

Track: especialchamonix_etapa4_dia_06_levancher_croixlognan_glaciarargentiere-track.gpx

Date: 13/10/2016

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Detected modality = HKG

IBP index reliability= A

IBP = 113 HKG

Total length	17.624 Km
Analyzed distance	17.624 Km
Lineal distance	2.693 Km

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	2666 (cad. 6.61 m)
Significant points	528 (cad. 33.44 m / 19.8 %)
Aberrant points	46 (1.73 % d. total)

Accumulated climb	1053.9 m
Accumulated descent	961.9 m
Maximum height	2153.9 m
Minimal height	1158 m
Climb rate	12.25 %
Descent rate	13.06 %
Positive climb difference per	59.8 m
Negative descent difference per	54.58 m

Direction changes per	14.47
Direction changes >5° per	12.43
Accumulated straight stretches	1.284 Km
Straight stretches per	72.86 m
Penalizable slope changes	6
Penalizable slope changes per	0.34

Total time	7:25:16 h
Time in movement	5:39:19 h
Stopped time	1:45:57 h

Total speed average	2.37 Km/h
Average speed in movement	3.12 Km/h
Maximum held speed	6.4 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%	2.989	16.96	2.41	1:14:26	
	Between 10 and 15%	2.228	12.64	3.04	0:43:54	
	Between 5 and 10%	2.117	12.01	3.32	0:38:15	
	Between 1 and 5%	1.269	7.2	2.45	0:31:01	
	Total :	8.602	48.81	2.75	3:07:36	
	Plain					
	Difference of 1%	1.657	9.4	3.2	0:31:04	
	Breakdown descents					
	Between 1 and 5%	1.183	6.71	3.13	0:22:42	
Between 5 and 10%	1.351	7.67	3.93	0:20:39		
Between 10 and 15%	1.839	10.43	3.71	0:29:44		
Between 15 and 30%	2.928	16.61	3.84	0:45:44		
Between 30% and 55%	0.064	0.36	2.1	0:01:50		
Total :	7.365	41.79	3.66	2:00:39		
Total track :	17.624	100 %	3.12	5:39:19		

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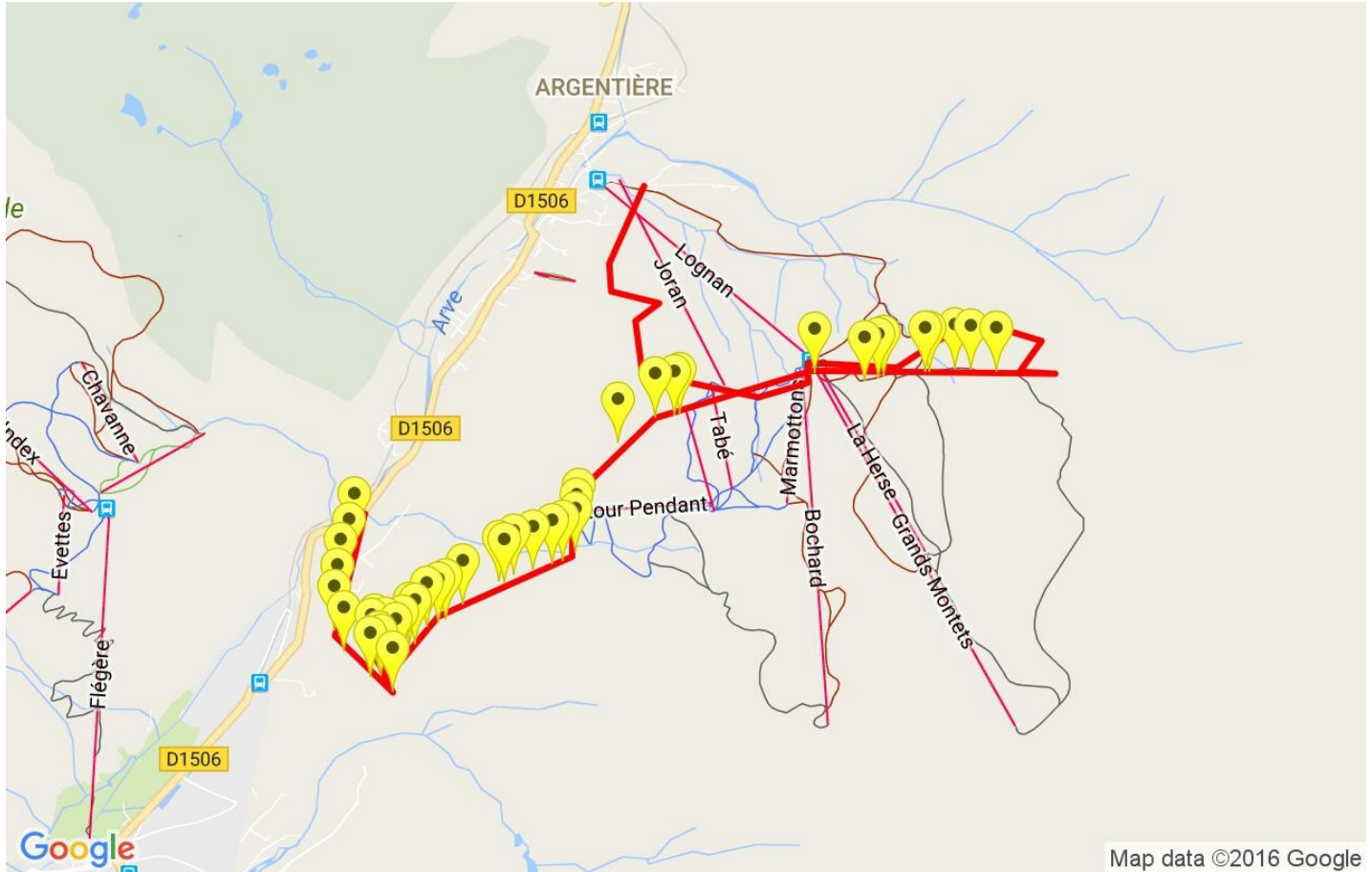
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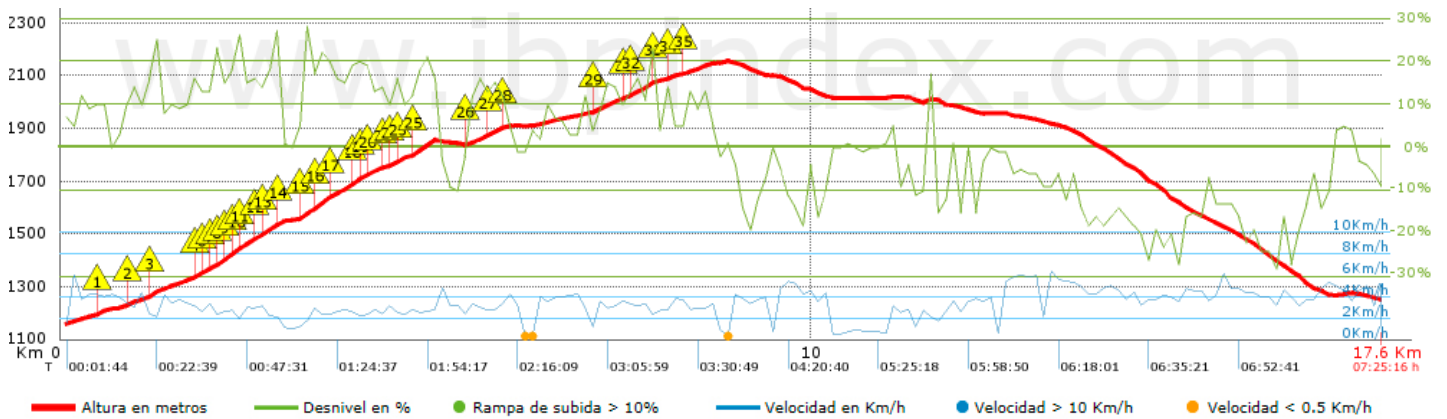
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










