

Track: 2026-10-24 Il Sassone

Date: 24/10/2026

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These speeds are average for = HKG

IBP index reliability= A

**IBP = 164 HKG**

|                   |          |
|-------------------|----------|
| Total length      | 17.47 Km |
| Analyzed distance | 17.47 Km |
| Lineal distance   | 0.02 Km  |

|                                    |           |
|------------------------------------|-----------|
| Accumulated climb                  | 1599.68 m |
| Accumulated descent                | 1590.38 m |
| Maximum height                     | 2638.18 m |
| Minimal height                     | 1106.5 m  |
| Climb rate                         | 18.9 %    |
| Descent rate                       | 18.8 %    |
| Positive climb difference per km   | 91.57 m   |
| Negative descent difference per km | 91.03 m   |

|                  |           |
|------------------|-----------|
| Total time       | 6:24:53 h |
| Time in movement | 5:47:55 h |
| Stopped time     | 0:36:58 h |

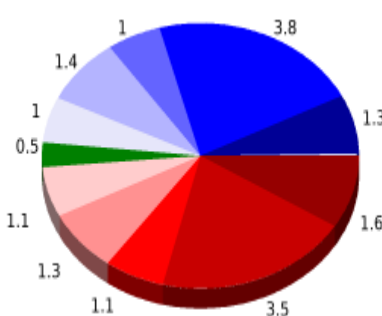
|                           |           |
|---------------------------|-----------|
| Total speed average       | 2.72 Km/h |
| Average speed in movement | 3.01 Km/h |
| Maximum held speed        | 6.18 Km/h |

|                        |                              |
|------------------------|------------------------------|
| Max slope filter       | ~55 %                        |
| Min. points separation | ~30 m                        |
| Number of points       | 1128 (cad. 15.49 m)          |
| Significant points     | 462 (cad. 37.89 m / 40.96 %) |
| Aberrant points        | 56 (4.96 % d. total)         |

|                                  |          |
|----------------------------------|----------|
| Direction changes per km         | 12.48    |
| Direction changes >5° per km     | 10.19    |
| Accumulated straight stretches   | 2.085 Km |
| Straight stretches per km        | 119.35 m |
| Penalizable slope changes        | 11       |
| Penalizable slope changes per km | 0.63     |

