

Track: 2026-05-11Traversata dei Lucretili

These speeds are average for = HKG

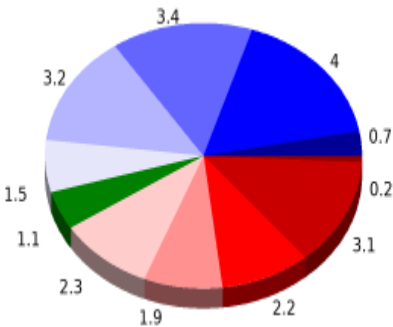
IBP index reliability= A

IBP = 124 HKG

Total length	23.56 Km	Max slope filter	~55 %
Analyzed distance	23.56 Km	Min. points separation	~30 m
Lineal distance	6.81 Km	Number of points	1442 (cad. 16.34 m)
		Significant points	623 (cad. 37.88 m / 43.2 %)
		Aberrant points	5 (0.35 % d. total)
Accumulated climb	1224.5 m		
Accumulated descent	1739.9 m		
Maximum height	1373.1 m	Direction changes per km	13.03
Minimal height	299.3 m	Direction changes >5° per km	10.44
Climb rate	12.61 %	Accumulated straight stretches	2.621 Km
Descent rate	13.68 %	Straight stretches per km	111.25 m
Positive climb difference per km	51.97 m	Penalizable slope changes	12
Negative descent difference per km	73.85 m	Penalizable slope changes per km	0.509
Total time	7:04:03 h		
Time in movement	6:32:07 h		
Stopped time	0:31:56 h		
Total speed average	3.33 Km/h		
Average speed in movement	3.61 Km/h		
Maximum held speed	6.31 Km/h		

Find The Best bike routes



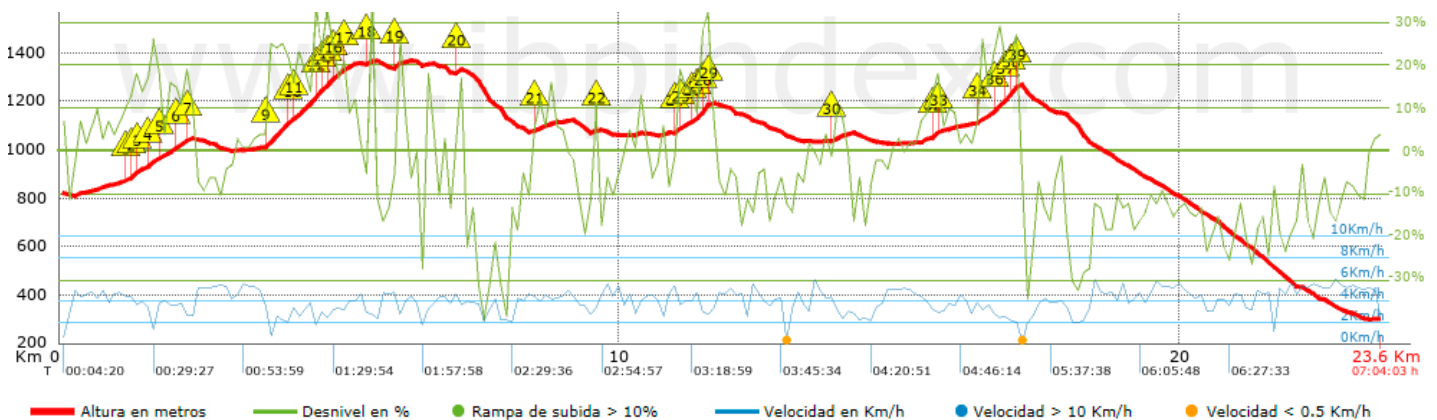
Summary of slopes	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.247	1.05	2.12	0:06:59
	Between 15 and 30%	3.075	13.05	2.74	1:07:22
	Between 10 and 15%	2.208	9.37	3.59	0:36:54
	Between 5 and 10%	1.895	8.04	3.64	0:31:16
	Between 1 and 5%	2.286	9.7	4.16	0:32:59
	Total :	9.711	41.22	3.32	2:55:30
	Plain				
	Difference of 1%	1.131	4.8	4.7	0:14:26
	Breakdown descents				
	Between 1 and 5%	1.481	6.29	3.67	0:24:13
	Between 5 and 10%	3.173	13.47	3.94	0:48:16
	Between 10 and 15%	3.355	14.24	4.1	0:49:09
	Between 15 and 30%	4.015	17.04	3.81	1:03:18
	Between 30% and 55%	0.694	2.95	2.41	0:17:15
	Total :	12.719	53.98	3.77	3:22:11
	Total track :	23.56	100 %	3.61	6:32:07

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Steep slopes > 10%

Steep slope	Slipage point	Average slope	Interval
	1.187	13 %	115 m
	1.302	17 %	112 m
	1.414	14 %	103 m
	1.517	17 %	203 m
	1.72	14 %	357 m
	2.077	15 %	154 m
	2.231	19 %	48 m
	3.65	12 %	42 m
	3.692	24 %	373 m
	4.065	16 %	120 m
	4.186	23 %	351 m
	4.537	25 %	106 m
	4.643	23 %	39 m
	4.681	26 %	109 m
	4.79	26 %	67 m
	4.857	18 %	190 m
	5.047	14 %	188 m
	5.506	26 %	96 m
	5.981	14 %	194 m
	7.076	16 %	116 m
	8.478	13 %	121 m
	9.519	13 %	118 m
	10.951	15 %	30 m
	10.981	15 %	105 m
	11.086	14 %	168 m
	11.254	15 %	134 m

	11.388	28 %	102 m
	11.49	30 %	35 m
	11.525	33 %	38 m
	13.811	12 %	138 m
	15.537	13 %	38 m
	15.575	20 %	102 m
	15.677	11 %	40 m
	16.391	15 %	256 m
	16.648	22 %	39 m
	16.686	30 %	122 m
	16.808	22 %	159 m
	16.967	28 %	74 m
	17.041	31 %	71 m

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
3.65	0:03:29	1009	0:58:46	0:58:46	3.65
12.915	0:07:26	1062	3:46:34	2:47:48	9.265
17.112	0:17:22 > 10´	1269	5:10:03	1:23:29	4.197
Total : 0:31:56 h					