

Track: francigena-tuscany-marathon-2023.gpx

These speeds are average for = Drawn track (DRW)

IBP index reliability= B

IBP = 131 HKG

Total length	39.41 Km
Analyzed distance	39.41 Km
Lineal distance	25.59 Km

Accumulated climb	1044.5 m
Accumulated descent	1037.1 m
Maximum height	354 m
Minimal height	16.5 m
Climb rate	7.13 %
Descent rate	7.45 %
Positive climb difference per km	26.5 m
Negative descent difference per km	26.32 m

Total time	0 h
Time in movement	0 h
Stopped time	0 h

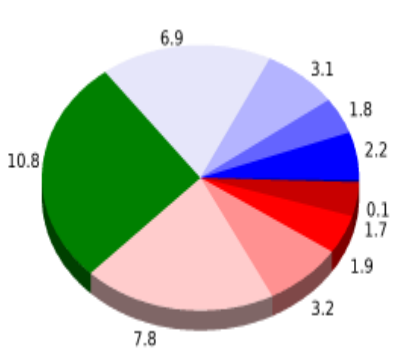
Total speed average	0 Km/h
Average speed in movement	8.24 Km/h
Maximum held speed	78.22 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1517 (cad. 25.98 m)
Significant points	842 (cad. 46.86 m / 55.5 %)
Aberrant points	14 (0.92 % d. total)

Direction changes per km	10.25
Direction changes >5° per km	8.12
Accumulated straight stretches	7.143 Km
Straight stretches per km	181.25 m
Penalizable slope changes	11
Penalizable slope changes per km	0.279

Find The Best bike routes

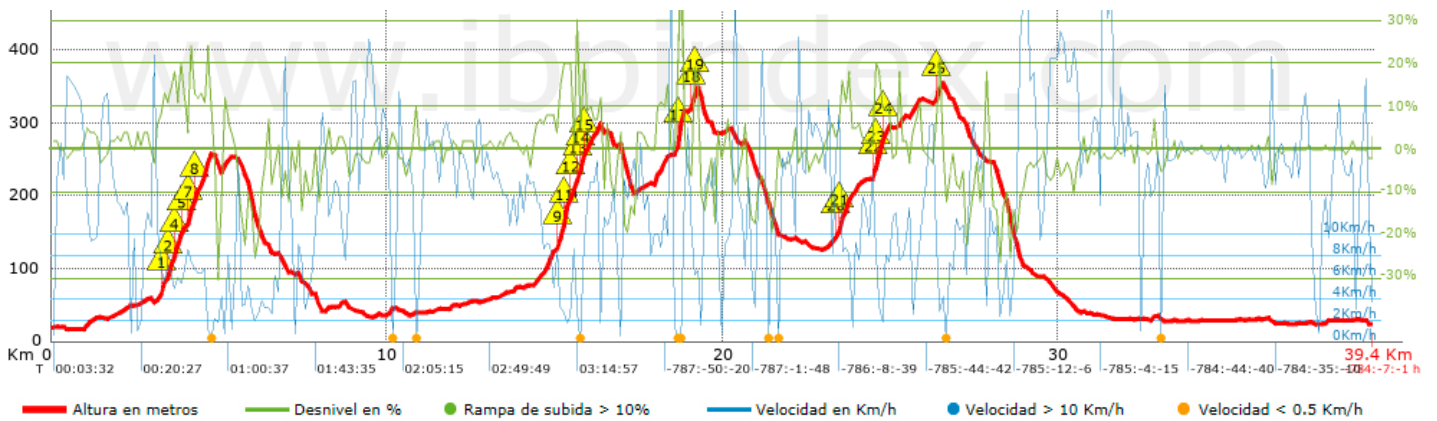
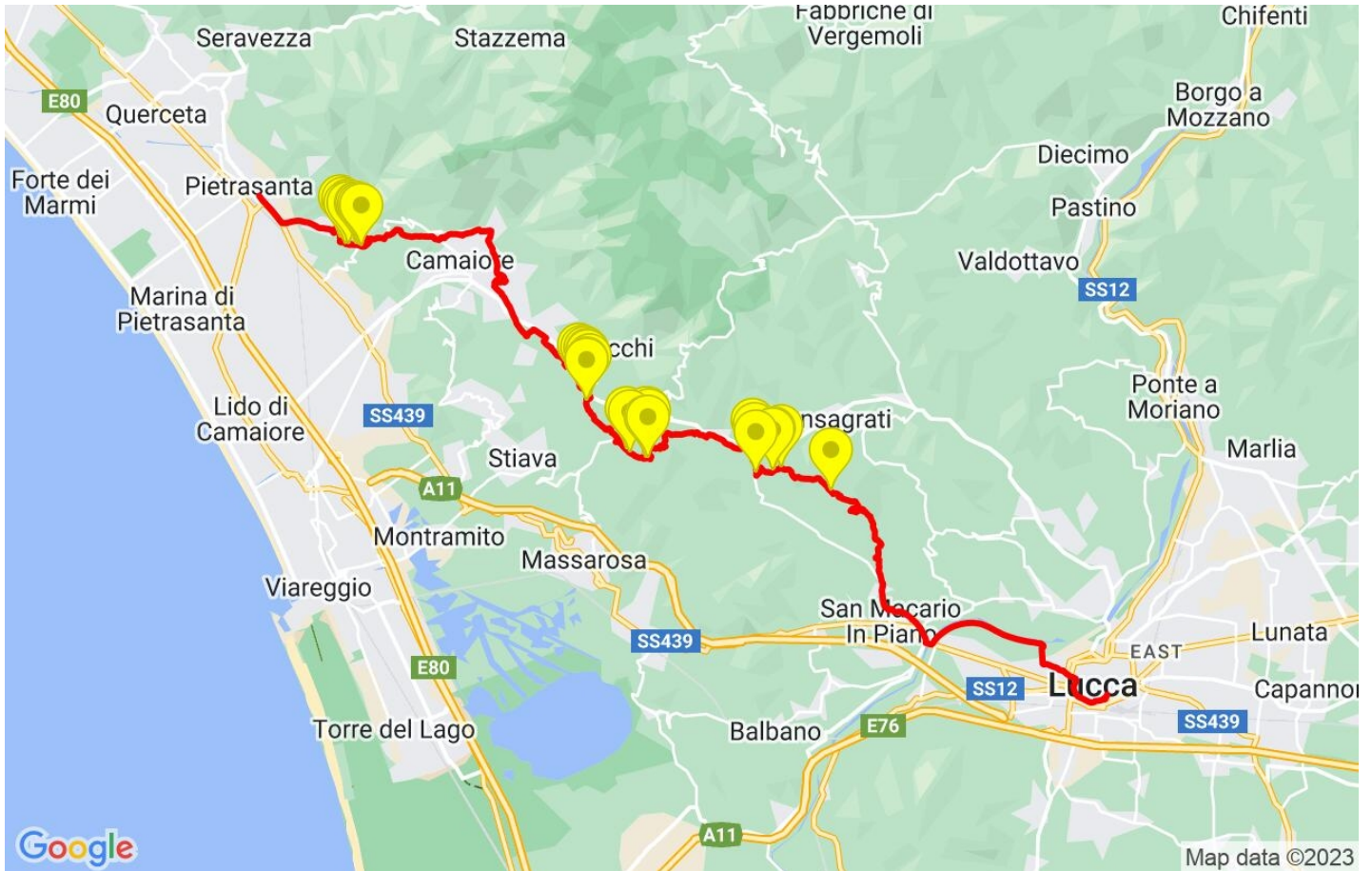


