

Track: 2026-06-13 Dal S. Nicola al Sirente

Date: 14/06/2026

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These speeds are average for = HKG

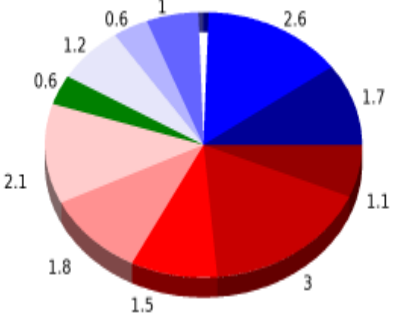
IBP index reliability= A

IBP = 142 HKG

Total length	17.03 Km	Max slope filter	~55 %
Analyzed distance	17.03 Km	Min. points separation	~30 m
Lineal distance	0.01 Km	Number of points	1113 (cad. 15.3 m)
		Significant points	457 (cad. 37.44 m / 41.06 %)
		Aberrant points	29 (2.61 % d. total)
Accumulated climb	1398.9 m		
Accumulated descent	1382.8 m		
Maximum height	2351 m	Direction changes per km	13.21
Minimal height	1187.8 m	Direction changes >5° per km	10.63
Climb rate	14.9 %	Accumulated straight stretches	1.763 Km
Descent rate	19.56 %	Straight stretches per km	103.52 m
Positive climb difference per km	82.14 m	Penalizable slope changes	11
Negative descent difference per km	81.2 m	Penalizable slope changes per km	0.646
Total time	7:35:54 h		
Time in movement	6:14:13 h		
Stopped time	1:21:41 h		
Total speed average	2.24 Km/h		
Average speed in movement	2.73 Km/h		
Maximum held speed	5.87 Km/h		

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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%	1.062	6.24	1.4	0:45:33
	Between 15 and 30%	2.95	17.32	2.57	1:08:57
	Between 10 and 15%	1.457	8.56	3.16	0:27:40
	Between 5 and 10%	1.829	10.74	3.9	0:28:10
	Between 1 and 5%	2.091	12.27	3.83	0:32:46
	Total :	9.389	55.13	2.77	3:23:06
	Plain				
	Difference of 1%	0.575	3.37	3.24	0:10:39
	Breakdown descents				
	Between 1 and 5%	1.222	7.18	3.71	0:19:46
	Between 5 and 10%	0.588	3.45	3.73	0:09:27
	Between 10 and 15%	0.961	5.64	3.55	0:16:15
	Between 15 and 30%	2.587	15.19	2.64	0:58:54
	Between 30% and 55%	1.71	10.04	1.83	0:56:06
	Total :	7.069	41.5	2.64	2:40:28
Total track :		17.03	100 %	2.73	6:14:13

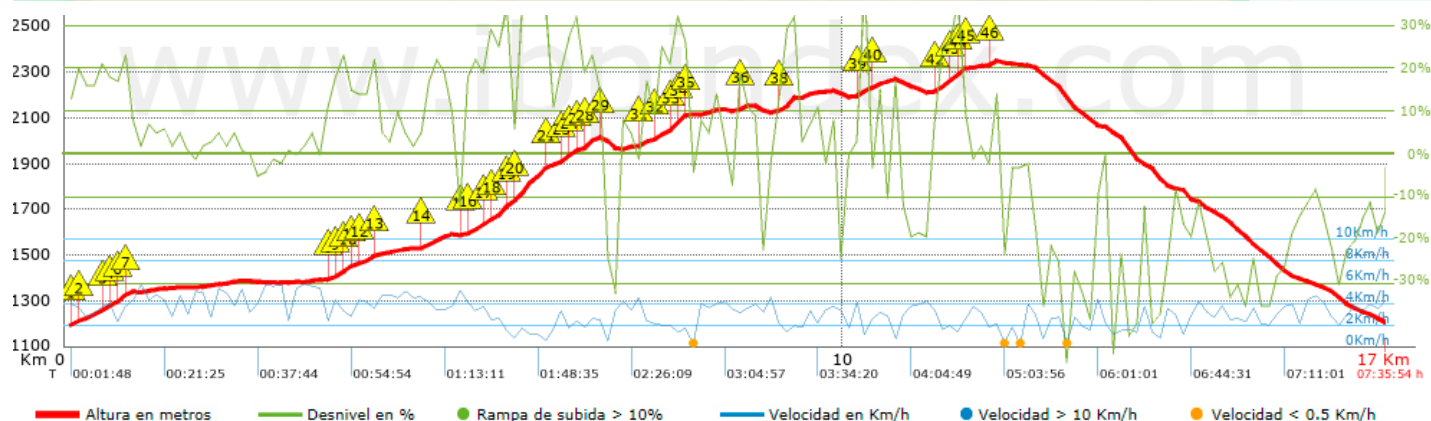
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Steep slopes > 10%

Steep slope	Slipage point	Average slope	Interval
	0.033	14 %	113 m
	0.147	16 %	280 m
	0.426	20 %	106 m
	0.533	20 %	120 m
	0.653	24 %	37 m
	0.69	27 %	76 m
	0.766	14 %	74 m
	3.346	13 %	77 m
	3.424	18 %	103 m
	3.527	23 %	118 m
	3.644	12 %	145 m
	3.79	17 %	155 m
	3.944	22 %	29 m
	4.589	17 %	290 m
	5.096	12 %	40 m
	5.136	18 %	251 m
	5.387	24 %	115 m
	5.502	30 %	176 m
	5.678	24 %	107 m
	5.785	38 %	370 m
	6.155	14 %	169 m
	6.324	20 %	30 m
	6.354	25 %	139 m
	6.492	12 %	36 m
	6.529	15 %	61 m
	6.59	13 %	32 m

	6.622	19 %	41 m
	6.663	26 %	157 m
	6.82	14 %	36 m
	7.362	11 %	41 m
	7.402	16 %	170 m
	7.573	20 %	193 m
	7.766	31 %	138 m
	7.903	41 %	34 m
	7.938	26 %	41 m
	8.622	18 %	128 m
	9.144	13 %	39 m
	9.183	34 %	169 m
	10.192	39 %	94 m
	10.392	19 %	118 m
	11.17	15 %	30 m
	11.2	23 %	145 m
	11.345	34 %	143 m
	11.487	34 %	39 m
	11.855	18 %	108 m

High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2250	1714.878	10.07	0:40:35	2.54	0:50:01	1:30:36	1.14
2000	4502.341	26.43	1:55:29	2.34	0:22:24	2:17:53	1.96
1750	2445.109	14.36	1:13:31	2	0:06:17	1:19:48	1.84
1500	2750.803	16.15	0:53:42	3.07	0:02:59	0:56:41	2.91
Total :	11.413 Km	67.01 %	4:43:17 h	2.42 Km/h	1:21:41 h	6:04:58 h	1.88 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
5.745	0:02:59	1736	1:32:26	1:32:26	5.745
6.119	0:03:35	1866	1:51:25	0:18:59	0.374
6.856	0:04:30	2014	2:14:28	0:23:03	0.737
7.979	0:09:15	2113	2:46:40	0:32:12	1.123
10.621	0:03:04	2264	3:57:31	1:10:51	2.642
11.963	0:30:16 > 10´	2349	4:32:34	0:35:03	1.342
12.235	0:14:01 > 10´	2333	5:08:53	0:36:19	0.272
12.492	0:02:40	2311	5:26:56	0:18:03	0.257
12.758	0:08:39	2237	5:35:23	0:08:27 < 10´	0.266
13.958	0:02:42	1879	6:26:27	0:51:04	1.2
Total :		1:21:41 h			