

Planificateur des sorties / Tourenplaner

Tour: L-7		
Pauses / Pausen:	Distance / Distanz:	Temps / Zeit:
5	12.00	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	12.00	90.00	41	0:40:43
7.00	16	2.29	26.25	5	12.00	90.00	42	0:42:26
7.00	17	2.43	24.71	5	12.00	90.00	44	0:44:09
7.00	18	2.57	23.33	5	12.00	90.00	46	0:45:51
7.00	19	2.71	22.11	5	12.00	90.00	48	0:47:34
7.00	20	2.86	21.00	5	12.00	90.00	49	0:49:17
7.00	21	3.00	20.00	5	12.00	90.00	51	0:51:00
7.00	22	3.14	19.09	5	12.00	90.00	53	0:52:43
7.00	23	3.29	18.26	5	12.00	90.00	54	0:54:26
7.00	24	3.43	17.50	5	12.00	90.00	56	0:56:09
7.00	25	3.57	16.80	5	12.00	90.00	58	0:57:51
7.00	26	3.71	16.15	5	12.00	90.00	60	0:59:34
7.00	27	3.86	15.56	5	12.00	90.00	61	1:01:17
7.00	28	4.00	15.00	5	12.00	90.00	63	1:03:00
7.00	29	4.14	14.48	5	12.00	90.00	65	1:04:43
7.00	30	4.29	14.00	5	12.00	90.00	66	1:06:26
7.00	31	4.43	13.55	5	12.00	90.00	68	1:08:09
7.00	32	4.57	13.13	5	12.00	90.00	70	1:09:51
7.00	33	4.71	12.73	5	12.00	90.00	72	1:11:34
7.00	34	4.86	12.35	5	12.00	90.00	73	1:13:17
7.00	35	5.00	12.00	5	12.00	90.00	75	1:15:00
7.00	36	5.14	11.67	5	12.00	90.00	77	1:16:43
7.00	37	5.29	11.35	5	12.00	90.00	78	1:18:26
7.00	38	5.43	11.05	5	12.00	90.00	80	1:20:09
7.00	39	5.57	10.77	5	12.00	90.00	82	1:21:51
7.00	40	5.71	10.50	5	12.00	90.00	84	1:23:34
7.00	41	5.86	10.24	5	12.00	90.00	85	1:25:17
7.00	42	6.00	10.00	5	12.00	90.00	87	1:27:00
7.00	43	6.14	9.77	5	12.00	90.00	89	1:28:43
7.00	44	6.29	9.55	5	12.00	90.00	90	1:30:26
7.00	45	6.43	9.33	5	12.00	90.00	92	1:32:09
7.00	46	6.57	9.13	5	12.00	90.00	94	1:33:51
7.00	47	6.71	8.94	5	12.00	90.00	96	1:35:34
7.00	48	6.86	8.75	5	12.00	90.00	97	1:37:17
7.00	49	7.00	8.57	5	12.00	90.00	99	1:39:00
7.00	50	7.14	8.40	5	12.00	90.00	101	1:40:43
7.00	51	7.29	8.24	5	12.00	90.00	102	1:42:26
7.00	52	7.43	8.08	5	12.00	90.00	104	1:44:09
7.00	53	7.57	7.92	5	12.00	90.00	106	1:45:51
7.00	54	7.71	7.78	5	12.00	90.00	108	1:47:34
7.00	55	7.86	7.64	5	12.00	90.00	109	1:49:17
7.00	56	8.00	7.50	5	12.00	90.00	111	1:51:00
7.00	57	8.14	7.37	5	12.00	90.00	113	1:52:43
7.00	58	8.29	7.24	5	12.00	90.00	114	1:54:26
7.00	59	8.43	7.12	5	12.00	90.00	116	1:56:09
7.00	60	8.57	7.00	5	12.00	90.00	118	1:57:51
7.00	61	8.71	6.89	5	12.00	90.00	120	1:59:34
7.00	62	8.86	6.77	5	12.00	90.00	121	2:01:17
7.00	63	9.00	6.67	5	12.00	90.00	123	2:03:00
7.00	64	9.14	6.56	5	12.00	90.00	125	2:04:43
7.00	65	9.29	6.46	5	12.00	90.00	126	2:06:26
7.00	66	9.43	6.36	5	12.00	90.00	128	2:08:09
7.00	67	9.57	6.27	5	12.00	90.00	130	2:09:51
7.00	68	9.71	6.18	5	12.00	90.00	132	2:11:34
7.00	69	9.86	6.09	5	12.00	90.00	133	2:13:17
7.00	70	10.00	6.00	5	12.00	90.00	135	2:15:00
7.00	71	10.14	5.92	5	12.00	90.00	137	2:16:43
7.00	72	10.29	5.83	5	12.00	90.00	138	2:18:26
7.00	73	10.43	5.75	5	12.00	90.00	140	2:20:09
7.00	74	10.57	5.68	5	12.00	90.00	142	2:21:51
7.00	75	10.71	5.60	5	12.00	90.00	144	2:23:34