Find The Best bike routes



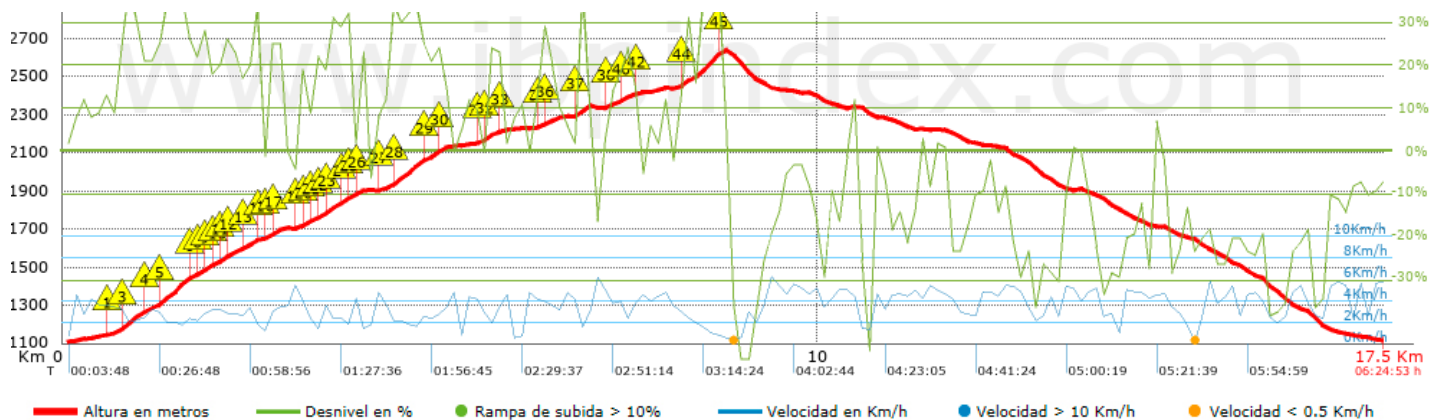
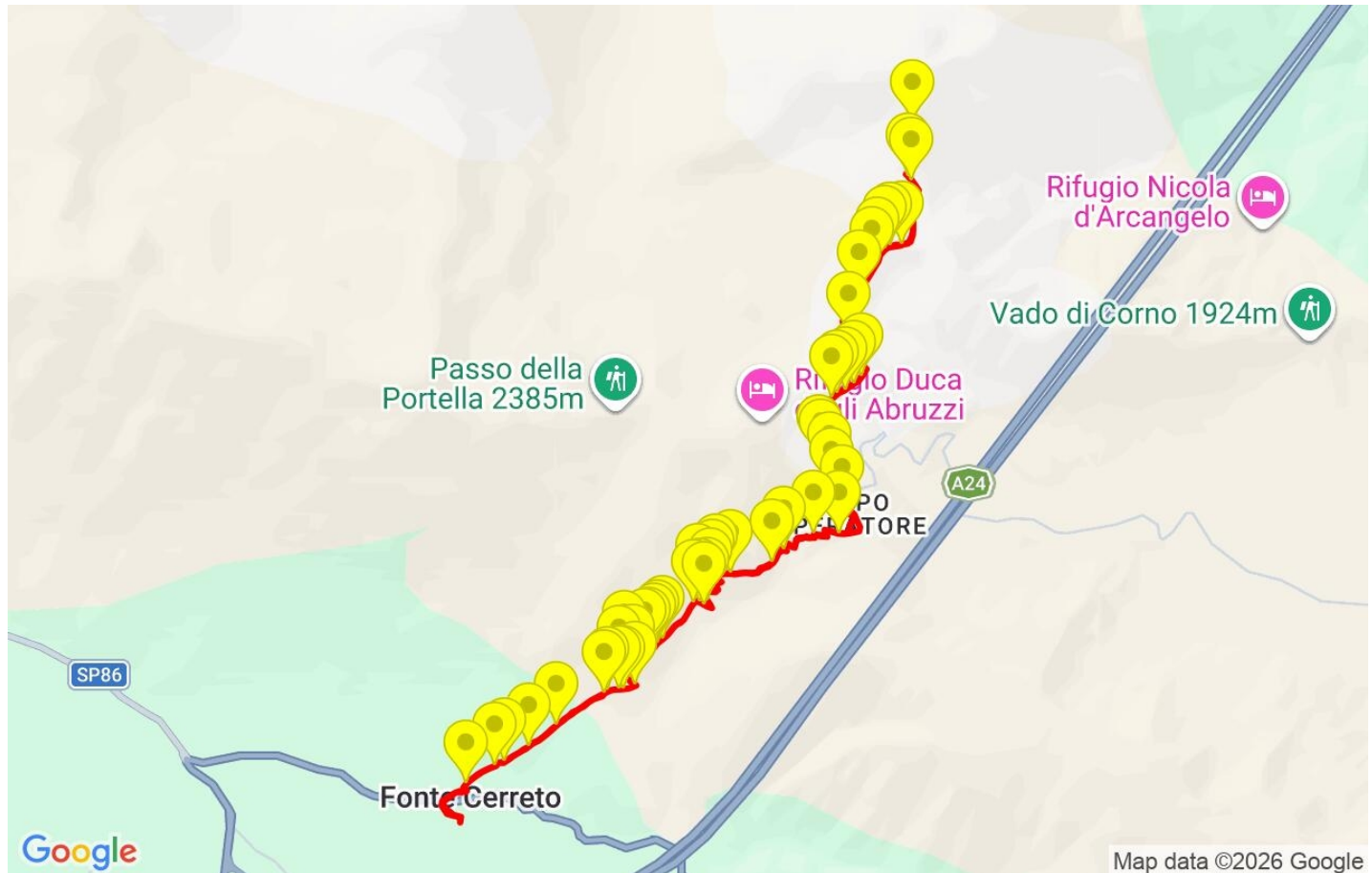
| Summary of slopes                                                                  | Climbs              | Distance in km | above the total in % | Speed in | Time h:m:s |
|------------------------------------------------------------------------------------|---------------------|----------------|----------------------|----------|------------|
|  | Between 30% and 55% | 1.551          | 8.88                 | 1.72     | 0:54:06    |
|                                                                                    | Between 15 and 30%  | 3.479          | 19.92                | 2.54     | 1:22:19    |
|                                                                                    | Between 10 and 15%  | 1.071          | 6.13                 | 3.6      | 0:17:50    |
|                                                                                    | Between 5 and 10%   | 1.266          | 7.25                 | 3.37     | 0:22:31    |
|                                                                                    | Between 1 and 5%    | 1.098          | 6.29                 | 4.04     | 0:16:18    |
|                                                                                    | Total :             | 8.464          | 48.46                | 2.63     | 3:13:04    |
|                                                                                    | Plain               |                |                      |          |            |
|                                                                                    | Difference of 1%    | 0.542          | 3.11                 | 4.74     | 0:06:52    |
|                                                                                    | Breakdown descents  |                |                      |          |            |
|                                                                                    | Between 1 and 5%    | 1.023          | 5.86                 | 4.14     | 0:14:51    |
|                                                                                    | Between 5 and 10%   | 1.377          | 7.88                 | 3.84     | 0:21:30    |
|                                                                                    | Between 10 and 15%  | 0.988          | 5.66                 | 4.16     | 0:14:15    |
|                                                                                    | Between 15 and 30%  | 3.811          | 21.82                | 3.59     | 1:03:38    |
|                                                                                    | Between 30% and 55% | 1.261          | 7.22                 | 2.24     | 0:33:45    |
|                                                                                    | Total :             | 8.461          | 48.44                | 3.43     | 2:27:59    |
| Total track :                                                                      |                     | 17.47          | 100 %                | 3.01     | 5:47:55    |

