MTB RDB HKG RNG

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Track : 2015-09-12 Pedalando sotto il Velino	TRAIL DIFFICULTY
Detected modality = BYC (Bicycle)	Score
Reanalyzed as HKG (Hiking) RNG (Running)	**IBP = 136 BYC**

Penalty trail's conditions: 54 % (> 50 % = MTB, < 50 % = RDB)	FITNESS LEVEL
Reliability of the original trail: A (1824/75/0/-/-/75)	Ranking
Level of correction applied to the trail: 0	**IBP *fit* = 52**

Total length: 74.348 Km mi / ft ?
Analyzed distance: 74.348 Km
Lineal distance: 0.003 Km

Max slope filter: ~30 %
Min. ponts separation: ~30 m
Number of points: 4458 (cad. 16.68 m)
Significant points: 1640 (cad. 45.36 m / 36.79 %)

Accumulated climb: 1824.3 m
Accumulated descent: 1825.37 m
Maximum height: 1422.89 m
Minimal height: 701.9 m
Climb rate: 6.33 %
Descent rate: 5.21 %
Positive climb difference per Km: 24.54 m
Negative descent difference per Km: 24.55 m

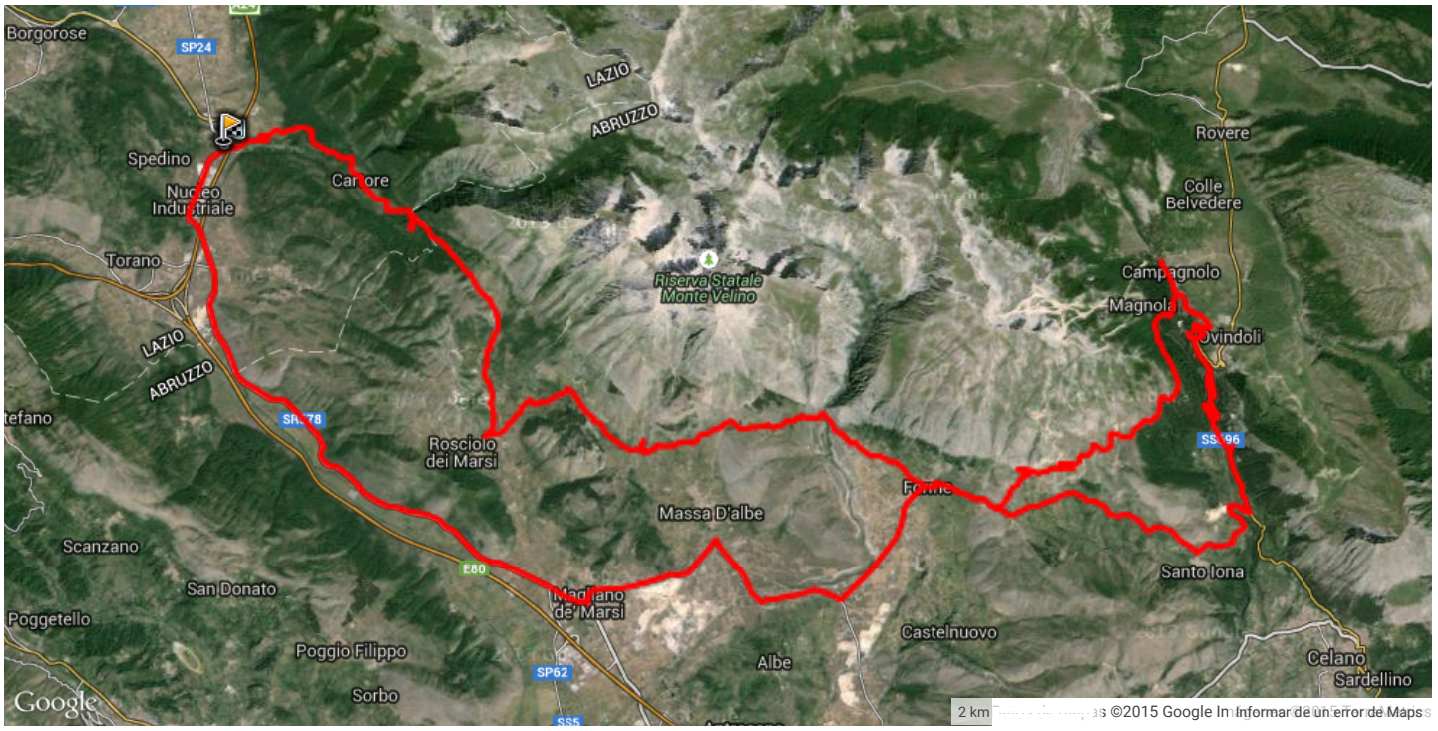
info Points list

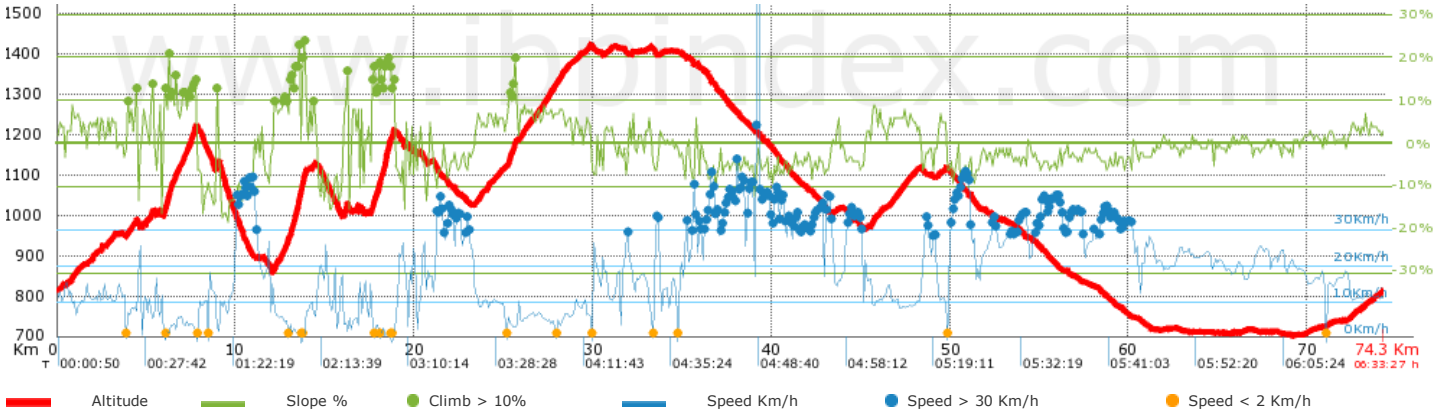
Direction changes per Km: 8.57
Direction changes >5º per Km: 5.64
Accumulated straight stretches: 21.902 Km
Straight stretches per Km: 294.59 m
Penalizables slope changes: 13
Penalizables slope changes per Km: 0.175

Total time: 6:33:27 h
Time in movement: 5:40:41 h
Stopped time: 0:52:46 h

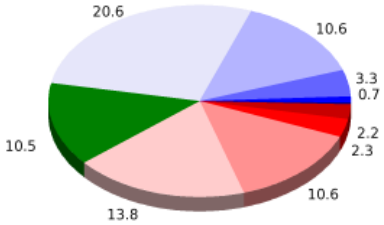
Total speed average: 11.34 Km/h
Average speed in movement : 13.09 Km/h
Maximum held speed: 47.72 Km/h

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Summary of slopes Km



Climbs	Distance Km	Km above the total in %	Speed in Km/h	Time h:m:s
Between 15 and 30%	2.197	2.95	3.22	0:40:54
