

Track: especialchamonix\_etapa5\_dia\_07\_planpraz\_flagere\_aiguillebrevent-track.gpx

Date: 13/10/2016

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 Detected modality = HKG  
 IBP index reliability= B

**IBP = 78 HKG**

Total length	8.804 Km
Analyzed distance	8.804 Km
Lineal distance	4.801 Km

Accumulated climb	804 m
Accumulated descent	162 m
Maximum height	2517.6 m
Minimal height	1810.5 m
Climb rate	13.36 %
Descent rate	7.9 %
Positive climb difference per	91.32 m
Negative descent difference per	18.4 m

Total time	4:37:17 h
Time in movement	3:51:56 h
Stopped time	0:45:21 h

Total speed average	1.9 Km/h
Average speed in movement	2.28 Km/h
Maximum held speed	4.86 Km/h

Max slope filter	-55 %
Min. points separation	~30 m
Number of points	1661 (cad. 5.3 m)
Significant points	270 (cad. 32.73 m / 16.26 %)
Aberrant points	116 (6.98 % d. total)

Direction changes per	15.67
Direction changes >5° per	14.77
Accumulated straight stretches	0.64 Km
Straight stretches per	72.69 m
Penalizable slope changes	4
Penalizable slope changes per	0.454

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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%	0.133	1.51	1.51	0:05:18
	Between 15 and 30%	2.2	24.99	1.72	1:16:34
	Between 10 and 15%	1.305	14.82	2.52	0:31:02
	Between 5 and 10%	1.176	13.36	2.53	0:27:53
	Between 1 and 5%	1.203	13.66	2.55	0:28:21
	<b>Total :</b>	<b>6.017</b>	<b>68.35</b>	<b>2.13</b>	<b>2:49:08</b>
	<b>Plain</b>				
	Difference of 1%	0.735	8.35	3.38	0:13:03
	<b>Breakdown descents</b>				
	Between 1 and 5%	1.01	11.47	2.73	0:22:14
	Between 5 and 10%	0.413	4.69	2.52	0:09:51
	Between 10 and 15%	0.276	3.13	2.02	0:08:11
Between 15 and 30%	0.32	3.64	2.41	0:07:59	
Between 30% and 55%	0.032	0.36	1.28	0:01:30	
<b>Total :</b>	<b>2.051</b>	<b>23.3</b>	<b>2.47</b>	<b>0:49:45</b>	
<b>Total track :</b>	<b>8.804</b>	<b>100 %</b>	<b>2.28</b>	<b>3:51:56</b>	

