Track: 2021-07-31 Il Sentiero del Centenario	**IBP = 176 HKG**
These speeds are average for = HKG	
IBP index reliability= B	

Total length	18 Km
Analyzed distance	18 Km
Lineal distance	12.99 Km

Accumulated climb	1569.65 m
Accumulated descent	1730.25 m
Maximum height	2562.6 m
Minimal height	1647.9 m
Climb rate	16.7 %
Descent rate	21.31 %
Positive climb difference per km	87.2 m
Negative descent difference per km	96.13 m

Total time	6:51:06 h
Time in movement	5:33:43 h
Stopped time	1:17:23 h

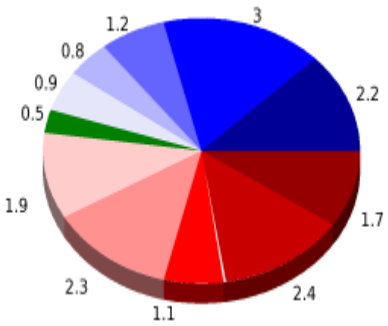
Total speed average	2.63 Km/h
Average speed in movement	3.24 Km/h
Maximum held speed	8.2 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1101 (cad. 16.35 m)
Significant points	472 (cad. 38.22 m / 42.87 %)
Aberrant points	130 (11.81 % d. total)

Direction changes per km	14.56
Direction changes >5º per km	12
Accumulated straight stretches	1.889 Km
Straight stretches per km	104.94 m
Penalizables slope changes	13
Penalizables slope changes per km	0.722

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Summary of slopes

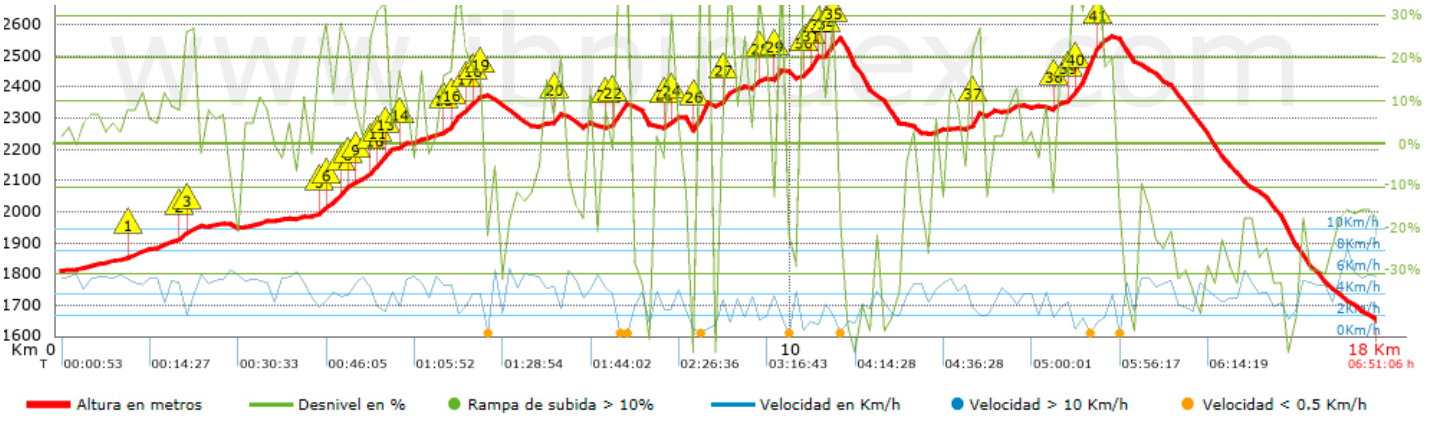


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	1.674	9.3	1.69	0:59:24
	Between 15 and 30%	2.393	13.29	3	0:47:51
	Between 10 and 15%	1.097	6.1	3.95	0:16:39
	Between 5 and 10%	2.323	12.91	4.14	0:33:38
	Between 1 and 5%	1.911	10.61	4.21	0:27:14
	Total :	9.399	52.21	3.05	3:04:46
	Plain				
	Difference of 1%	0.485	2.7	4.43	0:06:34
	Breakdown descents				
	Between 1 and 5%	0.869	4.83	4.53	0:11:30
	Between 5 and 10%	0.8	4.44	3.69	0:13:00
	Between 10 and 15%	1.244	6.91	4.13	0:18:04
	Between 15 and 30%	3.048	16.93	4.07	0:44:58
	Between 30% and 55%	2.158	11.99	2.36	0:54:51
	Total :	8.118	45.1	3.42	2:22:23
	Total track :	18	100 %	3.24	5:33:43

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Steep slopes > 10%

Steep slopes	Mileage point	Average slope	Interval
1	1.672	16 %	36 m
2	1.708	16 %	122 m
3	3.546	19 %	32 m
4	3.578	23 %	113 m
5	3.692	18 %	141 m
6	3.833	25 %	113 m
7	3.946	17 %	132 m
8	4.078	12 %	154 m
9	4.233	21 %	115 m
10	4.348	36 %	109 m
11	4.457	37 %	47 m
12	4.505	20 %	36 m
13	4.632	15 %	116 m
14	5.23	14 %	151 m
15	5.381	32 %	134 m
16	5.514	22 %	156 m
17	5.671	18 %	110 m
18	5.781	22 %	68 m
19	6.756	24 %	112 m
20	7.494	11 %	114 m
21	7.608	34 %	140 m
22	8.282	24 %	73 m
23	8.355	33 %	35 m
24	8.67	11 %	39 m
25	8.709	47 %	209 m
26	9.084	29 %	109 m

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 27	9.544	21 %	111 m
 28	9.772	34 %	114 m
 29	10.127	29 %	182 m
 30	10.309	19 %	37 m
 31	10.346	15 %	126 m
 32	10.472	24 %	31 m
 33	10.503	37 %	71 m
 34	10.575	45 %	72 m
 35	12.428	22 %	44 m
 36	12.472	37 %	113 m
 37	13.591	18 %	165 m
 38	13.756	15 %	85 m
 39	13.841	44 %	352 m
 40	14.193	46 %	38 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	823.713	4.58	0:23:28	2.11	0:18:29	0:41:57	1.18
2250	9491.746	52.73	3:21:48	2.82	0:58:54	4:20:42	2.18
2000	2634.658	14.64	0:40:29	3.9		0:40:29	3.9
1750	4426.841	24.59	1:01:31	4.32		1:01:31	4.32
1500	624.837	3.47	0:06:27	5.81		0:06:27	5.81
Total :	18.002 Km	100 %	5:33:43 h	3.24 Km/h	1:17:23 h	6:51:06 h	2.63 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
5.813	0:05:11	2370	1:19:59	1:19:59	5.813
7.641	0:18:23 > 10´	2292	1:50:28	0:30:29	1.828
8.633	0:09:09	2278	2:30:23	0:39:55	0.993
8.814	0:02:52	2315	2:45:41	0:15:18	0.18
9.854	0:10:31 > 10´	2451	3:21:54	0:36:13	1.04
10.127	0:03:17	2419	3:37:31	0:15:37	0.274
10.605	0:06:01	2544	3:56:47	0:19:16	0.477
13.841	0:02:32	2366	5:15:04	1:18:17	3.237
14.017	0:06:59	2439	5:24:45	0:09:41 < 10´	0.176
14.377	0:12:28 > 10´	2561	5:43:21	0:18:36	0.36
Total :	1:17:23 h				

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