Track: 2018-10-20 Intermesoli e Pizzo Cefalone	**IBP = 145 HKG**
These speeds are average for = HKG	
IBP index reliability= A	

Total length	13.14 Km
Analyzed distance	13.14 Km
Lineal distance	0.04 Km

Accumulated climb	1225.79 m
Accumulated descent	1135.39 m
Maximum height	2635.39 m
Minimal height	2048.2 m
Climb rate	18.47 %
Descent rate	18.64 %
Positive climb difference per	93.29 m
Negative descent difference per	86.41 m

Total time	6:35:04 h
Time in movement	4:29:53 h
Stopped time	2:05:11 h

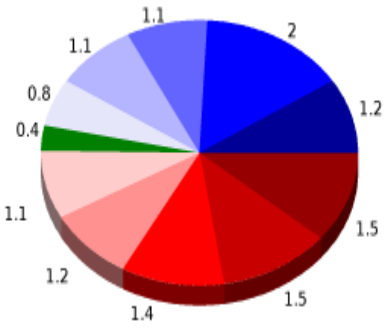
Total speed average	2 Km/h
Average speed in movement	2.92 Km/h
Maximum held speed	6.31 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1026 (cad. 12.81 m)
Significant points	366 (cad. 36.01 m / 35.67 %)
Aberrant points	142 (13.84 % d. total)

Direction changes per	12.79
Direction changes >5° per	9.13
Accumulated straight stretches	2.118 Km
Straight stretches per	161.19 m
Penalizables slope changes	13
Penalizables slope changes per	0.989

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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%	1.486	11.31	1.9	0:46:54
	Between 15 and 30%	1.513	11.51	2.68	0:33:54
	Between 10 and 15%	1.41	10.73	3.34	0:25:21
	Between 5 and 10%	1.157	8.8	3.56	0:19:31
	Between 1 and 5%	1.07	8.14	3.95	0:16:16
	Total :	6.636	50.49	2.81	2:21:56
	Plain				
	Difference of 1%	0.415	3.16	4.16	0:05:59
	Breakdown descents				
	Between 1 and 5%	0.756	5.75	4.04	0:11:13
	Between 5 and 10%	1.146	8.72	3.56	0:19:19
	Between 10 and 15%	1.058	8.05	3.8	0:16:41
	Between 15 and 30%	1.975	15.02	3.02	0:39:10
	Between 30% and 55%	1.158	8.81	1.95	0:35:35
	Total :	6.092	46.35	3	2:01:58
	Total track :	13.14	100 %	2.92	4:29:53

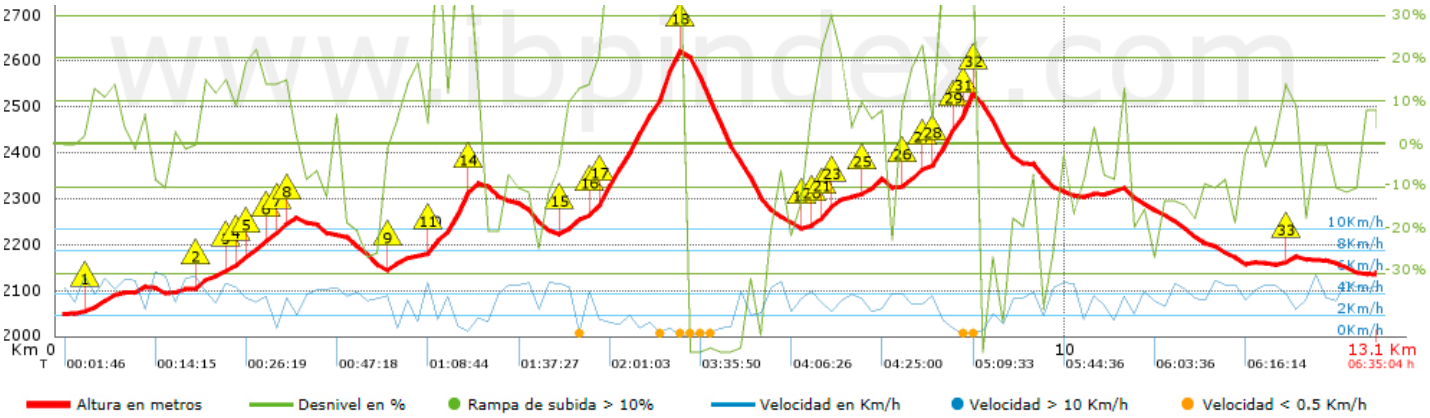
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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	0.274	12 %	225 m
2	1.374	14 %	286 m
3	1.66	12 %	99 m
4	1.759	13 %	80 m
5	1.839	19 %	231 m
6	2.071	17 %	98 m
7	2.169	21 %	147 m
8	2.316	11 %	32 m
9	3.268	13 %	160 m
10	3.673	11 %	39 m
11	3.712	34 %	317 m
12	4.029	45 %	44 m
13	4.073	23 %	38 m
14	4.11	15 %	82 m
15	4.991	14 %	270 m
16	5.261	20 %	108 m
17	5.369	42 %	809 m
18	6.178	47 %	30 m
19	7.487	18 %	38 m
20	7.525	24 %	149 m
21	7.674	11 %	35 m
22	7.709	16 %	66 m
23	8.386	18 %	151 m
24	8.537	16 %	155 m
25	8.692	39 %	138 m
26	8.829	33 %	95 m

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27	8.924	45 %	67 m
28	8.991	48 %	35 m
29	9.027	48 %	35 m
30	12.117	14 %	116 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2500	731.906	5.57	0:10:45	4.09	1:31:56	1:42:41	0.43
2250	5810.303	44.21	2:30:54	2.31	0:22:46	2:53:40	2.01
2000	6600.819	50.22	1:48:14	3.66	0:10:29	1:58:43	3.34
Total :	13.143 Km	100 %	4:29:53 h	2.92 Km/h	2:05:11 h	6:35:04 h	2 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
2.071	0:02:16	2207	0:29:58	0:29:58	2.071
3.347	0:02:49	2156	0:59:42	0:29:44	1.277
4.029	0:05:08	2293	1:21:50	0:22:08	0.682
5.102	0:05:24	2240	1:47:19	0:25:29	1.073
5.913	0:17:46 > 10´	2495	2:22:55	0:35:36	0.811
6.084	0:05:19	2577	2:42:55	0:20:00	0.171
6.148	0:31:34 > 10´	2607	2:49:43	0:06:48 < 10´	0.063
6.275	0:02:42	2607	3:24:07	0:34:24	0.128
6.335	0:10:34 > 10´	2579	3:28:08	0:04:01 < 10´	0.059
6.433	0:05:27	2533	3:40:09	0:12:01	0.098
8.829	0:04:36	2433	4:43:56	1:03:47	2.396
8.924	0:18:02 > 10´	2465	4:50:05	0:06:09 < 10´	0.095
9.062	0:13:34 > 10´	2528	5:09:33	0:19:28	0.138
Total :	2:05:11 h				

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