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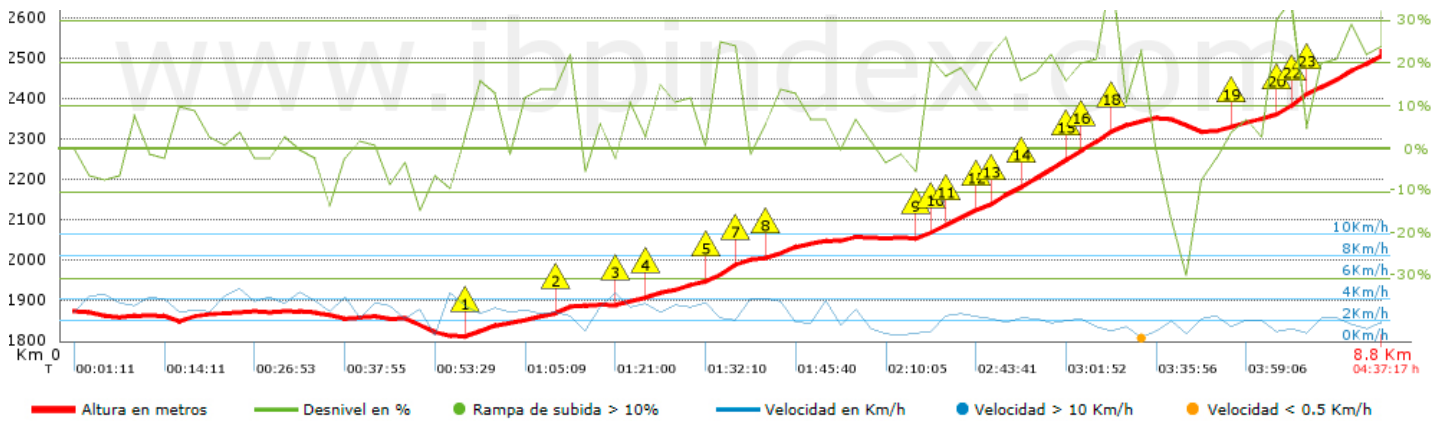
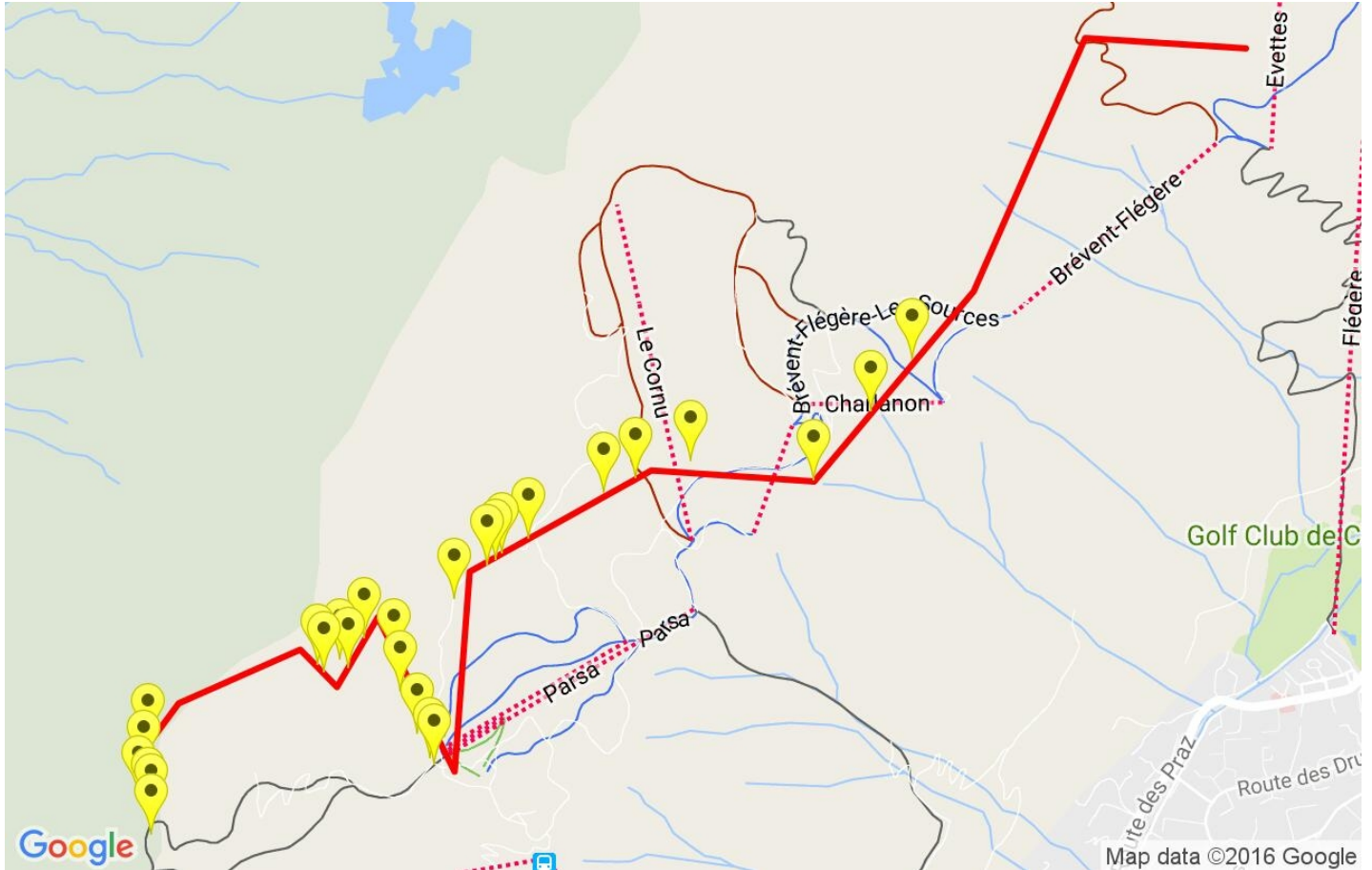
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**Steep slopes > 10%**

Step	Slipage point	Average slope	Interval
1	2.666	13 %	232 m
2	3.225	15 %	164 m
3	3.904	12 %	112 m
4	4.309	25 %	158 m
5	4.467	21 %	30 m
6	4.497	17 %	36 m
7	4.696	14 %	195 m
8	5.714	19 %	31 m
9	5.745	19 %	132 m
10	5.877	20 %	156 m
11	6.033	12 %	106 m
12	6.138	23 %	255 m
13	6.393	20 %	287 m
14	6.68	24 %	93 m
15	6.773	25 %	189 m
16	6.962	20 %	33 m
17	6.995	16 %	33 m
18	7.812	12 %	100 m
19	8.036	26 %	121 m
20	8.158	37 %	29 m
21	8.187	18 %	122 m
22	8.309	19 %	193 m

**High altitude parameters, data above**

Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2500	75.089	0.85	0:02:28	1.83		0:02:28	1.83
2250	2048.653	23.27	1:18:27	1.57	0:14:30	1:32:57	1.32
2000	2182.857	24.79	0:55:11	2.37	0:27:51	1:23:02	1.58
1750	4497.081	51.08	1:35:50	2.82	0:03:00	1:38:50	2.73
<b>Total :</b>	<b>8.804 Km</b>	<b>100 %</b>	<b>3:51:56 h</b>	<b>2.28 Km/h</b>	<b>0:45:21 h</b>	<b>4:37:17 h</b>	<b>1.9 Km/h</b>

**Stops**

Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
2.418	0:03:00	1829	0:48:39	0:48:39	2.418
5.363	0:27:51 > 10'	2057	2:01:50	1:13:11	2.945
7.062	0:09:30	2334	3:18:16	1:16:26	1.699
7.375	0:02:40	2348	3:39:56	0:21:40	0.313
8.158	0:02:20	2383	4:13:29	0:33:33	0.783
<b>Total :</b>	<b>0:45:21 h</b>				