Between 10 and 15%	2.271	3.06	4.81	0:28:20
Between 5 and 10%	10.565	14.21	7.99	1:19:18
Between 1 and 5%	13.779	18.53	12.53	1:06:00
Total	28.813	38.75	8.06	3:34:32
Plain				
Difference of 1%	10.472	14.09	19.2	0:32:44
Breakdown descents				
Between 1 and 5%	20.571	27.67	25.91	0:47:38
Between 5 and 10%	10.55	14.19	22.36	0:28:19
Between 10 and 15%	3.274	4.4	14.23	0:13:48
Between 15 and 30%	0.669	0.9	10.94	0:03:40
Total	35.064	47.16	22.52	1:33:25
Total track:	74.348	100 %	13.09	5:40:41

High altitude parameters, data above 1500 m

Altitude m	Distance Km	% of total	Time in movement	Speed	Stopped time	Total time	Speed total
Total:	0 Km/h						

Stops

Distance Km	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
3.775	0:01:47	952	0:18:10	0:18:10	3.775
6.034	0:01:42	1010	0:37:20	0:19:10	2.258
7.775	0:03:21	1220	1:01:10	0:23:50	1.741
8.441	0:03:15	1162	1:08:16	0:07:06 < 10'	0.666
13.645	0:13:20 > 10'	1058	1:50:48	0:42:32	5.204
18.004	0:01:19	1064	2:39:59	0:49:11	4.359
18.574	0:01:29	1167	2:53:09	0:13:10	0.57
18.699	0:06:41	1190	2:56:32	0:03:23 < 10'	0.125
25.104	0:01:30	1118	3:31:29	0:34:57	6.405
27.877	0:01:49	1319	3:58:17	0:26:48	2.773
29.863	0:02:36	1422	4:14:14	0:15:57	1.986
33.252	0:01:43	1418	4:28:56	0:14:42	3.389
34.705	0:03:42	1406	4:36:46	0:07:50 < 10'	1.453
49.767	0:01:44	1117	5:22:01	0:45:15	15.062
71.038	0:06:48	725	6:12:51	0:50:50	21.271
Total:	0:52:46 h				

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2013-08-09 Pietra Corniale (RNG)	Ref.: 36511309914406
2013-08-04 Pietra Corniale (RNG)	Ref.: 36511309914467
2013-08-06 Pietra Corniale (RNG)	Ref.: 36511309913793

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