

Track: 2026-05-27 Monte Aquila da F. Cerreto

These speeds are average for = HKG

IBP index reliability= A

IBP = 170 HKG

Total length	19.52 Km
Analyzed distance	19.52 Km
Lineal distance	0.01 Km

Accumulated climb	1691.3 m
Accumulated descent	1681.5 m
Maximum height	2495.3 m
Minimal height	1112.3 m
Climb rate	18.43 %
Descent rate	17.04 %
Positive climb difference per km	86.64 m
Negative descent difference per km	86.14 m

Total time	8:02:26 h
Time in movement	6:59:30 h
Stopped time	1:02:56 h

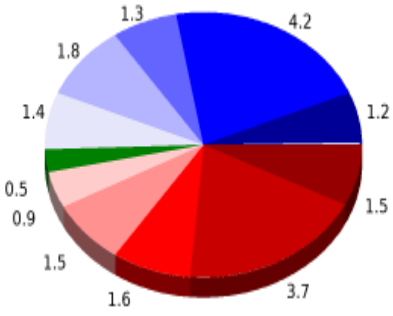
Total speed average	2.43 Km/h
Average speed in movement	2.79 Km/h
Maximum held speed	6.06 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1244 (cad. 15.69 m)
Significant points	513 (cad. 38.13 m / 41.24 %)
Aberrant points	28 (2.25 % d. total)

Direction changes per km	11.68
Direction changes >5° per km	9.22
Accumulated straight stretches	2.659 Km
Straight stretches per km	136.22 m
Penalizable slope changes	11
Penalizable slope changes per km	0.563

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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%	1.491	7.63	1.48	1:00:38
	Between 15 and 30%	3.747	19.19	2.38	1:34:27
	Between 10 and 15%	1.558	7.98	3	0:31:09
	Between 5 and 10%	1.465	7.5	3.15	0:27:55
	Between 1 and 5%	0.916	4.69	3.59	0:15:19
	Total :	9.178	47.01	2.4	3:49:28
	Plain				
	Difference of 1%	0.478	2.45	4.1	0:07:00
	Breakdown descents				
	Between 1 and 5%	1.412	7.23	3.72	0:22:45
	Between 5 and 10%	1.763	9.03	3.44	0:30:45
	Between 10 and 15%	1.32	6.76	3.6	0:22:01
	Between 15 and 30%	4.206	21.54	3.31	1:16:21
	Between 30% and 55%	1.167	5.98	2.25	0:31:10
	Total :	9.868	50.54	3.23	3:03:02
Total track :		19.52	100 %	2.79	6:59:30

