

Track: especialchamonix_etapa2_dia_04_plainaiguille_merglace_montenvers-track.gpx

Date: 13/10/2016

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 Detected modality = HKG
 IBP index reliability= B

IBP = 79 HKG

Total length	14.201 Km
Analyzed distance	14.201 Km
Lineal distance	2.518 Km
Accumulated climb	204.8 m
Accumulated descent	1452.84 m
Maximum height	2342.2 m
Minimal height	1086.06 m
Climb rate	9.32 %
Descent rate	12.98 %
Positive climb difference per	14.42 m
Negative descent difference per	102.31 m

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	2015 (cad. 7.05 m)
Significant points	418 (cad. 34.06 m / 20.74 %)
Aberrant points	63 (3.13 % d. total)

Direction changes per	14.86
Direction changes >5° per	12.6
Accumulated straight stretches	1.908 Km
Straight stretches per	134.36 m
Penalizable slope changes	5
Penalizable slope changes per	0.352

Total time	7:08:36 h
Time in movement	4:58:23 h
Stopped time	2:10:13 h

Total speed average	1.99 Km/h
Average speed in movement	2.86 Km/h
Maximum held speed	5.97 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%	0	0	0	0:00:00	
	Between 15 and 30%	0.421	2.96	2.09	0:12:04	
	Between 10 and 15%	0.415	2.92	2.62	0:09:30	
	Between 5 and 10%	0.605	4.26	2.26	0:16:05	
	Between 1 and 5%	0.756	5.32	2.34	0:19:23	
	Total :	2.197	15.47	2.31	0:57:02	
	Plain					
	Difference of 1%	0.812	5.72	2.69	0:18:05	
	Breakdown descents					
	Between 1 and 5%	1.912	13.46	3.54	0:32:25	
Between 5 and 10%	2.411	16.97	3.27	0:44:13		
Between 10 and 15%	2.573	18.12	3.47	0:44:29		
Between 15 and 30%	4.042	28.46	2.57	1:34:18		
Between 30% and 55%	0.254	1.79	1.94	0:07:51		
Total :	11.192	78.81	3.01	3:43:16		
Total track :	14.201	100 %	2.86	4:58:23		

