 m
33	8.724	24 %	69 m
34	8.793	31 %	184 m
35	8.977	37 %	39 m
36	9.097	15 %	31 m
37	9.128	25 %	29 m
38	9.157	32 %	81 m
39	9.389	16 %	95 m
40	9.483	29 %	62 m
41	9.545	45 %	29 m
42	9.574	13 %	30 m
43	12.691	14 %	97 m
44	15.316	12 %	150 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	4261.081	17.83	1:07:38	3.78	0:13:19	1:20:57	3.16
1750	4513.655	18.89	1:18:45	3.44	0:03:35	1:22:20	3.29
1500	4320.817	18.08	1:09:55	3.71	0:07:23	1:17:18	3.35
Total :	13.096 Km	54.79 %	3:36:18 h	3.63 Km/h	0:24:17 h	4:00:35 h	3.27 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
3.065	0:03:35	1950	0:58:58	0:58:58	3.065
4.03	0:05:13	2111	1:17:54	0:18:56	0.965
9.64	0:08:06	2199	2:49:17	1:31:23	5.61
12.152	0:07:23	1520	3:44:35	0:55:18	2.512
17.628	0:02:41	1474	5:06:20	1:21:45	5.476
Total :	0:26:58 h				

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