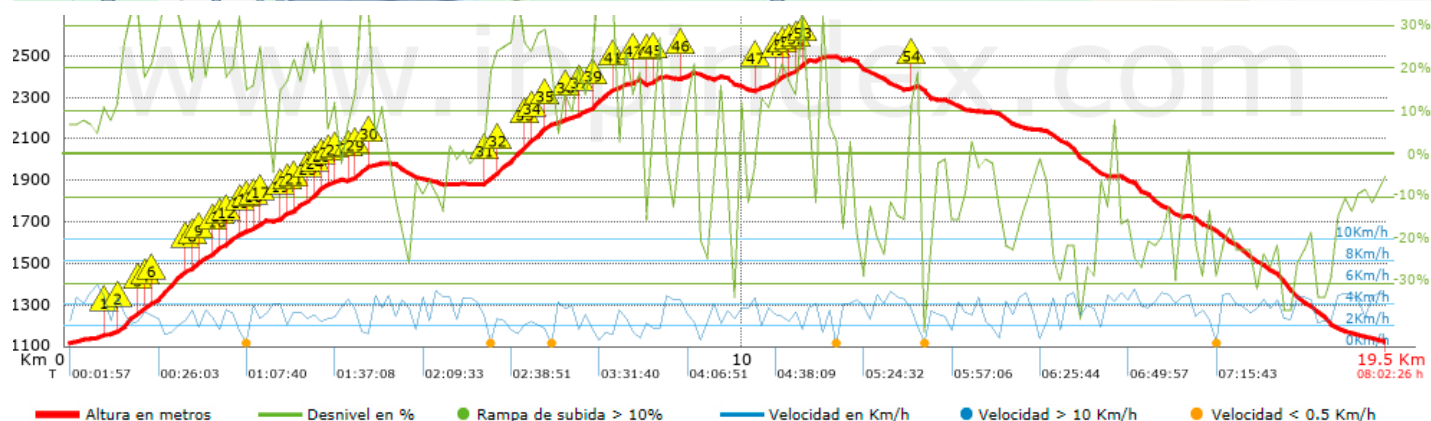
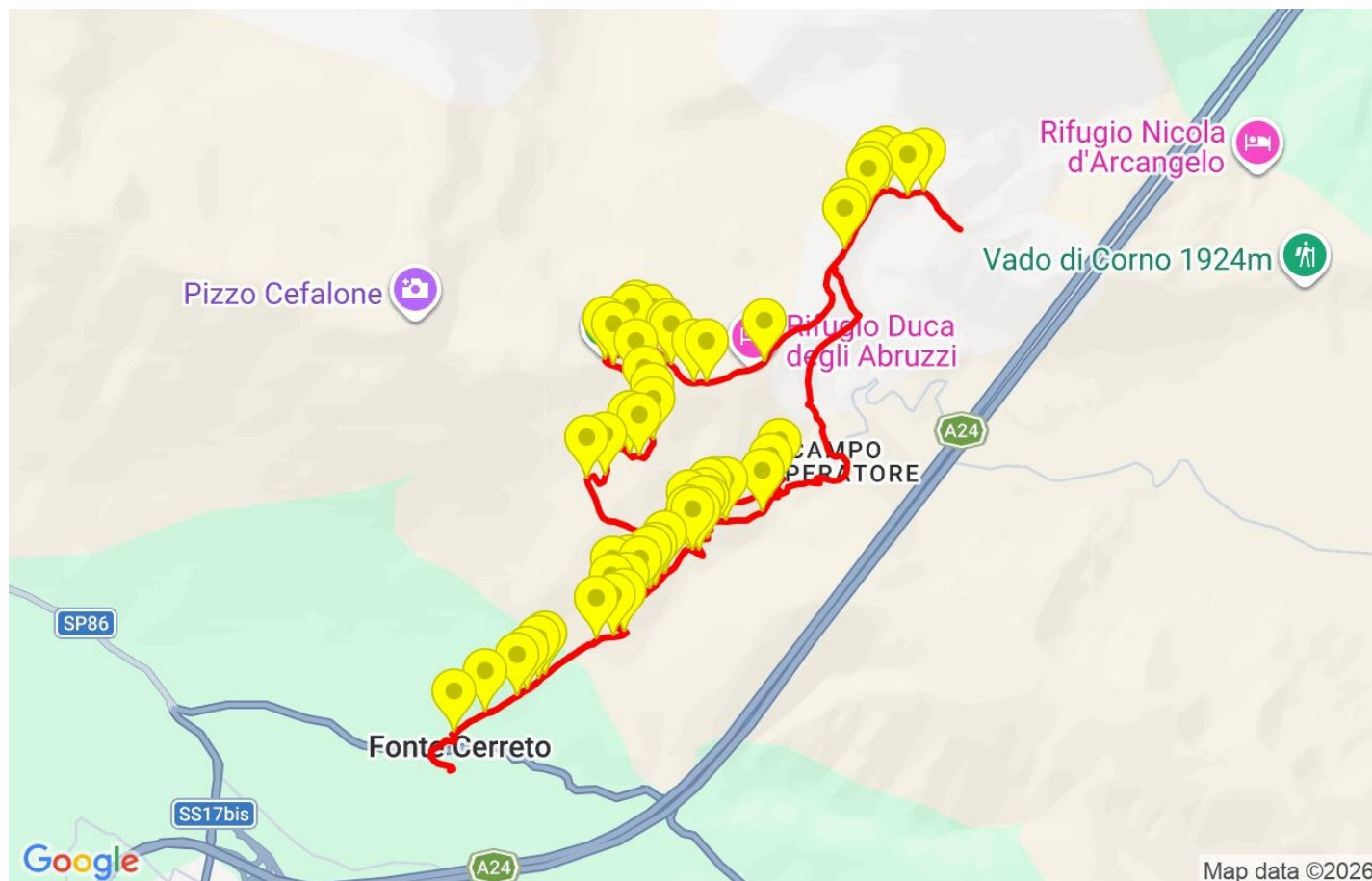
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Steep slopes > 10%

