Track: 2019-03-16 Monte Terminillo canale Centrale — **Date: 16/03/2019**

Track: 2019-03-16 Monte Terminillo canale Centrale	**IBP = 79 HKG**
These speeds are average for = HKG	
IBP index reliability= B	

Total length	6 Km
Analyzed distance	6 Km
Lineal distance	0.01 Km

Accumulated climb	541.87 m
Accumulated descent	542.77 m
Maximum height	2201.12 m
Minimal height	1807.9 m
Climb rate	20.62 %
Descent rate	16.61 %
Positive climb difference per	90.31 m
Negative descent difference per	90.46 m

Total time	4:53:24 h
Time in movement	2:35:04 h
Stopped time	2:18:20 h

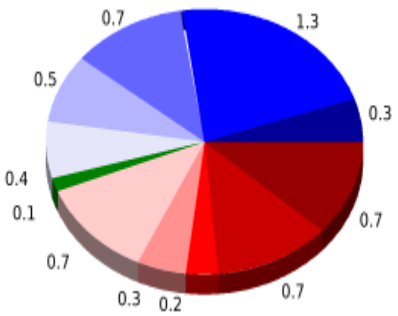
Total speed average	1.23 Km/h
Average speed in movement	2.32 Km/h
Maximum held speed	5.05 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	513 (cad. 11.69 m)
Significant points	169 (cad. 35.71 m / 32.94 %)
Aberrant points	62 (12.09 % d. total)

Direction changes per	14.17
Direction changes >5° per	8.83
Accumulated straight stretches	0.986 Km
Straight stretches per	164.33 m
Penalizables slope changes	4
Penalizables slope changes per	0.667

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Summary of slopes



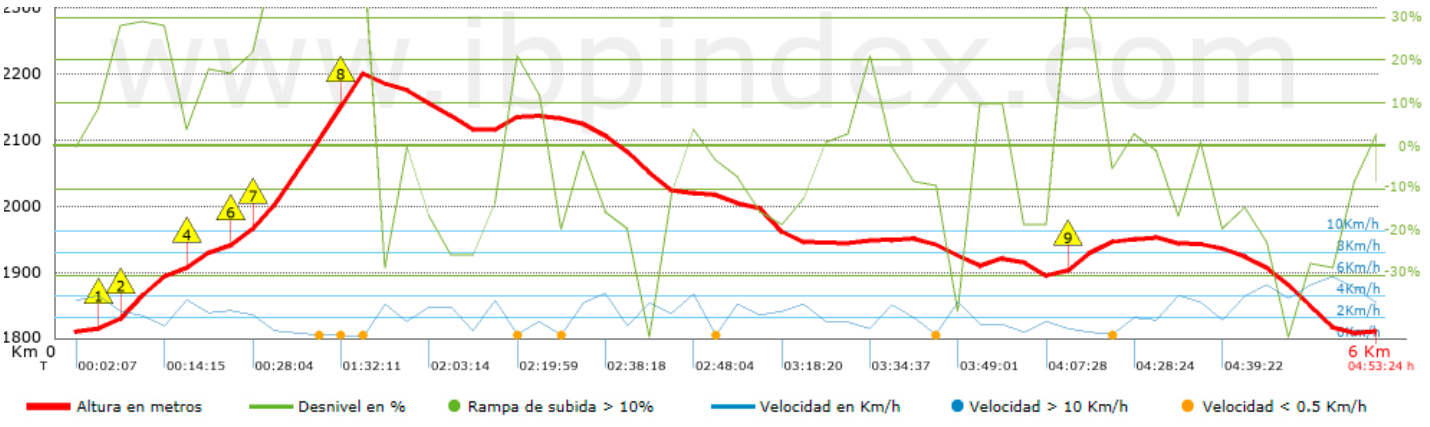
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.704	11.73	4.68	0:09:01
	Between 15 and 30%	0.705	11.75	1.64	0:25:52
	Between 10 and 15%	0.176	2.93	2.2	0:04:47
	Between 5 and 10%	0.349	5.81	1.79	0:11:40
	Between 1 and 5%	0.695	11.59	1.98	0:21:04
	Total :	2.628	43.81	2.18	1:12:24
	Plain				
	Difference of 1%	0.103	1.72	2.63	0:02:21
	Breakdown descents				
	Between 1 and 5%	0.446	7.44	2.59	0:10:21
	Between 5 and 10%	0.534	8.91	2.66	0:12:02
	Between 10 and 15%	0.68	11.33	2.38	0:17:09
	Between 15 and 30%	1.273	21.22	2.48	0:30:48
	Between 30% and 55%	0.335	5.58	2.01	0:09:59
	Total :	3.268	54.47	2.44	1:20:19
	Total track :	6	100 %	2.32	2:35:04

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
 1	0.185	13 %	34 m
 2	0.22	26 %	328 m
 3	0.579	26 %	37 m
 4	0.615	18 %	104 m
 5	0.719	17 %	37 m
 6	0.756	23 %	107 m
 7	0.863	45 %	442 m
 8	1.305	48 %	74 m
 9	4.536	39 %	149 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	2186.079	36.44	0:43:14	3.03	1:49:57	2:33:11	0.86
1750	3813.005	63.56	1:51:50	2.05	0:28:23	2:20:13	1.63
Total :	5.999 Km	100 %	2:35:04 h	2.32 Km/h	2:18:20 h	4:53:24 h	1.23 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
0.895	1:25:37 > 10´	1977	0:29:35	0:29:35	0.895
1.773	0:02:39	2137	2:06:33	1:36:58	0.878
2.026	0:04:47	2128	2:15:12	0:08:39 < 10´	0.253
2.202	0:06:03	2144	2:26:59	0:11:47	0.176
2.872	0:20:21 > 10´	2020	2:48:04	0:21:05	0.671
3.859	0:05:22	1951	3:39:28	0:51:24	0.987
4.292	0:04:29	1922	3:57:20	0:17:52	0.432
4.577	0:03:52	1903	4:12:53	0:15:33	0.286
4.685	0:05:10	1946	4:19:51	0:06:58 < 10´	0.107
Total :	2:18:20 h				

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