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Map data ©2016 Google



Steep slopes > 10%

Step	Slipage point	Average slope	Interval
	0.411	12 %	183 m
	0.822	12 %	176 m
	1.136	19 %	159 m
	1.746	17 %	134 m
	1.879	17 %	32 m
	1.911	12 %	103 m
	2.014	14 %	33 m
	2.047	21 %	126 m
	2.173	22 %	95 m
	2.268	21 %	127 m
	2.395	19 %	162 m
	2.557	16 %	102 m
	2.659	18 %	168 m
	2.827	24 %	92 m
	3.198	20 %	177 m
	3.375	24 %	153 m
	3.528	17 %	359 m
	3.887	18 %	102 m
	3.99	18 %	94 m
	4.084	12 %	137 m
	4.357	11 %	69 m
	4.426	18 %	101 m
	4.628	13 %	61 m
	4.689	19 %	287 m
	5.401	13 %	294 m
	5.695	16 %	126 m

	5.821	12 %	37 m
	7.071	13 %	366 m
	7.527	13 %	37 m
	7.564	15 %	272 m
	7.836	22 %	32 m
	8.033	16 %	101 m
	8.298	12 %	236 m

High altitude parameters, data above

Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2000	4256.43	24.15	1:27:54	2.91	1:13:27	2:41:21	1.58
1750	5710.956	32.4	1:38:33	3.48	0:32:30	2:11:03	2.61
1500	3007.441	17.06	1:07:44	2.66		1:07:44	2.66
Total :	12.975 Km	73.62 %	4:14:11 h	3.06 Km/h	1:45:57 h	6:00:08 h	2.16 Km/h

Stops

Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
6.093	0:29:20 > 10´	1911	2:16:49	2:16:49	6.093
8.757	0:22:00 > 10´	2147	3:39:09	1:22:20	2.663
9.445	0:02:40	2100	4:13:00	0:33:51	0.689
10.23	0:03:50	2015	4:29:30	0:16:30	0.785
10.293	0:17:54 > 10´	2015	4:34:20	0:04:50 < 10´	0.062
10.561	0:14:01 > 10´	2015	4:59:45	0:25:25	0.268
10.747	0:13:02 > 10´	2014	5:15:26	0:15:41	0.187
12.361	0:03:10	1956	6:03:20	0:47:54	1.614
Total :	1:45:57 h				