Steep slope	Slipage point	Average slope	Interval
	0.539	11 %	256 m
	0.795	31 %	260 m
	1.055	20 %	80 m
	1.135	20 %	107 m
	1.241	21 %	48 m
	1.29	32 %	451 m
	1.741	20 %	124 m
	1.865	29 %	103 m
	1.968	20 %	159 m
	2.126	26 %	106 m
	2.232	23 %	154 m
	2.387	23 %	132 m
	2.519	31 %	74 m
	2.734	16 %	43 m
	2.777	26 %	108 m
	2.885	26 %	34 m
	3.125	15 %	37 m
	3.162	24 %	115 m
	3.277	17 %	139 m
	3.416	23 %	110 m
	3.526	26 %	30 m
	3.556	24 %	110 m
	3.665	32 %	138 m
	3.804	23 %	37 m
	3.841	14 %	77 m
	3.918	12 %	36 m

	4.178	12 %	111 m
	4.289	32 %	125 m
	4.414	33 %	39 m
	6.151	24 %	213 m
	6.364	30 %	415 m
	6.779	29 %	113 m
	6.892	31 %	215 m
	7.107	20 %	102 m
	7.521	16 %	201 m
	7.722	21 %	68 m
	7.79	28 %	234 m
	8.024	39 %	40 m
	8.064	12 %	127 m
	8.33	14 %	31 m
	8.361	18 %	103 m
	8.574	11 %	83 m
	8.658	23 %	106 m
	9.073	15 %	194 m
	10.172	13 %	252 m
	10.425	16 %	36 m
	10.461	25 %	101 m
	10.562	15 %	67 m
	10.628	13 %	168 m
	10.796	33 %	122 m
	10.918	19 %	30 m
	12.447	14 %	144 m

High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2250	5418.554	27.75	2:00:54	2.69	0:33:16	2:34:10	2.11
2000	2970.853	15.22	1:09:48	2.55	0:13:56	1:23:44	2.13
1750	4595.857	23.54	1:37:40	2.82	0:05:32	1:43:12	2.67
1500	2703.999	13.85	0:52:07	3.11	0:10:12	1:02:19	2.6
Total :	15.689 Km	80.36 %	5:40:29 h	2.76 Km/h	1:02:56 h	6:43:25 h	2.33 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
2.625	0:05:38	1646	1:02:02	1:02:02	2.625
6.151	0:05:32	1882	2:23:04	1:21:02	3.527
7.078	0:09:52	2146	2:59:10	0:36:06	0.926
7.79	0:02:48	2251	3:26:09	0:26:59	0.712
8.43	0:02:37	2378	3:48:38	0:22:29	0.64
9.296	0:04:33	2420	4:10:10	0:21:32	0.866
11.276	0:17:47 > 10'	2494	4:59:05	0:48:55	1.98
12.591	0:05:31	2358	5:38:03	0:38:58	1.315
14.318	0:04:04	2144	6:21:40	0:43:37	1.727
16.89	0:04:34	1672	7:10:18	0:48:38	2.572
Total :		1:02:56 h			