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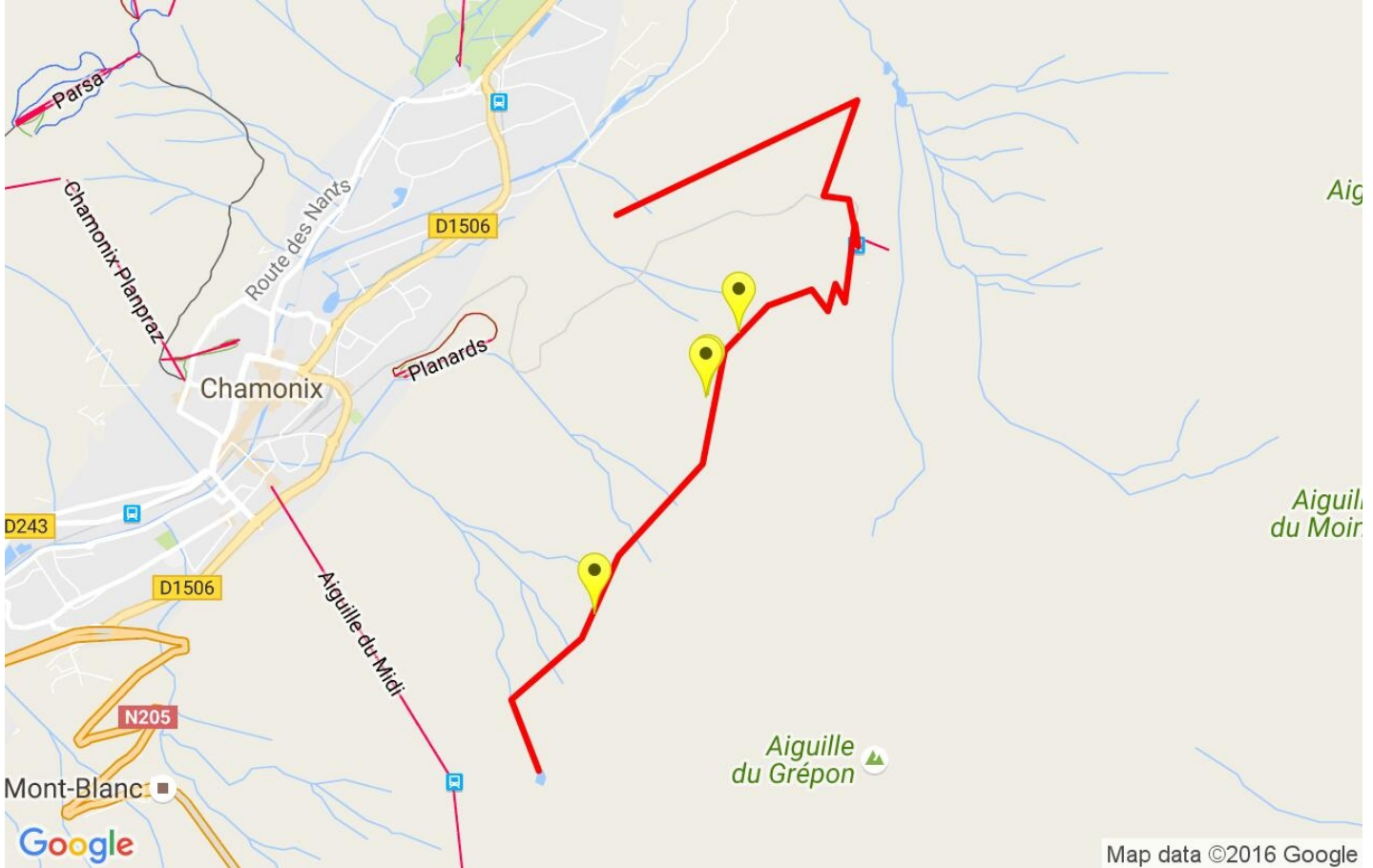
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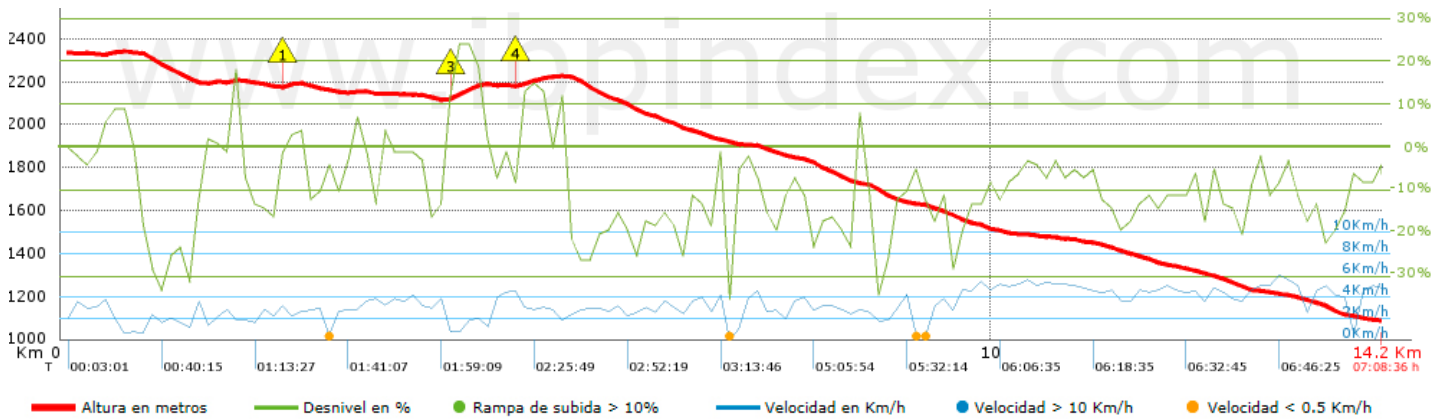
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Map data ©2016 Google



Steep slopes > 10%

Step	Start point	Average slope	Interval
	2.356	15 %	92 m
	4.215	21 %	262 m
	4.896	13 %	268 m

High altitude parameters, data above

Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2250	1192.187	8.39	0:35:35	2.01	0:09:10	0:44:45	1.6
2000	5393.313	37.98	2:08:14	2.52	0:10:01	2:18:15	2.34
1750	1825.382	12.85	0:39:08	2.8	1:31:32	2:10:40	0.84
1500	1692.263	11.92	0:37:25	2.71	0:16:00	0:53:25	1.9
Total :	10.103 Km	71.14 %	4:00:22 h	2.52 Km/h	2:06:43 h	6:07:05 h	1.65 Km/h

Stops

Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
0.555	0:03:20	2337	0:14:41	0:14:41	0.555
0.684	0:02:50	2342	0:22:01	0:07:20 < 10´	0.129
0.812	0:03:00	2338	0:30:15	0:08:14 < 10´	0.128
2.79	0:04:30	2164	1:29:47	0:59:32	1.978
4.12	0:05:31	2116	2:00:02	0:30:15	1.33
7.126	1:31:32 > 10´	1933	3:14:56	1:14:54	3.006
9.122	0:16:00 > 10´	1633	5:34:55	2:19:59	1.997
13.798	0:03:30	1110	6:58:15	1:23:20	4.675
Total :	2:10:13 h				