Track: 2021-05-02 La Rocca di Tolfa	**IBP = 108 BYC**
These speeds are average for = BYC	
IBP index reliability= B	

Total length	58.98 Km
Analyzed distance	58.98 Km
Lineal distance	0.01 Km

Accumulated climb	1449.99 m
Accumulated descent	1473.21 m
Maximum height	553.4 m
Minimal height	5.4 m
Climb rate	6.13 %
Descent rate	5.67 %
Positive climb difference per km	24.58 m
Negative descent difference per km	24.98 m

Total time	4:29:34 h
Time in movement	3:53:38 h
Stopped time	0:35:56 h

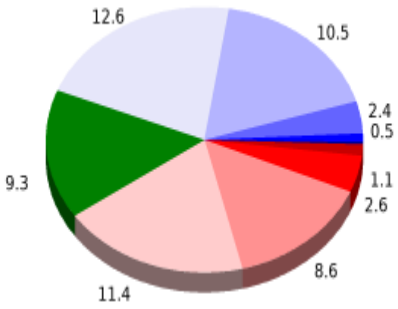
Total speed average	13.13 Km/h
Average speed in movement	15.15 Km/h
Maximum held speed	45.57 Km/h

Max slope filter	~30 %
Min. points separation	~30 m
Number of points	2316 (cad. 25.47 m)
Significant points	1275 (cad. 46.3 m / 55.05 %)
Aberrant points	27 (1.17 % d. total)

Direction changes per km	8.77
Direction changes >5º per km	5.34
Accumulated straight stretches	18.084 Km
Straight stretches per km	306.61 m
Penalizables slope changes	15
Penalizables slope changes per km	0.254

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Summary of slopes



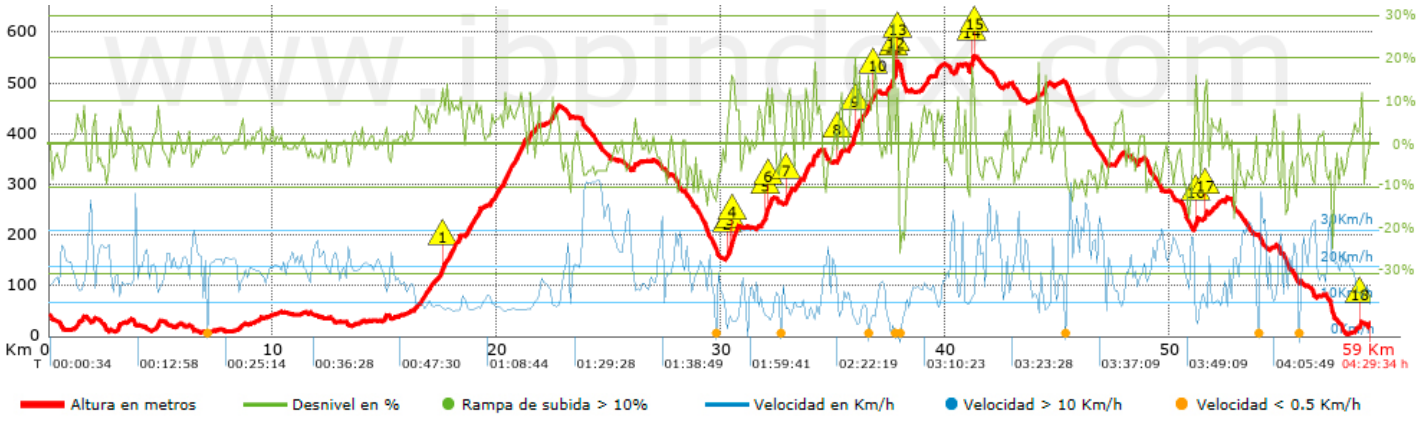
	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 15 and 30%	1.098	1.86	6.01	0:10:57
	Between 10 and 15%	2.586	4.38	8.93	0:17:22
	Between 5 and 10%	8.56	14.51	10.51	0:48:53
	Between 1 and 5%	11.418	19.36	14.79	0:46:20
	Total :	23.662	40.12	11.49	2:03:32
	Plain				
	Difference of 1%	9.348	15.85	17.16	0:32:41
	Breakdown descents				
	Between 1 and 5%	12.62	21.4	19.42	0:39:00
	Between 5 and 10%	10.479	17.77	23.91	0:26:18
	Between 10 and 15%	2.354	3.99	18.67	0:07:34
	Between 15 and 30%	0.518	0.88	6.84	0:04:33
	Total :	25.972	44.03	20.13	1:17:25
	Total track :	58.98	100 %	15.15	3:53:38

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Track: 2021-05-02 La Rocca di Tolfa **Date: 02/05/2021**

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	17.54	11 %	146 m
2	30.278	12 %	119 m
3	30.397	15 %	98 m
4	30.496	14 %	75 m
5	31.973	17 %	107 m
6	32.08	11 %	151 m
7	32.906	12 %	206 m
8	35.202	14 %	118 m
9	35.94	16 %	171 m
10	36.741	11 %	116 m
11	37.613	13 %	142 m
12	37.755	28 %	77 m
13	37.832	13 %	39 m
14	41.116	18 %	111 m
15	41.227	13 %	50 m
16	51.12	15 %	118 m
17	51.543	13 %	144 m
18	58.485	13 %	109 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
6.977	0:01:33	9	0:21:17	0:21:17	6.977
29.662	0:02:13	183	1:45:31	1:24:14	22.685
32.563	0:01:19	265	2:07:00	0:21:29	2.901
36.487	0:03:36	443	2:31:13	0:24:13	3.924
37.685	0:01:36	509	2:44:27	0:13:14	1.198
37.871	0:13:04 > 10´	541	2:50:26	0:05:59 < 10´	0.186
45.256	0:01:49	504	3:31:45	0:41:19	7.386
53.898	0:01:26	201	4:02:24	0:30:39	8.642
55.747	0:09:20	102	4:10:00	0:07:36 < 10´	1.849
Total :	0:35:56 h				

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