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**Steep slopes > 10%**

| Steep slope                                                                        | Slipage point | Average slope | Interval |
|------------------------------------------------------------------------------------|---------------|---------------|----------|
|    | 0.51          | 11 %          | 229 m    |
|    | 0.738         | 23 %          | 81 m     |
|    | 0.819         | 34 %          | 209 m    |
|    | 1.028         | 20 %          | 237 m    |
|    | 1.265         | 33 %          | 422 m    |
|    | 1.687         | 28 %          | 36 m     |
|    | 1.723         | 20 %          | 82 m     |
|    | 1.805         | 21 %          | 29 m     |
|    | 1.834         | 29 %          | 96 m     |
|    | 1.931         | 18 %          | 154 m    |
|   | 2.084         | 28 %          | 98 m     |
|  | 2.182         | 25 %          | 138 m    |
|  | 2.32          | 22 %          | 234 m    |
|  | 2.554         | 17 %          | 32 m     |
|  | 2.651         | 11 %          | 33 m     |
|  | 2.684         | 16 %          | 43 m     |
|  | 2.728         | 24 %          | 173 m    |
|  | 3.132         | 18 %          | 39 m     |
|  | 3.171         | 21 %          | 113 m    |
|  | 3.284         | 19 %          | 117 m    |
|  | 3.401         | 23 %          | 113 m    |
|  | 3.514         | 25 %          | 136 m    |
|  | 3.65          | 32 %          | 115 m    |
|  | 3.765         | 26 %          | 76 m     |
|  | 3.875         | 20 %          | 100 m    |
|  | 4.188         | 13 %          | 132 m    |

|                                                                                    |       |      |       |
|------------------------------------------------------------------------------------|-------|------|-------|
|    | 4.32  | 31 % | 417 m |
|    | 4.737 | 25 % | 263 m |
|    | 5     | 17 % | 78 m  |
|    | 5.463 | 12 % | 115 m |
|    | 5.578 | 25 % | 138 m |
|    | 5.716 | 24 % | 39 m  |
|    | 6.222 | 12 % | 39 m  |
|    | 6.326 | 27 % | 76 m  |
|    | 6.401 | 12 % | 71 m  |
|    | 6.794 | 36 % | 149 m |
|    | 7.16  | 14 % | 184 m |
|   | 7.344 | 15 % | 69 m  |
|  | 7.413 | 26 % | 109 m |
|  | 7.522 | 15 % | 39 m  |
|  | 7.561 | 16 % | 79 m  |
|  | 8.142 | 12 % | 40 m  |
|  | 8.182 | 35 % | 507 m |
|  | 8.688 | 30 % | 34 m  |

| High altitude parameters, data above |            |            |                  |           |              |            |           |
|--------------------------------------|------------|------------|------------------|-----------|--------------|------------|-----------|
| Altitude                             | Distance m | % of total | Time in movement | Speed     | Stopped time | Total time | Speed     |
| 2500                                 | 759.627    | 4.35       | 0:29:05          | 1.57      | 0:13:11      | 0:42:16    | 1.08      |
| 2250                                 | 3973.139   | 22.75      | 1:10:29          | 3.38      |              | 1:10:29    | 3.38      |
| 2000                                 | 3593.899   | 20.57      | 1:04:37          | 3.34      | 0:07:35      | 1:12:12    | 2.99      |
| 1750                                 | 2512.113   | 14.38      | 0:54:27          | 2.77      |              | 0:54:27    | 2.77      |
| 1500                                 | 2821.931   | 16.15      | 0:55:35          | 3.05      | 0:13:15      | 1:08:50    | 2.46      |
| Total :                              | 13.661 Km  | 78.2 %     | 4:34:13 h        | 2.99 Km/h | 0:34:01 h    | 5:08:14 h  | 2.66 Km/h |

| Stops    |               |           |              |                        |                    |
|----------|---------------|-----------|--------------|------------------------|--------------------|
| Distance | Stopped time  | Altitude  | Elapsed time | Last stop elapsed time | Last stop distance |
| 5.875    | 0:04:32       | 2219      | 2:18:59      | 2:18:59                | 5.875              |
| 5.957    | 0:03:03       | 2225      | 2:25:13      | 0:06:14 < 10´          | 0.082              |
| 8.723    | 0:10:10 > 10´ | 2635      | 3:29:13      | 1:04:00                | 2.766              |
| 8.909    | 0:03:01       | 2601      | 3:43:44      | 0:14:31                | 0.186              |
| 14.88    | 0:13:15 > 10´ | 1658      | 5:29:43      | 1:45:59                | 5.971              |
| Total :  |               | 0:36:58 h |              |                        |                    |