

Track: 2026-05-09 Le cime di Casamaina

Date: 09/05/2026

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These speeds are average for = HKG

IBP index reliability= A

IBP = 127 HKG

Total length	19.13 Km
Analyzed distance	19.13 Km
Lineal distance	0 Km

Accumulated climb	1111.6 m
Accumulated descent	1118.9 m
Maximum height	2209.8 m
Minimal height	1376.7 m
Climb rate	11.67 %
Descent rate	13.41 %
Positive climb difference per km	58.11 m
Negative descent difference per km	58.49 m

Total time	6:17:53 h
Time in movement	5:31:20 h
Stopped time	0:46:33 h

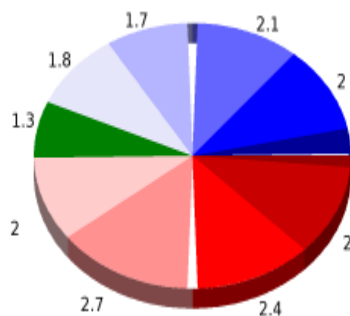
Total speed average	3.04 Km/h
Average speed in movement	3.46 Km/h
Maximum held speed	5.85 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1109 (cad. 17.25 m)
Significant points	496 (cad. 38.64 m / 44.72 %)
Aberrant points	14 (1.26 % d. total)

Direction changes per km	12.55
Direction changes >5° per km	9.93
Accumulated straight stretches	2.595 Km
Straight stretches per km	135.65 m
Penalizable slope changes	10
Penalizable slope changes per km	0.523

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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%	0.317	1.66	2.16	0:08:48
	Between 15 and 30%	2.12	11.08	2.56	0:49:46
	Between 10 and 15%	2.447	12.79	3.54	0:41:25
	Between 5 and 10%	2.672	13.97	3.68	0:43:34
	Between 1 and 5%	1.967	10.28	3.75	0:31:29
	Total :	9.523	49.79	3.26	2:55:02
	Plain				
	Difference of 1%	1.261	6.59	3.38	0:22:22
	Breakdown descents				
	Between 1 and 5%	1.845	9.65	3.97	0:27:54
	Between 5 and 10%	1.748	9.14	4.69	0:22:22
	Between 10 and 15%	2.092	10.94	4.05	0:30:58
	Between 15 and 30%	2.019	10.55	3.76	0:32:13
	Between 30% and 55%	0.639	3.34	1.87	0:20:29
	Total :	8.343	43.62	3.74	2:13:56
Total track :		19.13	100 %	3.46	5:31:20

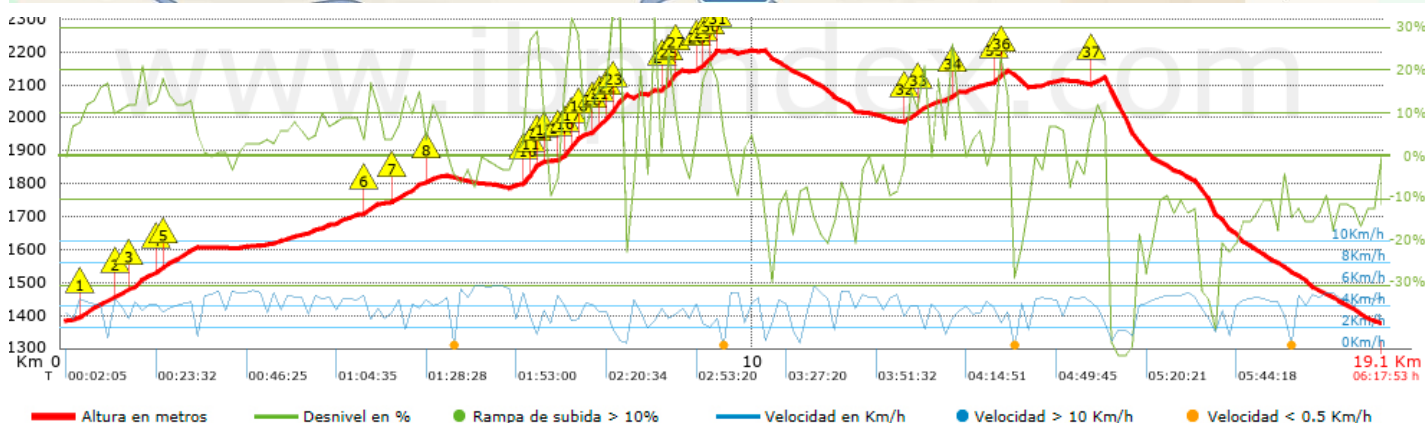
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Steep slopes > 10%

Steep slope	Slipage point	Average slope	Interval
	0.263	12 %	511 m
	0.774	11 %	166 m
	0.94	13 %	457 m
	1.397	15 %	106 m
	1.502	13 %	336 m
	4.358	13 %	185 m
	4.791	12 %	323 m
	5.31	11 %	109 m
	6.656	16 %	33 m
	6.688	24 %	39 m
	6.728	28 %	146 m
	6.874	18 %	38 m
	6.913	11 %	82 m
	7.179	12 %	47 m
	7.226	16 %	44 m
	7.269	22 %	65 m
	7.334	26 %	152 m
	7.485	28 %	33 m
	7.644	12 %	31 m
	7.675	21 %	100 m
	7.775	18 %	112 m
	7.887	21 %	44 m
	7.931	36 %	200 m
	8.666	14 %	45 m
	8.711	24 %	168 m
	8.878	18 %	38 m

	8.916	27 %	29 m
	9.19	14 %	33 m
	9.223	18 %	105 m
	9.328	24 %	102 m
	9.43	18 %	35 m
	12.192	14 %	189 m
	12.381	20 %	119 m
	12.838	15 %	172 m
	13.472	18 %	105 m
	13.576	27 %	41 m
	14.883	12 %	149 m

High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2000	7178.151	37.53	2:10:40	3.3	0:36:27	2:47:07	2.58
1750	4597.533	24.04	1:20:06	3.44	0:05:57	1:26:03	3.21
1500	5095.64	26.64	1:25:14	3.59	0:04:09	1:29:23	3.42
Total :		16.871 Km	88.21 %	4:56:00 h	3.42 Km/h	0:46:33 h	5:42:33 h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
5.563	0:05:57	1824	1:34:08	1:34:08	5.563
8.01	0:03:46	2035	2:24:14	0:50:06	2.447
8.131	0:03:13	2076	2:30:28	0:06:14 < 10'	0.121
9.465	0:09:03	2202	3:00:24	0:29:56	1.334
10.142	0:03:10	2210	3:19:50	0:19:26	0.677
10.605	0:05:03	2136	3:30:13	0:10:23	0.462
13.699	0:09:15	2142	4:30:10	0:59:57	3.094
15.063	0:02:57	2123	5:00:36	0:30:26	1.364
17.7	0:04:09	1540	5:54:54	0:54:18	2.637
Total : 0:46:33 h					