

Track: 2025-09-04 Monte Amaro

These speeds are average for = HKG

IBP index reliability= A

IBP = 167 HKG

Total length	12.74 Km
Analyzed distance	12.74 Km
Lineal distance	0.01 Km

Accumulated climb	1432.2 m
Accumulated descent	1482.6 m
Maximum height	2787.8 m
Minimal height	1458.6 m
Climb rate	21.84 %
Descent rate	25.48 %
Positive climb difference per km	112.42 m
Negative descent difference per km	116.37 m

Total time	6:37:35 h
Time in movement	5:24:42 h
Stopped time	1:12:53 h

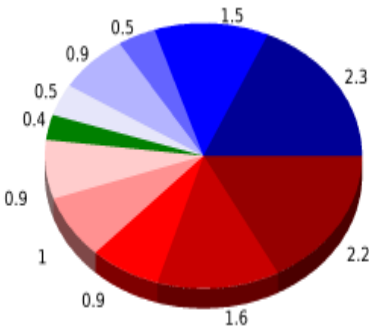
Total speed average	1.92 Km/h
Average speed in movement	2.35 Km/h
Maximum held speed	5.76 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	878 (cad. 14.52 m)
Significant points	339 (cad. 37.71 m / 38.61 %)
Aberrant points	156 (17.77 % d. total)

Direction changes per km	14.91
Direction changes >5° per km	11.3
Accumulated straight stretches	1.627 Km
Straight stretches per km	127.71 m
Penalizable slope changes	12
Penalizable slope changes per km	0.942

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%	2.212	17.35	1.26	1:45:15
	Between 15 and 30%	1.551	12.17	2.5	0:37:13
	Between 10 and 15%	0.937	7.35	2.84	0:19:46
	Between 5 and 10%	0.989	7.76	3.7	0:16:03
	Between 1 and 5%	0.867	6.81	4.07	0:12:48
	Total :	6.556	51.44	2.06	3:11:05
	Plain				
	Difference of 1%	0.37	2.91	3.17	0:07:01
	Breakdown descents				
	Between 1 and 5%	0.52	4.08	3.98	0:07:50
	Between 5 and 10%	0.943	7.4	4.43	0:12:46
	Between 10 and 15%	0.526	4.13	4.12	0:07:39
	Between 15 and 30%	1.549	12.15	3.73	0:24:56
	Between 30% and 55%	2.281	17.9	1.86	1:13:25
	Total :	5.818	45.65	2.76	2:06:36
Total track :		12.74	100 %	2.35	5:24:42

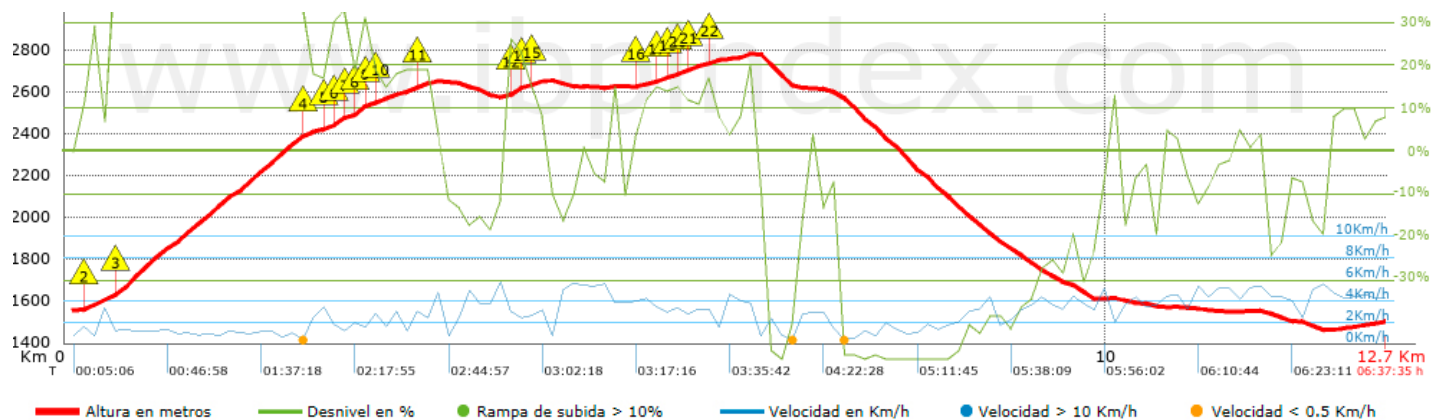
Track: 2025-09-04 Monte Amaro

Date: 05/09/2025























Track: 2025-09-04 Monte Amaro

These speeds are average for = HKG

IBP index reliability= A

IBP = 167 HKG


Steep slopes > 10%

Steep slope	Slipage point	Average slope	Interval
	0.146	11 %	40 m
	0.186	30 %	141 m
	0.431	42 %	1875 m
	2.306	17 %	112 m
	2.418	13 %	103 m
	2.52	29 %	114 m
	2.634	24 %	117 m
	2.751	33 %	118 m
	2.869	26 %	40 m
	2.909	18 %	495 m
	3.404	20 %	62 m
	4.234	28 %	145 m
	4.38	29 %	35 m
	4.415	16 %	76 m
	4.492	13 %	79 m
	5.459	12 %	153 m
	5.612	18 %	100 m
	5.713	13 %	127 m
	5.84	15 %	35 m
	5.875	20 %	133 m
	6.008	16 %	116 m
	6.124	18 %	111 m

High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2750	522.989	4.1	0:09:44	3.22	0:17:20	0:27:04	1.16
2500	4327.255	33.95	1:28:46	2.92	0:31:02	1:59:48	2.17
2250	1365.226	10.71	0:49:39	1.65	0:12:17	1:01:56	1.32
2000	1134.52	8.9	0:50:58	1.34	0:02:59	0:53:57	1.26
1750	1321.202	10.37	0:47:09	1.68	0:02:38	0:49:47	1.59
1500	3301.53	25.91	1:08:14	2.9	0:06:37	1:14:51	2.65
Total :	11.973 Km	93.94 %	5:14:30 h	2.28 Km/h	1:12:53 h	6:27:23 h	1.85 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
0.22	0:03:13	1574	0:10:07	0:10:07	0.22
1.173	0:02:38	1932	0:57:21	0:47:14	0.953
1.378	0:02:59	2013	1:09:53	0:12:32	0.206
1.995	0:03:36	2277	1:44:17	0:34:24	0.617
2.238	0:05:36	2379	1:58:27	0:14:10	0.243
3.623	0:03:25	2657	2:41:32	0:43:05	1.385
4.644	0:03:21	2662	3:04:21	0:22:49	1.021
6.576	0:17:20 > 10´	2785	3:39:17	0:34:56	1.932
6.797	0:02:37	2718	4:01:56	0:22:39	0.221
6.905	0:07:25	2667	4:09:03	0:07:07 < 10´	0.107
7.36	0:14:14 > 10´	2602	4:25:37	0:16:34	0.455
7.677	0:03:05	2472	4:48:27	0:22:50	0.317
Total :		1:12:53 h			