

Track: especialchamonix\_etapa3\_dia\_05\_bellevue\_colltricot\_contamines-track.gpx

Date: 13/10/2016

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Detected modality = HKG

IBP index reliability= A

**IBP = 100 HKG**

Total length	12.642 Km
Analyzed distance	12.642 Km
Lineal distance	7.076 Km

Accumulated climb	658.07 m
Accumulated descent	1254.17 m
Maximum height	2115.9 m
Minimal height	1199.7 m
Climb rate	14.26 %
Descent rate	16.88 %
Positive climb difference per	52.05 m
Negative descent difference per	99.21 m

Total time	6:46:25 h
Time in movement	4:27:23 h
Stopped time	2:19:02 h

Total speed average	1.87 Km/h
Average speed in movement	2.84 Km/h
Maximum held speed	6.39 Km/h

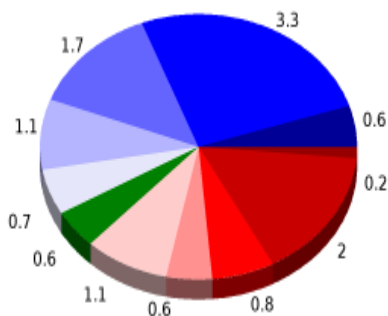
Max slope filter	-55 %
Min. points separation	-30 m
Number of points	2438 (cad. 5.19 m)
Significant points	382 (cad. 33.18 m / 15.67 %)
Aberrant points	93 (3.81 % d. total)

Direction changes per	16.53
Direction changes >5° per	14.32
Accumulated straight stretches	1.285 Km
Straight stretches per	101.65 m
Penalizable slope changes	7
Penalizable slope changes per	0.554

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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%	0.158	1.25	1.54	0:06:10
Between 15 and 30%	1.964	15.54	1.96	1:00:04
Between 10 and 15%	0.764	6.04	2.89	0:15:50
Between 5 and 10%	0.599	4.74	2.77	0:13:00
Between 1 and 5%	1.129	8.93	3.72	0:18:13
<b>Total :</b>	<b>4.615</b>	<b>36.51</b>	<b>2.44</b>	<b>1:53:17</b>
<b>Plain</b>				
Difference of 1%	0.599	4.74	4.31	0:08:20
<b>Breakdown descents</b>				
Between 1 and 5%	0.729	5.76	4.51	0:09:42
Between 5 and 10%	1.135	8.98	3.23	0:21:03
Between 10 and 15%	1.662	13.15	3.76	0:26:30
Between 15 and 30%	3.272	25.88	2.86	1:08:39
Between 30% and 55%	0.631	4.99	1.91	0:19:52
<b>Total :</b>	<b>7.428</b>	<b>58.76</b>	<b>3.06</b>	<b>2:25:46</b>
<b>Total track :</b>	<b>12.642</b>	<b>100 %</b>	<b>2.84</b>	<b>4:27:23</b>

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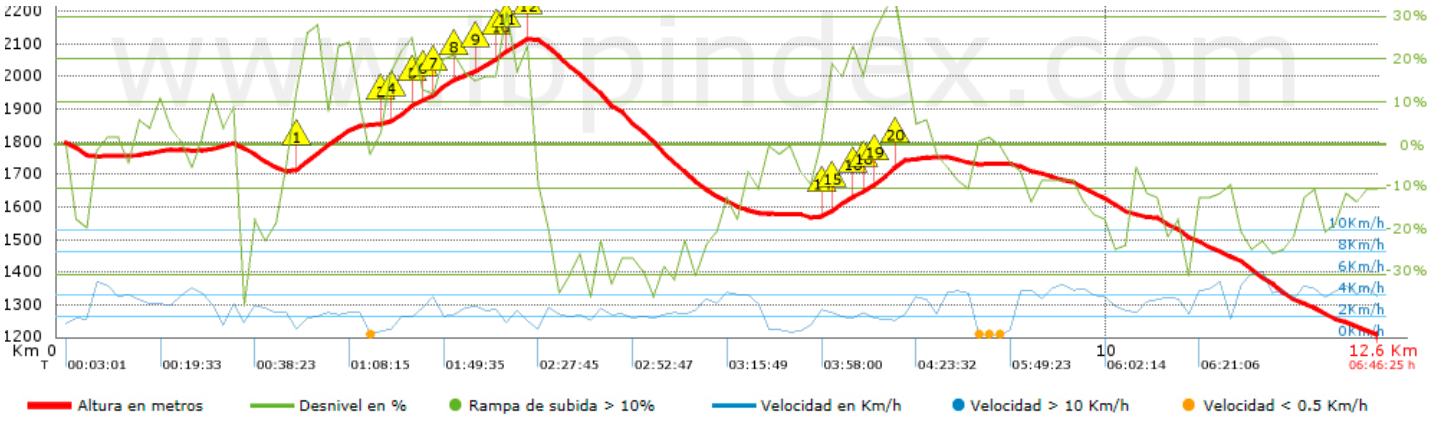
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**Steep slopes > 10%**

Step	Slipage point	Average slope	Interval
	2.218	22 %	619 m
	3.142	16 %	30 m
	3.172	25 %	221 m
	3.393	14 %	96 m
	3.489	15 %	98 m
	3.587	22 %	161 m
	3.749	15 %	221 m
	3.969	18 %	199 m
	4.168	26 %	128 m
	4.296	18 %	125 m
	4.421	22 %	30 m
	7.262	12 %	29 m
	7.291	18 %	94 m
	7.385	20 %	152 m
	7.538	19 %	104 m
	7.642	14 %	63 m
	7.705	24 %	32 m
	7.736	27 %	260 m
	7.996	24 %	61 m

**High altitude parameters, data above**

Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2000	1111.476	8.79	0:26:20	2.53	0:17:50	0:44:10	1.51
1750	4488.93	35.51	1:49:17	2.46	0:17:10	2:06:27	2.13
1500	5197.966	41.12	1:45:27	2.96	1:44:02	3:29:29	1.49
<b>Total :</b>	<b>10.798 Km</b>	<b>85.42 %</b>	<b>4:01:04 h</b>	<b>2.69 Km/h</b>	<b>2:19:02 h</b>	<b>6:20:06 h</b>	<b>1.7 Km/h</b>

**Stops**

Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
2.218	0:02:30	1709	0:49:53	0:49:53	2.218
2.899	0:08:20	1852	1:12:15	0:22:22	0.681
2.991	0:08:50	1852	1:22:55	0:10:40	0.091
4.451	0:17:50 > 10´	2115	2:09:55	0:47:00	1.46
6.703	0:06:01	1580	3:21:29	1:11:34	2.252
6.799	0:05:50	1579	3:29:40	0:08:11 < 10´	0.096
6.892	0:15:20 > 10´	1578	3:37:10	0:07:30 < 10´	0.093
8.702	1:14:21 > 10´	1731	4:34:12	0:57:02	1.81
<b>Total :</b>	<b>2:19:02 h</b>				