Track: 2026-08-02 Direttissima al Murolungo — **Date: 02/08/2026**

Track: 2026-08-02 Direttissima al Murolungo	**IBP = 135 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	13.24 Km
Analyzed distance	13.24 Km
Lineal distance	0.01 Km

Accumulated climb	1268.4 m
Accumulated descent	1254.9 m
Maximum height	2188.1 m
Minimal height	969.5 m
Climb rate	22.9 %
Descent rate	17.26 %
Positive climb difference per km	95.8 m
Negative descent difference per km	94.78 m

Total time	5:55:31 h
Time in movement	4:46:29 h
Stopped time	1:09:02 h

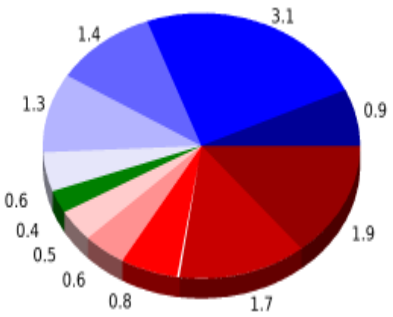
Total speed average	2.23 Km/h
Average speed in movement	2.77 Km/h
Maximum held speed	5.74 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	883 (cad. 14.99 m)
Significant points	353 (cad. 37.61 m / 39.98 %)
Aberrant points	57 (6.46 % d. total)

Direction changes per km	13.75
Direction changes >5º per km	9.97
Accumulated straight stretches	1.826 Km
Straight stretches per km	137.92 m
Penalizables slope changes	9
Penalizables slope changes per km	0.68

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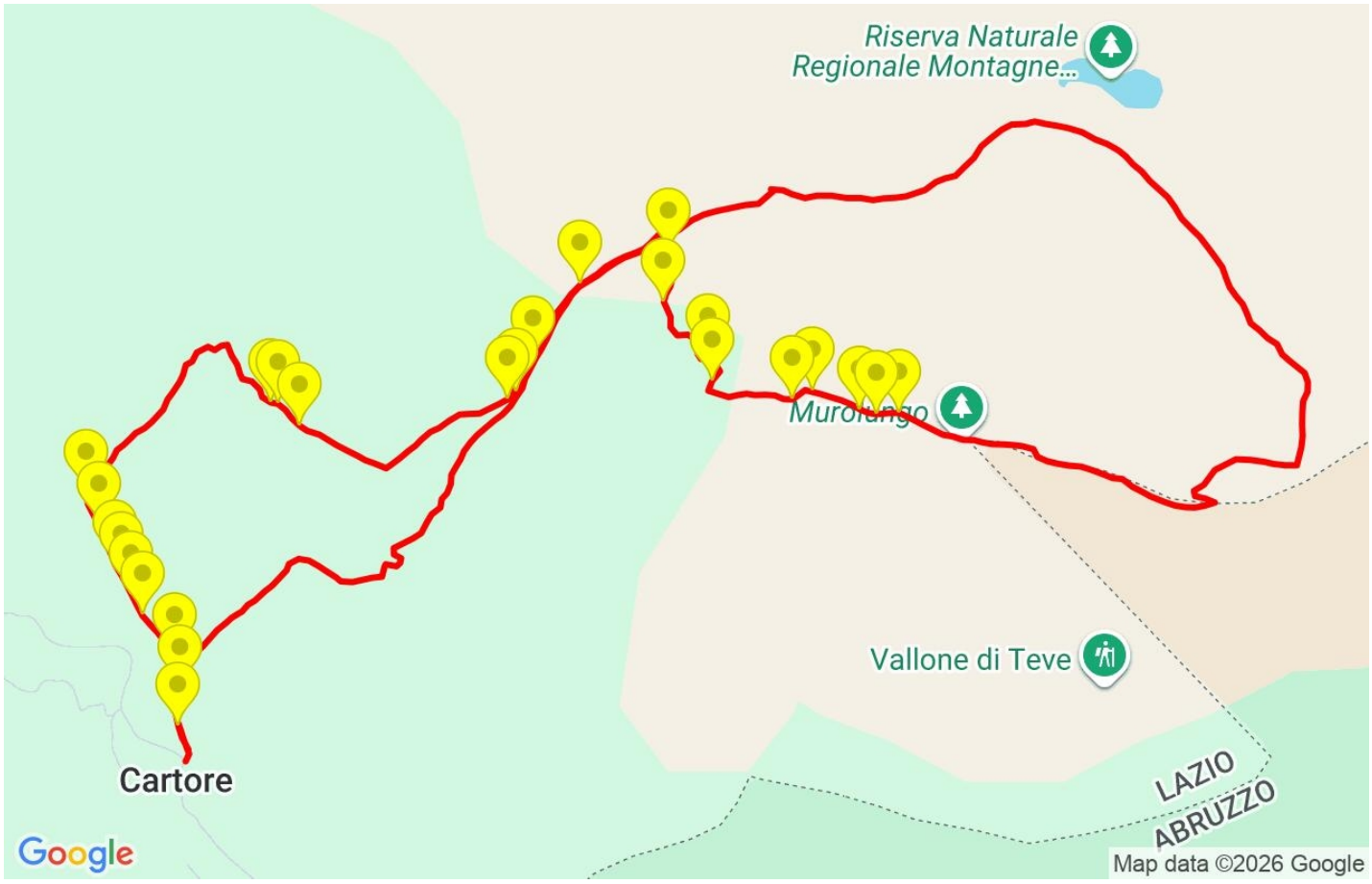
Summary of slopes

