Track: 2026-08-30 Gole del Lacerno	**IBP = 42 HKG**
These speeds are average for = HKG	
IBP index reliability= C	

Total length	6.32 Km
Analyzed distance	6.32 Km
Lineal distance	0.02 Km

Accumulated climb	347 m
Accumulated descent	330.2 m
Maximum height	914.9 m
Minimal height	653 m
Climb rate	10.75 %
Descent rate	12.29 %
Positive climb difference per km	54.91 m
Negative descent difference per km	52.25 m

Total time	3:50:12 h
Time in movement	2:09:45 h
Stopped time	1:40:27 h

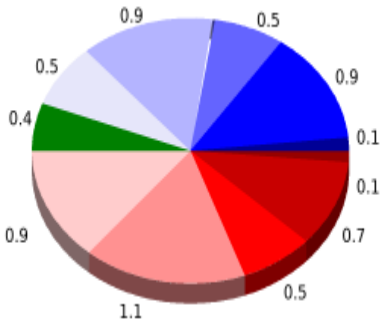
Total speed average	1.65 Km/h
Average speed in movement	2.92 Km/h
Maximum held speed	5.24 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	434 (cad. 14.56 m)
Significant points	172 (cad. 36.96 m / 39.63 %)
Aberrant points	12 (2.76 % d. total)

Direction changes per km	15.82
Direction changes >5º per km	12.03
Accumulated straight stretches	0.597 Km
Straight stretches per km	94.46 m
Penalizables slope changes	3
Penalizables slope changes per km	0.475

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Summary of slopes



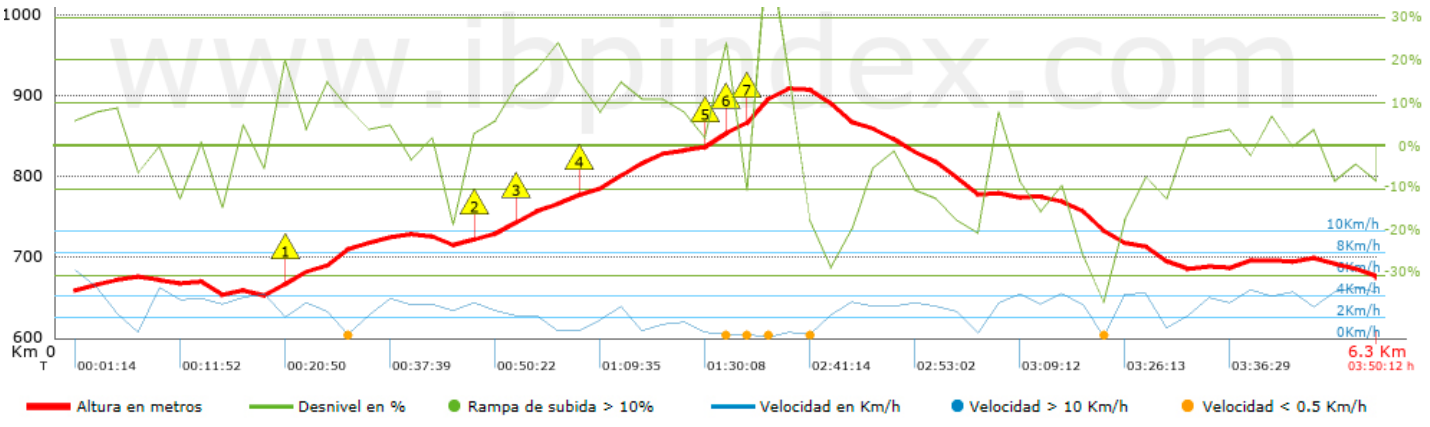
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.122	1.93	5.05	0:01:27
	Between 15 and 30%	0.655	10.37	3.19	0:12:20
	Between 10 and 15%	0.519	8.22	1.86	0:16:48
	Between 5 and 10%	1.074	16.99	2.54	0:25:19
	Between 1 and 5%	0.858	13.58	3.05	0:16:52
	Total :	3.228	51.08	2.66	1:12:46
	Plain				
	Difference of 1%	0.404	6.39	4.12	0:05:53
	Breakdown descents				
	Between 1 and 5%	0.454	7.19	3.36	0:08:06
	Between 5 and 10%	0.853	13.5	3.59	0:14:16
	Between 10 and 15%	0.452	7.15	3.2	0:08:28
	Between 15 and 30%	0.867	13.73	2.57	0:20:16
	Between 30% and 55%	0.061	0.97	0	0:00:00
	Total :	2.688	42.53	3.16	0:51:06
	Total track :	6.32	100 %	2.92	2:09:45

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Track: 2026-08-30 Gole del Lacerno **Date: 30/08/2026**

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	1.021	15 %	159 m
2	2	13 %	121 m
3	2.121	11 %	326 m
4	2.447	13 %	358 m
5	3.068	16 %	58 m
6	3.126	24 %	34 m
7	3.309	32 %	106 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
Total :	0 Km	--- %	--- h	--- Km/h	--- h	--- h	--- Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
0.267	0:03:09	672	0:04:44	0:04:44 < 10´	0.267
1.319	0:04:12	698	0:26:44	0:22:00	1.051
2.312	0:02:42	758	0:57:40	0:30:56	0.993
2.447	0:02:23	773	1:04:00	0:06:20 < 10´	0.136
2.66	0:02:52	801	1:11:46	0:07:46 < 10´	0.213
2.972	0:03:12	832	1:25:50	0:14:04	0.311
3.068	0:38:35 > 10´	836	1:30:08	0:04:18 < 10´	0.096
3.309	0:15:19 > 10´	866	2:09:06	0:38:58	0.241
3.414	0:11:08 > 10´	900	2:26:26	0:17:20	0.106
4.297	0:07:34	795	2:57:38	0:31:12	0.883
4.949	0:09:21	745	3:15:18	0:17:40	0.652
Total :	1:40:27 h				

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