

# Planificateur des sorties / Tourenplaner

Tour: L-1		
Pauses / Pausen:	Distance / Distanz:	Temps / Zeit:
5	11.00	90.00

Parcours Test / Teststrecke				Tour prévu / Geplante Tour				
km	min.	min./km	km/h	Nbre pauses à 3min.	km	Temps prévu	Temps effectif min.	H:MM:SS
Km	Min.	Min./Km	Km/Std	Anz. Pausen à 3 Min.	Km	Vorgesehene Zeit	Effektive Zeit Min.	H:MM:SS
7.00	15	2.14	28.00	5	11.00	90.00	39	0:38:34
7.00	16	2.29	26.25	5	11.00	90.00	40	0:40:09
7.00	17	2.43	24.71	5	11.00	90.00	42	0:41:43
7.00	18	2.57	23.33	5	11.00	90.00	43	0:43:17
7.00	19	2.71	22.11	5	11.00	90.00	45	0:44:51
7.00	20	2.86	21.00	5	11.00	90.00	46	0:46:26
7.00	21	3.00	20.00	5	11.00	90.00	48	0:48:00
7.00	22	3.14	19.09	5	11.00	90.00	50	0:49:34
7.00	23	3.29	18.26	5	11.00	90.00	51	0:51:09
7.00	24	3.43	17.50	5	11.00	90.00	53	0:52:43
7.00	25	3.57	16.80	5	11.00	90.00	54	0:54:17
7.00	26	3.71	16.15	5	11.00	90.00	56	0:55:51
7.00	27	3.86	15.56	5	11.00	90.00	57	0:57:26
7.00	28	4.00	15.00	5	11.00	90.00	59	0:59:00
7.00	29	4.14	14.48	5	11.00	90.00	61	1:00:34
7.00	30	4.29	14.00	5	11.00	90.00	62	1:02:09
7.00	31	4.43	13.55	5	11.00	90.00	64	1:03:43
7.00	32	4.57	13.13	5	11.00	90.00	65	1:05:17
7.00	33	4.71	12.73	5	11.00	90.00	67	1:06:51
7.00	34	4.86	12.35	5	11.00	90.00	68	1:08:26
7.00	35	5.00	12.00	5	11.00	90.00	70	1:10:00
7.00	36	5.14	11.67	5	11.00	90.00	72	1:11:34
7.00	37	5.29	11.35	5	11.00	90.00	73	1:13:09
7.00	38	5.43	11.05	5	11.00	90.00	75	1:14:43
7.00	39	5.57	10.77	5	11.00	90.00	76	1:16:17
7.00	40	5.71	10.50	5	11.00	90.00	78	1:17:51
7.00	41	5.86	10.24	5	11.00	90.00	79	1:19:26
7.00	42	6.00	10.00	5	11.00	90.00	81	1:21:00
7.00	43	6.14	9.77	5	11.00	90.00	83	1:22:34
7.00	44	6.29	9.55	5	11.00	90.00	84	1:24:09
7.00	45	6.43	9.33	5	11.00	90.00	86	1:25:43
7.00	46	6.57	9.13	5	11.00	90.00	87	1:27:17
7.00	47	6.71	8.94	5	11.00	90.00	89	1:28:51
7.00	48	6.86	8.75	5	11.00	90.00	90	1:30:26
7.00	49	7.00	8.57	5	11.00	90.00	92	1:32:00
7.00	50	7.14	8.40	5	11.00	90.00	94	1:33:34
7.00	51	7.29	8.24	5	11.00	90.00	95	1:35:09
7.00	52	7.43	8.08	5	11.00	90.00	97	1:36:43
7.00	53	7.57	7.92	5	11.00	90.00	98	1:38:17
7.00	54	7.71	7.78	5	11.00	90.00	100	1:39:51
7.00	55	7.86	7.64	5	11.00	90.00	101	1:41:26
7.00	56	8.00	7.50	5	11.00	90.00	103	1:43:00
7.00	57	8.14	7.37	5	11.00	90.00	105	1:44:34
7.00	58	8.29	7.24	5	11.00	90.00	106	1:46:09
7.00	59	8.43	7.12	5	11.00	90.00	108	1:47:43
7.00	60	8.57	7.00	5	11.00	90.00	109	1:49:17
7.00	61	8.71	6.89	5	11.00	90.00	111	1:50:51
7.00	62	8.86	6.77	5	11.00	90.00	112	1:52:26
7.00	63	9.00	6.67	5	11.00	90.00	114	1:54:00
7.00	64	9.14	6.56	5	11.00	90.00	116	1:55:34
7.00	65	9.29	6.46	5	11.00	90.00	117	1:57:09
7.00	66	9.43	6.36	5	11.00	90.00	119	1:58:43
7.00	67	9.57	6.27	5	11.00	90.00	120	2:00:17
7.00	68	9.71	6.18	5	11.00	90.00	122	2:01:51
7.00	69	9.86	6.09	5	11.00	90.00	123	2:03:26
7.00	70	10.00	6.00	5	11.00	90.00	125	2:05:00
7.00	71	10.14	5.92	5	11.00	90.00	127	2:06:34
7.00	72	10.29	5.83	5	11.00	90.00	128	2:08:09
7.00	73	10.43	5.75	5	11.00	90.00	130	2:09:43
7.00	74	10.57	5.68	5	11.00	90.00	131	2:11:17
7.00	75	10.71	5.60	5	11.00	90.00	133	2:12:51