Summary of slopes	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s	
	Between 30% and 55%	0.109	0.28	14.56	0:00:27	
	Between 15 and 30%	1.654	4.2	3.66	0:27:09	
	Between 10 and 15%	1.88	4.77	6.59	0:17:07	
	Between 5 and 10%	3.212	8.15	7.21	0:26:43	
	Between 1 and 5%	7.79	19.77	8.95	0:52:15	
	Total :	14.645	37.16	7.1	2:03:41	
	Plain					
	Difference of 1%	10.849	27.53	10.47	1:02:09	
	Breakdown descents					
	Between 1 and 5%	6.91	17.53	11.81	0:35:06	
	Between 5 and 10%	3.056	7.75	8.48	0:21:38	
	Between 10 and 15%	1.794	4.55	6.59	0:16:20	
Between 15 and 30%	2.153	5.46	4.58	0:28:13		
Between 30% and 55%	0	0	0	0:00:00		
Total :	13.913	35.31	8.24	1:41:17		
Total track :	39.41	100 %	8.24	0		






















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Steep slopes > 10%

Step	Slipage point	Average slope	Interval
	3.253	11 %	252 m
	3.506	16 %	112 m
	3.618	15 %	92 m
	3.839	11 %	221 m
	4.06	16 %	40 m
	4.1	23 %	60 m
	4.218	13 %	495 m
	15.102	17 %	108 m
	15.21	19 %	105 m
	15.315	18 %	112 m
	15.427	20 %	34 m
	15.608	15 %	205 m
	15.813	22 %	35 m
	15.848	17 %	75 m
	18.649	18 %	46 m
	18.694	45 %	109 m
	19.113	18 %	67 m
	19.18	16 %	32 m
	23.382	14 %	117 m
	23.499	13 %	219 m
	24.464	13 %	53 m
	24.517	19 %	212 m
	24.73	12 %	86 m
	26.389	18 %	113 m

High altitude parameters, data above

Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
	Total : 0 Km	--- %	--- h	--- Km/h	--- h	--- h	--- Km/h

Stops

Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
4.748	0:05:44	253	0:40:24	0:40:24	4.748
5.095	0:04:23	233	0:55:19	0:14:55	0.348
7.232	0:03:29	94	1:32:44	0:37:25	2.137
10.107	0:09:53	39	1:53:57	0:21:13	2.874
10.827	0:34:51 > 10´	35	2:06:38	0:12:41	0.72
16.856	0:05:18	268	-788:55:15	-790:48:37 < 10´	6.029
18.649	0:26:51 > 10´	259	-787:14:45	0:19:30	1.793
19.889	0:02:44	289	-787:50:07	0:35:22	1.24
21.312	0:04:24	202	-786:00:40	0:10:33	1.423
21.601	0:37:16 > 10´	156	-786:06:27	0:05:47 < 10´	0.289
26.552	0:05:23	354	-785:19:41	1:13:14	4.951
33.037	0:05:52	33	-784:06:41	0:47:00	6.485
37.666	0:04:35	24	-784:30:58	0:24:17	4.629
Total : 2:33:54 h					