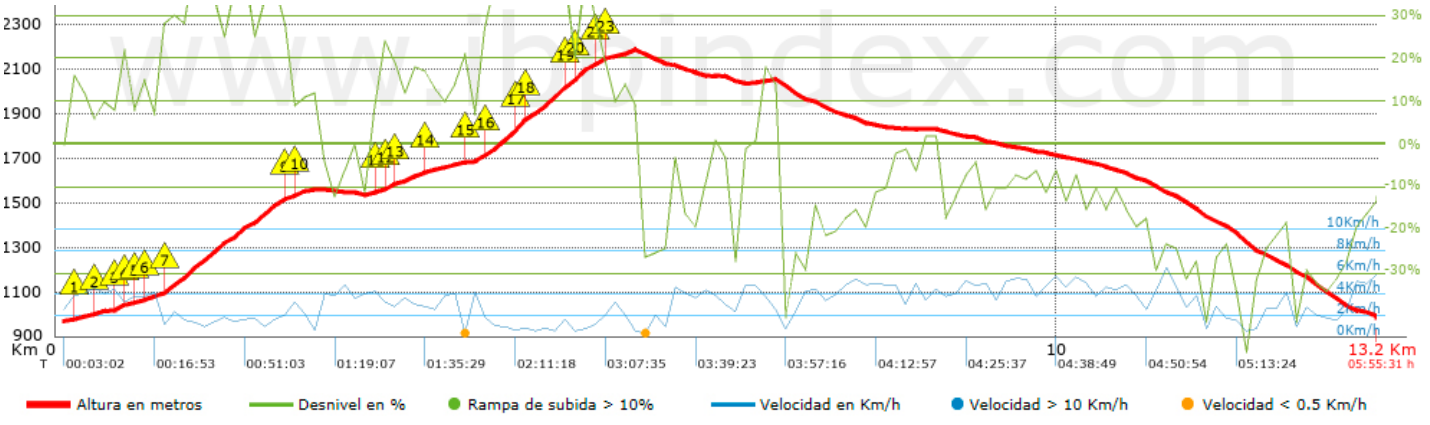


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.903	14.38	1.59	1:11:47
	Between 15 and 30%	1.683	12.71	2.41	0:41:57
	Between 10 and 15%	0.844	6.37	3.3	0:15:21
	Between 5 and 10%	0.61	4.61	3.85	0:09:31
	Between 1 and 5%	0.499	3.77	3.25	0:09:14
	Total :	5.539	41.85	2.25	2:27:50
	Plain				
	Difference of 1%	0.426	3.22	3.26	0:07:50
	Breakdown descents				
	Between 1 and 5%	0.631	4.76	3.72	0:10:10
	Between 5 and 10%	1.29	9.75	4.82	0:16:04
	Between 10 and 15%	1.41	10.65	4.5	0:18:47
	Between 15 and 30%	3.064	23.14	3.07	0:59:48
	Between 30% and 55%	0.878	6.63	2.03	0:26:00
	Total :	7.273	54.94	3.34	2:10:49
	Total track :	13.24	100 %	2.77	4:46:29

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.132	14 %	136 m
2	0.384	11 %	177 m
3	0.561	19 %	79 m
4	0.641	21 %	74 m
5	0.76	12 %	138 m
6	0.898	13 %	121 m
7	1.019	35 %	1213 m
8	2.233	28 %	33 m
9	2.266	13 %	107 m
10	2.372	16 %	180 m
11	3.176	13 %	38 m
12	3.215	21 %	126 m
13	3.341	17 %	307 m
14	3.647	13 %	282 m
15	4.045	16 %	193 m
16	4.238	38 %	352 m
17	4.59	32 %	122 m
18	4.713	38 %	370 m
19	5.083	34 %	98 m
20	5.181	38 %	185 m
21	5.365	30 %	60 m
22	5.425	18 %	78 m
23	5.503	13 %	199 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	2327.415	17.58	0:52:08	2.68	0:25:21	1:17:29	1.8
1750	2833.798	21.41	0:53:16	3.19	0:21:43	1:14:59	2.27
1500	3901.803	29.48	1:09:52	3.35	0:10:32	1:20:24	2.91
Total :	9.063 Km	68.46 %	2:55:16 h	3.1 Km/h	0:57:36 h	3:52:52 h	2.34 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
2.514	0:03:31	1556	1:12:34	1:12:34	2.514
3.966	0:07:01	1672	1:40:59	0:28:25	1.452
4.531	0:06:57	1808	2:08:35	0:27:36	0.565
4.622	0:03:40	1851	2:17:52	0:09:17 < 10´	0.092
4.749	0:04:39	1884	2:23:16	0:05:24 < 10´	0.127
4.832	0:02:44	1916	2:29:28	0:06:12 < 10´	0.083
4.905	0:03:43	1948	2:33:40	0:04:12 < 10´	0.073
5.083	0:03:39	2018	2:44:54	0:11:14	0.178
5.15	0:03:28	2045	2:49:17	0:04:23 < 10´	0.067
5.249	0:03:37	2078	2:55:31	0:06:14 < 10´	0.099
5.741	0:11:46 > 10´	2185	3:15:39	0:20:08	0.491
7.151	0:02:51	2055	3:52:31	0:36:52	1.41
11.428	0:02:48	1452	5:02:22	1:09:51	4.277
11.773	0:02:30	1365	5:13:24	0:11:02	0.345
11.836	0:03:16	1337	5:17:12	0:03:48 < 10´	0.063
11.905	0:02:52	1308	5:22:50	0:05:38 < 10´	0.069
Total :	1:09:02 h				

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